

AYURVEDIC MANAGEMENT OF KITIBHA KUSHTHA - A CASE STUDY

Dr. Milind N. Kamble^{1*}, Dr. Vandana A. Avhad² and Dr. Priyanka A. Keram³

P.G. Scholar Panchakarma¹, M. D .Ph. D Guide Department of Panchakarma, Asso. Prof.

Dept. of Panchakarma², Assistant Prof. Dept. of Panchakarma³

S.S.A.M., Hadapsar Pune – 411028.

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*Corresponding Author

Dr. Milind N. Kamble

P.G. Scholar Panchakarma,
S.S.A.M., Hadapsar Pune –
411028.

ABSTRACT

Introduction: The word *Kushtha* is a broad term used to describe almost all skin diseases in classical texts. *Kitibha Kushtha* is characterized by skin which is blackish brown in color, dry rough and hard to touch, black hard skin with severe itching. **Material and Method:** A 35 year old male patient presented with history of hard blackish scaly patches all over body (Prominently on upper and lower limb, back, scalp) with sever itching and dryness since 13 years. Patient was diagnosed with *Kitibha Kushtha* and was planned for *Virechana* after *Pachana*. After *Virechana* patient was treated with *Abhyantar Chikitsa* for 2 month. Patient was assessed clinically with

PASI score. **Observation and Result:** After the treatment PASI score was reduced to 15.4 from 34.8 Also remission in sign and symptoms of patient was observed after treatment .It can be concluded that *Virechana* and *Abhyantar Chikitsa* is effective in *Kitibha Kushtha*.

KEYWORDS: Psoriasis, *Kitibha Virechana* , *Abhyantar Chikitsa*.

INTRODUCTION

Psoriasis is chronic non infectious inflammatory skin disorder seen in daily practice. Psoriasis affecting up to 1% of the world population, both male and females suffering equally.^[1] *Ayurveda* has given some codes and conducts of life which everyone should follow to healthy physically and mentally, but nowadays life style is changed. *Kushtha* is invariably produced by *Aharaj*, *Viharaj*, *Manasik* and other *hetu* such as *Krimis hetu*, *samsargaja hetu*.^[2] In *Ayurveda*, almost all skin disease can be taken under generalized term *Kushtha*.

Acharya Charaka has classified *Kushtha* in two types^[3] that are *Mahakushtha* and *Kshudrakushtha*, *Kitibha Kushtha* is one of the *Kshudrakushtha*. *Kitibha Kushtha* is described as *Vaatakapaha* predominant disorder by *Charaka* and *Vagbhata*.^[4] The common site of the lesion of psoriasis also appear to pertain *Vata* and *Kapha doshas* such as Scalp, Leg, Abdomen, and all over body with red and black colored skin patches. The main features of psoriasis which resemble *Kitibha Kushtha* up to some extent are appearance red black patches on skin which are rough dry and *Ugrakandutva*. But symptom *Ugrakandutva*, *Shyavatva* do not coincide with symptom of psoriasis. The main line of treatment for *Kushtha* described in *Ayurveda* is *Shodhana* which eliminates vitiated *Dosha* from body.^[5]

AIM AND OBJECTIVE: To evaluate the role of *Virechana Karma* (*Samshodhan*) and *Abhyantar Chikitsa* (*Samshaman*) in management of *Kitibha Kushtha*.

PLACE OF STUDY: The present case study was done in the Dept. of *Panchakarma*.

MATERIALS AND METHODS

A 35 years old male patient presented with history of red black colored scaly patches on both Legs, Abdomen, scalp and all over body with severe itching and dryness since 13 yrs. Extensive scaling of skin and falling of the skin on rubbing. He took allopathic medicine but got no relief then he came to our hospital in *Panchakarma* Dept. OPD for better management. Patient was assessed clinically with PASI score.

Patient was diagnosed as a *Kitibha Kushtha* and planned for *Virechana* (*shodhana*) after *Pachana karma*. For *Pachana karma* *Musta churna* 250mg for 3days was given *Vyanodan kala* and *anupaan* was *Koshnajaal*.

Table No. 1: Examination.

