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Ayurveda management of *Kitiba Kushta* - A Case Study

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ABSTRACT

Skin acts as a barrier protecting the underlying tissue from physical, chemical and biological toxic agents. Skin diseases are mainly affecting the external beauty of the patients that hampers the daily routine of one's life. Skin diseases are commonly observed due to altered lifestyle, lack of physical exercise, poor hygiene, mental stress and improper food habits. Skin disorders constitute as one of the largest groups of health problems in general clinical practice. *Kushta* is a broad term which covers almost all the skin disease in *Ayurveda*. Here *Tridosha*, *Rasa*, *Rakta*, *Mamsa*, *Ambu* are affected. *Rakta Dusti* is the main cause of *Twak Vikaras*. *Virechana* is the *Shodhana Karma* for *Raktaja Vikaras*. After *Shodhana*, *Shamana Chikitsa* plays major role for *Alpadosha Nirharana*. In this present case study a 42 years old male patient diagnosed with *Kitiba Kushta* got admitted under *Agadatantra* inpatient department complains of blackish white circular lesions over scalp, bilateral elbow, back, bilateral lower limb and thigh region associated with itching and powdery discharge since 3 years. This patient was treated with *Snehapana*, *Virechana* and *Shamana Aushadhis* for 10 days and marked changes were observed.

Key words: *Ayurveda*, *Kitiba Kushta*, *Snehapana*, *Virechana*, *psoriasis*

INTRODUCTION

Ayurveda explains some codes and conducts of life which are supposed to follow for both physical and mental health. In present days, people have changed their life style that played an important role in *Raktadushti* and *Dosha Vrudhhi*, which lead to skin diseases especially *Kushta*.^[1] Most of the skin diseases in *Ayurveda* have been discussed under the broad heading of *Kushta*, which are further divided into *Mahakushta* and *Ksudra Kushta*. *Kitiba Kushta* is considered as one among the *Kshudra Kushta*.^[2]

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According to *Ayurvedic* classics, *Kushta* is due to *Tridoshaja* manifestation. *Kushta* mentioned in *Ashta Mahagad* i.e., difficult to treat by *Acharya Charaka*. *Kitiba Kushta* is having symptoms like *Shyava Varna* (discoloration), *Kina*, *Khara Sparsha* (rough in touch/scaly), *Parushatva* (hard), *Ruksha Pidika* (dry vesicle) with *Kandu* (Itching). *Kitiba Kushta* is *Vata* and *Kapha Dosha Pradhan* Disease with *Lakshanas* (symptoms) of both *Dosha*. *Kitiba Kushta* manifests due to deranged physiology of seven factors. They are *Vata*, *Pitta*, *Kapha*, *Tvaka* (skin), *Mamsa* (muscle), *Shonita* (blood) and *Lasika* (Lymphatic system). For treating root cause of disease in *Bahudoshavastha* of *Kushta Shodhana* is necessary for elimination of aggravated *Doshas* from the body as mentioned in *Samhita*.^[3]

Here the signs and symptoms were similar to psoriasis. Psoriasis is a chronic skin disease characterized by dry, reddish patches with scaling; occurs especially on the scalp, ears, genitalia and the skin over bony prominences. Prevalence rate of psoriasis in India is 0.44-2.8 per cent. It commonly affects male individuals in their third or fourth decade which is two times more than in females. Contemporary science treats psoriasis

with PUVA and corticosteroids. However, the disease has high recurrence rate and these medications has serious side effects like liver failure, kidney failure and bone marrow depletion. Hence, *Ayurveda* can provide better management in Psoriasis.^[4] *Shodhana, Shamana* and *Nidana Parivarajana* are the main line of treatment for any disease. So in the present case, for the purpose of *Shodhana Chikitsa Virechana Karma*^[5] was selected. *Snehapana* was done with *Panchatikta Guggulu Ghrita*.^[6] This paper highlights a case study of *Kitibha Kushta* as a *Raktavahasrotodusti Vikara* treated with the *Ayurvedic* principles in particular *Shodhana Chikitsa*. Patient got relief in the symptoms. Better result achieved in this case using *Shodhana Chikitsa* and *Shaman Chikitsa* along with *Bahirparimarjan Chikitsa* (External application).

CASE REPORT

Presenting complaint

A 42years old male patient complains of blackish white circular lesions over scalp, bilateral elbow, back, bilateral lower limb and thigh region associated with itching and powdery discharge since 3 years.

