



ISSN 2456-3110

Vol 6 · Issue 5

Sept-Oct 2021

Journal of  
**Ayurveda and Integrated  
Medical Sciences**

*www.jaims.in*

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



**Maharshi Charaka**  
Ayurveda

Indexed

## Effect of *Vamana Karma* with *Kutaja Yoga* in *Kitibha Kushta* w.s.r. to Psoriasis - A Single Case Study

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### ABSTRACT

**Background:** *Vamana Karma* is the prime treatment told for all the *Kaphaja* disorders. It helps in the elimination of *Kapha* at its own site, combination of *Kapha* with *Pitta* or the condition in which *Pitta* or *Vata* invades the site of *Kapha*. The worldwide prevalence of psoriasis is estimated to be approximately 11.43%. Although the disease is known to have higher prevalence in the polar region the world making psoriasis a serious global problem with at least 100 million individuals affected worldwide. In diverse country such as India the prevalence of psoriasis may vary from region to region due to variable environment and genetic factor. **Methodology:** 30yr old male was diagnosed with a clinical feature of flaky reddish white skin lesions over B/L lower limbs associated severe itching & excoriation of skin since 5years and has been treated with classical *Vamana Karma* along with *Shamana Oushadhi*. **Results:** After the course of treatment the patient noticed significant relief in signs and symptoms and worth documenting. **Conclusion:** *Kitibha Kushta* though it is difficult to manage, but if proper diagnosis is made at proper time further complications can be avoided. In the present case, we found significant result in signs and symptoms with *Vamana Karma* followed by *Shamana Aushadhi*. By this we conclude that various *Panchakarma* modalities specially *Vamana Karma* and internal medicines can be the best option in its management.

**Key words:** *Kitibha Kushta*, *Vamana Karma*, *Psoriasis*, *Kutaja Yoga*.

### INTRODUCTION

Skin is one among the five *Gnanendriya Adhistana* as described in ayurvedic texts, which is responsible for 'Sparsha Gyanam' or touch sensation; therefore, it plays a great role in physical and mental wellbeing of any individual. The unbroken skin is the nature's dressing over the body. Psoriasis is a lifelong autoimmune disorder characterized by itchy white or red colored scaly patches.<sup>[1]</sup> A chronic disease affecting about 2-3% of worldwide population. A non-

epidemic infection which includes multiple systems. The prone areas are scalp, forearm, shins & nave. In Ayurveda, psoriasis can be correlated with *Kitibha Kushta*<sup>[2]</sup> due to similarity of symptoms. The basic principles of Ayurvedic treatment are unique like *Shodhana*, *Shamana* and *Nidana Parivarjana*. *Shodhana* therapy is adopted for various chronic, auto-immune, hormonal, degenerative disorders, where other treatment modalities have no satisfactory answer. *Shamana* & *Nidana Parivarjana* are equally beneficial in managing this condition.

### CASE HISTORY

A 30-year-old male patient visited to TGAMC Hospital on 19/11/20 & was diagnosed as a *Kitibhakushta* with a clinical feature reddish elevated skin lesions with white scales & severe itching sensation over anterior aspect of B/L lower limb since 4years, for the same reason previously he consulted to Dermatologist where doctor prescribed oral medications and topical creams, as patient did not find satisfactory relief, now he consulted to TGAMC hospital for further management

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Submission Date: 14/09/2021

Accepted Date: 17/10/2021

#### Access this article online

Quick Response Code



Website: [www.jaams.in](http://www.jaams.in)

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**Past History:** No H/O – DM and HTN

**Family History:** His father and younger brother had same lesions in B/L lower limbs above ankle joints.

#### Personal History

**Diet:** Non Vegetarian, Madhura, Snigdha, Abhishyandi Ahara Sevana.

**Appetite:** Normal

**Sleep:** Disturbed sleep

**Micturition:** 5-6 times a day

**Bowel:** Regular (once a day)

**Habits:** Nil

#### Samprapti Ghataka

- Dosh - Vata, Pitta, Kaphaja
- Dhatu - Rasa, Rakta, Mamsa
- Upadhatu - Twacha, Lasika
- Agni - Jatharagni, Dhatwagnimandya (Rasa, Rakta, Mamsa)
- Srotas - Rasavaha, Raktavaha, Mamsavaha
- Srotodushti - Vimrgagamana /Sanga.
- Udbhavasthana - Amashaya
- Sancharastana - Sarvashareera
- Adhishtana - Twak, Rakta, Mamsa, Lasika
- Vyaktastana - Twak
- Rogamarga - Bahya
- Swabhava - Chirakari
- Sadhyaasadyata - Yapyata

#### On examination of Skin

- Anatomical position - Anterior aspect of B/L lower limb
- Color - Reddish with silvery scales
- Distribution - symmetrical
- Size - >5cm
- Shape - Irregular

- Morphology - Plaque

#### Specific Test

- Auspitz sign - +ve
- Candle grease sign - +ve

#### Treatment Protocol adopted

1. Deepana, Pachana with Chitrakadi Vati
2. Snehapana with Maha Tiktaka Ghrita in Arohana Krama - 30ml, 70ml, 90ml, 110ml
3. Shodhana - Vamana Karma with Kutaja Yoga<sup>[3]</sup> - Kutaja Beeja Churna - 12gms, Yashtimadhu Churna -6gms, Saindhava Lavana - 2gms and Madhu.
4. Akantha Pana with Ksheera and for Vamanopaga - Yashtimadhu Phanta is used.

