

## **APPROACH TOWARDS MANAGEMENT OF KITIBHA KUSHTA (GUTTATE PSORIASIS) BY AYURVEDIC REGIMEN- A SINGLE CASESTUDY**

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### **ABSTRACT**

Guttate psoriasis, also known as eruptive psoriasis is a type of psoriasis characterized by crops of small, oval or round erythematous scaly papules of size approximately 0.5 to 1.5 cm in diameter over the face, upper trunk and proximal portion of limbs. It is typically found in childrens and adolescents. According to clinical features, in Ayurveda it can be correlated with kitibha kushtha. In medical sciences commonly used treatment modalities includes topical therapy, UVB phototherapy, topical tar, biological response modifiers, but these modalities have their own side effects. So, here in this case by giving an Ayurvedic regimen i.e. deepana -pachan, shodhana and shamana chikitsa, we have successfully treated the case of kitibha kushtha. It is a

single case study, A 14 years female patient came to Balarog OPD with chief complaint of multiple small red lesions over the chest and back region along with itching over them since 6 months. The patient was treated with Ayurvedic regimen i.e. deepana -pachan, shodhana and shamana chikitsa. Patient got 90% relief in chief complaints and also in associated complaints, also there was improvement in lifestyle of the patient. After deepana -pachan, shodhana and shamana chikitsa, patient got satisfactory relief in symptoms of disease.

## INTRODUCTION

Guttate psoriasis or eruptive psoriasis is a type of psoriasis, that occurs predominantly in children, is characterized by an acute eruption of many oval or round papules of size approximately 0.5 to 1.5 cm in diameter over the upper trunk, face and proximal portion of limbs.<sup>[1]</sup> The term “guttate” describes the drop like appearance of skin lesion. The onset of Guttate psoriasis is classically triggered by a bacterial infection, strongly associated with a streptococcus bacterium and typically occurs 1-2 weeks after an episode of tonsillitis or pharyngitis; usually an upper respiratory tract infection.<sup>[2]</sup> Commonly used regimens include topical therapy, UVB phototherapy, topical tar, biological response modifiers.<sup>[3]</sup>

Ayurveda has included all types of skin diseases under Kushtha.. Acharya charak described kushtha rogadhikar in which he classified Kushtha into two major types; Maha- kushtha (Major skin diseases) and Kshudra kushtha (Minor skin diseases).<sup>[4]</sup> He has mentioned it in Ashtamahagad (difficult to treat).<sup>[5]</sup>

Kitibha kushtha is one of the type of the Kshudra kushtha, having Lakshanas like Shyava, Kina, Khara sparsha and Parusha.<sup>[6]</sup> Kitibha kushtha is having predominance of Vata and Kapha dosha, which are having lakshanas of the individual doshas. Kitibha kushtha manifests due to vitiation of Sapta dhatus, they are Tridosha, Twak, Rakta, Mamsa and Lasika. In samhitas, according to the Bala, Dosha and Vyadhi avastha, Shodhan and Shaman Chikitsa is described for the Kushtha., To eliminated the aggravated doshas which helps to treat the root cause of disease repeated shodhan is indicated in Kushtha due to Bahu doshavastha.<sup>[7]</sup> So here a case of Kitibha kushtha is successfully treated with Deepan-pachan, Virechan and Shaman Chikitsa.

## CASE STUDY

Aims and objectives:-To evaluate the role of Ayurvedic regimen in the Management of Kitibha Kushta (Guttate Psoriasis).

## MATERIALS AND METHODS

Study design:-Present study is a single case study conducted in department of kaumarbhritya of government ayurvedcollege, osmanabad.

## CASE REPORT

A 14 years female patient came with chief complaint of multiple small red lesions over the

chest and back region since 6 months.

### Present history

Patient was well before six months, after that she started complaining of small red blisters like lesion over the chest and itching over it, gradually it increased and spread all over chest and back region along with itching. The patient took allopathy medications for above complaints, but she did not get satisfactory relief, so she came to Government Ayurvedic College and hospital, Osmanabad for further treatment.

