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Ayurvedic management of *Kitibha Kushta* - A Case Report

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ABSTRACT

Skin being the largest organ of the body is the reason behind the beauty and the cause for confidence. WHO has classified skin diseases a Psycho-cutaneous disease. This emphasizes on the relation between skin and psyche. Hence skin ailments are given high priority by any victim. 10 - 15% of the OPD patients for any practitioner will comprise of cosmetology related patients. Skin diseases are commonly observed due to altered lifestyle; lack of physical exercise, poor hygiene, mental stress and improper food habits. All the skin disorders in Ayurveda have been discussed under the broad heading of *Kushta*. *Kushta* is being further divided into *Maha Kushta* and *Kshudra Kushta*. *Kitibha Kushta* is one of the *Kshudra Kushta*, disorder which is commonly encountered in today's clinical practice. Here, *Tridoshas*, *Rasa*, *Rakta* and *Mamsa Dhatu* are affected. *Kitibha Kushta* is a disease mainly affecting the beauty of the subject, thus its management would be challenging task.

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

INTRODUCTION

Skin being the largest organ of the body is the reason behind the beauty and the cause for confidence. WHO has classified skin diseases as Psycho-cutaneous disease. This emphasizes on the relation between skin and psyche. Hence skin ailments are given high priority by any victim. 10 to 15% of the OPD patients for any practitioner will comprise of cosmetology related patients. Skin diseases are commonly observed due to altered life style; lack of physical exercise, poor hygiene, mental stress and improper

food habits etc. *Mithyahara* and *Vihara* vitiate *Tridosha* which further lead to the affliction and aggravation of *Rasa*, *Rakta*, *Mamsa* and *Laseeka*. Predominance of *Vata* can be elicited with symptoms like blackish discoloration, hardness, dryness and roughness to touch. *Kapha* predominance can be appreciated with the presence of severe itching on the affected area. All the skin disorders have been discussed in Ayurveda under the broad heading of *Kushta*. It is being further divided into *Mahakushta* and *Kshudra Kushta*. *Kitibha Kushta* is one of the *Kshudrakushta*, which is commonly encountered in today's clinical practice. Here, *Tridoshas* and *Rasa*, *Rakta* and *Mamsa Dhatu* are affected. According to classics, vitiation of *Tridosha* followed by affliction of four *Dhatu*s (*Tvak*, *Rakta*, *Mamsa* and *Lasika*) leads to *Kushta*.^[1] *Kitibha Kushta* is a disease mainly affecting the beauty of the subject, thus its management would be challenging task.

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CASE PRESENTATION

A 48 years old male was apparently healthy before 2 months. Suddenly he developed small rough hard well defined patches, powdery discharge, itching, blackish discoloration all over body associated with

Agnimandya and hard stools since 2 months. For that he consulted an allopathic physician and was advised with antibiotics, anti-histamines, purgatives and topical steroids. But there was no considerable relief. The case was diagnosed as *Kitiba Khusta* (Psoriasis) on the basis of *Ahara, Vihara, Nidana* and *Lakshana* which is among the *Kshudra Roga* and its management was successfully done by Ayurvedic principles of *Shamana, Shodhana (Virechana Chikitsa)* followed with *Pathya*.

Clinical findings of *Kitibha Kushta*^[2]

<i>Shyavam/Snigdha</i>	Blackish / dark discolouration due to vitiated <i>Vata Dosha</i> .
<i>Kharatwam</i>	Roughness to touch due to <i>Vata</i> vitiation.
<i>Parushatwam</i>	Hardness to touch. It is because of <i>Vata Dosha</i> .
<i>Rukshatwam</i>	Dryness of the skin seen in <i>Kitiba</i> because of vitiation of <i>Vata Dosha</i> .
<i>Ugra Kandu</i>	<i>Kandu</i> is produced by the vitiated <i>Kapha Dosha</i> .

