

HOLISTIC AYURVEDIC APPROACH TO KITIBHA KUSTHA: INTEGRATING SODHANA, SHAMANA AND RASAYANA THERAPIES

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ABSTRACT

Kitibha kushtha, a *kshudra kushtha*, is characterized by the predominance of *Vata* and *Kapha dosha*, each exhibiting specific symptoms. Due to the presence of *Bahudosha avastha*, repeated *shodhana* is suggested for *Kushtha* to eliminate the aggravated doshas. Guttate psoriasis is a type of psoriasis that presents as small (0.5 to 1.5 cm in diameter) lesions over the upper trunk and proximal extremities found frequently in young adults. A 42 year, male visited the outpatient department with complaints of itchy, scaly lesion over back region since 6 months. The subject was treated with *Virechana*, *Shamana* and *Rasayana Chikitsa* and PASI scale was used for assessment which showed significant improvement in signs and symptoms before and after treatment.

KEYWORDS: *Kitibha kushta*, Guttate psoriasis, *Shodhana*, *Virechana*, *Rasayana*.

INTRODUCTION

Kitibha kushta has *Vata kapha* predominance and is characterized by *Shyava*, *Kina*, *Khara Sparsha*, *Parusha*, *Ruksha*, *Pidika* and *Kandu*. The manifestation of *Kitibha kushtha* is a result of the vitiation of *Sapta dhatus*, including *Tridosha*, *Twak*, *Rakta*, *Mamsa*, and *Lasika*.^[1]

Due to *Bahudoshavasha* repeated *shodhana* is indicated in *Kushta*.^[2]

Guttate Psoriasis is a type of Psoriasis that presents as small (0.5 to 1.5cm in diameter) lesions over the upper trunk and proximal extremities.^[3] The term Guttate is used to describe the drop like appearance of skin lesion.^[4]

Patient information

A 42 years old South Indian male farmer by occupation came to outpatient department with complaints of itchy, scaly skin lesion over back region for 6 months. The subject was apparently healthy 6 months ago who gradually developed skin lesion with severe itching and scaling for which he had taken treatment in various hospitals but couldn't find relief, so approached our hospital for further management.

History of Past illness: The subject is not known to have any other chronic illness.

On Examination

Numerous, well-defined (1 to 10mm) pink papules distributed throughout his trunk, upper extremity, and proximal lower extremity, which were warm on touch and rough in texture.

Astavidha pariksha: The *Prakriti* was *Vata Kaphaja* and *Vikriti* was *Vata Kaphaja*, *sara Pramana*, *vyayama*, *Ahara sakti*, *Samhana* was *Madhyama*, *Satwa*, *satmya* was *pravara*.

Therapeutic intervention: *Deepana pachana* was done with *trikatu choorna* and *Chitrakadi vati*^[5] for three days till appearance of *Samyak rookshana lakshanas*. *Snehapana* was done with *Panchatikta ghrita*^[6] in *Arohana krama* for 5 days till the appearance of *Samyak sneha lakshanas*. *Abhyanga and Sweda* was done with *Marichyadi taila*^[7] along with following of the *ahara vihara of Visharama kala*. *Virechana* was done with *Trivruth Lehya*^[8] 80gms, along with *ushna jala anupana* followed by *Peyadi Samsarjana krama*.

During the time of discharge, he was advised *Arogyavardhini Vati*.^[9] 250gms twice daily after food for a month, *Amritadi guggulu*^[10] 250gms twice daily after food was given for a month. *Mahatiktaka ghrita*.^[11] soft gel capsules was given for three months before food as *Shamananga snehapana*. for a month. *Marichadi taila*, topical application was advised daily for a month. (Table: 1)

Table 1: Therapeutic Intervention.

DATE	INTERVENTION	DOSE & DURATION
30/12/2023 to 01/01/2024	<i>Deepana – Pachana</i> 1) <i>Chitakadi vati</i> 2) <i>Trikatu Churna</i>	250mgs thrice daily after food 2.5grams twice daily with warm water before food
(02-06)/01/2024	<i>Snehapana Panchatiktaka Gritha</i>	30ml,70ml,100ml,140ml,170 ml for 5 days
07/01/2024 & 08/01/2024	<i>Sarvanga Abhyanga with Marichyadi Taila & Baspa Sweda</i>	45 minutes
09/01/2024	1) <i>Sarvanga Abhyanga with Marichyadi taila & Ushna Jala Snana</i> 2) <i>Virechana with Trivruth lehya</i>	80gms at 10am, with <i>ushna jala</i>
9/01/24-14/1/24	<i>Peyadi samshrajana krama</i>	For 5 days as <i>Madhyama suddhi</i> was attained with 18 vegas

Table 2: Medications prescribed on discharge.

