

**AYURVEDIC MANAGEMENT OF KITIBH KUSHTHA (SCALP PSORIASIS) –  
A CASE REPORT****Sanika R. Pandit<sup>1</sup>, Rajesh Kolarkar<sup>2</sup>**

<sup>1</sup>P.G. Scholar *Ayurved Samhita and Siddhanta* Department, Y.M.T. Ayurvedic College, Kharghar, Maharashtra, India

<sup>2</sup>Professor and HOD *Ayurved Samhita and Siddhanta* Department, Y.M.T. Ayurvedic College, Kharghar, Maharashtra, India

**Corresponding Author:** [sanu9rp@gmail.com](mailto:sanu9rp@gmail.com)<https://doi.org/10.46607/iamj4209122021>**(Published Online: December 2021)****Open Access**

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**Article Received:** 26/11/2021 - **Peer Reviewed:** 10/12/2021 - **Accepted for Publication** 11/12/2021**ABSTRACT**

People suffering from Autoimmune diseases is increasing day by day. The exact cause of the autoimmune disease is still unknown. Psoriasis is one such disease. Dry thick raised itchy patches on the skin are the sign of psoriasis. They are covered with silvery-white scales. It is triggered by infection stress and cold. There is no known cure but with proper management, serious flares can be avoided. It generally affects the scalp, sole, palm, elbows and knees. Such diseases can be effectively managed by Ayurveda. Ayurveda defines the majority of skin diseases under the category of *Kushtha*. Clinically we can compare scalp psoriasis to *Kitibha Kushtha* mentioned in the *granthas*. In the present study, a 53-year-old male patient was treated for scalp psoriasis. He presented himself with itching, dry scales, flake formation and whitish-pink patches on the scalp. He was treated with *Arogyavardhini*, *Sukshma Triphala*, *Panchatikta Ghrut*, *Jatamansi choorna* internally and *Karanja Tel* for local application. The treatment was given for seven months. The case report is presented here to share effective management of scalp psoriasis by Ayurveda.

**Keywords:** Psoriasis, *Kitibha Kushtha*, autoimmune diseases, *Arogyavardhini*, Ayurveda.**INTRODUCTION**

Autoimmune diseases are a heterogeneous group of more than 80 chronic conditions which affect about

7 to 10 % of the worldwide population<sup>1</sup>. In Auto-immune disease, the immune system tends to de-

stroy one's own cells for reasons unknown. Psoriasis is one such disease. [Psoriasis is a chronic inflammatory skin disease with a strong genetic predisposition and autoimmune pathogenic traits The worldwide prevalence is about 2% but varies according to regions]<sup>2</sup>. The estimated incidence of scalp psoriasis among psoriatic patients is 45 to 56%<sup>3</sup>. Hence it is the need of the day to find managing techniques for such widely occurring diseases. There is no such cure as of now which completely cures psoriasis. Steroids and Immunosuppressants temporarily manage the symptoms. But on exposure to triggering factors, it flares up. However, it can be effectively managed with the help of Ayurveda. The intensity and severity of the disease can be reduced considerably. Lifestyle modification is also necessary along with Ayurvedic treatment. Ayurveda focuses on treating the root cause of the disease instead of just managing the symptoms. As per Ayurveda, the symptoms of psoriasis can be compared to that of *Kitibha Kushtha*. *Kitibha Kush-*

*tha* is described as grey coloured, rough to touch and tough. It is included in *Kshudra Kushtha* by Charak. It is *Vaat Kaph* dominant skin disease<sup>4</sup>. Here in this case of scalp psoriasis focus is on treating the vitiated *kaph* and *Vaat* dosh along with *pitta Virechan* (purgation) which are the root cause of the disease.

The Case Report is as follows - A 53 old Male Patient visited OPD on 18/04/2021.

Chief complaints were –

1. Severe Itching in Scalp region. (*Kandu*)
2. Flake Formation (Whitish Pink)
3. Silvery white scales (*Twak Sphutana*)

The patient was suffering from the above problems for two years. He visited a dermatologist who diagnosed it as scalp psoriasis and steroids were prescribed for treatment. No significant relief was observed. The patient is a known case of DM and Hypertension for a few years and is on Istamet 50/500 and Telma 40 once daily.

### Personal History

Name - XYZ	Age – 53 years	Sex - Male
Marital status - Married	Occupation - Job	Diet – Veg Non-Veg Mix
Addiction - None	Sleep - Adequate	Appetite - Good
Pulse – 80/min	BP – 130/80 mm Hg	Weight – 67 Kg
G.C. - Fair	Temperature – Afebrile	

### Ashtavidh Pariksha –

<i>Nadi – Pittapradhan Vaat</i>	<i>Shabda - Spashta</i>
<i>Mal – Prakrut (Normal)</i>	<i>Sparsha - Anushna</i>
<i>Mutra – Prakrut (Normal)</i>	<i>Druk - Drushtimandya</i>
<i>Jeevha - Niraam</i>	<i>Akruti - Madhyam</i>

### Local Examination –

1. Whitish pink scales along the hairline on the scalp.
2. Redness post itching.
3. Flaking.

### Hetu (Causes) –

1. *Aaharaj* [ Excessive Non-Veg (Fish), spicy salty food, *Viruddhashan* (Incompatible food)]
2. Stress
3. Poor Hygiene.

