

## MANAGEMENT OF KITIBHA KUSTHA WITH SHODHAN SHAMAN – A CASE STUDY

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## ABSTRACT

All the skin diseases in Ayurveda have been discussed under the broad heading of “*Kustha*” and are mainly affected by altered lifestyles and improper food habits. *Kitibh Kustha*’s prevalence in society is increasing daily due to sedentary and stressed work. The signs & symptoms of the *Kitibh Kustha* are like psoriasis, and there is no definite curative treatment for psoriasis according to modern science. But following the classical reference of *Kustha Chikitsa*, which is ‘*Tridoshaj Vyadhi*’ from *Charak Samhita* was with ‘*Shodhan chikitsa*’ (body purification treatment) followed by ‘*Shaman Chikitsa*’ (alleviating treatment), this disease could be managed<sup>[1,2]</sup>. This paper highlights a case study of *Kitibh Kustha* where, a 31-year-old male with a chief complaint of *Kandu* (itching) and dry silvery white patches all over his body, taking steroids for four years. *Vaman* and *Virechan* were conducted after proper *Poorva Karma*, and afterwards, *Sansarjan Karma* was given to the patient according to *Suddhi* as mentioned in *Charak Samhita*. This was followed by three settings of *Raktmoskhan* and *Shaman Chikitsa*.

**Keywords:** *Kitibh Kustha, Shodhan, Shaman*

## INTRODUCTION

Psoriasis is a chronic inflammatory skin disorder caused by a compromised immune system. It is clini-

cally characterized by erythematous, sharply demarcated papules and rounded plaques covered by silvery skin flakes.

No definite treatment is available for psoriasis, but different treatment modalities, such as internal medications, topical creams, phototherapy, and biologics, are available<sup>[3]</sup>. They are found to bring symptomatic relief, but the long-term use of these medications can cause systemic and local side effects as well as toxicity. According to Ayurvedic literature, psoriasis can be compared with either *Ekakushta*<sup>[4]</sup>, *Sidhma Kustha* or *Kitibh Kushta*, of *Vata-Kapha* origin.

In Ayurveda, many herbs have proven efficacy in psoriasis, but the multifaceted aetiology of the disease needs a multimodal treatment approach. Most formulations described in *Kushtha chikitsa* have efficiently been used by physicians to treat different skin ailments. However, due to the complex pathophysiology and chronic and relapsing psoriasis, the multimodal treatment approach has been adopted covering the *Shodhan* and *Shaman Chikitsa*.

#### Case presentation

- A male patient, 31 years of age, came to OPD on 21<sup>st</sup> February, 2023.
- C/O – Psoriatic patches all over body (already diagnosed case) since 10yrs, itching all over the patches and hair fall since 10yrs.
- Medical history- Aprezo, forex-30 (weekly once) and topical steroid for 4 years. k/c/o – HTN – Amlopress 2.5mg (alternate day)
- Occupation – Bank manager
- Native of – North-East (Assam),
- Patients took allopathic treatment for the same condition for long but only got temporary relief in the symptoms which usually relapsed instead of regular consumption of steroids. *Hetu* which were found in this case on taking personal history was that he was a bank manager so used to work long hours in Air-conditioned room. And he was native of northeast so his staple food was non

vegetarian including mostly fishes, regular intake of red meat, *Maida* products, and excessive intake of sour and spicy food, which may have attributed to the condition. There was no family history involved in this case.

#### Clinical findings

- Lesion type: scaly raised patches (*Kinavat Sparsham*)
- Configuration: irregular
- Color: red (*Arunna Varnam*)
- Texture: rough (*Khara Sparsham*)
- Symmetry: symmetrically distributed
- Distribution: ventral and dorsal aspect of trunk, hands, and legs (*Sarva Shareeram*)
- Nails: unaffected
- Mucosa: unaffected
- Swelling: absent

#### *Asthavidh Pariksha*

- *Nadi* – *Vata Kaphaj*
- *Mala* – *Mridu evam Bandhiva*
- *Mutra* – *Prakriti*
- *Jihva* – *Saam*
- *Shabda* – *Spastha*
- *Druka* – *Upnetra Prayog*
- *Akriti* – *Madhyam*

Blood routine and liver function test results were within the normal limits.

A biopsy was taken prior to the visit to our hospital, which confirmed the case as psoriasis.

