

AYURVEDIC APPROACH TOWARDS KITIBHA KUSHTA – A CASE STUDY

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ABSTRACT

All skin conditions are coming under the broad heading of kushta roga. Kitibha kushta is a variety of kshudra kushta. It is a variety of kshudra Kushta with dominancy of Vata and Kapha Doshas. People suffering from Autoimmune diseases are increasing day by day. The exact cause of the autoimmune disease is still unknown. Psoriasis is one such disease. Dry thick raised itchy patches on the skin are the sign of Psoriasis. They are covered with silvery-white scales. Psoriasis is one of the most common clinical conditions encountered in clinical practice majority of the dermatological disorders have described under the roof of kushtha in Ayurveda. Kitibha is a type of Kshudra Kushtha described in different Ayurvedic classics is Vata-Kaphaja. The clinical symptoms of Kitibha described in Ayurveda resembles with symptoms of Psoriasis. The current treatment modalities have their own

limitations and the drugs have considerable side effects when using for longer period. According to Ayurveda Psoriasis is treated with both Shodhana and Shamana Chikitsa. Ayurveda provides safe and effective remedy for psoriasis. Present case study is of 47 years old female patient suffering from kitibha kushta since from 2 years who came to OPD of our institute was treated with shaman chikitsa. The symptoms were assessed at pre and post therapy, the result was noted after treatment. Satisfactory result will be noted, hence Ayurvedic management showed encouraging result with Shamana Chikitsa for kitibha kushta.

KEYWORD: kitibha kushta, Psoriasis, Shamana Aushadhi, mahamanjisthadi kadha, Gomutra Lepa.

INTRODUCTION

Most of skin disease in Ayurveda has been discussed under broad heading of kushta. Kushta is divided into mahakushta and ksudra kushta.^[1] According to ayurveda kushta is occur due to elevation of three-doshas i.e. vata, pitta & kapha and twacha, rakta, mansa and ambu are dushya that is known as sapatko Dravya sangraha.^[2] According to charaka Samhita Kushta is mentioned in ashta mahagad i.e. difficult to treat. Kitibha kushta is vata, kapha and dominant vyadi.^[3] Kitibha kushta is consider as one of the kshudra kushta. This kitibha kushta includes Krishna varna, khara Sparsha, parushata, kandu, srava can be correlated to the psoriasis as per modern view.^[4] Psoriasis is chronic disease that causes a rash with itchy, scaly patches. Psoriasis which can involve the skin, nails is chronic painful, disfiguring and disabling non communicable disease for which there is no cure.^[5] The prevalence of psoriasis is 0.44 to 2.8 % in India.^[6] Day by day the rate of psoriasis is increasing. Modern medical science treat psoriasis with cortico steroids. However, this cortico steroids causes side effects like liver failure, kidney failure hence ayurveda provide better management for psoriasis. Ayurveda given nidana parivarajana, shamana chikitsa, shodhana chikitsa are the line of treatment for any disease. This paper highlights a case study of kitibha kushta treated with shamana chikitsa and local application. Patient got relief in symptoms.

AIM AND OBJECTIVES

To evaluate the efficacy of Ayurvedic treatment in Kitibha Kushta (psoriasis).

Case Description

A 47-year-old female patient visited OPD of K. G. Mittal ayurvedic college, Mumbai. Patient approach with complaints of blackish to brownish discolouration present at right leg since from 2 years associated with itching, dryness and discharge present. She was also complaining of itching and flakes in the scalp from 1 year. She consulted dermatologist doctors before for same complaints, but she did not get satisfactory result, so for further treatment she consulted in our OPD. She had no family history and no past history of skin disorder. She had no any history of allergy also.

Past History – Past history of malaria and typhoid in the past 10 years ago.

Medicinal History – Patient was taken tab methotrexate 7.5 mg internally for almost 3 months and tab Augmentin 625 mg. Locally application of Betnovate skin cream, topical 6% ointment. For itchy flaky and scaly scalp, she was using protar k shampoo for hair wash.

Family History – Mother and father both having history of hypertension.

