

AN AYURVEDIC MANAGEMENT OF KITIBHA KUSHTHA (PSORIASIS): A CASE STUDY

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ABSTRACT

Background

Skin is the first line of defence for our body against harmful physical, chemical, and pathological agents. Healthy skin also contributes to a person's aesthetics. Thus, apart from daily routines, skin disorders also affect the self-confidence of the patient. Skin disorders constitute one of the largest groups of health problems in general clinical practice. *Kushtha* is a broad term which covers almost all the skin diseases in *Ayurveda*. In general, *Twak vikara* are mainly caused due to altered lifestyle, lack of physical exercise, poor hygiene, mental stress and improper diet. *Kushtha* is further divided into *Maha* and *Kshudra Kushtha*. *Kitibha Kushtha* is one of the *Kshudra Kushtha*.

Need and scope of the study.

With the rise in psoriasis and psoriatic medications for longer duration (more than a year), patients also face numerous side effects related to other systems. Many patients could be observed applying combination creams (steroids with psoriasis), changing the whole and sole picture of the earlier lesions. Hence, to avoid and make treatment aspect easier to prevent the recurrence. In the present case study, a 58-year-old male patient in the Kayachikitsa OPD of R.A. Podar Medical College (Ayu.), Mumbai had symptoms of hyperpigmentation with dry, scaly lesions all over body and itching all over the body, which increased during the night and was treated with *Rukshan-virechan karma* and *Raktamokshan* respectively. The symptoms were prevailing for three months. In this case, *Rukshan Chikitsa* helped cure *Ambu dushti*, whereas *Virechan karma* helped cure *Sampraptibhanga*. *Raktamokshan* helped to avoid the recurrence of the medical condition. Generally, *Twak Vikar* is mainly caused by

Tridosha, Rasa, Mansa, and Kleda dushti. Thus, treatment with *Rukshan-Virechan & Raktamokshan Chikitsa* provided successful relief, which was observed in the patient.

Key words: *Kitibh Kushtha, Psoriasis, Rukshan, Virechan, Raktamokshan.*

INTRODUCTION

In Ayurveda, *Kushtha* refers to “*kushnati vapu iti kushtham*”.^[1] Mainly *kushtha* is of 2 types- *Maha-kushtha* and *kshudra Kushtha*. *Kitibha Kushtha* is one of the skin diseases categorised under *Kshudra Kushtha*, according to Charak. It is chronic, and disease-affected skin manifests with *Shyava (blueish black)*, *khin sparsh (scaling)*, *Khara sparsha (rough with sharp edges)*, *Twak Parushyata (hard, rough to touch)*, *Ruksha (Dry)*, and *Kandu (itching)*. *Kitibha Kushtha* is mainly due to *Vatakaphapradhanata*.^[3] It is not life-threatening, but its appearance, nature of severe itching, and chronicity hamper the usual routine of life. This study used psoriasis as *Kitibha Kushtha* because the characteristic features are very similar. Psoriasis is a chronic and dreadful disease that can have a substantial psychological and social impact on a patient’s life. Psoriasis is a non-contagious, chronic, inflammatory and proliferative skin disorder characterised by red, thickened plaques with blackish scales.^[4] The lesions vary in size and degree of inflammation. Psoriasis is categorised as generalised or localised based on the severity of the disease. Psoriasis is derived from the Greek words “*Psora-itch*” and “*iasis-condition*”.^[5] With a prevalence of 0.44-2.8% in India, it commonly affects individuals in their 3rd or 4th decade, with males being affected more than females.^[6] The chronic and recurring nature of disease hampers family, social and economic life to a greater extent. The cause of psoriasis is not fully understood; genetic predisposition may be one of the causes.

*Tridosha, Rasa, Mansa, and Kleda dushti*⁷ mainly cause *Kitibha Kushtha*. Thus, treatment with *Rukshan-virechan & Raktamokshan chikitsa*. This case was treated effectively through therapeutic interventions for *Ayurveda*. The patient reported significant improvement in signs and symptoms.

CASE DESCRIPTION

A 58-year-old male residing at Borivali visited M.A. Poddar Hospital, Worli, on 14th April 2022. He presented with hyperpigmentation all over his body, with induration, erythema, scaling, and itching over B/L lower limbs, B/L upper limbs, groin region, back, chest, and abdomen region. The patient was habituated to a mixed diet earlier but was advised to follow a vegetarian diet as a part of treatment.

Family History - No family history of psoriasis/ arthritis.

Past Medical History -No history of Recent onset of Fever/COVID-19/Jaundice and any major illness

Past Surgical History- Nil

Drug Allergies - Not yet known.

Addiction -No H/O smoking, alcohol or illicit drug use.

O/E-

Temperature: 97.6 F

Blood pressure: 130/80mm of Hg

Heart rate: 78//min

Respiratory rate: 18/min

S/E-

RS - AEBE clear.

CVS - S1S2 Normal.

CNS - Conscious and oriented.