Medicines	Dose
<i>Arogyavardhini Vati</i>	250gms twice daily after food for 1 month
<i>Amritadi Guggulu</i>	250gms twice daily after food for 1 month
<i>Mahathiktaka gritha soft gel Capsule</i>	As <i>Shamananga snehapana</i> for 3 months
<i>Marichyadi taila</i>	For topical Application

Table 3: Result of PASI SCALE.

BEFORE TREATMENT	AFTER ONE MONTH	AFTER THREE MONTHS
14	11	9

DISCUSSION

The predominant doshas in *Kitibha kushtha* are *Vata* and *kapha dosha*. It is the vyadhi of *raktavahastrotas*, having sampraptighatak *vata* and *kapha dosha*, *twak*, *lasika*, *rakta* and *mamsa*.

The *Virechana Dravyas*, which have properties such as *Ushna*, *Tikshna*, *Sukshma*, *Vyavayi*, and *Vikasi*, reach the heart and enter *Dhamanis* before circulating throughout the *Sthula* and *Sukshmastrotas*. The *Agneya Guna* liquefies the *Dosha Sanghat*.^[12]

Elimination of *Dosha* by *Virechana* is indicated in *Pitta Pradanakushta*, *Adho amashayasthita dosha*, *Pakvashayasthita dosha*, *Adhodeha Vyakta kushta* and in *Sharat Ritu*. For this the drugs told in *Kalpa Sthana*.

Initially Deepana- Pachana was done for the purpose of *Amapachana* with *Chitrakadi vati* and *Trikatu churna* for 3 days.

Panchatikthaka gritha is effective in all types of *kushta* having *Pitta- Kapha shamana*, *Vata shamana in asthi dhatu*. The ingredients of *Panchatikta ghrita* are *tikta rasa*, *ruksha* and *laghu guna*. It acts mainly on *kled*, *meda*, *lasika*, *rakta*, *pitta* and *kapha* which helps in balancing the vitiated *dosha* and *dhatu*.

Virechana Aushadha was administered with *Trivrit lehya* 80gms at 10am Total 18 vegas were observed and *madhyama shuddhi* was achieved. *Trivritta* having *laghu*, *ruksha*, *tikshna gunas*, *katu tikta ras*, *ushna virya* and *pittaghna* property.

Arogyavardhini vati is a Polyherbo – mineral formulation having claimed efficacy and safety in treating various skin disorders. It is effective in all types of *kushta*. Having *tikta*, *katu rasa pradhana*, *kinchit ushna virya*, *laghu* and *ruksha aushadha*.

Amritadi Guggulu effective for *Pittanubhandha kushta*, *tikta*, *kashaya*, little *katu rasa pradhana*, slightly *ruksha*, *ushna virya* also has *ama hara* property. The drugs such as *Guggulu*, *Haritaki*, *Vibhitaki*, *Vidanga*, and *Guduchi* are *Rooksha*, *Sookshma* and *Ushna* in nature thus penetrating into the deeper channels.

As *rasayana Mahathiktaka gritha* soft gel capsules was given for three months before food. It has *tiktha rasa*, *sheeta rasa*, *pitta shaman guna*, mainly contains *saptachata*, *Parpataka*, *Araghwada*, *katurohini*, *nimbha*, *gudhuchi*, *kirataka tiktaka*, *vasa* etc. also consider as *rasayana yuktham* as it contain 50% *Amalaki*.

Most of the *dravyas* of *Marichyadi taila* are having properties like *Katu*, *Tikta*, *Kashaya Rasa* and *Ushna Virya* which does the *Shamana* of *Kapha* and *Vata Dosha*. Its *Snighdha Guna* reduces the *Rukshatva*, *Kharatva* and *Parushata*. It has properties like *Raktashodhana*, *Kushtaghna* and *Kandughna*.

CONCLUSION

This study demonstrated that this treatment protocol of *sodhana*, *shamana* and *rasayana* significantly improved symptoms in *kitibha* patients suggesting it as a potential viable option. Further studies with larger population are needed to confirm these finding and to explore the longterm effects and broader applicability of this intervention.

Declaration of patient consent: Authors certify that they have obtained patient consent form for reporting this case. The patient understands that his name and initials will not be published and due efforts will be made to conceal his identity but anonymity cannot be guaranteed.

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Conflict of interest: None declared.

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