



Effective management of Kitibha Kushta (Plaque Psoriasis) using Ojavyapat Chikitsa (Hypersensitivity Line of Treatment): A Case Report

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Skin is the seat of complexion which depends on factors like nutrition, hygiene, circulation, age, immunity, genetic traits, psychological state. Psoriasis is a common long-lasting Auto-immune skin disease with prevalence of 0.44-2.8 percent in India. Psoriasis is typically present as erythematous plaque with silvery scales. Most common type of Psoriasis is Plaque Psoriasis in which each lesion is separated from other lesions with diameter of millimeters to centimeters. All the Twak Vikara in Ayurveda have been discussed under the broad heading of Kustha. Two types mainly Mahakushta and Kshudrakushta. This Kitibha Kushta which includes Shyava, Krishna Varna, Parushata, Khara sparsha, Kandu, Ghanatwa and Srava can be co-related to Plaque psoriasis. The Ayurvedic diagnosis was made as "Amavisha Janya Kitibha Kushta" and treatment was done on basis of this. The present article was prepared to assess the role of Amavisha Hara, Vishama Dhatu Chikitsa and Rasayana Chikitsa in such emerging autoimmune skin condition. Improvement in the skin lesion were observed after a period of 1 months of regular treatment and complete remission with no further attack after 2 months follow-up. The improvement was observable through the follow-up photograph.

Keywords: Kitibha Kushta, Ojavyapat Chikitsa, Psoriasis, Rasayana, Amavisha

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Introduction

Among all skin diseases, 'Psoriasis' is a very distressing disease both for the patients and physicians because of its pathogenic mechanism. All the skin diseases in Ayurveda have been discussed under the broad heading of "*Kustha*".[1]

Which are further divided into *Mahakustha* and *Ksudra Kustha*. *Kitibha Kustha* is considered as one of the *Kshudra Kustha*[2] where the signs and symptoms of which simulates with that of Plaque psoriasis. *Kitibha Kusta* having symptoms like *Shyava Varna* (discoloration), *Kinakhara Sparsha* (rough in touch/scaly), *Parushatva* (hard), *Ruksha* (dry).[3] Every *Kusta* manifests due to derangement of seven factors like *Vata*, *Pitta*, *Kapha*, *Twak* (skin), *Rakta* (blood), *Mamsa* (Muscle and Lasika (lymphatic system)).[4]

Here We report a case of *Kitibha Kushta* treated successfully with pure *Ayurvedic* treatment with complete remission. *Ayurvedic Ojovypat* line of treatment, *Visha Hara* and long term *Rasayan Chikitsa* is found to be effective in treating emerging Autoimmune skin conditions and need to be accessed further through big clinical studies.

Case Report

Patient information

A female patient of 45 years visited Kayachikitsa OPD, TGAMC Ballari (3-11-2023) with complaints of red scaly patches all over the body more at bilateral hands, inner thighs and flank region since 6 years, increased symptoms since 2 months.

She also had severe itching, dryness and cracks near heel area of foot. Clinical signs and symptoms like *Shyava Varna* (discolouration), *Kinakhara Sparsha* (rough in touch), *Ruksha* (dry), and *Parushatva* (hard) were present. She had taken treatment from general physician but found no relief then she came here for further management.

Associated complaints

She had *Agnimandya* (low digestive fire), *Ajirna* (indigestion), *Mala Vibhanda* (constipation) and regular sleep pattern. She is having habit of taking tea, *Virudhahaara* (milk shakes) and increase use of tangy items like tamarind and tomato in food preparations.

Past history

K/C/O hypothyroidism in the last 2 years, not taking any medications.

No h/o DM/HTN or any other major medical or surgical history.

Family history

No history of same illness in any of family members.

Psychological evaluation

She was in stress due to cosmetic consideration.

General Examination

Built: Moderate

Nourishment: Moderate

BP: 120/80 mm of hg

Pulse: 78 b/min

Height: 152 cm

Weight: 77 kg

Tongue: coated

Palor/icterus/cyanosis/clubbing/edema/lymphadenopathy: absent

Systemic Examination

CVS: S1 S2 normal

CNS: well oriented, conscious.

RS: Normal Vesicular Breathing, No Added Sounds

P/A: Soft, Non-Tender, No Organomegaly.

