

A CLINICAL REVIEW ON SHODHAN CHIKITSA INKITIBHA KUSHTHA

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INTRODUCTION

In the 21st century, where we currently reside, everything moves quickly. Because to advancements in technology, human existence is becoming more and more comfortable, yet even while we can see its benefits, we can't overlook its drawbacks. Psoriasis and Kushtha are comparable from an ayurvedic standpoint. Kushtha is classified as a chronic, non-fatal disease. Skin is the most visible sense organ in the body, and it darkens due to vitiated doshas. Kushtha is difficult to treat because it involves dushti of purishavaha strotas as well as Asthi or Majjavaha strotas.

Aim and Objective

To study hetu and nidana of Kushtha vyadhi and importance of shodhan in kitibha kushtha.

Review of literature

Literature and book that included Kushtha vyadhi described as follows:

Defination: The disease that cause discoloration and distortion of skin

त्वचः कुर्वन्ति वैवर्ण्यं दुष्टाः कुष्ठमुशन्ति तत्॥

कालेनोपेक्षितं यस्मात्सर्वं कुष्णाति तद्वपुः।

अ.हु.नि.१४/४

Kitibha kushtha: श्यावं किणखरस्पर्शं परुषं किटिमं स्मृतम्।

च.चि. ७/२२

Kitibha Kushtha is one of the most prevalent varieties of Kushtha, as noted by Charak Acharya.

Kitibha Kushtha symptoms include discolouration and rough skin texture.

Doshya:- Vata- Udan & Vyan, Saman, Appan, Prana, Pitta- Bhrajaka & Sadhak & Pachak
Kapha- Tarpak, Aavlabhak, Kledak

- **Dushuya:-** Twaka, Shonit, Mansa, Lasika
- **Dhatu vichar:-** It can be sptadhatu but mainly Raktpradoshaj
- **Abhivyakti:-** Twaka (Origin)
- **Rogmarg:-** Bahya