History of presenting complaints

Patient was apparently healthy 7 years back, later he underwent cholecystectomy. From past 3 years patient started complaining of blackish white circular lesions over scalp, bilateral elbow, back, bilateral lower limb and thigh region associated with itching and powdery discharge for which he consulted and took allopathic medication but haven't noticed any relief. Later started with *Ayurveda* treatment and felt temporary relief. As the complaints got aggravated from past 1 month patient got admitted for better management in SDM hospital.

Past medical history

Patient underwent cholecystectomy 7 years back. He was under medication for low back pain. Patient had previously consulted a private hospital 2 years back (details of medications were not available) where he hasn't noticed any relief. Later took *Ayurveda* treatment and felt temporary relief.

Personal history

Appetite: unaltered; bowel: regular; micturition: regular; sleep: disturbed; habits: outside food weekly thrice, non-veg consumption- weekly 3-4 times, alcohol consumption - once in 7-15 days

General examination

On physical examination, appearance was moderately built and no major variations. General complexion - fair; BP - 130/90mmhg; Pulse - 74/min; Respiratory rate - 18/min; Temperature - afebrile

Systemic examination

CVS - S1S2 heard, no murmurs; CNS - conscious and oriented to time, place and person; RS - NVBS heard, no added sounds

Integumentary system examination

Inspection: location- B/L lower limb, upper limb, back, scalp; Shape - circular lesion; Color - blackish white; Powdery discharge present; Inflammation present

Palpation: Temperature - present; Edema - slightly present over B/L lower limb, non pitting; Texture of lesion - rough and scaly

Tests: Candle grease test - positive; Auspitz sign - negative; Koebner phenomenon - positive

Diagnostic criteria

Shyava Varna (discoloration), *Kina*, *Khara Sparsha* (rough in touch/scaly), *Parushatva* (hard), *Ruksha Pidika* (dry vesicle) with *Kandu* (Itching) present.

Table 1: Treatment given

Day	Treatment given	Observation
Day 1	<ul style="list-style-type: none"> ▪ <i>Deepana Pachana</i> with <i>Chitrakadi Vati</i> 1-1-1 A/F and <i>Panchakola Phanta</i> 30 ml TID B/F ▪ <i>Sarvanga Udwartana</i> with <i>Udwartana Choorna</i> ▪ Diet - <i>Mudga Yusha</i> at 8am ▪ <i>Kichidi</i> at 1pm and 8pm 	No marked difference is seen

Day 2	<ul style="list-style-type: none"> ▪ <i>Snehapana</i> with <i>Panchatiktaguggulu Ghrita</i> -30ml ▪ Diet - <i>Ganji</i> after feeling hungry and <i>Kichidi</i> at night 	<ul style="list-style-type: none"> ▪ Powdery discharge reduced
Day 3	<ul style="list-style-type: none"> ▪ <i>Snehapana</i> with <i>Pancha Tikta Guggulu Ghrita</i> - 60ml ▪ Diet - <i>Ganji</i> after feeling hungry and <i>Kichidi</i> at night 	<ul style="list-style-type: none"> ▪ Dryness of lesions started reducing
Day 4	<ul style="list-style-type: none"> ▪ <i>Snehapana</i> with <i>Pancha Tikta Guggulu Ghrita</i> - 90ml ▪ Diet - <i>Ganji</i> after feeling hungry and <i>Kichidi</i> at night 	<ul style="list-style-type: none"> ▪ Complaints of itching started reducing
Day 5	<ul style="list-style-type: none"> ▪ <i>Snehapana</i> with <i>Pancha Tikta Guggulu Ghrita</i> - 120ml ▪ Diet - <i>Ganji</i> after feeling hungry and <i>Kichidi</i> at night 	<ul style="list-style-type: none"> ▪ Dryness of lesions reduced ▪ Itching and powdery discharge reduced
Day 6	<ul style="list-style-type: none"> ▪ <i>Sarvanga Abhyanga</i> with <i>Marichadi Taila</i> followed by <i>Bashpa Sweda</i> ▪ Diet - <i>Rava</i> idly in the morning, rice <i>Rasam</i> in the afternoon and <i>Kichidi</i> at night 	<ul style="list-style-type: none"> ▪ Dryness of lesions reduced ▪ Itching and powdery discharge reduced
Day 7	<ul style="list-style-type: none"> ▪ <i>Sarvanga Abhyanga</i> with <i>Marichadi Taila</i> followed by <i>Bashpa Sweda</i> ▪ Diet - <i>Rava</i> idly in the morning, rice <i>Rasam</i> in the afternoon and <i>Kichidi</i> at night 	<ul style="list-style-type: none"> ▪ Dryness of lesions reduced ▪ Itching and powdery discharge reduced
Day 8	<ul style="list-style-type: none"> ▪ <i>Sarvanga Abhyanga</i> with <i>Marichadi Taila</i> followed by <i>Bashpa Sweda</i> 	<ul style="list-style-type: none"> ▪ Number of <i>Vegas</i> - 10 ▪ Felt lightness of body, skin lesions and

