

**MANEGMENT OF KITIBHA KUSHTA (GUTTATE PSORIASIS)
THROUGH AYURVEDA- A SINGLE CASE STUDY**

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ABSTRACT

Skin conditions are frequently seen as a result of a changed lifestyle, inadequate exercise, poor hygiene, emotional stress, and bad eating habits. *Maha Kushta* (major skin disorders) and *Kshudra Kushta* (minor skin diseases) are two categories of *Kushta* (skin diseases). *Kitibha Kushta* (Guttate Psoriasis), which shares signs and symptoms with Guttate psoriasis, is a kind of *Kshudra Kushta* that is frequently observed today. Guttate psoriasis requires long-term treatment due to its recurrent nature. By treating the illness and avoiding recurrence, ayurveda produces long-lasting results. Within this case study A 30-year-old guy who had numerous little red lesions on his chest, back, tummy, and both upper limbs and had been itching for two years

presented to the OPD with this complaint and was given *Shodhana Chikitsa* treatment. (Body purification treatment) using *Vaman Karma* (Therapeutic Emesis) and *Shaman Chikitsa* (Alleviating treatment) using internally *Arogyavardhini Vati*, *Gomutra Arka*, *Panchatikta Ghrita*, and 777 Oil, Atrisor Cream, P-sora powder for external application for 1 month. The

PASI score was 13.2 before treatment, after 15 days it was 3, after 30 days it was 0.4 and after 45 days it was reduced to 0. Patient got relief in the symptoms. Better result achieved in this case using *Shodhana* and *Shaman Chikitsa*.

KEYWORD: *Kitibha Kushta*, Guttate Psoriasis, *Shodhana Chikitsa*, *Shamana Chikitsa*.

INTRODUCTION

Guttate psoriasis is one of the types of psoriasis also called eruptive psoriasis that appears in young people as little lesions which has diameter up to 0.5 to 1.5 mostly present on the proximal extremities and upper trunk.^[1,2] The term "guttate" refers to the look of a skin lesion that resembles a drop. Main caused of disease is bacterial infection, particularly one caused by the streptococcus bacterium, and develops 1-2 weeks after a bout of tonsillitis, which is usually caused by an upper respiratory tract infection.^[3] Guttate psoriasis manifests as small red blisters that are tear drop shaped and can affect any area of the skin. This kind of psoriasis affects roughly 2% of people who have the disease. Current research into the optimal treatment for guttate psoriasis is limited. Ultraviolet phototherapy, and corticosteroid creams are the common treatment used.^[5]

All sorts of skin ailments are classified as *Kushtha* (Psoriasis) in Ayurveda. It was stated by *Acharya Charak* in *Ashtamahagad* (Difficult to treat).^[5] *Kushtha Rogadhikar*(Chapter mentioned in *Charak Samhita*) was described by *Acharya Charak*, who categorized *Kushtha* (Psoriasis) into two primary types that is *Mahakushtha* (Major skin disorders) and second one is *Kshudrakushtha* (Minor skin diseases).^[6] *Kitibha Kushta* (Guttate psoriasis) is a type of *Kshudrakushtha*(Minor skin diseases) that includes *Shyava*, (Blackish discoloration)*Kina*, (Scar)*Kharasparsha*, (Sharp) *Parusha*, (Rough/Uneven)*Rukshapitika* and *Kandu*(Itching) as *Lakshanas*. (Symptoms).^[7] *Kitibha kushtha*(Guttate psoriasis) has a *Vata* and *Kapha Dosha* preponderance, with *Lakshanas*(Symptoms) for each of the individual *Doshas*. *Tridosha*, (Disorders of 3 humors of body)*Twak*, (Skin)*Rakta*, (Blood)*Mamsa*, (Muscle) and *Lasika* (Vessels) are the *Saptadhatu*s (Consisting of 7 constituent elements) that manifest *Kitibha kushtha* (Guttate psoriasis) due to vitiation. The *Kushtha* (Psoriasis) is characterized in *Samhitas*(Ayurvedic Text) as *Shodhan*(Removal) and *Shaman Chikitsa*, (Pacification Treatment) *Shodhan* (Removal) and *Shaman Chikitsa* (Pacification Treatment) are mentioned according to the *Tridosha*(Disorders of 3 humors of body) and *Bala*, (Strength) and *Vyadhiavastha* (Diseases Condition)*ShodhanChikitsa*(Pacification Treatment) is recommended in *Kushtha*(Psoriasis) owing to *Bahudoshavastha*(Having many faults) to

eradicate the aggravated *Doshas* and treat the disease's core cause. So, here's a case report of *Kitibhakushtha* (Guttate psoriasis) that *Vaman* and *Shaman Chikitsa* (Pacification Treatment) effectively cured the patient.