Nidan vichar

Etiology:- Hetu

विरोधीन्यन्नपानानि द्रवस्निग्धगुरुणि च।

भजतामागतां छर्दि वेगांश्चान्यान्प्रतिघ्नताम्।।

व्यायाममतिसन्तापमतिभुक्तवोपसेविनाम्।

शीतोष्णलङ्घनाहारान् क्रमं मुक्त्वा निषेविणाम्।।

घर्मश्रमभयार्तानां द्रुतं शीताम्बुसेविनाम्।

अजीर्णाध्यशिनां चैव पञ्चकर्मापचारिणाम्।।

नवान्नदधिमत्स्यातिलवणाम्लनिषेविणाम्।

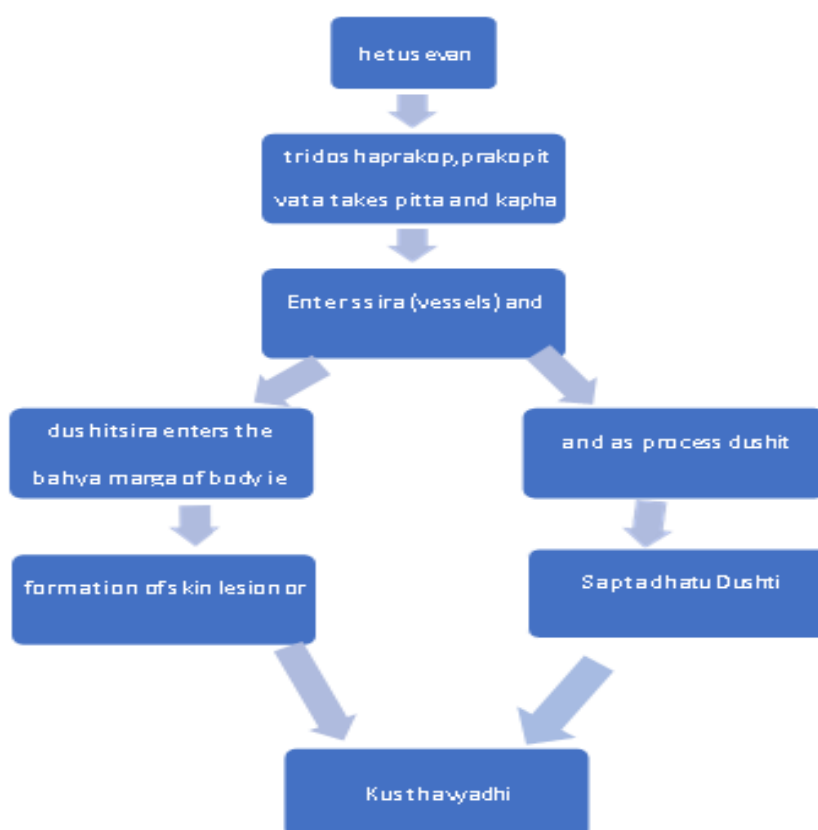
माषमूलकपिष्टान्नतिलक्षीरगुडाशिनाम्।।

व्यवायं चाप्यजीर्णेऽन्ने निद्रां च भजतां दिवा।

विप्रान् गुरुन् धर्षयतां पापं कर्म च कुर्वताम्।। च.चि. ७/४-८

- **Aharaja:-** The constant use of mutually incompatible eats & drinks or liquids. Heavy diet fasting or overeating. use of new grains, Curd & Fishes, Excessive use of salt, Black Gram, Til, Milk & Gud, eating meats frequently, especially aquatic animals with milk.
- **Viharaj:-** Suppression of generated urge for vomiting or other calls of nature, indulgence in exercise or exposure to heat after meal, using cold water suddenly after being affected with heat, sex act before indigested food, day sleep, wrong procedures of panchkarma its vyapad.
- **Manas hetu:-** Over fear, Anger, Depression overthinking.
- **Specific hetu:-** the mistreatment of knowledgeable people and elders, as well as engaging in evil behavior.
- **Specific hetu for kitibha kushtha:-** Virudha Aahar, Heavy food, Mental stress, suppression of generated calls of nature.

Samprapti



Chikitsa

We conducted a clinical trial on ten patients who were diagnosed with kitibha Kushtha. We treated them with snehapan purvak shodhan followed by samsarjan karma and we observe the changes in lakshan before and after treatment. According to the patient's dosha and prakruti lakshan, we decided the preferred snehapan of various ghruta, such as dadhimadi ghruta, kalyanakghruta, and mahatiktak ghruta. Snehapan will be given for 4 to 5 days until samyak sneha siddhi lakshan is achieved, after that snehaviram will be given for a day, followed by bahya snehan and swedan which leads to shakha koshtha gati. According to doshagati, shodhan will be decided.

We observed lakshan-like discoloration, roughness and hardness of skin in Kitibh, Kushtha, also we investigated whether vaman or virechan are beneficial to this type of Kushtha. Vardhaman matra snehapan will be beneficial in dravibhut to the leena dosha which leads into koshtha. Medicines used for shodhan like madanphal, trivrutta avleha are act with their sukshma and ushnaguna also it acts with its virya which helps in shaka koshtha gati.

स्पर्शजत्वमतिस्वेदो न वा वैवर्ण्यमुन्नतिः।

कोठानां लोमहर्षश्च कण्डूस्तोदः श्रमः क्लमः॥

व्रणानामधिकं शूलं शीघ्रोत्पत्तिश्चिरस्थितिः।

दाहः सुप्ताङ्गता चेति कुष्ठलक्षणमग्रजम्॥ च.चि. ७/ ११- १२

वातोत्तरेषु सर्पिर्वमनं श्लेष्मोत्तरेषु कुष्ठेषु।

पित्तोत्तरेषु मोक्षो रक्तस्य विरेचनं चाग्रे॥ च.चि. ७/३९

DISCUSSION

In these studies, we found that kitibha Kushtha is responsive to both kinds of shodhan vaman and virechan. As we have seen, raktavaha and rasvaha are the primary strotas involved in Kushtha vyadhi because rakta and pitta are interconnected and virechan is the best treatment for pitta. Rasvaha is a strotas related to the skin. bhrajaka pitta is the type of pitta that related to skin. Since Kushtha is kleda pradhan vyadhi and the vyadhi is tridoshaja, kapha is involved, therefore vaman is also advantageous. Therefore shodhan will be beneficial for all the strotas dushti. Rukshata, Kharasparsha, and Syavata are the primary lakshan in Kitibha Kushtha Vyadhi, and they are suppressed during Snehapan, with improved outcomes following both Shodhan Chikitsa.

लक्षण		Arithmetic Mean	Standard Deviation	P Value	Significant
श्यावता (Reddish/Blackish Discoloration)	BT	2.9	1.5670	0.0075	Significant
	AT	1.2			
रुक्षता (Dryness)	BT	7	1.1353	0.0001	Significant
	AT	3.2			
खरस्पर्श (Roughness)	BT	2.2	1.0593	0.0037	Significant
	AT	0.9			
त्वकविदारण (Scally)	BT	4.8	1.7764	0.0021	Significant
	AT	2.4			
त्वककिण (Wound Like)	BT	4.5	2.4060	0.0520	Significant
	AT	2.8			

RESULTS

1. We have found that shodhan chikitsa is useful in kithibha Kushtha
2. We observed better results during Snehapan and even better results after Mrudu Virechan in Vatpradhan Kitibha Kushtha.

3. In Pittapradhan Kitibha Kushtha Snehpan followed by virechan is more effective.
4. In the Kaphapradhan Kitibha Kushtha Snehpan followed by Vaman is effective.
5. In Sannipataj Kitibha Kushtha, Snehpan followed by virechan & Snehpan Followed by Vaman was found beneficial.
6. In these way Kushtha explain in all aspect in ayurvedic Samhitas with help of nidanpanchak we can treat Kushtha with correct diagnosis and appropriate treatment, we will get better results.

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