Dasha Vidha Pariksha

1. *Prakruti*: *Pitta-Kapha*

2. *Vikruti*:

◦ *Dosha*: *Kapha-Vata*

◦ *Dushya* : *Rasa, Rakta, Mamsa*

◦ *Sroto Dusti*: *Sanga*

3. *Sara*: *Madhyama*

4. *Samhanana*: *Madhyama*

5. *Satmya*: *Madhyama*

6. *Satva*: *Madhyama*

7. *Pramana*:

◦ *Dhairgya*: 150 cm

◦ *Dehabhara*: 77 kg

8. *Ahara Shakti* :

◦ *Abhyavarana Shakti* : *Avara*

◦ *Jarana Shakti* : *Avara*

9. *Vyayama Shakti*: *Avara*

10. *Vaya*: *Madhyama*

Anga Pratyanga Pareeksha

Per Abdomen Examination

Inspection: Shape of abdomen - distended
 Umbilicus: Normal, inverted
 Hyperpigmentation scars over abdomen.
 Palpation: Soft, no tenderness, no organomegaly
 Percussion: Tympanic sounds heard except the area of liver dullness
 Auscultation: Sound - absent

Central Nervous System

Patient is conscious, well oriented to time, place and person.

Respiratory System

Inspection: Shape of chest - bilaterally symmetrical
 Palpation: Trachea - centrally placed
 Tactile vocal fremitus: Normal
 Percussion: Resonant sounds heard except the cardiac dullness
 Auscultation: Normal Vesicular breath sounds heard

Cardiovascular System

Inspection: No scar, no swelling
 Palpation: Non tender
 Percussion: Defined area of cardiac dullness
 Auscultation: S1 and S2 heard, no added sounds or murmurs heard

Integumentary System Examination

Inspection

Location - bilateral upper limb, flank region, neck, abdomen
 Shape - circular lesion
 Color - reddish black
 Discharge - Absent

Palpation

Temperature - felt
 Texture of lesion - rough and scaly

Tests

ANA (antinuclear antibodies) - 'Positive'

- Candle grease test - Positive
- Auspitz sign - Negative
- Koebner phenomenon - Positive
- Distribution of lesion - Symmetrical

Ayurvedic intervention

A detailed therapeutic intervention undertaken is provided in Table 1.

Table 1: Therapeutic intervention.

Date	Treatment	Dose	Duration
03-11-2023	1. Tab. Shaddharana - DS 2. Amruttashadanga Kasayam 3. Guduchi Paneeya	½ tab per day 5ml/every 2 hourlies For drinking	First 15 days
20-11-2023	1. Tab Punarnavadi Kasayam 2. Amruttashadanga Kasayam 3. Guduchi Paneeya	½ - ½ - ½ - ½ tab after food 5ml/every 2 hourlies For drinking	Next 2 months
11-01-2024	Mahatiktaka Ghrita as Shamana Snehapana	5ml, 10, 15, 20, 25, 30, 35ml.	For 7 days

Pathya and Apathya (do's & don't's)

Patient was advised to follow strict *Pathya-Apathya* (Ayurvedic diet). light food like brown rice *Khichadi*, eating more of *Moog Daal*, *Patola (Tikta Rasa)*, *Guduchi Paneeya* for drinking. *Apathya*-meat, milk, curd, *Mamsa Ahara* (non veg), *Viruddhahara* (incompatible food items), *Adhyasana* (over eating), *Vidhaya* food (which causes burning like pickles, chilly, spices), *Abhishyandi Ahara*, Avoid day sleep, *Ati Amla Rasa* (sour food items). Soaps and detergents were completely avoided.

Follow-up and Outcomes

The symptoms like *Shyava Varna* (discolouration), *Parushata* (dryness), *Kandu* (itching), and scaling were 60% reduced within 15 days, fresh lesion on neck was seen (20-11-2023). Examination was done after every 15th day picture was taken with consent. After 60-day treatment, 95% of the lesions were resolved and skin comes back to normal (11-01-2024) (Fig. 1-images 8,9,10).

Results

Parameters	Before Treatment	After Treatment
ANA Test	Positive	Negative
Koebner Phenomenon	Positive	Negative
Pasi Score	37.5	00.0
IgE	142 Iu/MI	93 Iu/MI

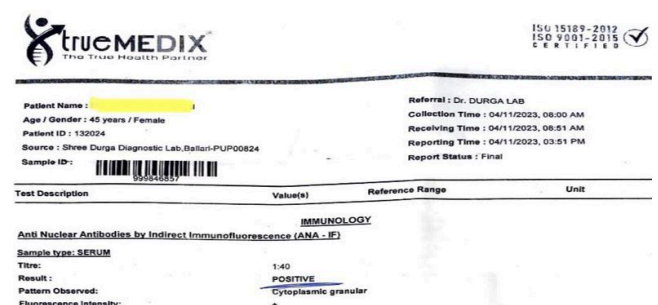


Image 1: ANA-IF Before Treatment

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CERTIFIED

Patient Name : [REDACTED]
Age / Gender : 45 years / Female
Order ID : [REDACTED]
Patient ID : 153917
Source : Shree Durga Diagnostic Lab, Ballari-PUP00824
Sample Type : Serum