Personal History

Prakriti – Vata-Kaphaja

Vyasana – Tea and coffee 2 times a day.

Kshudha – Samayak

Nidra – Samyak

Occupation – Housewife

General examination

BP – 120 /80 mm of Hg

Pulse -82/min

Pallor – absent

Icterus – absent

Oedema – absent

Cyanosis – absent RS - B/L Clear

CVS - S1 S2 Normal

CNS - Conscious Oriented

P/A – Soft

Ashta Sthana Pariksha

1) **Nadi**- 82 bpm

2) **Mala**- Baddha koshta

3) **Mutra**- 5- 6 times /day

4) **Jivha**- Saam

5) **Shabda**- Prakrut

6) **Sparsha**- Anushna-sheet

7) **Druk** – Prakrut

8) **Aakruti** – Madhyam

Local Examination

1) **Site of lesion** - (Pidaka sthana) – Right leg

2) **Distribution** - (Vyapti)- Asymmetrical

3) **Character of lesion** - (Pidaka Lakshanas)- no of lesions- 1, Colour- black.

4) **Itching** - **Present**; Severity- severe

5) **Inflammation** – Absent

6) **Discharge** – Occasional watery discharge present.

7) **Superficial Sensation on lesion** – Hardness of lesions with scaling.

MATERIAL AND METHOD

Centre of study- This study carried in OPD of K.G. Mittal Ayurvedic College and Hospital charni road, Mumbai.

Single case study

Hetu and samprapti of Kitibha Kushtha according to Ayurveda which is correlated with the patient.

Hetu (causative factor) seen in patient.

Table no. 1.

Aaharaj hetu	Viharaj hetu	Mansik hetu
Matsya mansa sevana – 2 days per week	Diwaswap	Bhay
Paryushit anna sevana	Ratri jagaran	Atichinta
Dadhi sevana at night	-	Manoghat – due to personal life issues.

Samprapti Ghatak

Dosha – Vaat, kapha

Dushya – Rasa, rakta,

Strotas – Rasavaha, raktavaha

Rogmarg – Bahya

Udbhava sthana – Amashaya

Vyaktasthana – Twacha

Roga swabhav – chirkari

Sadhyasadyatwa – kricchrasadhyatwa.

Samprapti^[7]

Hetu sevana (aharaja, viharaja, manasika)

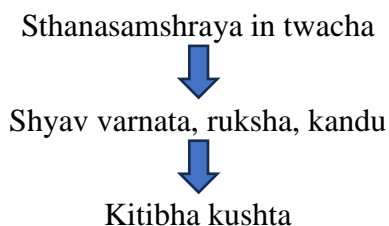


Tridosha prakopa (vaat, pitta, kapha)



Rakta, Mansa, lasika, twacha (dushati)





First line of treatment

Deepan paachan with mala anuloman for 7 days.

Table no. 2.

Day	Chikitsa
For 7 days	Chitrakadi vati ^[8] 1 BD + Gandharva haritaki ^[9] with kosha jala, nishakale

Shamana chikitsa for 3 month

Table no. 3.

Sr no	Kalpa	Matra	Anupana	Duration	Route of administration
1)	Mahamanjisthadhi kadha ^[10]	15 ml BD Paschatbhakta	Kosha jala	3 months	Oral
2)	Krumikuthar rasa ^[11]	2 tablets BD Paschabhakta	Kosha jala	3 months	Oral
3)	Gandhak rasayana ^[12]	2 tablets BD paschatbhakta	Kosha jala	3 months	Oral
4)	Gomutra lepa ^[13] (Fresh cow's urine)	OD	-	1 month	Local application

SOPs for Gomutra lepa

- 1) Clean the patch (kitibha kushta) with normal water.
- 2) Soaked cotton ball in cow's fresh urine then applied 1 to 2 coating over the patch.
- 3) Avoid direct air contact and let it dry naturally.

