



Case Report

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Effect of multimodality Ayurveda treatment in *Kitibha kushta*

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ABSTRACT

All skin conditions are coming under the umbrella of kushta roga. *Kitibha kushta* is a variety of *Kshudra kushta* is a variety of *Kshudra Kushta* with dominance of *Vata* and *Kapha Doshas*. *Kushta* is one of the commonly affected illnesses to mankind. It has been mentioned in nearly all the *Sthanas* of Charaka Samhita, which shows the prime importance in the diseases affecting human being. Psoriasis is a papulosquamous (*et al* Rajkala Shankar) disorder of the skin, characterised by sharply defined erythematous squamous lesions. They vary in size from pinpoint to large plaques. It is characterized by symptoms like: defined patches, over both upper and lower extremities and lowback. It was associated with itching, blackish discoloration, discharge and constipated bowel. On the basis of symptoms and clinical findings the case was diagnosed as *kitibha kushta*. The present study was aimed to show the multimodality Ayurveda treatment like shaman and shodhana Chikitsa in *kushta*.

Keywords: Ayurveda treatment, *Kitibha kushta*, Papulosquamous.

INTRODUCTION

Kushta is one of the most dreadful disease afflicting man. *Ayurveda* has dealt with the disease in all its aspects elaborately. The description of the *lakshanas* of disease depends upon *Dosha-Dushya sammurchana* and its effect on *srotas* and predominance of *Dosha* and *Dushya*. A separate chapter under the heading "*Kushta*" has been described, for skin diseases by our *Acharyas*. Almost all the *Acharyas* have further classified *Kushta* into *Maha-Kushta* and *Kshudra-Kushta*. The exact difference between *Maha-Kushta* and *Kshudra-Kushta* is often controversial.

Kushta is always *Tridoshic* in origin and a dominance of a particular *Dosha* leads to a specific symptom complex. *Kushta* is considered as *maharoga*^{1,2}, *deergaroga*³, *nindithavyadhi*⁴, *santharpanajanyavyadhi*⁵. *Chakrapani* mentioned that in *Kshudra Kushta*, the symptoms of *Maha-Kushta* are manifested in milder form *charaka*⁶. No single variety of *Kushta* is due to any one *Dosha*. Though the provocative morbid *doshas* are the same in all the varieties yet they are differentiated by the different dose of morbidity, sequel and location which produce the difference in their characteristic pain, colour, seat, effect, name and treatment.⁷

Kitibha kushta is one of the *kshudra kushta*⁸ which is commonly seen in clinical practice. Stress is the most crucial factor in onset and progression of the disease. In present study there was no relevant history of any past illness or family history, In personal history there was regular intake of fish curd, and excessive use of alcohol, smoking, spicy and sour items.

CASE REPORT

A 54 years old male farmer, presented with chief concerns of small rough hard well defined patches, over both upper and lower extremities and lowback. It was associated with itching, blackish discoloration, discharge and constipated bowel habit since 6 months. For this he consulted an allopathic physician and was advised with antibiotics, steroids and purgatives and diagnosed it as psoriasis. But no relief was observed. For this he came to our hospital for further management.

Clinical findings

The lesion type was blackish, hard, dryness and roughness in nature. Associated with severe itching and powdery discharge. It was distributed over upper and lower extremities mostly in legs and low back.

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Diagnostic assessment

Investigations

Liver function test and blood routine were within the normal limits. other skin investigation were not done due to financial problem.

Diagnosis; Kitibha kushta

On the basis of symptoms and clinical findings the case was diagnosed as *kitibha kushta*.

Therapeutic intervention

The interventions were done after ascertaining the dosha involved. The treatment was accomplished in two phases-Shamana Chikitsa (treatment aimed at mitigating the dosha) administered as out patient and shodhana Chikitsa (treatment for eliminating excessive morbid dosha) was performed as inpatient.

RESULT

The Rashes completely resolved and the skin was normal as before. The patient was back to her normal routine with no signs of relapse. The photographs taken during and, after treatment are shown in figure.