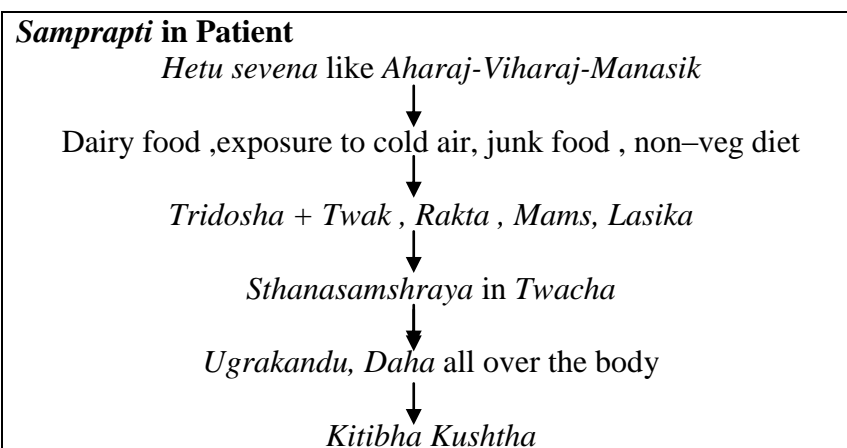
On examination	Ashtavidha Parikshan	Dashavidha Parikshan
P – 78/min	Nadi – Vatakapahaj	Dushya – Rasavaha, Raktavaha, Mansavaha, Pureeshavaha stotasa
BP – 120/90 mm of Hg	Jivha – Nirama	Desha – Sadharana
RS – AEBE Clear	Mala – Samyaka	Bala – Madhyama
CVS – S1S2 Normal	Shabda – Prakruta	Kala – Visarga
CNS – Conscious & Oriented	Sparsh – Anushnasheeta	Agni – Agnimandhya
P/A- Soft	Druk – Prakruta	Prakruti – Pittakhapaha Anubandi
	Akruti – Madhyama	Vaya – Tarunyavstha
		Satva – Madhyama
		Satmya – Shadrasa
		Ahara – Mishra Ahara

Table No. 2: Hetu of Kitibha Kushta.

Hetu	Causative factor of psoriasis
Amla, Katu, Tikta ahara sevana .	Sour and pungent food articles.
Sheeta maruta samprahasha	Exposure to cold air.
Chinta , Shoka	Psychological factors like stress.

Table No. 3: comparison between psoriasis and Kitibha Kushta.

Kitibha Kushta	Psoriasis
Shyava Krishna varna	Erythematous lesion turn too black in chronic cases
Kharatvam	Abnormal hardening seen in chronic cases
Rukshatvam	scales are rough to touch
Ugra kandu	Severe itching.

**Samprapti Ghatak^[6]**

1. Dosha – Tridosha
2. Dushya – Twak, Rakta, Mamsa, Lasika
3. Srotus – Rasavaha, Raktavaha.
4. Rogamarga – Bahya
5. Udbhav sthana – Amashaya
6. Vyaktasthana – Twak
7. Sadhyasadyata – Sadhya.^[7]

Treatment given

- Pachana: Musta Churna 250 mg BD for 3 day Vyanodana with koshnajala
 - Shodhana Chikitsa.
- 1] Vrechana –
 - a) Snehapana –Mahatiktak Ghruta for 7 days with increasing quantity

- b) *Viram din -2 days, Sarvang Snehana with Tila taila and Sarvanga Bashpa Peti Swedana* was done
- c) *Virechak Yoga – 4 Abhayadi Modak with 100 ml Triphala kwath.*
- d) *Vegiki – 26 vega, Antiki – Kaphant, Laingik –Udar laghavta ,Shiro laghavata, Vatanulomana,*
- e) *Samsarjana Kram – 7 days.*

Table No. 3: Samshaman Chikitsa.

Drug	Dose	Kala	Anupana
<i>Arogyavardhini Ras</i>	250mg	<i>Vyanodana</i>	<i>Koshnajala</i>
<i>Gandhak Rasayan</i>	250mg	<i>Vyanodana</i>	<i>Koshnajala</i>
<i>Mahamanjishthadi Kashaya</i>	15ml	<i>Vyanodana</i>	<i>Koshnajala</i>
<i>Panchatikta Ghrita</i>		<i>Lepanartha</i>	

OBSERVATION AND RESULT: The improvement of the patient was assessed on the basis of PASI score.

Table No. 4: Before the treatment lesion score.

	Head & neck	arms	Trunk	Legs	Total
Erythema	2	3	2	4	
Scaling	3	3	1	4	
Thickening	3	2	1	4	
Total lesion score (A)	8	8	4	12	32

Where lesion score is as follows,

- 0 – None
- 1 – Slight
- 2 – Moderate
- 3 – Severe
- 4- Very Severe

Table No. 5: Area score

Percentage area affected	Head & neck	arms	Trunk	Legs
Area score (B)	3	3	3	5

Area score is as follows

- 0 – 0% 4 – 50% - 69%
- 1 – 1% - 9% 5 - 70% - 89%
- 2 – 10% - 49%

3 – 30% - 49%

Table no. 6: Subtotals

Subtotal (C)	Head & neck	arms	Trunk	Legs
C= A×B	24	24	12	60

Table No. 7: Body surface area.

