

AYURVEDIC MANAGEMENT OF KITIBHA KUSHTHA (PLAQUE PSORIASIS) WITH THERAPEUTIC DIET: A CASE STUDY**Jane R.R.^{1*}, Khandekar V.P.² and Jain S.S.³**¹PG Scholar, Swasthavritta and Yoga Dept. Govt. Ayurved College, Nagpur, 440009.²Assistant Professor, Swasthavritta and Yoga Dept. Govt. Ayurved College, Nagpur, 440009.³HOD, Swasthavritta and Yoga Dept. Govt. Ayurved College, Nagpur, 440009.Article Received on
09 June 2021,Revised on 29 June 2021,
Accepted on 19 July 2021

DOI: 10.20959/wjpr202110-21204

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440009.**ABSTRACT**

Nowadays skin diseases are very common. *Ayurveda* has described skin diseases under *Kushtha*. It is caused due to vitiation of *Vata*, *Pitta* and *Kapha*. In modern science it is treated with internal medicine and external application. *Ayurveda* focuses on medicinal treatment with *Pathya-Apathya*. Because skin diseases are relapsing in nature, so it needs long duration treatment with dietetic management. The present work has been undertaken to evaluate the effect of *Shaman Chikitsa* and *Pathya-Apathya* in the management of *Kitibha Kushtha*. A 45 years old male patient was reported at Swasthavritta OPD, Govt. Ayurveda Hospital, Nagpur with the symptoms itching, blood discharge, skin discoloration, swelling on both lower limbs. The

patient was treated with external and internal *Shaman Chikitsa* with dietary management. Information was collected from reference books, case paper. Symptoms of the patient were significantly reduced by *Shaman Chikitsa* and *Pathya-Apathya*. This paper aims at bringing forth the improvement in the overall signs and symptoms of patient which was achieved by proper ayurvedic treatment and maintenance of his diet and lifestyle.

KEYWORDS: *Kitibha Kushtha*, *Kshudraroga*, Plaque Psoriasis.**INTRODUCTION**

Skin represents the mirror of health status. Our age, origin, health and mind status reflects from its appearance. So, it is necessary to pay attention on our skin. Psoriasis is common disease with prevalence 1- 3%.^[1] It is an auto-immune skin disease which is long lasting.^[2] Plaque psoriasis is most common in psoriasis which represents erythematous plaque with

silvery scales.^[3] It has symptoms like rashes, dryness, peeling, redness, itching, joint stiffness.^[4] Plaque psoriasis is correlated with *Kitibha Kushtha* as per Ayurveda. Skin diseases are described under *Kushtha* in Ayurveda. *Kushtha* is divided into two types that is *Mahakushtha* and *Kshudra Kushtha*. *Kitibha* is type of *Kshudra Kushtha*. Which is correlated with plaque psoriasis in modern science. Skin diseases are commonly found due to disturbed lifestyle, poor hygiene, food habits and mental stress. Dietary aspect mentioned in Ayurveda is equally important as medicine. The Ayurvedic texts were studied for management of *Kitibha*. Here Ayurveda plays an important role to find safe and effective alternatives. Ayurveda focuses on underlying etiopathogenesis and treats the root cause of disease. The present work has been undertaken to check the efficacy of *Shaman Chikitsa* an *Pathya – Apathya* in *Kitibha Kushtha*.

Case report

A 64 years old man came to OPD GAC & Hospital, Nagpur on date as follows:- *Twakvaivarnya* (white discoloration), *Kandu* (itching), Blood discharge, loss of appetite, Swelling on both lower limbs.

History of present illness

Patient suffered with condition from last 2 years. At initial stage discoloration with itching started at ankle joint and then developed further up to knee joint. He was on allopathic medicine which relieved symptoms for some time but after their effects reduces it relapses.

Past history

No history of any other major illness.

Family history

No family history found regarding any skin disease.

Ashtavidha pariksha

Nadi- 80/min, *Madhyama*, *Pittakaphaja*

Mala- Asamadhankarak

Mutra- Samyaka

Jivha- Saam

Shabda- Prakrit

Sparsha- Samyaka

Druk- Prakrit

Aakriti- Madhyama

Kshudha- Samyaka

Nidra- Atinidra, Diwaswap

Hetu

- 1) *Aaharaj-* Nonveg twice per week, Spicy food, Alcohol consumption
- 2) *Viharaj-* Diwaswap,
- 3) *Manasik-* Stress, Anger

Roop: *Twakvaivarnya* (White discoloration),

Kandu (itching),

Blood discharge,^[5]

Loss of appetite,

Swelling on both lower limbs.

