

AYURVEDIC MANAGEMENT OF KITIBHA KUSHTHA(PSORIASIS) - A CASE STUDY

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ABSTRACT

Psoriasis is one of the diseases of skin. Skin is an organ which comes in front of everyone's eye. Every person in the world likes to look beautiful but due to some skin diseases a person has to deal with some situations like lack of confidence. In Ayurveda all skin diseases come under one banner i.e., *kushtha*. Due to vitiation of *tridosha* and *dhatu*s like *rakta* and *mansa* various types of *kushtha* are formed. Psoriasis can be related to '*kitibha kushtha*' in Ayurveda by its clinical features. In modern medicine there is no complete treatment of skin diseases but in Ayurveda psoriasis can be healed. We need to explore medication in *Ayurveda* to fight against such diseases. In this case study a female of 45 years suffering from psoriasis, since, 10 years history was cured by *shaman chikitsa*.

KEYWORDS: Psoriasis, Kitibha kushtha, Skin disease, Shaman chikitsa.

INTRODUCTION

Ayurveda has given some codes and conducts of life which everyone should follow to be healthy physically and mentally, but nowadays life style is changed. Now we are in 21st century, people have changed their life style as per so called western life style. These all factors play important role in *Raktadushti* and *Dosha Vrudhhi*, which leads to skin diseases especially *Kushtha*. Among all skin diseases, 'Psoriasis' is a very distressing disease both for the patients and physicians because of its pathogenic mechanism. 125 million people worldwide and over 10 million people in India are diagnosed with psoriasis each year People

falling between 15-35 years of age group are most affected with psoriasis. All the skin diseases in *Ayurveda* have been discussed under the broad heading of “*Kustha*”. Which are further divided into *Mahakustha* and *Kshudra Kustha*. *Kitibha kustha* is considered as one of the *Kshudra Kustha*.^[1] Ayurvedic classics have considered each type of *Kustha* to be a *Tridosaja* manifestation. Their Doshik identity can be established on the basis of dominance of *Dosha* in the *Samprapti*, thus *Kitibhakustha* is *Vata-Kaphaja*^[2] phenomenon. This disease characterised by brownish coloured scaling, thickened-rough skin lesions, in severe cases covers entire body. As per *Ayurveda*, these symptoms are closely similar to symptoms of *Kitibhakushtha*, as its symptoms are *Shyavam*, *Kinakharaspharsha* and *Parusha*^[3] closely resembles with symptoms of Psoriasis.

Psoriasis is a chronic skin disease characterized by dry red patches covered with scales; occurs especially on the scalp, ears, genitalia and the skin over bony prominences. Modern medical science treats psoriasis with PUVA (combination of psoralen and then skin exposing to long ultra-violet light (UVA) and corticosteroids.^[4] Here, *Ayurveda* plays an important role; present study is under taken to provide safe and effective remedy for psoriasis.

In this present study for the purpose of shaman chikitsa were selected Arogyavardhini vati, Gandhaka rasayana, Khadirarishta, and nimb + karanj tail for local application. For the removal of scaling first of all we were used custard apple + curd for local application. *Nidana Parivarjana* and *Pathyapathya* have been advised to the patient.

Case History: A 45 years old female patient came to OPD with chief complaints of – Whitish scaly patches over scalp associated with itching, mainly over frontal region of scalp since, 6 months (Fig-1). Whitish-Brown inflamed skin lesions over left arm since, 3 months.

Past history of Illness: No history of Diabetes, Hypertension or any metabolic disorders.

Family History: Mother having history of psoriasis.

History of present history: The patient was apparently normal 1 year before, with gradual onset of above complaints, for which she started taking allopathic medicines from General Practitioners and Dermatologist and she got symptomatic relief for some days. Her symptoms worsened as she stopped taking medication. So, she came to *Swastharakshana* OPD of Ayurvedic Medical Hospital for taking Ayurveda treatment.

Personal History

Prakriti: Vata-pittaja **Ahara:** Mixed **Vyavasaya:** Housewife

Vyasana: Tea-coffee 4 times a day

Nidra: Khandit

Vihara: *Diwaswapna* for 1 hr after taking meals. *Ratri Jagarana*

Mala: Malavashtambha 4-5 days in a week

Mutra: 4-5 times/ day

Examination (*Asta-Vidha Pareeksha*):

Nadi: 74 bpm

Mala: Malavashtambha **Mutra:** 4-5 times/day **Jihwa:** Sama

Shabda: Prakruta **Sparsa:** Anushna-Sheeta **Drik:** Prakruta

Akriti: Madhyama



Fig. No. 1 Before Treatment



Fig. No. 2 After second follow up

TREATMENT GIVEN**At first visit for 15 days**

1. First Local application of custard apple leaves kalka + dadhi on scalp for 15-20 min. then wash with warm water for 2-3 days.
2. *Arogyavardhini vati* 250 mg- 2 Tab. 2 times in a day- *vyanodana kala* with lukewarm water.
3. *Gandhaka rasayana* – 1 Tab. 2 times in a day- *vyanodana kala* with lukewarm water.
4. *Hingavastaka churna* 1 table spoon with 2 table spoon *goghrita* - *Prathamkaval bhukte* twice in a day.
5. *Gandharva Haritaki churna* 1 table spoon at night with lukewarm water.

