

AYURVEDIC MANAGEMENT OF SCALP PSORIASIS WSR TO KITIBHA KUSHTHA – A CASE STUDY

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ABSTRACT

Background- Psoriasis is a chronic inflammatory condition. The age of onset, chronicity, a physical and psychological consequence of the disease cause psoriasis to have a significant impact on patient quality of life. Scalp Psoriasis is no different and effective treatment results in an improvement in quality of life. **Aim-** To study the efficacy of *ayurvedic* management of Scalp Psoriasis w.s.r to *Kitibha Kushtha*. **Methodology-** This study deals with a 45-year-old female patient having complaints of itching over the scalp region, powdery discharge from that region, burning present over that region for 2 years. The patient was diagnosed with Scalp Psoriasis as per modern and *Kitibha Kushtha* as per *Ayurveda*. **Result-** The patient got symptomatic relief in Scalp Psoriasis at the end of treatment. **Conclusion-** *Ayurvedic* management was found to be effective in Scalp Psoriasis.

Keywords: *Kitibha, Kushtha*, Scalp Psoriasis.

INTRODUCTION

Psoriasis is a chronic, recurrent inflammatory disease of the skin characterised by well-circumscribed erythematous, dry plaques of various sizes covered with mica like scales.¹ Scalp Psoriasis has asymptomatic plaques with thick silvery scales that tend to extend beyond scalp margins.² Scaling may be massive especially in the occiput may spread to the forehead and nape of the neck.³ The estimated incidence of scalp Psoriasis is 45-60%.⁴ Lesions appear at the site of skin trauma such as scratches or surgical wounds called as Kobners Isomorphic phenomenon.⁵ On scrapping psoriatic lesion with a microscopic slide silvery scales come out first. After that pinpoint bleeding comes out at the base of the lesion. This is known as the Auspitz sign. All the skin diseases in *Ayurveda* are divided into *Maha Kushtha* and *Kshudra Kushtha*. *Kitibha Kushtha* is considered under *Kshudra Kushtha*. *Kitibha Kushtha* has *lakshanas* like *shyava*, *kina khara sparsha*, purulent, *ruksha Pidika* and *Kandu*. Due to vitiation of *Spatha dhatus* like three *doshas*, *Twaka*, *Rakta Mamsa*, and *Lasika Kitibha Kushtha* develops⁶. It also includes the involvement of *Vata* and *Kapha dosha*.⁷ *Kitibha* means *Shyava* (silvery scaly lesion), *Kina Khara sparsha* (hard), *Parushya* (rough to touch).⁸

PATHOPHYSIOLOGY

The main abnormality in psoriasis is increased epidermal proliferation due to excessive divisions of cells in the stratum basale and a shorter cell cycle. In association with basal cell hyperplasia there is enhanced metabolism and accelerated synthesis and degradation of nucleoproteins, resulting in hyperuricemia lymphocytes are important in the pathogenesis.⁹

Nidan sevana like *Aharaj*, *Viharaja* and *Mansik hetu*, Spicy food, Junk food, exposure to cold air resulting in *Tridosha dushti* as well as, *Twak*, *Rakta*, *Mamsa Lasika dushti*. Because of all this *sthanasamsraya* is present over *Twacha*, *Kandu* and *Pidika* occurs over the scalp resulting in scalp Psoriasis.¹⁰

CASE STUDY-

A 45-year-old female patient came to OPD with complaints of severe itching and burning sensation at

the scalp region and powdery scales from that region. No history of Diabetes and Hypertension and other habits. No history of such a condition was observed in the family. No incidence of contact with any topical irritant. The patient had visited a dermatologist and was diagnosed with Scalp Psoriasis before 1 year but did not get sustained and satisfactory results.

On examination skin lesions were dry, silvery scales over the scalp, severe itching and powdery discharge was found.

Laboratory Investigation- Blood routine –Normal, Rest other system findings also normal.

