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# A case study on *Kitibha Kusta* (Psoriasis) with *Samshodana Chikitsa*

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## ABSTRACT

All the skin diseases in Ayurveda have been discussed under the broad heading of "Kustha". In general *Twak Vikaras* are mainly affecting due to altered lifestyle, lack of physical exercise, poor hygiene, mental stress and improper food habits. *Kitibha Kushta* is one of the *Kshudra Kushta*. Here *Tridosha*, *Rasa*, *Rakta*, *Mamsa*, *Ambu* are affected. *Kapha-Vata* is the *Dosha* predominant in the *Kitibha Kushta* and *Rakta Dusti* is the main cause for all *Twak Vikaras*. *Vamana* and *Virechana* is the *Shodhana Karma* for *Twak Vikara*. After *Shodhana*, *Shamana Chikitsa* plays major role for *Alpadosha Nirharana*. This paper highlights a case study of *Kitibha Kushta* as a *Raktavahasrotodusti Vikara* treated with the Ayurvedic principles in particular *Shodhana Chikitsa*.

**Key words:** *Kitibha Kushta*, *Shamana*, *Shodhana Chikitsa*, *Psoriasis*

## INTRODUCTION

Ayurveda has given some codes and conducts of life which everyone should follow to be healthy physically and mentally, but nowadays life style is changed. Now we are in 21<sup>st</sup> century, people have changed their life style as per so called western life style. The main cause for *Kustha* is vitiated *Tridoshas*, *Dushya*, *Sharira Dhatus* like *Twak*, *Rakta*, *Mamsa*, *Lasika*<sup>[1]</sup> vitiates and may lead to 7 types of *Kustha* after this. *Kustha* may spread

all over the body. *Nidana Sevana*, *Pradnyaparadha*, *Ahitakara Dinacharya*, *Purva Janmakruta Papa* and *Vegavarodha* may cause *Kustha*. As *Poorvarupa* is *Asweda*, discoloration of the skin, itching, horripilation (*Romancha*), roughness of skin feels like *Ati Ushnata* in *Sharira* are the *Purvaroopas* explained in *Charaka Samhita*.<sup>[2]</sup>

Psoriasis is a chronic skin disease characterized by dry red patches covered with scales occurs especially on the scalp, ears, genitalia and the skin over bony prominences. Modern medical science treats psoriasis with PUVA and corticosteroids.<sup>[3]</sup> But the disease recurrence and gives serious side effect like liver, kidney failure bone in marrow depletion. Here, *Ayurveda* plays an important role; present study is under taken to provide safe and effective remedy for psoriasis.

The different *Chikitsa* in our classics like *Shamanoushadi*, *Shodana*, *Raktamokshana*<sup>[4]</sup> many *Lepas* are explained. The present case is treated with *Shodhana* and *Shamanoushadi Chikitsa*.

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**CASE REPORT**

A 40 year male patient visited Kayachikitsa OPD of SSRAMC Hospital, Inchal on Date 19/09/2023 with following details:

Patient Name: ABC

Age/Sex: 40yr/male

OPD NO: 41512

DOA: 19/09/2023

Address: Inchal

**Chief complaints**

- Wide spread patches on hands and back side on lumbar region, face and abdomen with itching since 2 years.
- Redness and blackish discoloration of skin.

**Associated Complaints**

- Disturbed sleep since 2 months.
- Loss of appetite since 2 months.

**H/O Present Illness**

He is apparently normal before 2 years than he gradually developed symptoms like patches and itching on hands, back side over lumber region, face and abdomen. He has taken treatment from local doctor but didn't get complete cure, then the symptoms got aggravating gradually, along with that he also suffered from disturbed sleep since 2 months and loss of appetite since 2 months. Sever itching since 6 months, so condition got worsen so he visited to our hospital for further management.

**Past History**

- No history DM /HTN.