Bowel sounds -Normal

Neurological- Gait, power, tone, sensation, and reflexes are intact and functioning normally. Musculoskeletal: There is no swelling, effusion, tenderness, or joint deformities. There is a normal range of motion in all joints.

Dermatological Examination

Erythrosquamous lesions with induration, erythema, and scaling over B/L lower limbs, B/L upper limbs, groin region, back, chest, and abdomen region. Positive Auspitz sign (capillary bleeding occurring after the overlying scale is removed).

ASSESSMENT OF CLINICAL FEATURES BASED ON THE GRADATION SYSTEM

Shyava – Discolouration of skin

1	Normal skin tone	0
2	Mild Brownish Discoloration.	1
3	Moderate Brownish Discoloration.	2
4	severe Brownish Discoloration.	3

Kinakara Sparsha – Roughness of skin

1	Normal skin texture	0
2	Mild rough lesions on touch	1
3	Moderate rough lesion on touch	2
4	Severe rough lesion on touch with scaling	3

Twak Rukshata – Dryness of skin

1	No line on scrubbing with nail	0
2	Faint line on scrubbing by nail	1
3	Tingling and even words can be written by nail	2
4	Excessive Rukshan leading to Kandu and crack formation	3

Parushatwam – Hardness of skin

1	No hardness	0
2	Mild hardness lesions on touch	1
3	Moderate hardness lesion on touch	2
4	Very thick lesion with scaling	3

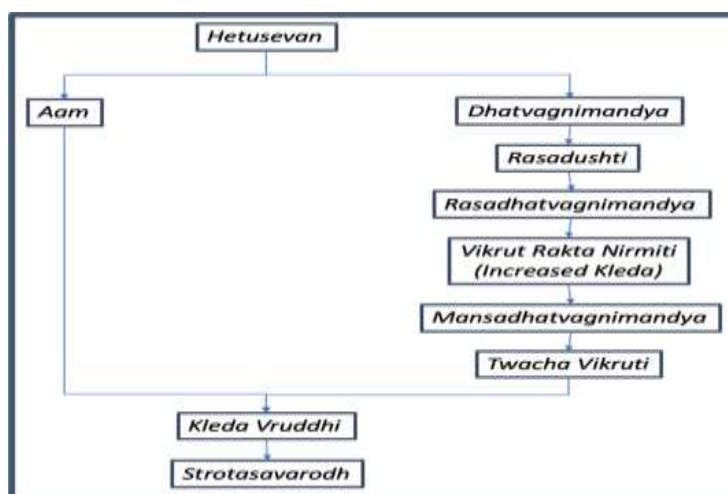
Kandu - Itching

1	No itching	0
2	Mild/occasional localized itching which is tolerable	1
3	Moderate generalised itching	2
4	Very severe itching disturbing sleep and other activity	3

The intensity of symptoms observed in the patient was as follows: *Shyava* (3), *Kinakara Sparsha* (3), *Twak Rukshata* (3), *Parushatwam* (2) and *Kandu* (3).

In this case study, only subjective parameters were used to assess treatment. Objective parameters were considered for the integumentary system Examination.

SAMPRAPTI:



MATERIAL AND METHODS**TREATMENT****RUKSHAN THERAPY**

For *Rukshan*, I administered *Bakuchyadi yoga* (*Bakuchi*, *Triphala*, *Guduchi*, *Musta*) 12 gm in the morning and evening with lukewarm water for 21 days, along with *Chitraka Haritaki Avleha* 10 gm at night after lunch.

VIRECHANA THERAPY: Virechana Therapy is a type of Panchakarma. In this therapy, the patient un-

Day 1	<i>panchatikta Ghrita</i>	40ml
Day 2	<i>Panchatikta Ghrita</i>	60ml
Day 3	<i>Panchatikta Ghrita</i>	90ml
Day 4	<i>Panchatikta Ghrita</i>	120ml
Day 5	<i>Panchatikta Ghrita</i>	150ml
Day 6	<i>Panchatikta Ghrita</i>	190ml
Day 7	<i>Panchatikta Ghrita</i>	240ml

During all these days, the Patient was advised to drink Lukewarm water. Only a light and liquid diet was advised during that time. The symptoms of *Samyak Snigdha* were observed, such as *Vatanulomana*, *Deeptagni*, and *Varcha Snigdha*. The *Snehapana* was stopped on the 7th day. On the 8th and 9th day, the Patient was subjected to *Sarvanga Snehana* followed by *Swedana*.

