



## Management of *kitibha kushta* (Psoriasis)–a case study

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### Abstract-

Today is HD (high definition) mobile era. Peoples are more conscious about their health and skin also though multimedia .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, more radiation skin diseases are commonly observed. Psoriasis is chronic disorder which is commonly encountered in day today's clinical practices. It is one of the more discussing issues having social importance. Increased stress ,inorganic food materials 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 is a case study of

Kitibha Kushta (Psoriasis) treated with the Ayurvedic principles in particular Shodhana Chikitsa and shaman chikitsa.

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

### Introduction-

Psoriasis is chronic non infectious inflammatory skin disorder seen in daily practice .Lesion varies from few millimeter to several centimeter ,stress and life style are main predisposing factors. Psoriasis is the most common dermatologic disease affecting up to 2.5% of world population. In India 0.8% population is suffering from psoriasis. Psychological stress is one of the major triggering factor in the exacerbation of the disease.

Kitibha kushta manifests due to aggravation of tridosha especially dominance of vata and kapha

.Mithyaahara & vihar vitiates tridosha which further lead to the aggravation of Rasa, Rakta, mamsa, and lasika, predominance of vata can be elicited with symptoms like blackish discoloration, hardness, dryness, roughness to touch. kapha predominance can be appreciated with the presence of severe itching are cardinal symptoms.

Vitiation of tridosha followed by application of four entities twak, Rakta, Mamsa and lasika leads to kushtha. These seven are called as the seven morbid factors (sapta dhatu sangrha) of kushtha. no kushtha manifests itself due to aggravation of only one dosha.

Kitibha is type of kushtha (kshudra kushtha) characterized by skin which is blackish brown in colour (shayavata), rough in touch like a scar tissue (kharatwam), and hard to touch (parushatwam), dry rough (Rukshta) and hard black skin with itching creating sound on scratching is seen in kitibha kushtha. It is characterized with discharging (stravi), round (vruttam), dense (ghanam), severe itching (ugara kandu) and black skin (krishnatav) .

Ayurvedic management of this ailment with shodhana and shaman is described in samhaitas. We are taking shaman chikitsa and shodhan chikitsa for this case study

## Case Report

A male Patient, aged 34 years, who was apparently healthy before 10 years developed with skin lesions over scalp, upper and lower limbs associated with itching and silvery scales since 10 years on and off. He consulted modern

physicians for it but didn't get relief. Patient was thoroughly examined locally as well as systematically. Patient gave a history that she has a habit of eating mixed diet like milk with salt. He was diagnosed as kitibha kushtha according to ayurvedic nidana.

### Present complaints:

- Shyavam /snigdha krisha twak-its meaning blackish /dark discoloration (its because of vata dosha vitiated)
- Kharatwam –It conveys the sense of roughness to touch.
- Parushatwam –hardness to touch .
- Rukshtwam – Dryness of the skin .
- Ugra kandu- severe itching due to vitiation of kapha.

### personal history:

Mala(Bowel):vAsmayakvv(Irregular)

Agni(Appetite): Manda (Decreased)

Nidra (Sleep): khandit (Disturbed due to itching)

Habits: Tobacco chewing (Mix diet)

**family history:** Not found any specific history or any medical history except allopathy. The patient was so much depressed due to skin lesions.

### physical examination:

B.P-110/70mmHg,

Pulse-74/min

R.R-20/min

### specific examination:

On examination lesions were blakish brown spread on to scalp and both lower limbs with silvery scales. lesions are dry, rough and hard to palpate.

### Samanya pariksha-

- Nadi (pulse)-Sarpagati, tivra (As snake and acute)
- Sabda (voice)-kshin (weak)
- Sparsha (touch)- samshioshna
- Jivha (Tongue)-Sam, lipta, (coated)
- Drika (Eye)-Samanya (Normal)
- Aakriti (Stature)-Madhyam
- Mutra- (Urine) (Prakrit)-4-5/day
- Mala (Stool)-Asamadhankarak, aniyamit, rukshamalapravritti. (constipation)

### 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
- Sadhyasadyata – Sadhya
- Samprapti -

Nidan sevana like Aharaja-Viharaja-Manasika (Spicy foods, Viruddha ahar, 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-  
Samanoushadhi, Pathya-Apathya Palan

### Treatment: Internal Medicine-

Rasmanikya ras 30mg/dose+ gulvel satva 100Mg/dose+suvarnamakshik bhsma 30mg –Tds for 30 days with madhu

Manjistha + lodhra + Sariva kwath 20 ml tds for 30 days wuth luke warm water

Mahatikikta ghrut 10 gm bd for 30 days with luke warm water empty stomach

**Panchkarma Schedule:**Total 14days  
panchtikta ghrut basti

**Puravkarma-** snehana-Sarvangasnehana  
Nishadi Tail

Swedana- Nadhiswedan- with dashmool kwath

The whole regime along with panchkarma and pathapthya given for 14 days patient started improving after one week more than 40%

### Outcome of treatment

Symptoms	Before treatment	After treatment
Shyawatwam	Very much	Reduce
Kharatwam	Very rough	Roughness reduced
Parushtwam	Very hard	No hardness
Rukshatwam	Very dry	Dryness reduced

Kandu	Severe	Reduced
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### Discussion-

The patient in the case is farmer having continuous exposure of sunlight and hetu like virudhhahar frequently these all factors acted as trigger for the vitiation of tridhosha ,which further affected Rasa, Rakta, mamnsa and lasika lead in to development of kitibha kustha. because of carelessness of patient, chronicity and recurrence nature of disease it has become challenge to manage the case. Rasmanikya ras having manashila, hartala gandhak and naga bhasma its mainly used in vata-kapha pradhan kustha it is snigha ushna kalpa having properties like dipan, krinminashak, and acts on kapha/raktadusti. Gulvel is acts as blood purifier along with rasyana. Suvarnamakshik bhasma is acts on ranjak pitta and clears dusti (impurification) in blood. Manjistha, lodhra, and sariava are blood purifier with kusthghna properties. Mahatiktika ghрут is having kusthghna property and used mainly in acute conditions. Panchtikta ghрут having all ingredients tikta rasa dominat along with ghрут it becomes more useful in kitibha kustha.

Present treatment schedule has given about 80% relief from the symptoms

### Conclusion-

This case study is documented evidence for the successful management of kitibha kushta (psoriasis) though shaman and shodhan chikitsa. This is the one among the relapsing type of skin diseases so

patient is advised to follow pathyaapthya like ahara, vihra and vichara also.

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Before treatment



After treatment

Before treatment



After treatment

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