CASE REPORT

A male patient which is 30-year-old presented with many small red lesions on his chest, belly and back, as well as on both upper limbs, that had been itching for 2 yrs.

Present History

Before two years, the patient had no problems until he started getting small red blisters that looked like a lesion all over his belly. The lesion became larger over time, spreading over the belly, chest, back, and both upper limbs, followed by itching. For the above ailments, the patient used allopathic meds but did not get acceptable relief, thus he sought treatment at Shri Ayurved Mahavidyalaya Hanuman Nager, Dhanvantari Road, Nagpur.

There was no history of psoriasis or other dermatological problems in the family. Sleep is disrupted by itching, and there is a lack of appetite. *Ashtavidha Pariksha* (General Examination) was normal, however *Mala* was found *Asamyak*, (Disproportionate) *Jivha* (Tongue) was seen as *Saam*, *Sparsha* was kina *Kharasparsha*, and *Parusha* was *Rukshapidika* due to irregular bowel habits. The patient's vital signs were all within normal ranges. BP was 130/80 mmHg and pulse rate was 80 per minute regular and *Vatapittaj*. The RR was 18 per minute, and the body temperature was 98 degrees Fahrenheit.

Skin Examination

A. Size and Shape — Erythematous tiny lesions throughout the belly, chest, on back side, and both upper limbs.

- Red in colour
- The thickness varies between 0.8 and 1.2 mm.
- Lesion – Small in size, red in colour, look like blister.

B. Palpation

- Skin is Dry
- Body temp. Is warm to touch
- The surface is rough.



Figure 1: Small red sores resembling blisters cover the chest, belly, and both upper limbs.

Diagnosis – *Kitibha Kushtha* i.e., Guttate Psoriasis

Treatment Given

For *Shodhan karma Vaman* is given as per table no. 1.

Shamana Aushadhi as well as *Bahirparimarjan Chikitsa* is given for 1 month shown in table no. 2. and follow up taken.

Table no. 1: Showing *Shodhanchikitsa Purvakarma, Pradhankarma* and *Pschyat karma*.

Medicine Given	Procedure	Duration	Dose	Route
Trikatu churna	Deepan, Pachan	3 days	3 gram twice a day before food with warm water	Orally
Panchatikta ghrita	Snehapan	7 days	30 ml in increasing quantity upto 180ml	Orally
Marichadi tail F/B Bashpasweda	Sarwanga abhyanga F/B Nadisweda ^[8]	1 day	QS	Externally
Madanphalyog		1 day after snehan&swedan	Antarnakhmushti	Orally

Paschyat Karma

After getting *Samyak Vaman Lakshan Dhumpana* is given for 5 minutes in each nostril with an *Aguru* stick. After that, the patient was instructed to perform *Sansarjanakarma* for 5

days.^[9] *Peya, Vilepi, Akrita, Mudga, Yusha, and Krita, Mudga, Yusha* were provided in *Sansarjankrama*.

Table no 2: 1st follow-up.

Medicine	Dose	Anupana	Route	Duration
Arogyavardhini vati	250 mg two times a day after food	Warm water	Orally	30 days
Gomutra arka	20 ml two times a day after food	Warm water	Orally	30 days
777 oil	Quantity sufficient After bath	-	Externally	30 days
Atrisore cream	Quantity sufficient After having bath	-	Externally	30 days
Panchatikta Ghrit	10 ml BD before food	Orally	Orally	30 days
P-sora powder	Quantity sufficient	-	Externally	30 days

Grading – PASI (Psoriasis Area Severity Index) Score

Three clinical signs are used to determine the severity of each area: Severity parameters are rated on a scale of 0 to 4, with 0 being the least severe and 4 being the most severe. The body is split into four sections: the head (H) (10%), the arms (A) (20%), the trunk (T) (30%), and the legs (L) (40%). Each of these areas is scored separately, and the four results are then added together to form the total PASI. The percentage of skin area engaged in each sector is calculated and then converted into a grade from 0 to 6.