**Personal History**

**Prakriti:** Vata-Kaphaja

**Ahara:** Mixed

**Vyavasaya:** Farmer

**Vyasana:** Tea

**Nidra:** Disturbed

**Vihara:** Diwaswapna for 1 hr after taking meals. Ratri Jagarana

**Mala:** Once/day

**Mutra:** 4-5 times/ day

**Asta-Sthana Pareeksha**

**Nadi:** 74 bpm

**Mala:** once/day, Saama

**Mutra:** 4-5 times/day

**Jihwa:** Lipta

**Shabda:** Prakruta

**Sparsha:** Anushna-Sheeta

**Drik:** Prakruta

**Akriti:** Madhyama

**On Examination**

- Red patches
- Discoloration of the skin
- Inflammation is also present.

**Investigations**

- ESR - 80mm/hour
- Eosinophils count - 9%

**Diagnosis - Kitibha Kustha**

**Methodology/Treatment given****Deepana - Pachana**

**Agnitundi Vati** 500 mg three times a day with warm water after meals for 3 days **Chitrakadi Vati** 500 mg three times a day with warm water before meals for 3 days.

**Shodhana Chikitsa**

Patient was given **Snehapana** with **Mahatiktaka Ghrita**,<sup>[5]</sup> morning at 7 AM for 4 days with increasing quantity along with **Sukoshna Jala** as **Anupana** i.e., 1-4<sup>th</sup> day 30ml, 50ml, 80ml and 120ml respectively.

**VAMANA KARMA****Poorvakarma**

After **Samyaka Snehapana** **Lakshanas** like **Mala Snigdghata**, **Twaka Snigdghata**, **Snehadwasha** was seen

on 4<sup>th</sup> day. *Sarvanga Abhyanga* with *Sarshapa Taila* followed by *Sarvanga Bashpa Swedana* with *Dashamoola Kashaya* for 1 day. Night before *Vamana Karma* patient was advised to take *Kapha Utkleshakara Ahara*. Written consent was taken from patient before beginning the treatment.

#### Pradhana Karma

All the instructions regarding *Vamana Karma* were explained to the patient. After examining the blood pressure, pulse, respiratory rate, and abdominal examination, patient was fit for procedure. At 7 AM patient was given *Sarvanga Abhyanga* and *Bashpa Sweda*. Then patient was given *Madana Phala Kashaya*. Patient had 6 Vegas which is *Madhyama Shuddhi*.

#### Paschyat Karma

Patient was advised for 5 days *Samsarjana Krama*.

After 7 days interval *Virechana Karma* was given.

#### VIRECHANA KARMA

##### Purva Karma

*Snehapana* by *Mahatiktaka Gritha* for 3 days started with 30ml, 50ml, 80ml respectively

After *Snehasiddhi Lakshana*, *Sarvanga Abhyanga* with *Nimba Taila* and *Sarvanga Bhashpa Swedana* with *Dashamoola Kashaya* for 3 days.

#### Pradhana Karma

On 4<sup>th</sup> day *Sarvanga Abhyanga* and *Swedana* is done followed by *Trivrit Avaleha* (50gm). Patient was instructed to take sip of *Ushna Jala* frequently and wait for *Vega*. Patient was advised not to strain during defecation. 1<sup>st</sup> *Vega* was observed after 1 hour of intake of *Ausadha*. Total 12 Vegas were observed.

