

**EFFICACY OF VAJRAKA GHRITA AND AMRUTHARAJANYADI
KASHAYAM IN KITIBHA KUSHTA (PALMOPLANTAR PSORIASIS):
CASE STUDY WITH SHODHANA AND SHAMANA CHIKITSA**

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ABSTRACT

Background: Kitibha Kushta, described in Ayurveda as a Vata-Kapha dominant Kshudra Kushta, shows striking clinical similarity with Palmoplantar Psoriasis—a chronic, relapsing dermatological disorder marked by hyperkeratosis, fissures, and disabling discomfort of the palms and soles. Modern pharmacological approaches often provide only temporary symptomatic relief and are associated with high recurrence. This case study evaluates the efficacy of Shodhana Chikitsa (Virechana and Raktamokshana) followed by Shamana Chikitsa using Vajraka Ghrita and Amrutharajanyadi Kashayam in managing Kitibha Kushta. **Methods:** A 32-year-old female patient with chronic palmoplantar psoriasis for two years was administered classical Ayurvedic line of treatment involving Deepana-Pachana, Snehapana, Virechana, Raktamokshana, and Shamana with internal and external medications. **Results:** Significant improvement was

observed in scaling, itching, fissures, discoloration, and overall quality of life, with no recurrence over a 2-month follow-up. **Conclusion:** The combined approach of Shodhana and Shamana therapy, supported by Vajraka Ghrita and Amrutharajanyadi Kashayam, demonstrates promising results in treating chronic dermatological conditions like palmoplantar psoriasis.

INTRODUCTION

Skin diseases are among the most visible and psychologically distressing conditions. Ayurveda describes Kushta Roga as a Tridoshaja Vyadhi, with Kitibha Kushta being a Vata-Kapha dominant variety marked by Kandū, Parushya, Shyava Varna, and Kinakhara Sparsha. Palmoplantar Psoriasis, a modern correlate of Kitibha, is a chronic inflammatory skin disorder affecting productivity and mental health. Its etiology involves immune dysregulation, environmental triggers, and stress. Modern treatments, including corticosteroids and immunosuppressants, often provide short-term relief and may lead to relapse.

Ayurveda proposes a comprehensive model of disease pathogenesis and management that targets root causes like Dosha Dushti, Dhatu Vaishamya, and Srotorodha (channel blockages). In this context, Shodhana Chikitsa (purificatory therapy) is considered essential to break the disease cycle, followed by Shamana Chikitsa to stabilize and nourish affected Dhatus.

AIM AND OBJECTIVES

Aim

To evaluate the clinical efficacy of Vajraka Ghrita and Amrutharajanyadi Kashayam in Kitibha Kushta (Palmoplantar Psoriasis) with Shodhana and Shamana Chikitsa.

Objectives

1. To apply classical Shodhana (Virechana and Raktamokshana) in a chronic skin condition.
2. To observe symptomatic relief with Shamana medicines like Vajraka Ghrita and Amrutharajanyadi Kashayam.
3. To assess recurrence control over a short-term follow-up.
4. To correlate Ayurvedic and modern understanding of pathophysiology in Kitibha Kushta/Psoriasis.

MATERIALS AND METHODS

Study Design

Single case study conducted at YMT Ayurveda College Navi Mumbai.

Patient Profile

- Age/Sex: 32-year-old female

- Chief Complaints: Itching, thick scaling, painful fissures over palms and soles for 2 years
- Diagnosis:
 - Ayurvedic: Kitibha Kushta (Vata-Kapha Dushti)
 - Modern: Palmoplantar Psoriasis

METHODOLOGY

1. Classical Ayurvedic diagnostic evaluation
2. Treatment administered in two stages:
 - Shodhana Chikitsa:
 - Deepana-Pachana with Trikatu and Panchakola
 - Snehapana with vajraka Ghrita
 - Virechana with Trivrit Avaleha
 - Raktamokshana via Pracchana Karma
 - Shamana Chikitsa:
 - Oral: Vajraka Ghrita, Amrutharajanyadi Kashayam
 - Topical: Jatyadi Ghrita
3. Outcome assessment based on symptom scoring before and after treatment

DISCUSSION

1. Ayurvedic Understanding of Kitibha Kushta

Kitibha is a Kshudra Kushta where vitiated Vata and Kapha cause Parushya, Kinakhara Sparsha, Kandu, and Shyava Varna. According to Charaka and Chakrapani, improper Ahara-Vihara, suppressed natural urges, and emotional disturbances trigger Dosha Prakopa and Dhātu Dushti, especially affecting Rasa, Rakta, and Mamsa Dhatus.

2. Role of Shodhana Chikitsa

- Virechana eliminated Pitta and Kapha Dosha from the body, especially targeting the Rasa and Rakta Dhatus.
- Raktamokshana provided immediate local relief by removing vitiated Rakta from affected areas.

Shodhana allowed proper channel clearance (Srotoshodhana) and improved responsiveness to oral medications.

3. Role of Shamana Chikitsa

Vajraka Ghrita

- Rasa: Tikta-Katu
- Virya: Ushna
- Karma: Raktaprasadana, Twakprasadana, Rasayana, Vrana Ropana
- Pharmacological Actions: Antioxidant, immunomodulator, enhances epithelial healing

Amritrajanyadi Kashaya

- Contains Guduchi, Haridra, Amalaki, Manjishtha, and Sariva
- Karma: Raktashodhaka, Kushtaghna, Pitta-Kapha Shamaka
- Pharmacological Actions: Anti-inflammatory, detoxifying, antimicrobial, and adaptogenic properties

Together, they addressed the systemic inflammation and local lesion healing.

4. Modern Correlation

Palmoplantar Psoriasis involves T-cell mediated autoimmunity, cytokine storm (TNF- α , IL-6), and epidermal hyperproliferation. Herbs in the formulation are shown to modulate immune responses and act as antioxidants, confirming Ayurvedic rationale.

RESULTS

| Parameter | Before Treatment | After Treatment |
|--------------------------|-------------------|-----------------|
| Itching (Kandu) | Severe (8/10) | Mild (1/10) |
| Scaling (Rukshata) | Thick, Dry | Minimal, Soft |
| Fissures (Sphutana) | Bleeding, Painful | Healed |
| Skin Discoloration | Shyava Varna | Pinkish Normal |
| Sleep Disturbance | Present | Resolved |
| Recurrence (at 2 months) | Frequent | Not observed |

BEFORE



AFTER



CONCLUSION

This case illustrates that a classical Ayurvedic protocol involving Virechana and Raktamokshana, followed by Shamana therapy with Vajraka Ghrita and Amrutharajanyadi Kashayam, can provide holistic and sustainable results in Kitibha Kushta (Palmoplantar Psoriasis).

The success of treatment reinforces Ayurvedic principles of disease management at the level of Dosha, Dhātu, and Srotas. Integrating Shodhana with potent Kushtaghna and Rasayana drugs ensures detoxification, tissue repair, and relapse prevention.

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