2) PRADHAN KARMA

On the 10th day before the administration of *Virechana*, *Dravya Abhyanga* and *Sarvanga Swedana*

VEG CHART

Veg no	Malasvrop	Vyadhi lakshan	Blood pressure(mmHg)	Pulse (min)
1	Peetvarni	-	120/70	52
2	Peetvarni +drava mal	-	120/80	54
3	Peetvarni +drava mal	-	120/80	60
4	Shvyavarni +drava mal	-	120/70	55
5	Peetvarni +drava mal	Udardah ++	120/80	60
6	Peetvarni +drava mal	-	120/80	60
7	Peetvarni +drava mal	-	120/80	60
8	Peetvarni +drava mal	-	120/80	58
9	Peetvarni +drava mal	Udardah+	120/80	60

3) PASHCHAT KARMA

After completing *Virechana Karma*, the patient was kept on *Sansarjan Kram*, considering the *Shuddhi to*

dergoes controlled purgation to flush out body toxins. The treatment is performed in three steps.

1) POORVA KARMA

The *poorva karma* of *Virechana* is *Deepana Pachana* and *Snehana*. *Deepana Pachana* was administered *Aampachak Vati* 500mg BD for five days. *Snehapana* (Internal Oleation) was done by administering *Panchatikta Ghrita* as follows.

were carried out in the morning. the Patient was given *Arghavadga Kapila* 500mg with *Abhyadi Modak* 500 mg at 9:30 AM. Pulse, Respiration, Blood Pressure and Temperature were recorded regularly during *Pradhan karma*. No motions after administration of *Virechana Dravya* were counted till symptoms of proper purgative like stopping of purgation on its own, passing of stool with mucous in the last one or two motions and feeling of lightness in the body appeared. 9 Vegas (no of motions) were observed.

be a *Heena* type of *Shuddhi*. The patient was advised to rest and eat *Peya*, *Vilepy*, *Akruta Yush*, and *Kruta Yush*, was recommended for three days.

Days	Lunch	Dinner
First Day	-	<i>Peya</i>
Second Day	<i>Vilepy</i>	<i>Akruta Yush</i>
Third Day	<i>Kruta Yush</i>	<i>Samanya Ahar</i>

After *Sansarjan Kram* was complete, the previous medicine routine was continued, and *Guduchi*, *Yashthimadhu*, and *Haridra siddha Gruhata* were also administered for local application.

SIRAVEDHA KARMA

According to the course of the disease and the involvement of *Dosha Dhatu*, *Agni Bala*, *Sharira*, and *Manasa Bala* of the patient, *Siravedha Karma* (bloodletting) was planned. *Guduchi*, *Haridra*, and *Yashthimadhu Siddha Ghritam Snehapana* were giv-

en 30 ml in the morning for 15 days. Then, *Siravedha Karma* was done from the median cubital vein of the patient. *Siravedha Karma* (bloodletting) was done four times with an interval of every seven days, and each time, 40 ml of blood was removed.

PATHYA-APATHYA

Pathya (Do's): Good options include old grain, bitter vegetables, green beans (Mung), and a light diet.

Apathya (Don't): Salt in excessive amounts, curd, jaggery, sour, oil, milk, rice and a heavy non-vegetarian diet. Fried food, daytime sleeping.

RESULTS

Parameters	At Initial stage	After 1 month	After 3 months
<i>Shyvavarna</i> (bluish black color)	+++	++	+
<i>Khin sparsh</i> (scaling)	+++	++	-
<i>Ruksha</i> (Dry)	+++	+	-
<i>Kandu</i> (itching)	+++	+	-
<i>Parushatwam</i> – Hardness of skin	+++	+	-



DISCUSSION

PROBABLE MODE OF ACTION

1] VIRECHANA KARMA

Virechana karma is a method of bio-purification. The process of Virechana proceeds with Deepana and Pachana, which reduces the amount of waste. Aam and normalise the Agni or metabolic activity. After that in Snehapana, panchatikta Ghrita was taken. Panchatikta Ghrita contains Nimba, Patola, Vyagri, Guduchi, Trifala. The drugs possess Ushna, Tikshna, Vyavayi, Vikashi, Katu, Tiktarasatmaka and Katu Vipaka. It was observed that the action of drugs was mainly due to the properties of these drugs, which have Deepan, Pachana, Amapachaka, Strotoshodhaka, Raktaprasadan, Raktashodhaka, Kandughna, Kushthaghna and Varnya mechanisms of actions. They acted mainly to eradicate doshas from the whole body and brought them into Koshttha. It also alleviated symptoms like itching, discolouration and dryness due to aggravated Vata and Kapha doshas. Sarvanga Abhayanga and Swedana removed the obstruction in Srotas and brought the vitiated Dosha from Shakha to Kostha. Kushtha is a tridodhaja vyadhi and involves all the seven dhatus as dushya. In Kushtha, Rakta is considered one of the main dhatu involved in the prasara stage of Kushtha samprapti. As the Pitta and Rakta have an Ashraya-

Ashrayi relationship, the treatment modalities of Pitta and Rakta dhatu resemble each other. Therefore, virechana therapy was helpful in this disease. Also, Virechana karma cleanses the Kostha and brings down the morbid Dosha from the body and helps to maintain the Dosha and Dhatu Samya or keep up the homeostasis and leads to the refurbishment and rejuvenation of body tissues and also boosts the body. Immunity and cleanses the Srotas (microchannels).

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