Referral : SELF
Collection Time : Jan 07, 2024, 09:49 a.m.
Receiving Time : Jan 07, 2024, 10:48 a.m.
Reporting Time : Jan 07, 2024, 03:41 p.m.
Report Status : Final
Sample ID : [REDACTED]

Test Description	Value(s)	Reference Range	Unit
IMMUNOLOGY			
Anti Nuclear Antibodies by Indirect Immunofluorescence (ANA - IF)			
Sample type: SERUM			
Title:	1:40		
Result:	NEGATIVE		
Microscopic Image			

Image 2: ANA-IF After Treatment

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CERTIFIED

Patient Name : [REDACTED]
Age / Gender : 45 years / Female
Patient ID : 132024
Source : Shree Durga Diagnostic Lab, Ballari-PUP00824
Sample ID : [REDACTED]

Referral : Dr. DURGA LAB
Collection Time : 04/11/2023, 08:00 AM
Receiving Time : 04/11/2023, 08:51 AM
Reporting Time : 04/11/2023, 10:05 AM
Report Status : Final

Test Description	Value(s)	Reference Range	Unit
SPECIAL BIOCHEMISTRY			
IMMUNOGLOBULIN IgE, SERUM			
Sample type: SERUM			
TOTAL IgE	142.03	0 - 100	IU/mL
Method : latex Enhanced Immunoturbidimetry			
Clinical significance:			
Test Utility:			

Image 3: IgE Before Treatment

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ISO 9001-2015
CERTIFIED

Patient Name : [REDACTED]
Age / Gender : 45 years / Female
Order ID : [REDACTED]
Patient ID : 153917
Source : Shree Durga Diagnostic Lab, Ballari-PUP00824
Sample Type : Serum

Referral : SELF
Collection Time : Jan 07, 2024, 09:49 a.m.
Receiving Time : Jan 07, 2024, 10:48 a.m.
Reporting Time : Jan 07, 2024, 11:44 a.m.
Report Status : Final
Sample ID : [REDACTED]

Test Description	Value(s)	Reference Range	Unit
SPECIAL BIOCHEMISTRY			
IMMUNOGLOBULIN IgE, SERUM			
Sample type: SERUM			
TOTAL IgE	93.54	0 - 100	IU/mL
Method : latex Enhanced Immunoturbidimetry			
Clinical significance:			
Test Utility:			

Image 4: IgE After Treatment



Figure 1 - 5,6,7 images are of Before treatment



Figure 1 - 8,9,10 images are of After treatment

Discussion

Predispose factor

Most cases are Autoimmune disorders. Causes of Auto Immune Disorder are unknown but some prominent triggers are enumerated as under Bacteria, Toxins, Virus, Germs and parasites, Fungi, Drugs, Chemical irritants, Environmental irritants, Hereditary. "Ayurveda perceives autoimmune diseases in a slightly different way. As per Ayurveda, the immune cells do not attack body cells accidentally, but to defend against harmful metabolites termed as Ama." [4,6]

According to Ayurveda 'Kitibha Kushta' is one among Kshudra Kushta where the signs and symptoms of which simulates with that of Plaque Psoriasis. It is the Vyadhi of Raktavahasrotas, having Samprapti Ghataka of Vata and Kapha Dosha, Twak, Lasika, Rakta and Mamsa. Even if it is managed by Panchakarma procedures like Virechana or Vamana relapses are common.

Limitation of management

In contemporary science, topical and systemic corticosteroids are the mainstay of treatment but there are reports of cases that have been treated with botulinum toxin and calcineurin inhibitors. [7] Other immunosuppressants such as cyclosporine, azathioprine, and methotrexate have occasionally be used for recalcitrant and severe cases unresponsive to the above measures, but with variable success, and typically not in children. [8]

Oral antihistamines can provide symptomatic relief because of their sedative properties. Unfortunately, most of these attempts do not lead to long-term improvement and the majority of cases of psoriasis relapse, persists for years, and still presents a therapeutic problem.