Systemic Examination-CVS – S1S2 normal, CNS-conscious and oriented

➤ **SAMPRAPTI GHATAKA-**

- *Dosha- Tridosha*
- *Dushya-Twak, Rakta, Mamsa, Lasika*
- *Ama-Jatharagnijanya ama*
- *Agni-Jatharagnijanya*
- *Strotas-Rasavaha, Raktavaha*
- *Strotodushti Pravara-Sanga*
- *Rogamarga-Bahya*
- *Udbhava sthana-Amashaya*
- *Vyatka Sthana-Twacha*
- *Roga Swabhava-Chirakari*
- *Sadhyaasadhyta-Sadhya.*

➤ **TREATMENT GIVEN**

- *Gandhak Rasayana* 1 tablet twice a day
- *Kaishor Guggulu* 2 tablets twice a day.
- *Arogyavardini Vati* 2 tablets twice a day
- *Haritaki Churna* 3 gm at bedtime.
- *Khadirarista* 20 ml twice a day
- *Panchatikta Ghrita* for Local application.

➤ **ASSESSMENT OF CLINICAL FEATURES BASED ON GRADATION SYSTEM**

1. *Shyavam*

- Normal Skin tone -0
- Mild brownish discolouration -1
- Moderate brownish discolouration 2
- Severe brownish discolouration 3.

2. *Kinkara Sparsha*

- Normal Skin tone 0

- Mild rough lesions on touch 1
- Moderate rough lesions on touch 2
- Severe rough lesions on touch with scaling -3

3. Parushtwa-

- Normal Skin-0
- The mild hardness of lesion 1
- The moderate hardness of lesion 2
- Severe Hardness of lesion with Scaling -3

4. Kandu-

- No itching 0

- Mild /occasional localised itching which is tolerable -1
- Moderate generalised itching 2
- Very severe itching disturbing sleep and other activity -3

➤ RESULT AND DISCUSSION

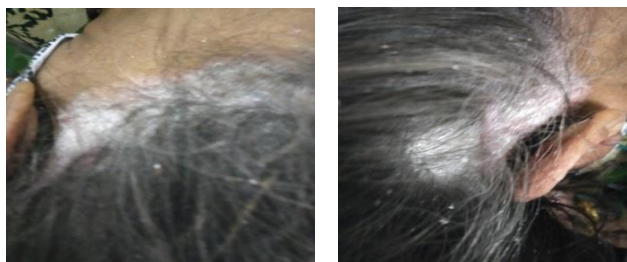
After starting the treatment symptoms were decreased in one month in 3 months patient showed significant improvement.

ASSESSMENT OF RESULT

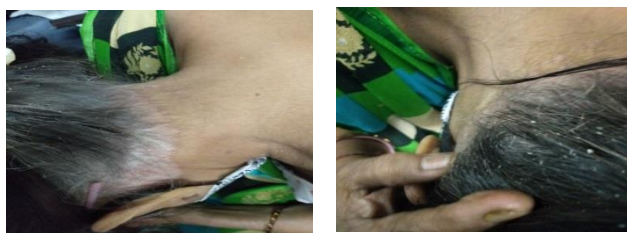
SYMPTOMS	Before Treatment	After Treatment
Shyava	2	1
Kinakharasparsha	3	0
Parushyatwa	3	0
Kandu	3	1

➤ CLINICAL IMAGES BEFORE AND AFTER TREATMENT

Before Treatment



After Treatment



DISCUSSION

Here Deepan Pachana was initially done with *Amapachana dravyas* like *Arogyavardini Vati*^{11,12} and *anulomana* was given like *Haritaki Churna*. *Gandhak Rasayana* is useful in burning sensation as a patient have burning sensation, it is also useful in itching, it is also *Rasayana* and *Kushthaghna*. It acts on Skin and *Rakta*. It helps in the purification of

blood.¹¹ *Khadirarishtha* also called *Sarva Kushthanivaraka* by *Bhaishajya Ratnavali*. *Khadirarista* specifically acts on *Lasika* and inhibits the *jivanus* of *kushtha*.^{13,11}. As the patient have itching and burning to relieve burning *ghrita* was given, as *ghrita* is specifically used for the treatment of *pitta*, burning means there is a predominance of *pitta dosha* and here *Panchatikta ghrita* helps in relieving scaling and healing. It is useful in *Dushti Vrana*, *Krimijanya roga*.¹⁴

CONCLUSION

The *ayurvedic* management given in Psoriasis showed significant improvement. This was a case study where multiple *ayurvedic* medicines were given and local applications used, which gave relief to the patient symptomatically. But still, further study is needed for more evaluation.

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