#### **METHOD**

##### Therapeutic intervention

As per Ayurveda every skin disease is *Tridoshatmak*. This case taken is of *Kitibh Kustha* specifically but line of treatment to be followed was according to *Kustha Chikitsa Sutra* mentioned in classical text-

1. *Shodan* – *Langhan, Vaman, Virechan* followed by *Raktmokshan*
2. *Shaman*
3. *Nidana Parivarjan*

**SHODHAN CHIKITSA**

s.no.	Purva Karma	Pradhan karma	Pariksha	Paschat karma	Changes after Vaman
VAMAN	<p>a) <i>Langhan</i> given with <i>Mudga Yush</i> * 5days. (Stopped all kind of medicines he was taking orally and topically except the HTN medicine, and no flare of disease was seen)</p> <p>b) <i>Snehpan</i> with <i>Panchtikta Ghrit</i> for 7 days in increasing dose starting from 30ml to 210ml.</p> <p>c) <i>Sarvang Snehana Swedan</i> with <i>Nimb Taila</i> and <i>Kapha Utkleshak Ahara</i> for <i>Vishraam divas</i>.</p>	<p><i>Sarvang Snehana Swedan</i> with <i>Nimb Taila</i> followed by <i>Akanthpan</i> with <i>Dudh+guda</i> around 2litres</p> <p><i>Vaman</i> with <i>Madhanphal Pip-pali Yoga</i> and <i>Yas-timadhu Phant</i> as <i>Vamanopag</i>. <i>Vaman Yoga-Madhanphal Pip-pali Kashaya</i> – 100ml <i>Madhu</i> – 30gm <i>Saindhav Lavan</i> – 5gm</p>	<p><i>Vegiki</i> – 8 <i>Maniki</i> – 1½ <i>Prastha</i> <i>Laingiki</i> – <i>Indriyaprasadan</i> <i>Antiki</i> – <i>Pitaant Vaman</i></p>	<p><i>Dhoompan, Pariharya Vishaya Palan</i> and <i>Sansarjan Krama</i> for 7 days.</p>	<p><i>Kandu</i> was absent. No new patches appeared. Scaling mild. Blackening of old patches.</p>
VIRECHAN	<p>a) <i>Snehpan</i> for 5 days with <i>Panchtikta Ghrit</i> in increasing dose of 40ml to 200ml.</p> <p>b) <i>Vishraam kaal</i> 2days with <i>Snehan Swedan</i> with <i>Nimb Taila</i>.</p>	<p><i>Virechan yoga</i>–<sup>[5]</sup> <i>Trivrut-Danti-Triphala Kwath</i>- 100ml <i>Erandsneha</i> – 50ml</p>	<p><i>Vegiki</i> – 24 <i>Vega Maniki</i> – approx. 2-3 <i>Prashtha</i> <i>Laingiki</i> – <i>Indriye Prasadan, Sharir Laghavta Aantiki</i> – <i>Kaphaant Virechana</i></p>	<p><i>Vishraam, Pariharya Vishaya Palan</i> and <i>Sansarjan Krama</i> for 5 days.</p>	<p><i>Kandu</i> reduced <i>Vaivarniye</i> reduced Scaling of skin not seen</p>

RAKTMOKSHAN(SIRAVEDH)	Poorva Karma	Pradhan Karma	Post Raktmokshan
After completion of <i>Sansarjan Krama</i> patient was called for <i>Raktmokshan</i> .	Day prior to <i>Raktmokshan</i> patient was asked to take 40ml <i>Sneha (Panchtikta Ghrita)</i> with <i>Pravicharna</i> .	<p>Around 200ml of blood was drained from b/l popliteal vein and cubital vein in one sitting.</p> <p>3 settings were done and along with <i>Raktmokshan Shaman Chikitsa</i> was started.</p>	<p>No <i>Kandu</i> No <i>Vaivarnya</i> seen No scaling seen</p>

