

A study on effect of *Virechana Karma* (*Siyambala Petipuwakadi Kashaya*), *Iramusu Sevendaradi Kashaya* and *Lee Kola Pala Patra Pralepa* on *Hasta Pada Daha* due to *Vatarakta*

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ABSTRACT:

Clinical features of *Vatarakta* are *Hasta Pada Daha* (burning sensation), *Hasta Pada Ruja* (pain), *Hasta Pada Raga* (redness), *Hasta Pada Guru* (heaviness), *Hasta Pada Supthi* (numbness) and *Hasta Pada Sphutana* (cracking). *Virechana Karma* is described as one of the therapeutic measures in the treatment of *Vatarakta*. Traditional physicians conduct *Virechana Karma* using *Siyambala Petipuwakadi Kashaya*, *Iramusu Sevendaradi Kashaya* and *Lee Kola Pala Patra Pralepa* in treatment of *Vatarakta* with effective result. So far, no known scientific study has been conducted to evaluate the effects of these treatments. A 27 year old female with a one-year history of *Hasta Pada Daha* (burning sensation) along with other symptoms such as *Hasta Pada Ruja* (pain), *Hasta Pada Raga* (redness), *Hasta Pada Guru* (heaviness), and *Hasta Pada Sphutana* (cracking) was treated with this treatment regimen for 17 days. Day 1, *Virechana Karma* was conducted using *Siyambala Petipuwakadi Kashaya*. Day 2 and 3, the patient was made to follow *Samsarjana Krama*. From Day 4 to Day 17, the patient was treated with *Iramusu Sevendaradi Kashaya* orally and external application of *Lee Kola Pala Patra Pralepa* (*Premna procumbens* Moon). After *Virechana Karma*, *Daha*, *Raga*, *Sphutana* and *Ruja* of *Hasta Pada* were relieved by 25% and none of the other symptoms were reduced. On day 17, after the completion of the entire treatment, *Daha*, *Raga*, *Ruja*, and *Guru* of *Hasta Pada* were completely relived and *Hasta Pada Sphutana* were partially relived (75%). It was decided that this treatment regimen is beneficial in the treatment of *Hasta Pada Daha* due to *Vatarakta*.

KEY WORDS: *Iramusu Sevendaradi Kashaya*, *Lee Kola Pala Patra Pralepa*, *Premna procumbens*, *Siyambala Petipuwakadi Kashaya*, *Vatarakta*.

Received: 21.02.2022 Revised: 15.03.2022 Accepted: 18.03.2022 Published: 20.03.2022

Quick Response code



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INTRODUCTION:

Vatarakta is mentioned in Charaka Samhita, Susruta Samhita, Ashtanga Hridaya, Madava Nidana and Vangasena Samhita. According to Charaka it is caused by excessively aggravated *Vata Dosha* and vitiated *Rakta*.^[1] Ayurveda describes *Uttana Vatarakta* as a type of *Vatarakta*.^[2] Clinical features of *Uttana Vatarakta* are *Daha* (burning), *Kandu* (itching), *Ruk* (pain), *Ayama* (dilatation of the vessel), *Toda* (pricking pain), *Spurana* (throbbing sensation), *Kunchana* (contraction), *Shyavaraktatvag* (blackish-red or copper color of the skin).^[3] *Virechana Karma* is described in Charaka Samhita as one of the therapeutic measures in the treatment of *Vatarakta*.^[4] Traditional Physicians conduct *Virechana Karma* using *Siyambala Petipuwakadi Kashaya* and they also prescribe *Iramusu Sevendaradi Kashaya* and *Lee Kola Pala Patra Pralepa* in treatment of *Vatarakta* with effective results.

CASE REPORT:

A 27 year old female suffering from *Hasta Pada Daha* due to *Vatarakta* for a period of two years was selected for this study. The patient complained of other symptoms such as *Hasta Pada Ruja* (pain), *Hasta Pada Raga* (redness), *Hasta Pada Guru* (heaviness) and *Hasta Pada Sputana* (cracking). The patient was examined thoroughly, and severities of the symptoms were recorded using a specially prepared grading system. The grading scale of the symptoms is given below.

Grading scale

1. *Pada* or *Hasta Daha* (Burning sensation)/ *Ruja* (Pain)/ *Raga* (Redness) / *Guru* (Heaviness)/ *Supti* (Numbness) in feet or palm

Nil	0	No
Mild	1	Feel occasionally
Moderate	2	Feel intermittently

Severe	3	Feel often
Very Severe	4	Always feel and worsens at night

2. *Pada* or *Hasta Sputana* (cracking of the feet or palm)

Nil	0	Normal skin, no cracking
Mild	1	Superficial cracking, no pain and no palpable
Moderate	2	Superficial cracking, no pain but palpable
Severe	3	Superficial cracking with pain and also palpable
Very Severe	4	Deep cracks with pain and palpable

PROCEDURE OF TREATMENT:

The patient was treated for 17 days with *Virechana Karma* using *Siyambala Petipuwakadi Kashaya* followed by oral administration of *Iramusu Sevendaradi Kashaya* and external application of *Lee Kola Pala Patra Pralepa* as given in table1. Follow up period was seven days.