Patient had recurrent history of respiratory infections. There was no any family history present regarding psoriasis or any dermatological disorders. Patient was having sleep disturbance due to the itching and there was loss of appetite. In her food history, she was ingesting bakery food products especially bread and biscuits regularly and junk food 2-3 times in a week.

Ashtavidha Pariksha was normal but only mala was asamyak due to irregular bowel habits, jivha was saam and sparsha was kina khara sparsha and parusha with ruksha pidika. On Examination, all vitals of the patient were within normal limit. Pulse rate 80 per min regular, Respiratory rate was 20 per min, temperature was 98° f.

### Examination of Skin

Size shape – Erythematous small lesions over chest and back region.
Color – Red
Thickness – 0.8 to 1.2 mm thick
Lesion - Small red blisters like lesion.
Moisture- Dryness
Temperature – Warm to touch
Texture – Rough

### Diagnosis

Kitibha kushtha (Guttate Psoriasis)

Treatment Plan given

- Deepan pachan
- Shodhan- Virechan.
- Shamana aushadhi.

**Table no.1:- Shodhan chikitsa - purvakarma, pradhankarma and pschyat karma.**

Procedure	Medicine	Dose	Duration	Route
Deepan pachan	Hingavashtak churna and panchakolasav	10 gm hs with luke warm water and 5ml bd with lukewarm water	for 7days	Oral
Snehapana	Panchatikta ghrita	Starting from 20ml in the increasing order upto the 120ml. (empty stomach at morning time with lukewarm water)	For 7 days	Oral
Sarvanga abhyanga F/Bnadi swedan	Til tail F/B nadiswed	Quantity sufficient	For 2 days (After completion of 7 days of snehapan)	External application
Virechan (F/B sansarjan karma for 7 days)	Abhayadi modak+ manukafaant	2 tablets with luke warm water Prepare faant as per sharangdhar samhita	For 1 day after following purvakarma procedure	Oral

**Paschyat Karma**

After Virechan patient was advised to follow the Sansarjana Karma for seven days. Sansarjana Karma was given in the form of Peya, Vilepi, Akrita Mudga Yusha, Krita Mudga Yusha for 7 days.<sup>[8]</sup>

**Shaman chikitsa****Table no. 2: 1st follow up.**

Medicine	Dose	Anupan	Route	Duration
Arogyavardhini vati	250mg BD after meal	Luke warm water	Oral	2 month (with an interval of 7 days )

**Table no. 3: 2nd follow up Shaman.**

Gandhak rasayan	250mg TDS after meal	Luke warm water	Oral	2 months (with an interval of 7 days)
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**OBSERVATION****Table no. 4: Showing Overall result of treatment.**

	Before treatment	After treatment
Erythma (Redness)	+++	-
Induration (Thickness)	++++	-
Desquamation (Scaling).	Hardness +++	-
Itching	++++	No itching



Before treatment

After treatment

After virechan, there were two follow ups for shaman chikitsa.

## DISCUSSION

Guttate psoriasis is a type of psoriasis that shows up on skin as red, scaly, small which resembles tear drop shaped spots.<sup>[9]</sup> These are the small lesions over the upper trunk and limbs. In Ayurveda according to the clinical features it can be correlated with the Kitibha kushtha. It is the vyadhi of raktavahastrotas, having sampraptighatak vata and kapha dosha, twak, lasika, rakta and mamsa.<sup>[10]</sup> For the management of Kushtha, the samhitas has described shodhan and shaman chikitsa. Among the shodhan, virechan is the best chikitsa for the kushtha to eliminates the doshas from the body.<sup>[11]</sup> In the present study Deepana -pachan, shodhan and shaman chikitsa was given to the patient. The treatment of the patient was started by following the sequence of purvakarma, pradhan karma and paschyat karma. In purva karma, deepan – pachana dravya were given which are agnivardhak and amapachak, for that Hingavashtak churna and panchakolasav was used, it was given for 7 days. After that for Abhyantar snehan, Snehan was given with the Panchatikta ghrit for 7 days, which eventually causes Vatashamana. For Bahyasnehan Til tail was used, it moisturizes the skin and removes the dryness and helps in improving the blood circulation to skin. Followed by nadi swedan which causes doshavilayana (liquefies the doshas) and brings them from Shakhas to Koshta to eliminate them. It also removes the strotorodha (obstruction in the strotas).