Table no. 3: Showing involved area with grading.

0 percent of area involved	Grade zero
<10 percent of area involved	Grade One
10-29 percent of area involved	Grade Two
30-49 percent of area involved	Grade Three
50-69 percent of area involved	Grade Four
70-89 percent of area involved	Grade Five
90-100 percent of area involved	Grade Six

Table no. 4: Showing assessment criteria.

	Arms	Trunk	Arms	Trunk	Arms	Trunk	Arms	Trunk
	Before treatment		15 Days		15 days		15 Days	
Skin area involved Grade – A	5	4	3	2	2	1	1	0
Erythema (Redness)	2	2	1	1	1	0	0	0
In duration (Thickness)	2	2	1	1	0	0	0	0
Desquamation	2	2	1	0	0	0	0	0

n (scaling) E, I, D- B								
Total- A x B	30	24	9	4	2	0	0	0
Total Body Surface Area	30x0.2 =6	24x0.3= 7.2	9x0.2 = 1.8	4x0.3 =1.2	2x0.2 =0.4	0x0.3 =0	0x0.2 =0	0x0.3 =0
Total PASI Score-	13.2		3		0.4		0	

Table no. 5: Showing the treatment's overall outcome.

	Before treatment	After Treatment
Redness-Erythema	+++	-
Thickness- In Duration	++++	-
Scaling-Desquamation	++++	-
Itching	+++	No itching

OBSERVATION

Picture no. 2: Shows before and after *Shodhan* and *Shaman* treatment.

DISCUSSION

Psoriasis with Guttate plaques is a form of psoriasis which is characterized by small red blisters that resemble tear drops. The lesions on the proximal extremities and upper trunk are modest. It can be associated with the *Kitibhakushtha* in Ayurveda based on clinical symptoms. *Vata* and *Pitta Dosha* are the most prevalent *Doshas* in *Kitibhakushtha*. *Twak*, *Lasika*, *Rakta*, and *Mamsa* are the *Vyadhiof Raktavahastrotas*.^[10] For the management of *Kushtha*, in *Samhitas* there is details about the *Shodhan* and *Shaman Chikitsa*.^[11] the *Vaman* and *Virechana* is the best *Chikitsa* for the *Kushtha* since it removes *Kapha* and *Pitta* from the body. *Shodhan* and *Shaman*, was provided to the patient in this trial. The therapeutic regimen began with *Purva*, *Pradhan*, and *Paschyat Karma* in that order. *Trikatu* in the form of *Churna* was used for this, and it was given for three days. *Snehapan* was then given the

Panchatiktaghrit is used for seven days. It causes *Vatashamana*. For the purpose of *Bahyasnehan*, *Marichyadi Tail* was employed, it removes dryness and gives moisturize to the body, and also increases blood circulation. After *Bahyasnehan*, *Sarwanga Swedan* is done which liquidates the *Doshas* known as *Doshavilayan* and transports the *Doshas* from the *Shakhas* to the *Koshtha* so they can be expelled from the body. Additionally, it removes the obstruction, or *Strotorodha*, in the *Strotas*.^[12]

Action of *Panchatikta Ghrita Snehapana*

Tika Rasa, *Ruksha*, and *Laghu Guna* are the constituents of *Panchatikta*. It helps to balance the vitiated *Dosha* and *Dhatu*. Some of its characteristics are *Agnideepan*, *Aampachan*, *Strotoshodhak*, *Raktashodhak*, *Raktaprasadak*, *Kushtaghna*, *Kandughna*, and *Varyna*.^[13] The *Ghrit's* lipophilic action aids in the delivery of medications to target organs. It keeps the skin's natural texture.

Action of *Vaman Karma*

Vaman removes the *PrakupitDoshas* from the *Koshtha*, primarily *Kapha* and *Pitta*. *Madanphalchurna*, *Vachachurna*, *Pippalichurna*, *Saindhav*, *Madhu*, and *Yashtimadhuphanta* are the *Vamanopagadravyas*, which has attributes like *Vikasi*, *Vyavayi*, *Ushna*, and *Tikshna*, which aid to increase absorption and attain *Hridaya*. It traverses all of the *Sthul* and *Sukshma* *strotas*. It acts at the cellular level to rid the body of all pollutants. The most prominent are the *Agni* and *Vayumahabhutas*. The *Urdhwabhagahar Prabhav* is found in *Vamakdravyas*, and it causes *Doshas* to be eliminated from the mouth upward. This treatment is very helpful in removing exacerbated *Doshas*.