Method of preparation of *Virechana Kashaya* (*Siyambala Petipuwakadi Kashaya*)

Siyambala Petipuwakadi Kashaya was prepared according to traditional method. 12g each of pericarp of *Terminalia chebula* Retz, (Sinhala name: *Aralu*), dried fruit of *Phyllanthus emblica* Linn. (Sinhala name: *Nelli*), peeled nut of *Areca catechu* Linn (Sinhala name: *Puwak*), leaves of *Cassia angustifolia* Vahl (Sinhala name: *Senehekola*), the pulp of ripe fruit of *Tamarindus indica* Linn (Sinhala name: *Siyambala*) were taken, mixed with 960ml of water and was boiled down to 240ml.

Method of preparation of *Iramusu Sevendaradi Kashaya*

10g each of roots of *Hemidesmus indicus* (L.) R Br. (Sinhala name: *Iramusu*) and

Vertiveria zizanioides Linn. (Nash) (Sinhala name: *Savendara*), entire plant of *Hygrophila auriculata* (Schumach.) Heine (Sinhala name: *Niramulliya*), stem bark of *Adhatoda vasica* Nees (Sinhala name: *Adathoda*), seeds of *Strychnos potatorum* Linn. f (Sinhala name: *Igini*) and *Coriandrum sativum* Linn (Sinhala name: *Kottamalli*) was cut into small pieces, mixed with 1920ml of water and was boiled down to 240ml. Seeds of *Strychnos potatorum* were soaked in water overnight before adding to the decoction. Seeds of *Coriandrum sativum* were parched before adding to the decoction.

Method of preparation of Lee Kola Pala Patra Pralepa

20 g of fresh leaves of *Premna procumbens* Moon (Sinhala name: *Lee Kola Pala*) (Figure 1) was ground with 10ml of water to make a jelly like paste.

The procedure of Virechana Karma

240 ml of *Siyambala Petipuwakadi Kashaya* was given early in the morning (6.00 a.m.) on an empty stomach. The patient was advised to drink warm water to facilitate purgation according to the traditional

method. According to Sri Lankan traditional method *Purva Karma* (*Snehana* and *Swedana*) are not carried out.

After conducting Virechana Karma patient was made to follow Samsarjana Karma. The patient was given Peaya (thin gruel prepared with rice) on first day, Vilepi (thick gruel prepared with rice) on second day and Beri Bath (over boiled rice) with Thambum Hodi (spicy soup like Rasam) on third day.

RESULTS:

On Day 1 after *Virechana Karma*, it was observed that *Hasta Pada Daha*, *Raga*, *Sphutana* and *Ruja* were relieved by 25% and none of the other symptoms were reduced. On day 17, it was observed that *Hasta Pada Daha*, *Raga*, *Ruja* and *Guru* were completely relived and *Hasta Pada Sphutana* were partially relived by 75% as given in Table 2 and Figure 2. *Hasta Sphutana* (cracking of palm) was reduced by 100% at the end of follow up period.

Table 1: Treatment plan:

Day	Treatment
1 st day	<i>Virechana Karma</i> using <i>Siyambala Petipuwakadi Kashaya</i> (240ml on empty stomach)
2 nd & 3 rd day	<i>Samsarjana Karma</i>
4 th -17 th day	Oral administration of 120ml of <i>Iramusu Sevendaradi Kashaya</i> twice a day before meals. External application of <i>Lee Kola Pala Patra Pralepaya</i> once a day in the evening

Table 2: Reduction of clinical symptoms due to treatment:

Symptoms	Before treatment	After treatment				After Follow up period	
		After <i>Virechana Karma</i>		After entire treatment			
	Grade	Grade	% of relief	Grade	% of relief	Grade	% of relief
<i>Pada Daha</i> (burning sensation in feet)	3	2	33.3%	0	100%	0	100%

<i>Pada Ruja</i> (pain in feet)	2	2	0%	0	100%	0	100%
<i>Pada Raga</i> (redness in feet)	3	2	33.3%	0	100%	0	100%
<i>Pada Guru</i> (heaviness in feet)	1	1	0%	0	100%	0	100%
<i>Pada Sphutana</i> (cracking of feet)	4	3	25%	1	75%	1	75%
<i>Hasta Daha</i> (burning sensation in palm)	4	3	25%	0	100%	0	100%
<i>Hasta Ruja</i> (pain in palm)	3	2	33.3%	0	100%	0	100%
<i>Hasta Raga</i> (redness in palm)	3	3	0%	0	100%	0	100%
<i>Hasta Guru</i> (heaviness in palm)	1	1	0%	0	100%	0	100%
<i>Hasta Sphutana</i> (cracking of palm)	4	3	25%	1	75%	1	75%