Role of Ojovyapat Chikitsa in ANA Positive Psoriasis

Amavisha Janya Kitibha Kushta was clinical condition diagnosed in the present case, which can be taken as toxic manifestation of skin due to Amavisha (metabolic toxins). The measures adopted for 'ANA positive' Kitibha Kushta is 'Ojovyapat line of treatment' as Visha (metabolic toxin) has the tendency to affect Rakta Dhatu (Visham Praak Dooshayati Shonitam).

Ojovypat develops due to altered central regulation of immune functions by *Hridaya* (hypothalamus - *Ojovahasroto-Moolastana*) caused by *Ama-Visha*. Autoimmune diseases come under this category of *Ojo-Vyapat*. Exposure to certain environmental factors and ingested toxins effect and disturb *Jataragni* primarily and consequently *Bhoothagni* and *Dhatwagni*. *Agni Mandya* leads to *Ama* which vitiates *Rasa Dhatu* and *Rasavaha Srotas*. For *Dooshivisha* - habitat, season, food and day sleep is said to be the aggravating factors.[9] Due to *Dooshivisha*, many skin diseases are said to appear like *Mandal* (vesicles/boils), *Kotha* (round patches and rashes on the skin), *Kitibha Kushta*[10] (various skin manifestation). When *Dushivisha* vitiates *Rasa Dhatu*[11], it will produce the *Rasa Pradoshaja Vikara* (diseases) like-disinclination towards food, anorexia, indigestion, fatigue, anemia, obstruction of the *Srotas*, etc. When *Dushivisha* located in *Rakta Dhatu*, it will produce *Rakta Proshaja Vikara* like-skin disorders, erysipelas, vesicles[12], etc.

Which are very much evident in present case.

Ayurvedic diagnosis

The clinical signs like *Shyava* (discolouration), *Krishna Varna* (blackish colour), *Parushata* (hardness), *Khara Sparsha* (rough in touch), *Kandu* (itching), *Ghanatwa* (solidity) and *Srava* (discharge) suggested the features of *Kapha Vata* dominancy. On the basis of symptomatology, the present disease can be equated with *Kapha-Vata Doshic Kushta*. All variety of *Kushta* results from imbalance of *Tridosha*, hence at the time of treatment should be decided after determining the varying degree of each dosha by its specific features. The principle of management of *Kushta* in the different stages of the *Kushta* (skin diseases) and *Dushivisha* (anti poisonous therapy) includes *Panchakarma* (eliminative procedures-therapeutic emesis, purgation, etc.), vein puncture, local applications, and internal administration of drugs.

SN	Formulations	Ingredients	Kamusta (Ayurvedic Pharmacology)	Doshahara	Rationale use
1.	Tab Shaddharana DS	Chitraka, Indrayava, Patha, Katuka, Ativisha, Darvi	Kushta,Vatavyadh, Ama, Udara, Amavata, Grahani	Kapha-Pitta Hara	It corrects Agni Dushti, helpful in deep rooted skin diseases. Kledahara, Vishahara property and does Kaphapitta Shamana.
2.	Tab Punarnavadi Kasayam	Punarnava, Nimba, Patola, Shunti, Bharangi, Amrutha, Darvi, Abhaya, Punarnava and Bharangi	Kushta, Jwara, Kasa, Shwasa, Pandu, Visha Vikara	Kapha-Vata Hara	Deepana, Pacana, antioxidant property. It has anti-inflammatory action, anti-allergic, immunomodulatory effect.
3.	Amrutashadanga Kasayam	Musta, Chandana, Guduchi, Parpata, Ushira, Hrivara.	Pitta Vikaras, Amavisha, Kushta	Kapha-Pitta Hara	Deepana, Pacana. removes Amavisha (metabolic toxin), and is helpful in relieving Daha (burning sensation).
4.	Guduchi Choorna	Guduchi	Jwara, Chardi, Daha, Trishna, Kandu and Kushta.	Kapha-Pittahara, Rasayana	Detoxifying, rejuvenating, immune-supporting, immunomodulatory and anti-ama properties, Best Rasayana as has antioxidant property
5.	Mahatiktaka Ghrita[13]	Saptaparna, Ativisha, Shampaka, Patha, Amalaki, Haridra, Daruharidra, Ushira, Shatavari, Amruta, Murva, Yashtimadhu, Vasa, Sariva, Visaka, Trayamana, Kiratatikta, Tiktatohini, Parpatata, Pippali, Gajapippali, Chandana, Dhanvayasa, Pichumarda	Kushta, Pandu, Asrigdhara, Visha Vikara, Pacana, Vranaropaka	Kapha-Pitta Hara	Neutralizes effect of Dushi Visha. Because of Rasayana property it helps in rejuvenating and repairing the damage cells. Helps in reducing the stress factor.

