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

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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 21st century, people have changed their life style as per so called western life style. The main cause for Kushta is vitiated Tridoshas, Dushya, Sharira Dhatus like Twak, Rakta, Mamsa, Lasika¹ vitiates and may lead to 7 types of Kushta after this. Kushta may spread all over the body. Nidana Sevana, Pradnyparadha, Ahitakara Dinacharya, Purva Janmakruta Papa and Vegavarodha may cause Kushta. As Poorvarupa is Asweda, discoloration of the skin, itching, horripilation (Romancha), roughness of skin feels like Ati Ushnata in Sharira are the Purvaroopa explained in Charaka Samhita.²

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.³ 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, Raktamokshana⁴ many Lepas are explained. The present case is treated with Shodhana and Shamanoushadi Chikitsa.

A B S T R A C T

All the skin diseases in Ayurveda have been discussed under the broad heading of “Kushta”. 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. Yamana 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 Raktahasrotodusti Vikara treated with the Ayurvedic principles in particular Shodhana Chikitsa.

Key words: Kitibha Kushta, Shamana, Shodhana Chikitsa, Psoriasis
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-HEETa
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 Kusta

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,[5] morning at 7 AM for 4 days with increasing quantity along with Sukoshna Jala as Anupana i.e., 1-4th day 30ml, 50ml, 80ml and 120ml respectively.

VAMANA KARMA

Poorvakarma
After Samyaka Snehapana Lakshanas like Mala Snigdhata, Twaka Snigdhata, Snehadwesha was seen
on 4th 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

Snehapan 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 4th 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. 1st Vega was observed after 1 hour of intake of Ausadha. Total 12 Vegas were observed.

Paschat Karma

Samsarjana Krama for 3 days

Shamana Aushadhi

<table>
<thead>
<tr>
<th>SN</th>
<th>Shamanoushadi</th>
<th>Dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Gandhaka Rasayana</td>
<td>1 BD with lukewarm water (15days) AF</td>
</tr>
</tbody>
</table>

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

**OBSERVATION AND RESULT**

<table>
<thead>
<tr>
<th>SN</th>
<th>Symptoms</th>
<th>Before treatment</th>
<th>After treatment</th>
<th>1st follow up</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Itching (Kandu)</td>
<td>Present</td>
<td>Mild reduced</td>
<td>Reduced</td>
</tr>
<tr>
<td>2</td>
<td>Redness (Raga), blackishness</td>
<td>Present</td>
<td>Mild reduced</td>
<td>Reduced</td>
</tr>
<tr>
<td>3</td>
<td>Disturbed sleep (Anidra)</td>
<td>Present</td>
<td>Mild improvement</td>
<td>Sufficient sleep</td>
</tr>
</tbody>
</table>

**DISCUSSION**

According to Ayurveda Kitibha Kusta is a Vatakaphapradhaha Kushtha. A 44 yrs old patient came with the complaints 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. Kitibha Kushta is Kapha Vata Pradana and its treatment is “Vamanam Shleshmottarehu 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.

**Panchatikta Ghrita** - Has Katu, Tikta, Kashaya, Madhura, Laghu, Raksha, 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. Kitibha Kusta is a Vata Kapha Pradhaha Vyadhi. So, Samshodhana Karma is needed. Vamana is helpful for pacifying the Kapha Dosha, Virechana is helpful for pacifying the Pitta and Vata Dosha.

**REFERENCES**


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