Figure 1; *Premna procumbens* (Verbenaceae) (*Lee Kola Pala*)



Before Treatment



After Treatment



Before Treatment



After Treatment

Figure 2: Images of affected area before treatment and after treatment

DISCUSSION:

Vatarakta is caused by excessively aggravated *Vayu* and vitiated *Rakta*. [1] *Ashtangahrada Samhita* mentions *Virechana Karma* is suitable for *Vata Roga*, [5] *Rakta* is associated with *Pitta Dosha*. [6] *Virechana Karma* is beneficial for diseases arising from the increase of *Rakta* and *Virechana Karma* expels vitiated *Pitta Dosha*. [7] Therefore, *Virechana Karma* is one of the best therapies for *Hasta Pada Daha* due to *Vatarakta*. Further, *Charaka* advises conducting *Virechana Karma* in the treatment of *Vatarakta*. [4]

Effect of *Virechana Karma* using *Siyambala Petipuwakadi Kashaya*

The ingredients of *Siyambala Petipuwakadi Kashaya* possess *Madhura*, *Amla* and *Lavana Rasa*, *Ushna Virya*, *Madhura Vipaka* and *Guru Guna*. Therefore, it pacifies vitiated *Vata Dosha*. As these ingredients have the property of *Madhura Rasa*, *Thikta Rasa*, *Kashaya Rasa*, *Ruksha Guna*, *Madhura Vipaka* and *Shita Virya*, it helps to pacify vitiated *Pitta Dosha*. Hence *Siyambala Petipuwakadi Kashaya* pacifies diseases occurring by vitiation of *Vata* and *Pitta*

Dosha, including *Hasta Pada Daha* due to *Vatarakta*. [8]

Anti-inflammatory, analgesic, antioxidant and Anti-microbial activities of ingredients of *Siyambala Petipuwakadi Kashaya* are scientifically proven. [9-13] Due to these properties it helps to reduce *Ruja* (pain), *Raga* (redness) and *Daha* (burning sensation) in legs and hands.

Effect of *Iramusu Sevendaradi Kashaya*

Ingredients of *Iramusu Sevendaradi Kashaya* possess *Madhura Rasa*, *Amla Rasa*, *Madhura Vipaka* and *Ushna Virya*. Therefore, it pacifies vitiated *Vata Dosha*. This decoction pacifies vitiated *Pitta Dosha*, as its ingredients possess *Madhura Rasa*, *Tikta Rasa*, *Kashaya Rasa*, and *Shita Virya*. Hence it pacifies diseases that occurred by vitiation of *Vata* and *Pitta Dosha* including *Hasta Pada Daha* due to *Vatarakta*. [8]

Anti-inflammatory, analgesic, antioxidant and Anti-microbial activities of ingredients of *Iramusu Sevendaradi Kashaya* are scientifically proven. [14-19] Because of these properties *Iramusu Sevendaradi Kashaya* it helps to reduce *Ruja* (pain), *Raga* (redness) and *Daha* (burning sensation) in feet and palms.

Effect of Lee Kola Pala Patra Pralepa

Leaves of *Lee Kola Pala* have *Pitta Shamaka Guna*.^[20] Hence it pacifies diseases that occurred by vitiation of *Pitta Dosha* including *Hasta Pada Daha* due to *Vatarakta*.

CONCLUSION:

Based on this single case study, it is concluded that *Virechana Karma* conducted using *Siyambala Petipuwakadi Kashaya* followed by oral administration of *Iramusu Sevendaradi Kashaya* and external application of *Lee Kola Pala Patra Pralepa* is beneficial in the treatment of *Hasta Pada Daha* occurring due to *Vatarakta*. Further studies are recommended using larger sample.

STRENGTH AND LIMITATION OF THE STUDY:

This is a treatment regimen which can be easily carried out and at a low cost. Ingredients are easily found and also the duration of the treatment is short.

As this is a single case report, further studies over larger sample sizes are necessary to shed light upon on effect of treatment

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CONFLICT OF INTEREST: Author declares that there is no conflict of interest.

GUARANTOR: Corresponding author is guarantor of this article and its contents.

SOURCE OF SUPPORT: None

HOW TO CITE THIS ARTICLE:

Ekanayaka E.M.T.P, Ediriweera E.R.H.S.S. A study on effect of *Virechana Karma* (*Siyambala Petipuwakadi Kashaya*), *Iramusu Sevendaradi Kashaya* and *Lee Kola Pala Patra Pralepa* on *Hasta Pada Daha* due to *Vatarakta*. Int. J. AYUSH CaRe. 2022; 6(1):44-50.