

AYURVEDIC MANAGEMENT OF KITIBHA KUSHTA W.S.R TO PSORIASIS – A SUCCESSFUL CASE STUDY

Shwetambika¹, Shaila Borannavar², Ananta S Desai³

¹PG Scholar, ²Associate Professor, ³HOD and Professor,
Dept of PG studies in Panchakarma, GAMC, Bangalore-560009, Karnataka, India

Corresponding Author: shweta93bs@gmail.com

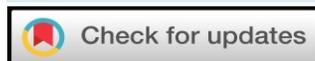
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ABSTRACT

Skin being the largest organ of the body is the reason behind the beauty and cause for confidence. Chronic skin conditions adversely affect one's physical, functional and emotional wellbeing, thereby causing negative impact on one's own quality of life. Due to altered lifestyle, lack of physical exercise, unhygienic, mental stress, overeating, nutrition deficiency, skin diseases are commonly observed. WHO has classified skin diseases as a Psycho-cutaneous disease. **Materials & Methods** 29 year old male was diagnosed with a *KitibhaKushta* with a clinical feature of flaky reddish white **elevated** skin lesions over a B/L lower limb associated with severe itching sensation and peeling of the skin since 4 years, has been treated with classical *Virechanakarma* (Purgation) along with *Shamanaushadhis* (Oral medicines). **Results:** After the course of treatment the patient noticed significant relief in signs and symptoms and worth documenting. **Conclusion:** *Kitibha Kushta* though it is difficult to manage, but if proper diagnosis is made at proper time many complication can be avoided. In this case study, we found significant results in signs and symptoms with *Virechana* followed by *Shamanoushadhi* and *Rasayana karma*. By this we conclude that various *Panchakarma* procedures especially *Virechana Karma* and internal medicines can be the best option in its management.

Keywords: *Virechana Karma, Kitibha Kushta, Psoriasis*

INTRODUCTION

Psoriasis is a long lasting, non-contagious autoimmune disease characterized by raised areas with typically red, dry, itchy scaly Patches, most commonly on Knees, Elbows, Trunk and Scalp. Psoriasis is generally thought to be a genetic disease that is triggered by environmental factors.¹

According to *Ayurveda* all the skin manifestations are grouped under the heading of *Kushta*, which are divided into two category such as *Mahakushta* and *Kshudrakushta*, *Kitibhakushta* is one among the *Kshudrakushta*. In the present study *Kitibhakushta* has been considered as Plaque Psoriasis. All *Kushtas* manifest due to vitiation of *Saptadhatus* like *Tridoshas*, *Twak*, *Rakta*, *Mamsa* and *Lasika*. *Kitibhakushta* it is of *VataKaphaja* predominant condition having a *Lakshanas* like *Shyava(black)*, *Kina*, *Kharasparsha*, *Parusha*, (Hard & rough on touch) *Rukshapidaka* and *Kandu* (Itching).^{2 T} There is no cure for Psoriasis, but various treatments can help to control the condition. In this paper combined effect of *Virechana Karma* with *Shamanoushadhis* has been shown.

Case Report

A 29 year old male patient visited to SJIIM Hospital on 19/11/20 & was diagnosed as a *Kitibhakushta* with a clinical feature reddish elevated skin lesions with

white scales & severe itching sensation over anterior aspect of B/L lower limb since 4yrs, for the same reason previously he consulted to Dermatologist where doctor prescribed oral medications and topical creams, but patient did not find satisfactory relief. Now he consulted to SJIIM hospital for further management.