**Action of Snehapana – Panchatiktaghrit**

The contents of Panchatiktaghrit are laghu guna, ruksha and tikta rasa. It has properties like Deepan, Pachan, Strotoshodhak, Raktaprasadak, Raktashodhak, Kushtaghna, Kandughna and Varnya. It helps in balancing the vitiated dosha and dhatu.<sup>[12]</sup>

The lipophilic action of Ghrit helps to carry desired drugs to the target organs, it enters to the cellular level and delivers upto nuclear membrane and mitochondria. It helps in maintaining the normal texture of skin.

**Action of Abhyanga with Til tail**

For Bahyasnehana (external oleation) or abhyanga Til tail is used. Its snigdha guna reduces the rukshatva, kharatva and parushata in skin. The property of tail is Sukshmagamitva means it helps drugs to go into the minute channels and helps in the proper absorption.

**Action of Virechan karma**

The Virechan dravyas having properties like Ushna, Tikshna, Sukshma, Vyavayi, Vikasi reaches to the heart due to their potency it enters into the all over dhamanis and circulates throughout the sthula and sukshma strotas. Then it does the liquefaction of the dosha sanghat due to its Agneya guna. This Doshasanghat gets chhinna- bhinna and circulates through out the strotas and didn't get sticks any where because the Snehan was already done in the purvakarma, as like honey not sticks to the vessel which is coated by oil. This doshasanghat passes through the minute capillaries and moves towards the koshtha and ultimately reaches to the amashay. The virechan drug has the Adhobhagahara prabhav due to the predominance of the Jala and Prithvi mahabhuta. It does the elimination of the vitiated dosha from the guda marga.<sup>[13]</sup>

**Action of Arogyavardhini vati**

According to the Bharatbhaishajyaratnakar, Bhaishajyaratnavali and Rasaratnasamucchya, it is Kushthanashak (Alleviates all skin disorders), Kandughna (alleviates itching), Deepan (appetizer), Pachan (digestive), Sarvarogaprashamani (alleviates all disorders from body), Malasuddhikari (cleanses waste material from the body), Raktavardhak (purifies the blood). The contents of Arogyavardhini vati are Haritaki (*Terminalia chebula* Retz.), Bibhitaki (*Terminalia bellerica* Roxb.), Amalaki (*Embelica officinalis* Gaertn.), Suddha shilajatu (*Asphaltum*), Suddha guggul (*Commiphora wightii*), errand (*ricinus communis*), Katuka (*Picrorrhiza kurroa* Royle ex Benth), Nimba (*Azadirachta indica* A. Juss.), Suddha

Parad (purified mercury), Suddha Gandhak (purified sulphur), Abhrak bhasma, Tamra bhasma and Lauha bhasma.<sup>[14]</sup>

### Action of Gandhak Rasayan

It is mainly indicated in Kushta roga. Gandhak rasayan acts as Kushtaghna, Raktashodhak, Kandughna, Vranaropak, Twachya, Krumighna. It has antibacterial, antiviral and antimicrobial properties.<sup>(15)</sup> Purified sulphur is very useful in treatment of all types of skin disorders. It reduces the itching and infection. It improves digestion and extremely Beneficial for the skin complexion.

### CONCLUSION

According to the clinical features, Guttate Psoriasis can be correlated with Kitibha Kushtha, which is a type of Kshudra Kushtha. From the above case study it can be concluded that the Kitibha Kushtha (Guttate Psoriasis) can be successfully treated with the Ayurvedic regimen i.e. Deepan-pachan, Shodhan (Virechan) and Shaman (Internal medications). Due to the chronicity of disease and chances of recurrence of symptoms, we advised the patient to take virechan once in a year.

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