

ETIOLOGY BASED MANAGEMENT OF KITIBHA KUSHTA WITH SPECIAL REFERENCE TO LICHEN PLANUS – A CASE REPORT

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ABSTRACT

Skin is the largest organ of the body and any blemishes on the skin can affect the physical and mental well-being of an individual. Lichen planus is a cutaneous immune mediated disease which is presented with papules or plaques over the skin accompanied by mucosal changes. The etiology can be familial, seasonal or environmental, but the patients may suffer from the distressful pruritis and scarring. *Kitibha kushta* is a *Vata-Kaphaja kshudra kustha* that can be correlated with Lichen planus based on the clinical presentations. The condition is often encountered by Ayurvedic Dermatologists characterized with symptoms like *rookshata*(dry), *parushata* (roughness), *kandu*(itching), and *asita varna* (blackish discoloration) of the skin. The contemporary treatment methods include corticosteroids, anti-histamines,

phototherapy and cryotherapy which are not having satisfactory results, whereas etiology-based management through Ayurvedic principles can yield successful outcomes. An 8-year-old female kid approached the Nirvisha OPD at KLE Ayurveda Hospital with chief complaints of hyper pigmented raised round patches all over the body associated with severe itching and burning pain was treated by using *Agada* principles and *shamanoushadhis* which have yielded encouraging results.

KEYWORDS: *Agada*, lichen planus, etiology, *kitbha kushta*.

INTRODUCTION

Lichen planus is a chronic, inflammatory, autoimmune disease that can appear at any age, most commonly between 30 to 60 years of age.^[1] The name lichen planus suggests the resemblance it has to the purplish lichens that grows on the trees.^[2] It's a T-cell mediated disorder of the skin and mucous membranes characterized by the progressive appearance of violaceous, polygonal, flat-topped, itchy papules & plaques. It may be accompanied by mucosal changes which can range from white striae to severe erosions.^[3] It's usually a chronic disease which may last for several months to years and new lesions will appear and disappear spontaneously, resulting in a pigmented skin which may takes long time to get normalized.^[4] Onset will be usually acute, affecting the flexor surfaces of the wrists, forearms, and legs and although it often occurs only on cutaneous surfaces, it may also involve the oral mucosa, genital mucosa, scalp, or nails.^[5] Lichen planus can be diagnosed clinically and have to be distinguished from conditions like psoriasis, eczema, pityriasis rosea, lichen simplex chronicus etc.^[6]

Kushta dealt in Ayurveda comprises of various skin manifestations which may be produced due to *aharaja*, *viharaja* and *manasika nidanas*. If not treated *kushta* leads to subsequent destruction of skin and various other connected part of the body.^[7] As the *kushta* involves *tridosha*, *twak*, *rakta*, *mamsa* and *lasika*, the symptoms are manifested based on the dominance of *dosha* and *dusya* involved in the pathogenesis.^[8] *Kushta* have been divided into *maha kushta* and *kshudra kushta*. *Kitibha kushta* is one among the *kshudra kushtas* which involves the vitiation of Vata-Kapha pradhana *tridoshas*, *rasa*, *raktha* and *mamsa dhathus* and having *lakshnas* like *parushata* (roughness), *kanduyukta*(itching), *rooksha*(dry) and *asita varna* (blackish discoloration).^[9] The symptoms of *kitibha kushta* can be analogs with Lichen planus depending on the clinical presentations.

The contemporary treatment results are limited and as it is a disease which affect the physical and mental well-being of an individual, the management would be a challenging task.

CASE REPORT

An 8-year-old female kid approached the Nirvisha OPD at KLE Ayurveda Hospital with chief complaints of hyper pigmented raised round patches all over the body associated with severe itching and burning pain after scratching since six months. Six months back patient was apparently healthy, then she gradually developed itching all over the body and in a span of two weeks she developed present lesions. Patient said that she had been to her uncle's

village, and there she was exposed to cement and later developed itching. The patient was getting sound sleep but disturbed occasionally due to itching. There was no previous history of allergy to any food or drugs, no family history and no other skin disorders.

On examination of skin, patient presented with [Fig 1 & 2]

- Rough slightly shiny patches (from oblique angle)
- Hyper pigmented
- Almost circular patches
- Nonspecific distribution of lesions, both flexor and extensor surfaces affected.

Based on the clinical presentation and examination the condition was diagnosed as *Kitibha kushta* (Lichen planus) which is a Vata-Kapha dominant skin condition.