Body surface area	Head & neck	Arms	Trunk	Legs
Total (D)	2.4	4.8	3.6	24

Multiply each of the subtotal(C) by amount of body surface area represented by that region, i.e. 0.1 for head, 0.2 for upper limb, 0.3 for trunk and 0.4 for lower limb.

And together each of the score for each body region to give the final PASI Score.

PASI score before treatment = 34.8

PASI score – After 2 month treatment.

Table No 8: Lesion score.

	Head & neck	arms	Trunk	Legs	Total
Erythema	2	2	2	3	
Scaling	3	2	1	3	
Thickening	2	1	1	2	
Total	7	5	4	8	24

Table No.9: Area score.

Percentage area affected	Head & neck	Arms	Trunk	Legs
Area score (B)	2	2	2	3

Table No.10: Subtotal.

Subtotal (C)	Head & neck	arms	Trunk	Legs
C= A×B	14	10	8	24

Table No. 11: Body surface are.

Body surface area	Head & neck	Arms	Trunk	Legs
Total (D)	1.4	2	2.4	9.6

Multiply each of the subtotal (C) by amount of body surface area represented by that region, i.e. 0.1 for head and neck, 0.2 for arms, 0.3 for trunk and 0.4 for Legs And together each of the score body region to give the final PASI Score.

PASI Score after treatment =15.4

Table No. 12: PASI score.

	BT	AT
PASI score	34.8	15.4

Table No. 13: Effect of treatment on symptoms.

Symptoms	BT	AT
<i>Shyava Krishna vaivarnya</i>	+++	+
<i>Kharatvam</i>	+++	++
<i>Rukshatvam</i>	+++	+++
<i>Ugra kandu</i>	+++	+

Where,

Mild	+
Moderate	++
Severer	+++



DISCUSSION

Charak Acharya has described *Bahudoshavstha* in *Kushtha*, in which *Sanshodhana* is necessary.^[8] Also Acharya Vaghbhat has mentioned importance of *Sanshodhana* in *Kushtha* by mentioning *Virechana* once a month, *Vamana* once in 15 day, *Raktamokshana* once in 6 month & *Nasya* after 3 days in *chikitsa*.^[9]

After the *Virechana karma* which has took 16 day's, the patient considerable improvement in his extensive scaling of skin and severe itching. After *Virechana* it gradually improved. There is *Dusthi* of *Tridosha*, *Twak*, *Rakt* in *Kushtha*. Being a *Raktapradoshaja Vyadhi*, *Virechana* is useful in treatment of *Kushtha*. *Virechana* is mainly described in treatment of *Pitta Dosha* it acts on *Amashayasthita Pitta Dosha*. *Virechana* acts by removing morbid matter from body. *Virechana* will pacify vitiated *Pitta Dosha* as well as vitiated *Rakta Dhatu*. Hence *Virechana*

Karma acts effective in treatment of *Kitibha kushtha*. *Kitibha Kushtha* is *Vata-Kaphaj* but all *Kushtha* are *tridoshaghna* so there is *dushthi* of *pitta* which is with *rakta dhatu* so role of *virechana panchakarma* as *shodhana* is important. *Virechana* mainly *pitta dosha nashak* property it also suppress *vata* and *kapha dosha*. The patient was given *shaman chikitsa* after *samsarjan karma*. For 30 days, some dietary modification like avoiding excess salt, sour test, milk products, fish, pickles and change life style like avoiding day sleep.

Arogyavardhini Rasa is herbo-mineral formulation help in *Agni Deepana*, *Pachan*, *Strotoshodhana*, *Madonashak* and proper *Rasa Dhatu* formation. The main ingredient *Kutaki* helps in elimination of *Dushita Pitta* and *Rakta*.^[10]

Mahamanjishthadi Kashay is useful in all types of *Kushtha*. *Rakta Prasadak*, *Vranropak*, *kandughna* and *Pakahara* in nature.^[11]

Gandhak Rasayan is a versatile *Ayurvedic* medicine which has *Rasa–Raktadi sapta Dhatushodhana*, *Balaviryavardhak*, *Pushtika*, *Agnideepak*, *Kushthanashak*, *Kandunashak*, property. It is used in the treatment of skin disease.^[12]

CONCLUSION

This case report showed that combined *Ayurvedic* regimen is potent and effective in treatment of *Kitibha Kushtha*. After the treatment *PASI* score was reduced to 15.4 from 34.8 and also reduced sign & symptom of patient was observed after treatment. It can be concluded that *Virechana karma* and *Shamana karma* is significantly effective in treatment of *Kitibha Kushtha*. *Kushtha* is *Bahudhosha* and *Dushchikitsya*, it means it is a disease which is difficult to cure hence prolong treatment in form of *shodhana* and *shamana* is avoid recurrence of disease.

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