Action of *Arogyavardhinivati*

According to the *Rasaratna Samucchya*, *Bhaishajya Ratnavali*, and *Bharatbhaishajyaratnakar*, It has qualities like *Sarvarogopshamani* (alleviates all bodily ailments), *Deepan* (appetiser), *Pachan* (digestive), *Mala Shuddhikari* (cleanses waste material from the body), *Kandughna* (alleviates itching), and *Raktavardhaka*. It contains, *Katuka*(*Picrorrhiza kurroa* Royle ex Benth), *Amalaki*(*Embelica officinalis* Garten.), *Haritaki* (*Terminalia chebula* Retz.), *Bibhitaki*(*Terminalia bellerica* Roxb.), *Suddha Shilajatu* (Asphaltum), *Suddha Guggul* (*Commiphora mukul*), *Errand* (*Ricinus communis*), *Nimba*(*Azadirachta indica* A. Juss.), *Suddha Parad* (Purified Mercury), *Suddha Gandhak* (Purified Sulphur), *Lauhabhasma*, *Abhrakbhasma*, *Tamrabhasma*.^[14] It functions as an antioxidant and eliminates pollutants from the body.^[15]

Action of Atrisor cream

Some of the ingredients in Atrisor cream are *Jivanti* (*Holestemmaada-kodein* Schult.), *Manjishtha* (*Rubia cordifolia* L.), *Haridra* (*Curcuma longa* L.) and *Tuvaraktaila* (*Hydnocarpus wightianus* Blume). It's an antipsoriatic topical that relieves psoriatic inflammation, itching, and irritation quickly and effectively. Its emollient action restores the typical texture of the skin, making it soft and supple. All kinds of psoriasis should be treated with Atrisor cream.^[16]

Action of 777oil

Psoriasis is routinely treated using 777 oil *Shwetaindrajao* (*Wrightiatinctoria* Roxb. R. Br.) And *Narikela* (*Cocosnucifera* L.) are both relaxing and moisturizing herbs because skin cells proliferate fast, psoriasis causes thickness, red areas, irritation, dryness, and silvery scales. Both chemicals minimize dryness, inflammation, redness, and irritation. Additionally, it thins down and softens the skin. It has anti-inflammatory, antipruritic, antiulcerogenic, and demulcent properties, to name a few. It's used to treat several varieties of psoriasis, as well as dry skin, dandruff, fungal infections, and fissure foot. Before treatment, the lesion's Erythema (Redness), In-duration (Thickness), Desquamation (Scaling), and itching were all quite severe, but after treatment with *Shodhan*, *Shaman*, and *Bahirparimarjan Chikitsa*, the patient's condition improved dramatically. Erythema (Redness), In-duration (Thickness), Desquamation (Scaling), and itching all show considerable improvement. After following the *Shodhan* (*Vaman*) and *Shaman* (Internal medicines) in this case study, the patient saw a 90% reduction in symptoms.^[17]

Action of Gomutra Arka

Gomutra Arka has *Katu*, *Tikta*, *Lavan* and *Kashaya Rasa*. *Kashaya rasa* having *Vranaropan* and *Lekhan* properties. *Tikta Karma* does *Lekhan Karma* and *Shodhan*. It scrapes the slough from the wound. *Katu Rasa* has *Shodhan* and *Vranaavsaadan* property. It might help in cleansing the skin and wound.

Action of P-Sora Powder

P-sora powder contain *bakuchi* as a main ingredient. *Bakuchi* seeds has used to manage various skin disease. It used in psoriasis and itching associated with the condition. It has antioxydent, anti-inflammatory and antimicrobial properties.

CONCLUSION

Kitibha Kushtha, a form of *Kshudra Kushtha*, has been linked to Guttate Psoriasis. As illustrated in the case study above, the *Kitibha Kushtha* can be treated successfully with *Shodhan (Vaman)*, *Shaman* (Internal medicines), and *Bahirparimarjan Chikitsa* (External application). Because this is a single case study, it is recommended that the study be expanded to include a larger number of patients in order to demonstrate the efficacy of the treatment options.

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