6. *Khadirarishtha*- 20 ml 2 times in a day- vyanodana kala with lukewarm water
7. *Nimb+Karanj Tail*- For local application 2 times in a day.

At Second Visit for 15 days

Continued all the previous medicines.

At third visit for 15 days

Continued all the previous medicines.

At fourth visit for 15 days

1. *Gandhaka rasayana* – 1 Tab. 2 times in a day- vyanodana kala with lukewarm water
2. *Hingavastaka churna* 1 table spoon with 2 table spoon *goghrita* - *Prathamkaval bhukte* twice in a day.
3. *Gandharva Haritaki churna* 1 table spoon at night with lukewarm water.
4. *Khadirarishtha*- 20 ml 2 times in a day- vyanodana kala with lukewarm water
5. *Nimb+Karanj Tail*- For local application 2 times in a day.

At fifth visit for 15 days

1. *Khadirarishtha*- 20 ml 2 times in a day- vyanodana kala with lukewarm water
2. *Nimb+Karanj Tail*- For local application 2 times in a day
3. *Gandharva haritaki churna* 1table spoon at night with lukewarm water as needed.

OBSERVATIONS AND RESULTS

After starting of treatment symptoms were decreased in 1 month. In the period of 2 and half months, the patient showed significant improvement with no signs of recurrence.



Fig.3: After fourth follow up



Fig.4: After Treatment

Patient had irregular dietary habits of excessive use of curds, pickles, non-vegetarian foods and tea. He also had a habit of doing divaswapna every day after his lunch. This might have been the causative factor for developing *Kitibha Kustha*. The main complaints of the patient were whitish brown scaly lesions all over the body including scalp associated with itching and powdery discharge. After examining the patient depending on the *Nidana and Lakshanas* the treatment was planned i.e., Shaman chikitsa with *Gandhaka Rasayana*, *Arogyavardhini Vati*, *Khadirarishta*, *Hingvastaka churna*, *Gandharva haritaki churna* and *Nimb+Karanj* tail for local application along with *nidana parivarjana*, which showed significant improvement of the clinical symptoms.

DISCUSSION

The Custard leaves used for medicinal purposes due to their quick healing capability, applied directly on to the skin combination with curd. It prevents aging of the skin, rich in antioxidants that protect skin from sun damage and delay the aging of cells, heal wounds as it has anti-inflammatory properties and a soothing effect. *Arogyavardhini vati* used in this case act on skin disorders, improves digestion and has good *rasayana karma* also. *Gandhaka Rasayana* has antibacterial, antiviral, and antimicrobial properties. It is useful in the treatment of skin diseases such as itching and pruritus. It can improve digestion and skin complexion. Purified sulphur is used in the treatment of variety of diseases. It has stimulant action on secreting organs such as skin and mucous membrane. It has diuretic and laxative action. It increases bile and is useful in skin diseases. In combination with mercury, it is used in almost every disease. Sulphur is used both internally and externally for the treatment of skin diseases. Study shows that *Gandhaka Rasayana* contains carbohydrates, steroids, tannins, and essential micronutrients. Carbohydrates act as antidiarrheal and are used in wound healing. Gaseous distention of the abdomen, a feeling of fullness will be relieved by the ingestion of the *Hingvastak churna*, it helps in *vatanulomana*, it may be effective medication as an adjuvant with some other potent medicament in the management of the diseases. *Hingvastak churna* provides significant symptomatic relief from *agnimandya*. *Gandharva Haritaki* helps to *mala shodhana* as well as *vatanumolana*. *Khadirarishta* eliminates harmful toxins, reduces allergies, prevents toxin absorption in the blood, better digestion, detoxifies the body and inhibits bacterial growth. Emollient properties in neem can hydrate skin and thwart itching. Antioxidants housed in neem oil fight free radicals that can damage cell membrane, exhibit antibacterial and antiviral abilities, antibacterial and antifungal activity of this herbal oil can restrain infectious germs. Its cleansing property can remove dead cells from skin and scalp.

Carotenoids and omega 6 and omega 9 fatty acids in neem oil reduce aging wrinkles, hydrate dry skin and fade scars. Its hydrating activity helps to get rid of itching and scaly skin. Inflammation and redness caused by psoriasis can be reduced by anti-inflammatory properties residing in neem oil. Nimbidin and azadirachtin are active components residing in the oil that exhibits antimicrobial and antiviral properties. These active components can stimulate collagen production and fade fine lines. Psoriasis is another skin condition that develops from an imbalance of any of the three doshas, causing scaling, itching, and bleeding. Due to its Vata- Kapha balancing and Ropana (healing) characteristics. Karanja are used topically to treat psoriatic itchy, dry skin. Because it contains active ingredients (flavonoids) with anti-psoriatic activity. Psoriasis effectively treated with Karanja oil combined with 10% Neem oil.

CONCLUSION

This case study is a documented evidence for the effective management of *Kitibha Kusta* through *Shamanaushadis*. *Kitibhakustha* is one among *KshudraKustha* which is relapsing in nature. Hence according to the classic administration of *Shamanaushadis* and *Nidana Parivarjana* can help in managing the disease.

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