## SHAMAN CHIKITSA

<p>a) <b>Arogyavardhini Vati 250mg<sup>[6]</sup> – 2TDS</b></p>	<p><i>Arogyavardhini Vati</i> is <i>Tikta Rasa Pradhana</i> followed by <i>Kashaya</i> and <i>Katu Rasa. Kutki</i>, the key ingredient, is highly effective in normalizing the <i>Tridoshas</i>. The abundance of <i>Triphala</i> in this formulation is very effective in removing the AMA toxins from the body. This <i>Vati</i> has anti-inflammatory and potent analgesic properties. Being loaded with antioxidants, <i>Arogyavardhini Vati</i> scavenges free radicals from the body and its antipruritic nature alleviates itching sensation caused due to psoriasis.</p>
<p>b) <b>Patoladi Kashayam<sup>[7]</sup> 20ml – BID (BEFORE MEAL)</b></p>	<p>This <i>Kashaya</i> has key ingredients, which are having <i>Tridoshahara</i> properties being <i>Tiktras Pradhan</i> which help in <i>Ras</i> and <i>Rakt Dhatu Prasadana</i>. They also have <i>Kushtaghana, Kandughana, Krimighna, Rasayana, Vrana Shodhan</i> and <i>Varnya</i> properties. These drugs are having potent pharmacological action like antiallergic, anti-inflammatory, immunomodulatory, cytoprotective, antioxidant and antimicrobial properties. Antioxidant action Drugs like <i>Khadira, Guduchi</i>, and <i>Patola</i> are having potent antioxidant properties which may help in reducing the risk of allergy by protecting against oxidative tissue damage.</p>
<p>c) <b>Panchtikta Ghrita<sup>[8]</sup> – 20ml OD (bf)</b></p>	<p><i>Panchtikta Ghrit</i> is loaded with <i>Shothahara</i> or anti-inflammatory nature, making it a great sought-after medication for treating psoriasis. Prized for its <i>Pitta</i> balancing abilities, <i>Panchtikta Ghrit</i>, which is greasy to touch, provides instant hydration to the skin and reduces dry, flaky skin. <i>Sukshma-stroto-gamitvam Guna</i> of <i>Ghrit</i> makes it best to use in <i>Kustha</i> as by this it can reach the <i>Sukshma Dhatu</i> and nourish them with its properties. <i>Tikt Rasatmak Dravya</i> with ghee subsides the <i>Kapha</i> and <i>Vata Dosha</i> simultaneously and can be used for internal and external use. Possibly work through the liposomal drug delivery system.</p>
<p>d) <b>For local application – Nimba Taila<sup>[9]</sup></b></p>	<p>The antioxidant, antimicrobial and anti-inflammatory properties portrayed by <i>Neem</i> extract offer blood purifying activity. Owing to the <i>Tikt</i> (bitter) taste and <i>Pitta</i> balancing properties, it removes toxins from the blood and hence helps to manage a host of skin diseases. It also plays a quintessential role in managing inflammatory conditions like psoriasis.</p>
<p>e) <b>Impusora oil<sup>[10]</sup> – L/A at night</b></p>	<p>Impusora Oil contains <i>Rubia cordifolia</i>, <i>Curcuma longa</i>, <i>Tinospora cordifolia</i>, <i>Triphala</i>, <i>Hemidesmus indicus</i>, <i>Picrorhiza kurroa</i> and <i>Fumaria officinalis</i>.  <i>Rubia cordifolia</i> contains glycosides that have keratolytic activity, as well as anthraquinones and triterpenes that aid in immunological regulation. It has antiseptic and antibacterial effects.  Curcuminoids are anti-inflammatory and anti-pruritic.  <i>Picrorhiza kurroa</i> has UV-potentiating properties. The compound fumaric acid found in <i>Fumaria officinalis</i> inhibits epithelial growth.  <i>Triphala</i> and <i>Hemidesmus indicus</i> contain antioxidants that aid in skin texture restoration (smoothing of cracked, painful epidermis).  <i>Tinospora cordifolia</i> bitters boost immunological function, whereas <i>Ocimum sanctum</i> possesses anxiolytic and euthymic ('mood-balancing') properties.</p>

## Nidan Parivarjan

<p><i>Ahara Nidan Parivarjan</i></p> <ul style="list-style-type: none"> <li>• A normal easily digestible balanced diet should be taken.</li> <li>• Sour, spicy, salty, and bitter food should be avoided, milk, curd, jaggery, sugar, meat, sesame seeds and black gram should not be taken in diet.</li> </ul>	<p><i>Vihara Nidan Parivarjan</i></p> <ul style="list-style-type: none"> <li>• Should follow <i>Panchakarma Pariharya Vishaya</i>.</li> <li>• Should avoid exercise, yoga, sexual activity, exposure to sun, cold water bath after having food.</li> <li>• Natural urges should not be suppressed.</li> </ul>
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**RESULT**

**PASI SCORE (Psoriasis area and severity index) <sup>[11]</sup>**

PASI: 49.1

Before treatment

	Head	Arms
Area	10-29%	70-89%
Erythema (redness)	1	3
Induration (thickness)	1	3
Desquamation (scaling)	1	4
	Trunk	Legs
Area	70-89%	70-89%
Erythema (redness)	3	3
Induration (thickness)	4	4
Desquamation (scaling)	4	4

PASI: 0.4

After treatment

	Head	Arms
Area	0%	0%
Erythema (redness)	0	0
Induration (thickness)	0	0
Desquamation (scaling)	0	0
	Trunk	Legs
Area	<10%	<10%
Erythema (redness)	0	0
Induration (thickness)	0	1
Desquamation (scaling)	0	0

PASI score was calculated before treatment which was around 49.1. After completion of treatment PASI score came out to be 0.4.

Hence following the line of treatment mentioned by acharyas proved to be a boon for *Kitibh Kustha* patient.





## DISCUSSION

- Thus, it can be concluded that psoriasis/*Kitibha Kustha* can be successfully managed by *Vaman*, *Virechan* and *Raktmokshan* procedures.
- *Vaman* pacified the *Kapha Dosha* hence subsiding the itching and *Virechan* pacified the *Pitta Dosha* hence subsiding the *Twak Vaivarnya*.
- The medicines mentioned above for external and internal use helps in preventing vitiation and pacifying the causative factors responsible for *Kitibha Kustha* after *Shodhan Karma*.
- And as Ayurveda follows the concept of reversal of causative factors that is *Nidan Parivarjan*, is considered as most important part of treatment.
- The treatment protocol of *Kustha* mentioned in *Charak Samhita* when followed properly provides long lasting results by treating the disease and subsiding all the symptoms and preventing its reoccurrence.
- This line of treatment was followed for certain cases and the results were remarkable. Here I have presented a single case study but following the same treatment protocol mentioned by *Acharya Charak* on large scale could be a game changer for Ayurveda practitioners in skin disease.

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