The exposure to cement which might have caused the present condition may be treated as an allergen or low potent toxin (Visha). When any toxin (*visha*) enters the body first it affects *rakta* and then vitiates other dhatus and causes conditions like *Kitibha*, *Kota* etc skin manifestations.^[10] This principle is considered in selecting medication for this patient as the patient had an exposure to cement later started developing symptoms. *Lakshana* like *parushata* and *kinakhara sparsha* are due to reduced *twak kledata* caused by *svedavaha srotas dushti*. *Svedavarodha* contributes to rooksha and khara guna of dushita vata which progressively leads to *kandu*. *Asita varna* is caused due to the vitiation of *bhrajaka pitta* which in turn vitiates *rakta* to manifest other symptoms.^[11]

Outcome & Follow up

The patient was administered with the following shamana oushadhis and also advised to follow proper diet and regimen during the course of treatment.

Table 1.

Date	Clinical findings	Treatment/Advice
21.12.2015 [Fig 1,2,3]	Hyper pigmented raised round patches all over the body Sever itching and burning pain after scratching	<i>Dooshivishari agada</i> 1 tablet thrice daily powdered and mixed with honey after food <i>Nimbadi kashayam</i> 10ml thrice daily after food with warm water <i>Eladi thailam</i> For external application
30.12.2015	Itching, thickness was markedly reduced, discoloration was	Same medication continued

	slightly reduced	
Mid of Jan 2016 till 30 th March 2016.	Almost no medication	<i>Eladi taila</i> alone was continued
30.03.2016 [Fig.4,5,6]	All complaints were almost relieved, scars diminished but persisted	<i>Dooshivishari Agada</i> 1 tablet thrice daily powdered and mixed with honey after food <i>Ayaskriti</i> 10ml twice daily after food <i>Eladi Taila</i> For external application
7.09.2016 [Fig.7,8,9]	No complaints Mild scars persisted	Advised to use <i>Eladi Taila</i> For external application.

Fig.1



Fig.2



Fig.3





Fig.4



Fig.5



Fig.6



Fig.7

Fig.8



Fig.9

DISCUSSION

Etiology based treatment using *Vishaghna* drugs along with other suitable *shamana* yogas have given encouraging results in the management of *Kitibha kushta*. This case tells the importance understanding the etiology and planning the treatment accordingly is very essential.

Kandu is one of the prominent complaints in this patient which is due to vitiation of kapha by pitta and hence *Nimbadi kashaya* was selected as it has its indications for *pitaka hara*, *granthihara* and *vraṇa ropana*.^[12] All of its ingredients are having *kapha vata shamana*, *deepana*, *rakta prasadana*, *medohara* and *varna prasadana* qualities due to which after the first visit there was reduction in itching and thickness of the patches. Due to its *lekhana* property it has helped in reducing the *srotorodha* happened in the *svedovaha srotas*. Almost all the ingredients have anti-inflammatory, anti-microbial and anti-oxidant properties.^[13]

Dooshivishari agada was added as the patient had been exposed to cement later on started developing symptoms which can be taken as *garajanya dooshivisha vikara*. *Dooshivishari agada* are having ingredients which are *tiktha & kashaya rasa pradhana* and overall the formulation is *vishaghna*.^[14] *Dooshivishari agada* is given as *lehana* by adding honey as it is classically recommended in that way and honey also promote phagocytosis, detoxification and proteolysis and is a known anti-oxidant which will help to bring a add on effect to the action.^[15]

The *Ayaskriti* will helps in normalising the colour and tone of the skin. As it contains *katu-tikta-kashaya rasa pradhana dravyas*, acts mainly in the *avaranajanya samprapti vighatana*. Due to its *durmedohara*, *deepana* and *pachana* properties, it will make *sroto shudhi* and thereby act as *rasayana*. Loha present in the formulation mainly acts on *Ranjaka pitta* and *Bhrajaka pitta* and there by helps in normalising the skin colour.

As this is considered to be a *vata-kapha pradhana* caused by contact poisoning, *Eladi thaila* which is said to be *vata-kapha hara*, *vishahara*, *varnya*, *kandughna* and *pitakahara* can play an important role. As there is scarring present on the skin surfaces, due to its *ruksha*, *teekshna gunas* it can penetrate through the skin by external application thereby correcting the *bhrajaka pitta* and helps in bringing back the normal complexion.

CONCLUSION

Kitibha kushta (Lichen planus) is a disease which is having its impact on the body as well as mind, especially in the smaller age groups. As the contemporary treatments methods are not satisfactory, etiology-based managements by using *ayurvedic shamanoushadhis* was able to give a significant relief and blissful life by improving the immune system of the individual. Even though a single case study may not be sufficient enough to prove significance of any treatment but it gives us an idea for the line of treatments that can be adopted in such cases and helps to formulate a protocol for large sample studies.

CONSENT

Written consent from the parents and assent from child was taken to publish case.

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Nil.

CONFLICTS OF INTEREST

There are no conflicts of interest.

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