Treatment for next 1 month

Table no. 4

S.N.	Kalp	Matra	Anupana	Duration	Route of administration
1)	Khadiradistha ^[14]	15 ml BD	Kosha jala	1 month	Oral
2)	Triphala churna ^[15]	3 gm Nishakale	Kosha jala	1 month	Oral

Apunarbhav chikitsa**Table no. 5**

S.N.	Kalpa	Matra	Anupana	Kala	Route of administration
1)	Samshamani vati ^[16]	2 BD adhobhakta	Koshna jala	1 month	Oral
2)	Haridra khanda ^[17]	1 spoon adhobhakta	Madhu	1 month	Oral

Table showing pathya – apathy**Table no. 6**

Pathya	Apathya
Laghu anna, mudga	Shabudana (sago)
Shali, yava (barley grain)	Dadhi
Samskruta takra	Aaluk (potato)

DISCUSSION

After starting of treatment symptoms were decreased in 1 month. In the period of 3 months, the patient showed significant result. Patient had irregular dietary habits of excessive use of pickles, junk food, stale food. She also has habit of doing Diwaswap every day after her lunch and has also a history of Ratri Jagran this might be the causes of kitibha kushta. Mainly the patients complaining blackish to brownish scaly lesion over right leg associated with itching. After taking proper history the treatment was planned i.e. the deepan Pachana and anuloman first and then followed by shaman aushadhi chikitsa along with nidana parivarajana and pathya –apathy Initially the amapaachan and agni deepan was achieved with the administration of Chitrakadi vati and anuloman with Gandharva haritaki, then patient was administering with shaman chikitsa that is mahamanjishthadi kadha, Krumikuthar rasa, gandhak rasayana which shows significant result. Mahamanjishthadi kadha manage raktgata samata which result into raktprasadan. Gandhak rasayana is a polyherbal drug which is Rakta Shodhak, kandughya, and mainly rasayana indicated in kushta rog. Krumikuthar rasa anupasargika roga nidan of kushta is explained by acharya Sushrut and local application of fresh cow's urine is for scrapping. Gomutra is a strong piercing, alkaline, astringent vaat kapha prashamak used for treatment of skin diseases by this treatment symptoms were relieving day by day.

Then for 1 month the patient was administrating with khadiradistha and Triphala churna. Khadir is the agra aushadhi for kushta vyadhi, and Triphala churna is also indicated for kushta vyadhi having properties like raktprasadan, Agnideepak and sara gunatmak.

In haridra Khand, Haridra works efficiently act for skin as pitta – kaphahara in nature. Samshamani vati contains Guduchi described as one of best rasayana drug and it is also effective in skin disorders.

Assessment of clinical feature based on gradation system.

1. Shyavam.

Normal Skin Tone-0

Mild Brownish Discoloration-1

Moderate Brownish discoloration - 2

Severe Brownish Discoloration – 3

2. Kinakara Sparsha

Normal Skin texture- 0

Mild rough lesions on touch-1

Moderate rough lesions on touch-2

Severe rough lesions on touch with scaling-3

3. Parushatwa

Normal Skin-0

mild Hardness of lesions - 1

Moderate Hardness of lesions - 2

Severe Hardness of lesions with scaling-3

4. Kandu

No itching-0

Mild occasional localized itching which is tolerable-1

Moderate generalised itching - 2

Very severe itching disturbing sleep and other activity-3

ASSESSMENT OF RESULT

Table no. 7

Symptoms	Before treatment	During treatment	After treatment
Shyava	3	2	0
Kinakhasparsha	3	2	0
Parushatwa	3	2	0
Kandu	3	1	0

RESULT

Before Treatment



Fig no: 1



Fig no: 2



Fig no: 3

After Treatment



Fig no 4



Fig no: 5



Fig no: 6



Fig no 7

CONCLUSION

Kitibha kushta is a disease having more impact on sharir and mana. The study is documented evidence for effective management of kitibha kushta by ayurvedic shaman chikitsa. This chikitsa gives result to patient with shaman chikitsa, remove aggravated doshas from root cause and prevent disease from re-occurrence. Kitibha kushta have relapsing tendency and ayurveda has power to counteract of the disease. The shaman chikitsa relieving size of the lesion, bringing back the skin colour into normal. As it is a single case study it is recommended to conduct a research study on a greater number of patients to prove the effectiveness of the treatment.

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