Past History

No H/O- DM AND HTN

No H/O Similar illness in a family

NidananaPanchaka

Ahara And Vihara:

- *Satataatimatra*, *Ahitaaharasevana*, *Atiamla*, *Lavana*, *Katuaharasevana*, *Divaswapna*, *Dadhinitya*, *Masha* etc
 - Breakfast-idli, dosa, lemon rice, upma, puliogre
 - Lunch-rice, sambar, curd
 - Dinner- ragimudde, rice, sambar, curd
- (Patient used take bakery items, junk foods, more of spicy foods regularly)

Purvaroop: *Vaivarnya* (Discoloration), *Kandu* (Itching), *Kothaunnati* (elevated skin lesions)

Roopa: *Ugrakandu*, *Kinakhara*, *Parushata* (hard & roughness) of skin

Upashaya&Anupashaya: Increases during cold season

Table 1: *Nidanas (Aharaja&Viharaja)*

Aharaja	Viharaja	Chikitsaupachara
<i>Virodhi annapana (Drava snigda,guru)</i>	<i>Santapaupahatsyasheetodakamatarataha, diwaswapna</i>	<i>Panchakarma (Ayoga- VAMANA)</i>
<i>Madhu, matsya, Lakucha, Mulaka Kakamachi-Satataatimatrarsevana, Ajeerna</i>	<i>Vipran guru gharshatam Papamkarmachakurvatom</i>	<i>Panchakarma Upacharina</i>
<i>Chilachima+Payasa Hayanka, Yavaka, Cheenaka Uddalaka, Kshudranna Atisevana</i>	<i>Sadhu nindana, Papmabhi Sadhyapraptakupita mala</i>	
<i>PishtannA, Ksheera, Guruashinam</i>	<i>Bhaya, Shrama, Sntapa, Gohatya</i>	

Table 2

Food articles	Examples in contemporary setting
<i>Atilavana</i>	Salt predominant foods like pickles, bhelpuri, papad, chips, namkeen used in excess quantity
<i>Atiamla</i>	Fermented products, pickles, bhelpuri, sour fruit juices, sauces like tomato sauce, excess intake of preserved foods, curd, buttermilk, lemon juice, vinegar, alcohol, sauce, squashes.

<i>Virudhahara</i>	Sprouted vegetables/grains with meat, milk with meat, honey with meat, black gram with meat, radish with meat, jaggery with meat, milk or honey with leafy vegetables, curd with chicken, honey heated in any form or taken with hot water, alcohol with kheer, fish with jaggery or sugar,
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Personal History

- Diet-vegetarian

Daily dietary routine

- Breakfast-idli, dosa, lemon rice, upma, puliogra
 - Lunch-rice, sambar, curd
 - Dinner-Ragimudde, Rice, Sambar, Curd
- (Patient used take bakery items, junk foods, more of spicy foods regularly)
- Habit- Tea/Coffee (3/4 times daily)
 - Bowel - Regular, Once / day
 - Bladder - 3-4/ day and 1-2night
 - Sleep - Sound sleep

SampraptiGhataka

- *Dosha- Vata, Pitta, Kaphaja*
- *Dhatu – Rasa, Rakta, Mamsa,*
- *Upadhatu- Twacha, lasika*
- *Agni – Jatharagni, Dhatwagnimandya (Rasa, Rakta, Mamsa)*
- *Srotas – Rasavaha, Raktavaha, Mamsavaha*

- *Srotodushti - Vimrgagamana /Sanga.*
- *Udbhavasthana- Amashaya*
- *Sancharastana – Sarvashareera*
- *Adhishtana- Twak, Rakta, Mamsa, Lasika*
- *Vyaktastana– Twak*
- *Rogamarga– Bahya*
- *Swabhava-Chirakari*
- *Sdhyaasadhyata – Yapyā*

On Examination of Skin

- Anatomical position- Anterior aspect of B/L lower limb
- Color- Reddish with silvery scales
- Distribution- symmetrical
- Size->5cm
- shape-irregular
- Morphology-Plaque

Specific Test

- Auspitz sign- +VE
- Candle grease sign +ve

Table 3: Intervention

Date	Medicine	Planned treatment
11/11/20	<i>Chitrakadivati(4 days)Itid</i>	<i>Deepana.pachana</i>
15 to 18 Nov	<i>ShodhanangaSnehapana</i>	<i>Panchatiktakagrita</i>
19.20.21 November	<i>Vishramakala</i>	<i>Pitta vardhakaraahara</i>
22/11/20	<i>Virechana</i>	<i>Trivruthlehya (50gm)</i>