Samprapti

Ratri Jagaran Pittaprapak Ahar Atinidra, Diwaswap



Vata Prakop. Piita Prakop Kapha Prakop



Twak, Rakta, Mansa, Lasika Dushti



Sthansanshraya in Twacha



Pidika with Kandu, Daha at lower limb



Kitibha Kushtha

Samprapti ghataka^[6]

Dosh – Tridosh

Dushya - Twak, Rakta, Mansa, Lasika

Strotas – Rasavaha, Raktavaha

Udbhavsthan – Aamashaya

Vyaktasthana – Twacha

Rogamarga – Bahya

Treatment plan

a) *Deepan Pachan*

b) *Shaman Chikitsa* with Internal Medication and External Medication

c) *Patya-Apathya*

a) *Deepan pachan*

Deepan Pachan reduces the *Aamdosh* and does *Agnivardhana*. In this case *Deepan Pachan* is done by *Aarogyavardhini Vati* for 7 days.

b) *Shaman chikitsa*

Internal medication

1) *Raktapachak Kashay*

2) *Gandhaka Rasayana*

3) *Kanchanar Guggul*

4) *Laghu Sutashekhar Ras*

External medication

1) *Triphala Choorna* and *Nimba Patra Kwath* For *Dhawan*

2) *NimTail* and *Karanja Tail* for Local application

Table 1: Showing treatment schedule.

Date	Treatment
13-07-2020	<i>Aarogyavardhini Vati</i> 2 BD before meal <i>Raktapachak Kashay</i> 20ml BD empty Stomach <i>Gandhaka Rasayana</i> 2BD after meal <i>Kanchanar Guggul</i> 2 BD after Meal <i>Triphala Choorna</i> and <i>Nimba Patra Kwath</i> For <i>Dhawan</i> <i>NimTail</i> and <i>Karanja Tail</i> for Local application
20-07-2020	<i>Raktapachak Kashay</i> 20ml BD empty Stomach <i>Gandhaka Rasayana</i> 2BD after meal <i>Kanchanar Guggul</i> 2 BD after Meal <i>Laghu Sutashekhar Ras</i> <i>Triphala Choorna</i> and <i>Nimba Patra Kwath</i> For <i>Dhawan</i> <i>NimTail</i> and <i>Karanja Tail</i> for Local application
06-08-2020	<i>Raktapachak Kashay</i> 20ml BD empty Stomach <i>Gandhaka Rasayana</i> 2BD after meal

	<i>Kanchanar Guggul</i> 2 BD after Meal <i>Laghu Sutashekhar Ras</i> <i>Triphala Choorna</i> and <i>Nimba Patra Kwath</i> For <i>Dhawan</i> <i>NimTail</i> and <i>Karanja Tail</i> for Local application
13-08-2020	<i>Raktapachak Kashay</i> 20ml BD empty Stomach <i>Gandhaka Rasayana</i> 2BD after meal <i>Kanchanar Guggul</i> 2 BD after Meal <i>Laghu Sutashekhar Ras</i> <i>Triphala Choorna</i> and <i>Nimba Patra Kwath</i> For <i>Dhawan</i> <i>NimTail</i> and <i>Karanja Tail</i> for Local application

c) *Pathya-Apathya*

Complete treatment includes *Nidan*, *Bhaishajya* and *Pathya*. *Mithya Aahar*, *Viruddha Aahar*, *Asatmya Bhojan*, *Ajirhashan*, *Adhyashan*, *Mansaahar* are the risk factors for *Kushtha*.^[7] *Kushtha* is relapsing in nature so, it is necessary to maintain diet habits. So, *Pathya* has equal importance as medicine in *Kushtha*.

Table 2: Showing di'et.^[8,9,10]

Type of Diet	<i>Pathya</i> (Do's)	<i>Apathya</i> (Don'ts)
Cereals	Old rice, Wheat, Barley	Newly harvested
Pulses	Green gram, Red lentils	Black gram, <i>Kulith</i> ,
Fruits	Pomogranate, <i>Aamalaki</i> , Grapes	
Vegetables	Bitter vegetables, Bitter gourd, <i>Patola</i> , <i>Haridra</i> , Nutmeg, Ginger	Mula
Other	<i>Goghrut</i> , Honey, light diet	Milk products, nonveg, sour and salty food, seasm, jaggury, curd, fish
Lifestyle	Mild exercise, bathing, <i>Atyambupaan</i> ,	Day sleeping, suppression of natural urges, mental stress, excessive exercise

RESULT

Table 3: Showing result.