<ul style="list-style-type: none"> ▪ <i>Virechana</i> with <i>Trivrit Leha</i> - 50g and <i>Draksha Kashaya</i> ▪ Diet - <i>Ganji</i> after <i>Vegas</i> stopped. 	itching reduced.
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The patient was discharged with *Samsarjana Karma* (dietary practice) to restore the digestion and metabolism along with palliative medicine (*Shamana Oushadhi*). Dietary restrictions included non-vegetarian diet, junk food, fried food items and milk products. And also advised to avoid day sleep and alcohol consumption.

Table 2: Medicines on discharge

SN	Medicine	Dose	Duration
1.	<i>Dooshivishari Gulika</i>	1-1-1 After food	14 days
2.	<i>Tiktaka Ghrita</i>	1tsp-0-0 After breakfast	14 days
3.	<i>Eladi Taila</i>	Q.S For External application	14 days
4.	<i>Gandaka Rasayana</i>	1-1-1 Before food	14 days

1st Follow-up

During first follow up, patient found significant improvement in signs and symptoms with no sign of recurrence. Blackish discoloration, powdery scaling and itching reduced significantly.

Medicine given is *Haridra Khanda* 1tsp-0-1tsp after food with warm water.

DISCUSSION

Deepana and Pachana

For preparing the patient for *Snehapana* (oleation), the patient should be in a *Nirama* state. For this *Pachana* of *Ama* and *Deepana* of *Agni* (digestive fire) is needed. So, here initially *Amapachana* was achieved with the administration of *Deepana-Pachana Dravyas* like *Chitrakadi Vati*^[6] and *Panchakola Phanta*. Along with

this light diet such as *Mudga Yusha* (green gram soup) and *Kichadi* was advised.

Snehapana

As the *Purvakarma* (preparatory) for *Virechana*, *Acchasnehapana* was given with *Panchatiktaka Guggulu Gritha*^[7]

The *Tikta Rasa* (bitter taste) helped in *Kleda Shoshanam*, and caused *Kapha* and *Pitta Harana* thereby relieving the symptoms of itching, dryness etc. *Snehapana* also helped in bringing the *Leenadosha* into *Aleena Doshaavastha*. After obtaining the *Samyak Snigdha lakshanas*^[8] (symptoms of proper administration), *Sarvanga Abhyanga* (full body massage) with *Marichadi Taila* and *Bashpa Sweda* (steam fomentation) was administered to achieve *Dosha Shithilikarana* and bringing the *Doshas* from *Shaaka* to *Koshta*. *Marichadi* being *Vatakaphahara* and *Kandu Nirharana* (removes itching), it was selected for *Abhyanga* (massage).

Virechana

After *Snehapana* and *Swedana* the *Doshas* were in *Uthklishhta* state. As the patient was of *Pitta Prakruthi* and the lesions were presented below *Nabhi* (navel region), *Sodhana* procedure selected was *Virechana* (Purgation). *Virechana* was administered to expel the *Dooshitha Dosha* from the *Koshta*.

Palliative measures

After *Sodhana* medicine given were *Thikthaka Ghritha*, *Haridra Khanda*, *Dooshi Vishari* and *Gandhaka Rasayana* and *Eladi Taila*

Thikthaka Ghritha was given in order to balance *Pitta* in his body.

Haridra Khanda works efficiently for skin as the ingredients in this are *Pitta-Kaphahara* in nature, hence useful in this patient condition.

Dooshivishari Gulika^[9] was administered for *Shesha Dosha Harana*. *Gandhaka Rasayana* is good for skin as it balances *Tridosha* and is also nourishing in nature.

Fig. 1, 2 and 3 on the day of admission



Fig. 4, 5 and 6 on the day of discharge



Fig. 7, 8 and 9 on first follow up



CONCLUSION

Kushta is a disease which is having a high impact on the body and mind. This case study is documented evidence for effective management of *Kitiba Kushta* by *Ayurvedic* protocol. *Shodhana Karma* is a procedure that helps to remove the root cause of a disease and prevents the reoccurrence of the disease by eliminating the aggravated *Doshas* in the body. Also helps in reducing the no. of lesions, size of the lesions and symptoms like itching, powdery discharge and bringing back the skin color into normalcy. The orally prescribed medicines also played a vital role in alleviating the symptoms and worked as Immune booster.

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