Role of Amavishahara Drugs

The drugs with Primarily *Vishaharam*, *Kapha Vataghna* (*Doshahara*), *Ruksha Guna*, *Tikta Rasa* properties, *Kushtaghna*, *Krimihara*, along with *Amahara*, *Kandughna*, *Deepana*, *Pachana*, *Rakta Shodhaka* (blood purifier), *Shotha Hara* (anti-inflammatory), *Vrana Shodhana*, *Ropanam*, *Vata Anulomana* and *Pitta Rechaka* were chosen and prescribed at different stages in the case. First course of medication was selected (Table 1). No adverse drug reaction was noticed during the course of treatment. After 15 days *Tab. Shaddharana DS* was stopped and *Tab. Punarnavadi Kashayam* was added with *Guduchi Paneeya*. Next, *Shamana Snehapana as Rasayana Chikitsa* given with *Mahatiktaka Ghrita* in increasing dose for 7 days, and later patient appetite was good and all the previous lesions of psoriasis were completely healed and patient was very happy and convinced.

Role of Shamana Snehapana as Rasayana

Mahatiktaka Ghrita is *Ghruta* preparation and it contains ingredients like *Amalaki*, *Ativisha*, *Aragwadha*, *Katuka*, *Patha*, *Usheera*, *Haritaki* are predominantly *Tikta Kashaya Rasa*, *Laghu Rooksha Guna*, *Ushna Virya*, *Katu Vipaka* and *Kapha-Vata Shamaka* in action.[13]

According to 'Acharya Sharangdhara', *Kushta Roga* occurs due to *Dosha Bahulyata*. The accumulation of *Kleda* results in *Srotorodha* leading to *Vatavridhi*, because of the combined effect of *Vata Vridhi* and *Srotavarodha*, the *Rasa Dhatu* does not enter in the *Srotas*. Due to loss of this *Dravamsa* the *Kleda* that remains in *Twacha* will be transferred into *Ghanibhuta Kleda*. This results in *Parushata* and *Khara Sparsha* of *Twacha* in *Kitibha*. So, to pacify vitiated *Vata Dosha*, *Ghruta* especially *Mahatiktaka Ghrita* plays an important role. It's been indicated for *Kushta*, *Visha* (poison) conditions and various mental disorders so it helps in reducing the mental tension in patient as stress is also one of the major factors for disease manifestation. Addition to that, *Ghruta* is mentioned as a *Vishahara* and good *Deepana Dravya*. It can promote the digestive power in all the *Agni* level. *Ghruta* is one of the best *Rasayana* and *Vishaghna Dravya* as it is having all the qualities exactly opposite to that of *Visha*. It is having *Brimhana*, *Snehana*, *Yogavaahi*, *Dahaprashamana* and *Medhya* property. *Snehaguna* property oleate the tissue, make proper arrangement of *Dhatu* and do *Dridhikaranam* of body. Thus, the body acquires *Bala*, *Varna*, luster, firmness, and ability to encounter disease. Due to its *Manda Guna*, its action lasts longer. Medicines of the *Rasayana* group are supposed to repair and rejuvenate damaged cells and having balancing and rejuvenating effects on the three constitutional elements that sustain human life (Table 2).

Conclusion

In *Ayurveda*, the treatment of *Kushta* (skin disorders) is commonly done by same clinical approach like *Deepana*, *Pachana* and then directly giving *Virechana* or *Vamana* for immediate remission of symptoms. But this kind of approach leads to relapses of symptoms and again *Ojovyapat* occurs. Hence after analyzing the pathogenesis of disease, *Ojovyapat Chikitsa* i.e., Hypersensitivity line of treatment,

Ama-Vishahara and *Vishama Dhatu Chikitsa* is followed for *Rasa* and *Rakta Dhatu Shuddhi* and restoring *Ojas* and *Vishama Dhatu* by repeated *Sneha-Pana*. Application of just *Shamanoushadi* followed by *Shamana Snehapana* with strict *Pathya* gives better and scientific results without any other complication. *Ayurvedic* treatment modality stands non-invasive, cost effective. Here a case was presented, the subject was suffering from *Kitibha Kushta* successfully treated by Scientific *Ayurveda* treatment Modality. Present case definitely boosts up the new research scholars to take these condition and do further studies.

Declaration of patient consent

The author certifies that they have obtained all appropriate patient consent forms. In the form, the patient has given his consent for his images, reports, and other clinical information to be reported in the journal.

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