#### Paschat Karma

*Samsarjana Krama* for 3 days

#### Shamana Aushadhi

SN	Shamanoushadi	Dose
1.	<i>Gandhaka Rasayana</i>	1 BD with lukewarm water (15days) AF

2.	<i>Arogyvardhini Vati</i>	2 OD with lukewarm water (15days) AF
3.	<i>Manjistadhi Kashaya</i>	15ml BD (15days) AF
4.	777 Oil	Once in morning and advised to expose early morning sun rays
5.	<i>Patolakaturohinyadi Kashaya</i>	15ml BD (15days) AF

**Advised Diet:** Should eat ghee, vegetables, should avoid oily food and alcohol, red meat junk food and beverages.



Pathya	Apathya
▪ <i>Sadvrutta Palana</i>	▪ Junk food
▪ Healthy food habits	▪ Avoid stress
▪ <i>Vyayama, Yoga</i>	▪ Consuming sour, salty, meat



▪ Satvika Ahara	▪ Ati Maituna
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## OBSERVATION AND RESULT

SN	Symptoms	Before treatment	After treatment	1st follow up
1.	Itching (Kandu)	Present	Mild reduced	Reduced
2.	Redness (Raga), blackishness	Present	Mild reduced	Reduced
3.	Disturbed sleep (Anidra)	Present	Mild improvement	Sufficient sleep

## DISCUSSION

According to Ayurveda *Kitibha Kushta* is a *Vatakaphapradhana Kushta*. A 44 yrs old patient came with the complains of skin lesion over upper, lower limbs, face, back and abdomen associated with severe itching distributed all over the body. On history taking patient had irregular diet pattern and excessive use of *Dadhi, Atimamsa, Guru, Virrudha Ahara*. *Viharas* such as more exposure to *Sheetamaruta, Atichinta Krodha Shoka* are the *Nidana* causes *Agni Vyapara Vikruti* leads to *Tridosha Vikruti* along with *Rasa, Rakta, Mamsa, Lasika* results in *Ahara Rasa Vikruti*. *Vikruta Rasa* gets *Margavarodha* in *Twacha* results in *Pidika* with *Kandu* and *Daha* in all over the body cause *Kitibha Kushta*.

There is significant increase of *Ruksha, Khara* and *Sheetaguna* in the patient, therefore *Vamana* and *Virechana* was planned for *Shodhana*. *Kitiba Kushta* is *Kapha Vata Pradana* and its treatment is "*Vamanam Shleshmottareshu Kushteshu*" therefore, first *Vamana Karma* was done to eliminate the vitiated *Kapha Dosha* along with *Pitta*. There was significant increase of *Ruksha, Khara* and *Sheeta Guna* in the patient therefore *Sneha Virechana* was planned endowing *Snigdha* and *Ushna Guna*. *Pitta* is responsible for *Srava* and *Syava* indicated presence *Vata*. Among all *Shodhana Karma, Virechana Karma* can be said as *Vishesha Rechana* to clear different type of toxic materials due to metabolic activity the things to be

execrated through the intestinal mucosa along with the unabsorbed residues in the GIT, *Virechana Karma* also helps to reduce *Srava*, as *Virechana* expels aggravated *Doshas* from body *Daha, Kandu* is the symptoms present in the *Kitiba Kusta* and severity may be reduced by *Virechana*.

**Panchatiktaka Ghrita** - Has *Katu, Tikta, Kashaya, Madhura, Laghu, Ruksha, Sheeta, Snigdha* and *Ushna Veerya* helps to pacify *Vata Pitta* and *Kapha Dosha*.

**Manjistadi Kashaya** - helps in natural purification of blood. It also detoxifies and dissolve the obstructions in blood flow.

**777 Oil** - It is a Siddha medicine oil prepared with *Shweta Kutaja (Wrightia tictoria)* and coconut oil having impairs keratinocyte multiplication. It interferes in co-stimulatory molecules communications. It balances the micro and macro level of activities. Ideal hydrolipo quotient, reduces xerosis of skin and associated itching. It gives quick relief from clinical symptoms and early onset of remission.

## CONCLUSION

*Kusta* is *Rakta Pradoshaja Vyadhi*. *Kitiba Kusta* is a *Vata Kapha Pradhana Vyadhi*. So, *Samshodhana Karma* is needed. *Vamana* is helpful for pacifying the *Kapha Dosha*. *Virechana* is helpful for pacifying the *Pitta* and *Vata Dosha*.

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