Table4:

Date	Procedure	Dose
15/11/20	<i>Snehapana</i>	30ml
16/11/20		70ml
17/11/20		110ml
18/11/20		190ml
19/11/20 to 21/11/20	<i>Abhyanga murchitatilataila bhashpasweda</i> with &	
22/11/20	<i>Virechana with Trivruth lehya</i>	50gmUshnajalaanupana
Vegas	<i>Pravarashuddhi</i>	21 virechanavegas (samsarjana karma advised as per the shuddhi)

Table 5

Shamanoushadhi	Dose
Arogyavardhini	1TID
Panchatikakashyaya	15ml BD
Sarivadi	1TID
Psorolin oil	For E/A

Table 6

Feature	BT	AT
Color	Silvery	Reduced
Type of lesion	Plaque	Absent
Itching	Severe	Absent
Lesion size	Larger	Decreased
Scaling	Present	Absent
General look	Ill	Normal
Depression	Present	Absent

Observation-Before Treatment



After Treatment



DISCUSSION

Patient had irregular diet pattern and excess Intake of curd at night time, excessive intake of pickles & tea per day and resulting into vitiation of *Pitta & Kapha* leading to *KitibhaKushta*. Among all *Shodhana* therapies *Virechana* is widely used procedure because of it is simple, eliminating the *doshas* in large quantity with less stress & has lesser complications when

compared to *Vamana*. *Virechana* is an ideal procedure for *Pittaja & Raktaja Vyadhi*'s which are in *Ashraya Ashrayibhava* & also useful in the disorders in which *pitta* is associated with *Kapha or DushitaKapha* in *Pitta sthana*³.

Deepana-paachana is very essential & mandatory before *shodhana* as it helps to digest the *amadasha* present in the *koshta* & increases *agni* which aids in

the digestion of large quantity of *Sneha* administered thereafter. Both *Snehana* & *Swedana* help in the movement of *Dosha* & *Dosha Shithilikarana* & bring the *Doshas* from *Shakha* to *Koshta*.

As *Shodhanangasnehan* “*Mahatiktakagrith*” is used, which is prepared with drugs having the properties like *Deepana*, *paachana*, *Amapachana*, *Srotoshodhaka*, *Raktaprasadana*, *Raktashodhaka*, *Kandugna*, *Kushtagna*, *Varnya*. As per the Classical reference it has special indication in *Kushtavikaras*.⁴ Here *Trivruthlehya*⁵ is used for *Virechana karma* as it is *MruduVirechaka* and it is explained to perform *shodhana* repeatedly. *Vyavayi* property of *Virechanadravya* is responsible for quick absorption, while *VikasiGuna* causes softening and loosening of bond by *Dhatu Shaithilyakarana*. Due to *Ushna Dosha Sanghata* is liquefied. *Tikshnaguna* of *Virechanadravya* produces *Chedana* of *Dosha* which are already softened due to *Snehana* and *Swedana* so liquefied *Dosha* dragged to *Koshta* and eliminate from the body. Along with *Virechana* advocating *Shamanaushadhi* and proper *Pathya* will give faster and long-lasting results. *Shamanoushadhi*'s which are prescribed are having the property of *Raktashodhaka*, *Kushthagna* etc. which will help in relieving the symptoms.

CONCLUSION

The prevalence of *KitibhaKushta* is increasing day by day. *Kitibhakushta* though it is difficult to manage, but if proper diagnosis is made at proper time many complications can be avoided. In this case study we found significant results in signs and symptoms with *Virechana* followed by *Shamanoushadhi* and *Rasyana karma*. This is one among the relapsing type of skin disease, so patient is advised to follow *Pathyaapathya* like *Ahara*, *Vihara*, *Achara* and *Vichara* Repeated *Shodhana*⁶ as per classics in accordance with *Dosha*, *Kala*, *Agni* and *Desha* should be administered to control the frequency of recurrence and further spread, by this we conclude that various *panchakarma* procedures especially *virechana* and internal medicines can be best option of its management.

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