



Case Study

MANAGEMENT OF *KITIBHA KUSHTA* (PSORIASIS): A CASE STUDY

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ABSTRACT

Now days society is more conscious about external beauty compare to internal beauty and also some professional fields they require good looking and charming beauty. Usually 10-15% cases present before general practitioners are pertaining to skin diseases. Due to altered life style, lack of physical exercise, unhygienic, mental stress, over eating, nutrition deficiency and skin diseases are commonly observed. Psoriasis is chronic disorder which is commonly encountered in day today's clinical practices. It is one of the burning issues having social importance. Increased stress and sedentary life style are main predisposing factor which is accounting for wide spread prevalence of this disease. All the skin diseases in Ayurveda have been discussed under the broad heading of *Kushta*, which are further divided into *Mahakushta* and *Kshudra Kushta*. This paper highlights a case study of *Kitibha Kushta* (Psoriasis) treated with the Ayurvedic principles in particular *Shodhana Chikitsa*.

KEYWORDS: *Kitibha Kushta, Shamana Chikitsa, Shodhana chikitsa, Virechana, Psoriasis.*

INTRODUCTION

Psoriasis is considered as a genetic, immunological, systemic disorder.^[1,2] With a prevalence of 1–3% and its socioeconomic impact is remarkable. Recently developed and upcoming biological treatments offer new therapeutic approaches.^[3] Generally there is a consensus that clinical manifestations like psoriatic arthritis, psoriasis pustules, and psoriatic erythroderma as well as some cases of psoriasis palmoplantaris and inverse psoriasis per se are to be considered as severe.

Kitibha is one of the *Kshudra kushta* having the *Lakshanas* like *Shyava, Kina, Khara sparsha, Parusha. Ruksha pidika* and *Kandu. Kitibha kushta* manifests due to vitiation of *Sapta dhatus* like three *Dosha, Twak, Rakta, Mamsa* and *Lasika. Kitibha kushta* is having involvement of *Vata* and *Kapha dosha* having the *Lakshanas* of individual *Doshas*, in this article management with *Shaman* and *Shodhana chikitsa* are discussed.

Definition of *Kitibha kushta*

Kitibha means a *Twcha vikara pidikas* having

- *Shyava* (silvery scaly lesion)
- *Kina Khara sparsha* (hard)
- *Parushya* (rough to touch)

Psoriasis: A chronic skin disease characterized by dry red patches covered with scales; occurs especially on the scalp and ears and genitalia and the skin over bony prominences.

Table 1: *Nidana* of *Kitibha kushta*

<i>Nidana</i>	Causative factors
<i>Amla, Katu, Tikta ahara sevana</i>	Sour and pungent food articles
<i>Sheeta maruta sampraharsha</i>	Exposure to cold air
<i>Adhika vyayama</i>	Excessive physical activity
<i>Chinta, Shoka</i>	Psychological factors like Stress

Table 2: Comparison between Psoriasis and *Kitibha kushta*^[5]

<i>Kitibha kushta</i>	Psoriasis
<i>Shyava /snigdha Krishna varna</i>	Erythematous lesion turn too black in chronic cases
<i>Kharatvam</i>	Candle grease sign – Positive
<i>Parushatvam</i>	Abnormal hardening seen in chronic cases
<i>Rukshatvam</i>	Scales are rough to touch
<i>Ugra khandu</i>	Severe itching

Brief history of the patient

Presenting complaints

A 23year old male patient who was apparently normal before 7years, developed small skin lesion over upper, lower limb, scalp abdomen and back of the body, associated with severe itching and powdery discharge distributed all over the body.

He is a two wheeler mechanic belonging to low socio-economic class, Hindu family background. He consulted all local allopathic and Homeopathic physicians before but he couldn't get any relief from the symptoms, later he consulted to our hospital OPD for treatment. He is non-diabetic, non-Hypertensive having a habit of taking spicy food, junk food, intake of non vegetarian and consumption of alcohol occasionally.

Clinical findings

No similar family history found, patient was very much depressed with the present condition, on examination, skin lesion were silvery scale like distributed over upper and lower limbs, scalp, abdomen and back of the body with severe itching and powdery discharge, dry, round, rough lesions were found.