Fig 1: Before treatment



Fig 2: After dhara



Fig 3: After utsadhana



Fig 4: After shodhana

DISCUSSION

The skin ailments are hunting the mankind since ages past. Vedic literatures provide an ample evidence of such efforts in the form of prayers and herbs by naming all, the skin diseases under the heading "Kushtha". *Kushtha* is always *Tridoshaja* in origin⁽⁹⁾. *Charaka* opines at this context that most dominant symptoms of the *Dosha* should be treated first and later the associated symptoms and their causative *Doshas* should be treated¹⁰. Though the provocative morbid doshas are the same in all the varieties yet they are differentiated by the different dose of morbidity, and location which produce the difference in their characteristic pain, colour, seat, effect, name and treatment¹¹. In present study patient had irregular diet and habit of excessive use of smoking, alcohol and non vegetarian diet.

The main causative factors in the manifestation of pathology of *kitibha kushta* are *vata* and *kapha dosha*. As mentioned in *viruddhahāra* (incompatible food), regular intake of alcohol, fish, smoking, curd becomes the cause of manifestation of skin eruptions. Patient's diet especially sour and spicy food also a reason to this may caused the vitiation of above mentioned *doṣa* resulting in the presentation of *kitibha kushta (vata kapha doṣa predominant kuṣṭha)*¹² with rashes and other associated symptoms in the skin. Based on the *doṣa* involved, *vata kapha hara (vata and kapha doṣa pacifying)* line of treatment was adopted in terms of *śamana* and *śodhana cikitsa*¹³. In the *samana cikitsa*, both internal and external medications were included. The internal medicines helped in *mṛdu sodhana* (mild purification) as well as helped in *srotosodhana* (clearing the channels)¹⁴. The decoctions given were *kapha hara* in nature and had a mild laxative as well as anti inflammatory property, along with *arogyavardhini*^{15,16,17} and *nimbadi gugglu*¹⁸ internally and for external treatment like *triphalā kashaya dhara* had given to pacify *amavastha*. After *kashayadhara*, *utsadana*⁽¹⁹⁾ had given for 3 days with *mahathikthak grith*²⁰ and *haridra churna* it is mainly for skin conditions the herbs given for external application like *Curcuma longa*²¹, *Azadiracta indica*²² were anti inflammatory and mainly helped in the erosion of blisters which might have decreased the chance of wound progression by relieving pressure, *snehapana* with *thikthaka grith*²³ followed. For the purpose of *snēhapāna*, *Tiktaka ghṛtam* was chosen, which was again *pitta hara (pacifying pitta doṣa)* in nature and is indicated in skin diseases which suggest the drugs present in the ghee may have some affinity towards the target organ²⁴. *Snehapana* because of its *doṣa utkleṣaṇa* (increasing the *doṣa*) separates toxins accumulated in the patient's body. The separated morbid *doṣa* are eliminated by *virēcana*. It helped in the removal of vitiated *doṣa* out of the body along with toxins at cellular level. Even though *Madhyama suddhi* (minimal purification) was attained, there was remarkable improvement in the patient. The separated morbid *doṣa* are eliminated by *virecana*²⁵. It helped in the removal of vitiated *doṣa* out of the body along with toxins at cellular level. Even though *avara suddhi* (minimal purification) was attained, there was remarkable improvement in the patient. It is advised to perform repeated purification in minimal quantities in skin disorders to protect *praṇa* (life) as excess elimination of *doṣa* can aggravate *Vata doṣa* (factor responsible for neurological and cognitive responses in the body) and may further deteriorate the strength of the patient²⁶. On discharge along with *shamanoushadi manibhadragulam*²⁷ was given for nitya *virechana*.

CONCLUSION

In present study of *Kitibha kushta*, based on the *samprapti* (pathogenesis), *Dosha hara* line of treatment was adopted in the form of shaman and *shodhana* therapy (both internal and external purification) along with proper *pathyapathyas* (wholesome diet) was effective in *Kitibha kushta*. We were able to stop all the allopathic medications which the patient was taking initially. Because of *Ayurvedic* treatment modalities helped in arresting the progression. All other associated signs and symptoms resolved completely with no signs of relapse.

Conflict of Interest

The authors declare no conflict of interest.

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