S N	Treatment	Duration	Remarks
1.	Deepana - Pachana with Chitrakadivati	3 days	Agni Deepti, Samyak Amapachana
2.	Shodhananga Snehapana with Mahathiktaka Gritha	4 days	Adasthat Sneha Darshana, Snigdha Verchas, Vathanulomana, Agnideepana
3.	Sarvanga Abhyanga with Murchita Tila Taila F/B Bashpa Sweda	1 day (Vishrama Kala)	Samyak Sweda Lakshanas was observed.
4.	Vamana Karma with Kutaja Yoga	1 day	Had Madyama Shuddi - 6 Vegas.
5.	Samsarjana Karma	5 days.	-
6.	Shamanoushadhi	2 months	<ul style="list-style-type: none"> <li>▪ Patolarohinyadikashaya a 15ml bd. BF.</li> <li>▪ Amrutdi Guggulu 1tid.</li> <li>▪ Tab Immuwin 2bd.</li> </ul>
7.	Shamana Sneha	1months.	Guggulu Tiktaka Ghrita

**Observation criteria (gradings)****Subjective criteria****Showing grading's of Matsyashakala**

1. Non scaling - 0
2. Mild scaling from all lesions - 1
3. Moderate scaling from all lesions - 2
4. Severe scaling from all lesions - 3

**Showing grading of Kandu**

1. No Kandu - 0
2. Kandu present not disturbing routine activities - 1
3. Kandu disturbing patient attention - 2
4. Intolerable Kandu disturbing patient - 3

**Showing grading of color**

1. Normal - 0
2. Near to normal which took like normal to distant observe - 1
3. Reddish discoloration - 2
4. Reddish white, discoloration -3

**OBSERVATION AND RESULTS**

SN	Signs/Symptoms.	Before Treatment	After Treatment
1.	Kandu	03	00
2.	Twak Varna	03	02
3.	Matsyashakala	03	00
4.	Elevated lesions	Present	Absent

**DISCUSSION**

Healthy skin plays major role in most people's self-esteem and is a key component of image they present to the outside world. Psoriasis is a non-infectious chronic skin disease, in which cause of Psoriasis is still unknown. Because of its unknown etiology, there is recurrence and treatment will be unsuccessful as it is categorized under *Yapya Vyadhi*. *Vamana Karma* is

first *Shodhana* therapy explained, and is the principal treatment explained for *Kaphaja Vyadhis*. The *Snehana* and *Swedana Karma* are given as *Purvakarma*, they do the *Dosha Utkleshana* and is eliminated in the form of *Vamana Karma*. This is because of *Ushna* and *Tikshna Guna* of *Vamana Dravya*, the *Sanga* in the channels(*srotas*) created by vitiated *Kapha* and *Vata* are eliminated by *Vamana Karma*. Through *Vamana Karma* maximum vitiated *Kapha Doshas* are expelled out from the body. Due to the above reason *Maha Tiktaka Ghrita* is selected for *Sneha Pana* which is indicated in *Kushta Rogas*. Here the *Kutaja Yoga* selected to assess the role of this *Yoga* in reducing the signs and symptoms of *Kitibha Kushta*. *Kutaja Kalpa* explained by Acharya Charaka under *Vamaka Kalpa* is said to be *Kaphaghna* i.e., indicated in *Kaphaja* diseases.

**CONCLUSION**

Disease *Kitibha Kushta* is *Vata Kapha Pradhana Tridoshaja Vyadhi*, where the increase of *Kledata* in *Tvak, Rasa, Rakta* and *Mamsa Dhatu* are included in *Samprapti*. Hence *Vamana Karma* which is indicated for *Kapha Doshas*, helps in removing the *Kledata* and *Vikruta Kapha Doshas*, *Kapha* along with *Pitta Doshas* as well as it removes the *Sanga*, in turn help in stimulation of *Rasa, Rakta* and *Mamsa Dhatu*. For *Hetu Vyadhi Pratyanyika Chikitsa Vamana Karma* was explained as first line of treatment. *Maha Tiktaka Ghrita* for *Snehapana* and *Kutaja Yoga* for *Vamana Karma* are selected which is indicated for *Vatakaphaja Kushta*. By this present study it can be concluded that *Vamana* with *Kutaja Yoga* shows improvement in signs and symptoms. As the accumulation of *Kleda* is very fast, aggravation of *Doshas* takes place more frequently, these aggravation of *Doshas* are influenced by seasons, hence removal of *Dosha* in particular *Rutu* is more effective. Only one sitting of *Vamana Karma* may not able to remove the complete *Doshas*, hence if the patient is *Yogya* or fit *Stoka Stoka Doshas Nirharana* can be accepted in *Kitibha Kushta*.

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**How to cite this article:** Diksha Masimade, Rajesh Sugur. Effect of Vamana Karma with Kutaja Yoga in Kitibha Kushta w.s.r. to Psoriasis - A Single Case Study. J Ayurveda Integr Med Sci 2021;5:303-306.

**Source of Support:** Nil, **Conflict of Interest:** None declared.

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