Skin Examination: Candle grease sign was positive

Laboratory investigation

Blood routine-Normal

Abdominal USG – Normal

Rest other system findings will be normal

Samprapti ghataka

- *Dosha – Tridosha*
- *Dushya – Twak, Rakta, Mamsa, Lasika*
- *Ama- Jatharagnijanyaama*
- *Agni – Jataragnijanya*
- *Srotus – Rasavaha, Raktavaha*

- *Srotodushti prakara – Sanga*
- *Rogamarga – Bahya*
- *Udhbava sthana –Amashaya*
- *Vyaktasthana – Twacha*
- *Roga swabhava – Chirakari*
- *Sadhyasadhyata – Sadhya*

Samprapti [6]

Nidan sevana like Aharaja-Viharaja-Manasika

(Spicy foods, junk foods, exposure to cold air, consumption of alcohol, non-vegetarian diet)

Tridosha + Twak, Rakta, Mamsa, Lasika

Sthanasamshraya in Twacha

Pidika with Kandu, Daha all over the body

Kitibha kushta

Materials and Methods

Treatment plan

- *Amapachana*
- *Arohana Snehapana*
- *Virechana*
- *Samanoushadhi*
- *Pathya-Apathya Palan*

Table 3: Showing Treatment schedule/ Intervention

Date	Treatment	Medicine /Procedure
22/11/2017	<i>Amapachana</i>	Tab. <i>Arogyavardhini vati</i> ^[7] 2BD with water after food for 3days
25/11/2017	<i>Snehapana</i>	<i>Guggulu Tiktaka ghrita</i> ^[8]
		30ml 1 st day
		60ml 2 nd day
		100ml 3 rd day
		120ml 4 th day
29/11/2017 to 1/12/2017	<i>Abhyanga and Swedana</i>	<i>Manjisthadi taila abhyanga</i> followed by <i>Mridu Nadisweda</i>
2/2/2017	<i>Virechana Vega</i>	<i>Trivrut leha</i> ^[9] 45gm morning 8am Total - 12 Vega observed
	Pathya <i>Ganji, Khichadi, Laghuahara, leafy vegetables, Snana, Shubhra vastradharana, Taila abhyanga, dhyana, Yoga.</i>	
	Apathya <i>Tila taila, Dhadhi, Madhya sevana, Mamsa, Matsya sevana, Vegadharana, Adhika vyayama.</i>	
	<i>Shamanoushadhi</i>	Tab. <i>Shivagutika</i> ^[10] 1Tab BD with water after food <i>Manjistadi kashaya</i> ^[11] 4tsf TID with equal water before food

		<i>Khadirarishta</i> ^[12] 4tsf TID with water equal after food 777 oil for external application
	2 nd visit	Tab. <i>Shivagutika</i> 1Tab BD with water after food <i>Manjisthadi kashaya</i> 4tsf TID with equal water before food

Table 4: Showing Results

Features	BT	AT
Colour	Silvery	Reduced
Itching	Severe	Absent
Lesion size	Big and larger	Reduced
Lesion number	More	Decreased
PASI score	9.3	3.1
General look	Ill	Normal
Depression	Present	Normal
Scaling	Present	Absent

Table 5: Showing images of before Treatment and after Treatment





Probable mode of action

- *Amapachana dravya* helps in maintenance of *Agni* and do *Agni Sandeepana karma*.
- Both *Snehana* and *Swedana* help in the movement of *Dosha* and *Dosha Shithilikarana* and bring *Doshas* from *Shakhas* to *Koshta*.
- The *Virechana dravya* spreads throughout the body in cellular level due to its pharmacological properties.
- *Vyavayi* property of *Virechana dravya* is responsible for quick absorption, while *Vikasi guna* causes softening and loosening of the bond by *Dhatu shathilyakarana*.
- Due to *Ushna guna dosha sangata* is liquefied.
- *Tikshhaguna* of *Virechana dravya* produces *Chedana of dosha* which are already softened due to *Snehana and Swedana* so liquefied *Dosha* dragged to *Koshta* and eliminate from the body.

DISCUSSION

- Patient had an habit of irregular food intake and other *Nidanas* like *Madhya sevana, Mamsa sevana, Adhika vyayama, Sheetamaruta samsparsha, Ratrijagarana, Adhika chinta* leads to *Kitibha kushta*.^[13]
- Depending on the *Lakshans* and *Nidanas* according to *Kushta chikitsa* planned treatment by Ayurvedic management like *Deepana, Pachana, Vatanulomana, Virechana, Shamanoushadhi* were given.^[14]

CONCLUSION

- In present case depending on *Nidana* and *Lakshana* it was diagnosed as *Kitibha Kushta*. This case study is a documented evidence for the successful management of *Kitibha Kushta* by *Kushta Chikitsasutra*.

- *Virechana* is a procedure one can practice comfortably and expect good response in *Kitibhakushta* and also other skin manifestation.
- Along with *Virechana* advocating *Shamanoushadhas* and following proper *Pathya* will give faster and long lasting results.

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