### Lakshana (Clinical Features) –

1. *Kandu* (Itching)
2. *Twak Sphutana* (Flake Formation)

*Vyaadhi Vinishchay* (Diagnosis)- Scalp Psoriasis (*Kitibha Kushtha*), *Dosh - Kaph pradhaan Vaat, Dushya – Rasa Rakta*

### Treatment Principle –

1. *Doshaghna Chikitsa* (*Kapha vaataghna*)
2. *Mrudu Virechan* (Purgation) for *Twak Shudhi*.

**Treatment Given –**

Medicine	Dose	Route	Anupaan
<i>Arogyavardhini</i>	500 mg twice a day	Oral	With water
<i>Sukshma Triphala</i>	500 mg twice a day	Oral	With water
<i>Panchatikta Ghrut</i>	10 ml in the morning	Oral	With water
<i>Jatamansi Churna</i>	3 gm at night	Oral	With water
Karanja oil (Oil of Pongamia Glabra)	Apply twice a day	Local Application	-

Duration – 7 months., Follow Up – Every 4 weeks.

**Pathyaapathya (Dietary and Lifestyle modification)**

1. The patient was advised to avoid Nonveg food especially fish, excessive oily, spicy and salty foods since they all cause *Raktadushti* as per Ayurveda.
2. Management of stress since it is the triggering factor for Psoriasis.
3. Maintain Personal Hygiene.
4. Lifestyle modification – Waking up early and sleeping early; No daytime sleeping; Regular exercises and Yoga to be done.

Pathya	Apathya
1) Regular Home-made food	1) Curd
2) All types of fruits except oranges and sweet lime	2) Nonveg especially fish
3) <i>Koshna Jal</i>	3) Chaat items; Fast food
4) All types of vegetables except tomato	4) tomato; Tamarind chutney
5) <i>Mudga Yush</i>	5) Chips; wafers, pickle.

**Grading criteria for assessment –**

Clinical Feature	Grade 0	Grade 1	Grade 2	Grade 3
1) <i>Kandu</i> (Itching)	Absent	Mild	Moderate	Severe
2) <i>Twak Sphutana</i> (Flaking)	Absent	Mild	Moderate	Severe

PASI scale – 0.7, Observation and Results- Assessment of patient was done as per the grading criteria during every follow up after 4 weeks.

Clinical Feature	Before Treatment	After Treatment					
	18/04/2021.	18/05/21	18/06/21	18/07/21	18/08/21	18/09/21	18/10/21
<i>Kandu</i> (Itching)	3	2	2	1	1	1	0
<i>Twak Sphutana</i> (Flaking)	3	2	2	2	1	1	0

Pasi Scale Score reduced to 0.1., Significant relief in signs and symptoms.

**DISCUSSION**

*Kitibha Kushtha* (Psoriasis) is a *kapha vaataj* dominant disease. *Rasa* and *Rakta Dushti* are present. Recurrence is possible and hence it is difficult to treat. In the present treatment, highly significant relief was observed in *Kandu* (itching). It may be because of *Ushna Veerya* and *Kapha Vaataghna* properties of the medicines given. Also, no adverse drug effect was observed. *Kandu* is because of viti-

ated *Kapha Dosh* while *Twak Sphutana* is because of vitiated *Vaat Dosh*. The medicines used in this treatment have properties of *Jantughna*, *Krumighna*, *mrudu rechan*, *kandughna* and *Kushthaghna*. Hence, they can reduce *kushtha*. Oil has a greater absorption in the skin and hence for local application *Karanja* oil was given.

The probable action of medicines is as follows –

1. *Arogyavardhini*- It acts as on *Vaat* and *Kapha Dosh* by its *ushna gun* and absorbs the *kled* (moisture) from the stomach and does *pitta Virechan* (brings out excess and *dushti pitta*).

2. *Sukshma Triphala*- It acts as *Jantughna* (anti-microbial) and does *kled* absorption by its *Ruksha gun*.
4. *Panchatikta Ghrut*- It brings out the excess *pitta* by *Mrudu Virechan* (soft laxative) and thus balances the *pitta dosh*.
5. *Jatamansi Choorna* – It helps to calm down the mind and helps relieve stress.
6. *Karanja oil*- Oil of *Pongamia Glabra* used as anti-pruritic and anti-microbial.

## CONCLUSION

*Kitibha Kushtha* is one of the commonly found skin diseases. It clinically co-relates with scalp psoriasis. The present case study signifies that despite advanced technologies in medical science, this disease is not curable. However, Ayurvedic Treatment along with lifestyle modification is highly effective in the management of *Kitibha Kushtha* (Scalp Psoriasis).

## CONSENT

Written informed consent was obtained from the patient for the presentation of this case report.

Source of Support – NIL

Conflict of Interest – None declared.

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