Features	Before treatment	After treatment
Itching	Present	Absent
Pain	Present	Absent
Discharge	Present	Absent
Color	Whitish/Blackish	Reduced
Swelling	Present	Absent
Depression	Present	Reduced

DISCUSSION

Kitibha is a type of *Kshudra Kushtha*. It is caused due to vitiation of *Vata*, *Pitta* and *Kapha*. In this case patient was treated for period 30 days. Treatment regimen was planned in 3 phases.

a) *Deepan Pachan*

b) *Shaman Chikitsa* with Internal Medication and External Medication

c) *Patya-Apathya*

Prescribed medication with their actions are shown in the table

Table 4: Showing prescribed medication with Ingredients and Their actions.

Medication	Ingredients	Action
<i>Aarogyavardhini vati</i> ^[11]	<i>Shuddha Parad, Shuddha Gandhak, Abhrak bhasma, Triphala, Shuddha Shilajit, Shuddha guggul, Chitrakatwak, Kutaki, Bhavana-Nimbapatra Swaras</i>	<i>Aamdoshanashak, Hepatoprotective, Vata and Kaphanashak, Kushthaghna</i>
<i>Gandhak Rasayana</i> ^[12]	<i>Shuddha Gandhak Bhavana Dravya (Cow's milk, Bhrungaraj, Dalchini, Tamalpatra, Nagakeshar, Haritaki, Sunthi, Bibhitaki, Aamalki)</i>	Antibacterial, Anti-inflammatory, <i>Kushthaghna, Raktagat Doshpachan</i> , mainly acts on <i>Ras, Rakta</i>
<i>Kanchanar Guggul</i> ^[13]	<i>Kanchanar Twaka, Triphala, Trikut, Varun Twaka, Ela, Dalchini, Tejpaan, Shuddha Guggul, Ghrut/Erand Tail</i>	<i>Vata- Kaphanashak, Granthi Nashak, Kushthaghna, Vrana nashaka</i>
<i>Laghu Sutshekhar</i> ^[14]	<i>Shuddha Suvarn Gairik, Sunthi, Nagavalli Swaras Bhavana Dravya</i>	<i>Raktapitta Nashak, Daha, Mukhpaka, Pittaprasadak</i>

There was a risk factor like *Ratrijagaran*, no fix timing of lunch and dinner, street food, nonveg, spicy and oily food, *Diwaswap*, *Atinidra*, alcohol consumption. It vitiates *Tridosha* and causes *Kitibha Kushtha*. Patient was suffering from loss of appetite, constipation, Itching, blood discharge, skin discoloration. In *Shaman Chikitsa*, patient was administered with *Raktapachak Kashay*, *Gandhak Rasayan*, *Kanchanar Guggul* and *Laghu Sutshekhar Ras*. *Aarogyavardhini vati* is *Aamdoshaghna* and *Malashuddhikar*. So, complaint of loss of appetite and recurrent constipation is resolved and *Vatashaman* is done. Patient was advised to avoid *Diwaswap*, *Atinidra*, Nonveg and *Kaphashaman* is done. *Gandhak Rasayana* acts mainly on *Ras, Rakta* and does *Raktagatshodhan* by *Raktagat Doshapachan*. Patient is advised to avoid alcohol consumption, Spicy and salty food and *Laghu Sutashekhar Ras* is given for *Pittashaman*. In this way *Sampraptibhang* is done. During 30 days course of treatment, patient has reported 95% improvement in his symptoms. He had 100% relief from itching, blood discharge, swelling. Only 10% discoloration of skin were remaining. Also, patient had developed normal bowel habit and appetite.

CONCLUSION

Kitibha is relapsing disease difficult to manage. Proper management at proper time give significant relief. In present case, the patient got 95% symptomatic relief. In this case underlying causes like disturbed lifestyle, poor hygiene, food habits and mental stress are treated for *Samprapti Vighatan*. Also, *Shaman* and *Pathya-Apathya Chikitsa* proved to be very effective in the management of *Kitibha Kushtha*. This case study is evidence for the successful management of *Kitibha Kushtha* through *Sthanik* and *Shaman Chikitsa*.

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