



# A CASE STUDY: EFFECT OF 'VIRECHANA' IN THE MANAGEMENT OF LICHEN PLANUS.

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## ABSREACT:

As Ayurveda is considered as a health science which can be effective only for the chronic and lifestyle disorders. But there are many disorders which can be cured with Ayurvedic treatment. Lichen Planus is a rare inflammatory skin disease. Its cause is unknown but it is thought to be the result of an autoimmune process with an unknown initial trigger. It has resemblance to Bahudosha Avastha and Raktadushti in Ayurveda. Here, a case of long standing Lichen Planus is presented which is treated with Virechana.

**Keywords:** Lichen planus, Ayurveda, Bahudosha, Raktadushti, Virechana.

## INTRODUCTION:

- ⊙ Lichen planus is disease of skin and/or mucous membrane that resembles lichen i.e. A dense band like infiltrate in the upper dermis.
- ⊙ The cause is unknown but it is thought to be the result of an auto immune process with an unknown initial trigger.
- ⊙ The overall prevalence of Lichen planus in the general population is about 0.1-4%.
- ⊙ It generally occurs more commonly in females in the ratio 3:2 and most cases diagnosed between the ages 30-60, but it can occur at any age.
- ⊙ There is no cure but many different medications such as Retinoids, corticosteroids, antihistamines, nonsteroidal creams have been used to control the symptoms.<sup>1</sup>

## AYURVEDIC VIEW:

- ⊙ According to Ayurveda, this Lichen planus is considered as a variety of Kushtha vitiated by Tridoshas which impure Raktadhatu, resulted from Dooshi Visha or accumulated toxins.

## ⊙ SAMPRAPTI:

- ⊙ **HETU:** ViruddhaAahara , Vidahi Annapana, Abhishyandi Annapana

- ⊙ **DOSHA DUSHTI:** Vata-Kapha pradhan Tridoshas

- ⊙ **DHATU :** Raktadhatu , Mansadhatu

- ⊙ **STROTODUSHTI:** Annavaastrotas, Rasavaha, Raktavaha, Mansavaha.

- ⊙ **ADHISTHANA:** Twak.
- ⊙ **UDBHAVASTHANA:** Aamashaya.<sup>2</sup>

### SYMPTOMS OF LICHEN PLANUS:

- ⊙ Well defined area of Purple coloured, itchy, flat topped papules with interspersed lacy white lines i.e. Wickham's Strie.
  - ⊙ This description is known as the characteristics of "6Ps" of Lichen Planus:
    1. Planar (Flat topped)
    2. Purple
    3. Polygonal
    4. Pruritic
    5. Papules
    6. Plaques.
  - ⊙ This rash, after regressing is likely to leave an area of hyperpigmentation.
- Lichen planus can be categorized as-
- ⊙ According to site- Affecting cutaneous surfaces
  - ⊙ According to pattern- Hypertrophic which usually occurs on the extremities, especially the shins and the interphalangeal joints, and tends to be the most pruritic variant of Lichen planus.

Also known as "Lichen planus verrucosus."<sup>1</sup>

### CASE HISTORY:

Study Centre: M.A.Podar Hospital, Worli, Mumbai 18.

- ⊙ A 38yrs old female patient presented with complaints:
  1. Purple-violet coloured ichthy polygonal flat topped patch over Left shin of size 2 x1.5 cm.
  2. Wickham's striae over Left shin.
  3. Itching over bilateral forearms.

All these symptoms were since 1 year.

- ⊙ Occupation: Bank Employee .
- ⊙ Daily regimes show:
  1. Viruddhahar sevan ex. Tea- Chapati, Milk-fruits daily
  2. Vidahi Aahara ex. Idli-wada-sambar, pickle.
  3. Abhishyandi Aahara ex. Dadhi daily in meal.
  4. Vishamashan
- ⊙ All these hetus tends to Raktadushti and Aamotpatti.
- ⊙ Prakriti of patient: Pitta pradhana Kapha.

- ⊙ Agni: Mandagni
- ⊙ Koshtha ; Krura Koshtha

### **HISTORY OF MEDICATION TAKEN SINCE 1 YEAR BY PATIENT:**

- ⊙ Tab. Cetrizine SOS -Antihistamine
- ⊙ Tab. Metronidazole - Antibacterial drug
- ⊙ Diprovate lotion for L.A.
- ⊙ Calamine lotion for L.A.
- ⊙ Aquasoft max cream for L.A.
- ⊙ Tacrovera cream for L.A.
- ⊙ Olesoft lotion for L.A.
- ⊙ Flutiveto E cream for L.A.

But pathology still continued.

### **According to Charak Samhita:**

- ⊙ बहुदोशः संशोधः.....बहुशो अनुरक्षिता प्राणान्। (च. चि. ७/४१)<sup>3</sup>

As Virechana is one of the purification and detoxification process which helps the body to get rid of accumulated toxins.

- ⊙ Also in Charak Sutrasthana – Vidhishonitiya Adhyaya mentioned that Virechana is the line of treatment in the Raktapradoshaj Roga.And Lichen planus is one of the Raktapradoshaj roga.
- ⊙ So Virechana was planned after assessing Prakriti ,Agni, Koshtha along with proper dietary and daily regime modification.<sup>4</sup>
- ⊙ Aabhyantar Snehapana was started after assessing samyak pachan lakshana for seven days with PanchaTiktak Ghrita with increasing dose from 30ml upto 210ml.<sup>5</sup>
- ⊙ Within seven days samyak snigdha lakshana as per Charak Samhita was noted. Then after Bahya Snehana and Swedana were planned for three days.
- ⊙ On 10<sup>th</sup> day Virechana was planned.
- ⊙ Virechana kwatha drawya : Triphala bharad 25gm  
Aaragwadha bharad 25gm  
Jala 400ml
- ⊙ Kwatha matra : 100ml
- ⊙ Shunthi siddha Castor oil : 5ml
- ⊙ Virechana vegas : 17 i.e. Madhyam Shuddhi
- ⊙ As per Madhyam Shuddhi Samsarjan krama was planned for five days.<sup>6</sup>

TABLE NO. 1

## ASSESSMENT OF SYMPTOMS BEFORE AND AFTER VIRECHANA.

Sr. No	SYMPTOMS	GRADATION	BEFORE VIRECHANA	AFTER VIRECHANA
1.	KANDU	<ul style="list-style-type: none"> <li>No itching -0</li> <li>Mild/ occasional itching-1</li> <li>Moderate-frequently itching-2</li> <li>Severe frequently itching-3</li> <li>Very severe itching which disturb sleep and other routine activities-4</li> </ul>	4	1
2.	VAIVARNYA	<ul style="list-style-type: none"> <li>Normal skin without evidence of discolouration-0</li> <li>Barely visible discolouration -1</li> <li>Mild purple coloured discolouration-2</li> <li>Moderate purple coloured flat topped papule-3</li> <li>Purple coloured flat topped papule with Wickham's striae-4</li> </ul>	4	2

**PICTURE NO.1****PICTURE NO.2****CONCLUSION:**

- ⦿ As per this observation, it can be concluded that after Virechana, Kandu and Vaivarnya decrease significantly.
- ⦿ That's why Virechana has promising result in the management of lichen planus.
- ⦿ The purification of body leads to get rid of accumulated toxins and also initiates the proper mechanism of formation of Dhatu Parinaman.

**References**

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