Nidana

Excessive use of alcohol, smoking, Intake of curd in night time, excessive intake of non veg, pickles, tea (6 times/day) and *Katu Rasa Pradahana Ahara*.^[3]

Samprapti

Due to *Nidana Sevana, Dushivisha Utpatti* occurs in the individual, leads to the *Dhatu Shaithilya, Agnimandya, Srotodushti* and *Srotorodha, Sthanasamshraya* of *Dosha* in *Twak, Rasa, Rakta, Lasika Dhatu* which became *Shithila* by *Dosha Dushya Sammurcchana* and shows symptoms like *Shyava Varna, Kharatwam, Parushatwam, Rukshatwam* and *Ugra Kandu*. This is *Kitibha Kushta* (Psoriasis).^[4]

Correlation of *Kitibha Kushta* and Psoriasis

<i>Kitibha</i>	Psoriasis
<i>Shyavam / Krishna</i>	Erythematous lesion turns to black in chronic cases.
<i>Kharatwam</i>	Candle grease sign - Positive

<i>Parushtwam</i>	Abnormal hardening seen in chronic cases
<i>Rukshatwam</i>	Scales rough to touch
<i>Ugra Kandu</i>	Severe itching observed ^[5]

Treatment^[6]

The patient was administered with *Shamana* medicine followed by *Shodhana* and internal medicines. All oral and local medicines were

Date	Treatment
05.08.2017 to 10.08.2017 (5 days)	<i>Arogyavardhini Vati</i> 2-0-2 after food <i>Virechana Churna</i> 1tsp night <i>Marichadi Tailam</i> E/A <i>Siddharthaka Snana Churna</i> <i>Siddha Jala Snana</i> (External Application) Psoroline Soap
11.08.2017 to 15.08.2017 (5 days)	<i>Arogyavardhini Vati</i> 2-0-2 after food <i>Virechana Churna</i> 1tsp night
16.08.2017 to 19.08.2017 (4 days)	<i>Nimbadi Guggulu</i> 2-0-2 after food <i>Virechana Churna</i> 1tsp night <i>Pinda Taila</i> and <i>Mahatiktaka Ghrita</i> E/A <i>Parisheka</i> with <i>Panchavalkal Kwath Churna</i> Psorolin Soap
20.08.2017 to 22.08.2017 (3 days)	<i>Snehapana</i> 40ml <i>Murchita Ghrita</i> (morning) <i>Snehapana</i> 80ml <i>Murchita Ghrita</i> (morning) <i>Snehapana</i> 120ml <i>Murchita Ghrita</i> (morning)
23.08.2017	<i>Abhyanga</i> with <i>Yashtimadhu Taila & Bhashpa Swedana</i>
24.08.2017	<i>Abhyanga</i> with <i>Yashtimadhu Taila & Bhashpa Swedana</i> <i>Siravyadhana</i> 160ml blood drawn

25.08.2017	<p><i>Abhyanga with Yashtimadhu Taila & Bhashpa Swedana</i></p> <p><i>Virechana by Trivrut Lehya 80gm & Triphala Kashaya 100ml</i></p> <p><i>Virechana Vegas - 19</i></p> <p><i>Samsarjana Krama Advised</i></p> <p><i>Pathya Apathya, Nidana Parivarjana Advised</i></p>
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Prescribed medications with ingredients and their action

Formulations	Ingredients	Indication and action of the formulations
<i>Arogyavardhini Vati</i> ^[7]	<i>Gandhaka, Lohabashma, Triphala, Shilajatu, Nimba.</i>	<i>Kushta, Jwara (immunomodulator, antioxidative)</i>
<i>Virechana Churna</i> ^[8]	<i>Triphala, Trivruth, Pippali, Maricha, Sunti, Saindhava.</i>	<i>Vibandha (regulates the bowel movements)</i>
<i>Manibadhra Guda</i> ^[9]	<i>Vidanga, Triphala, Trivruth, Jaggery.</i>	<i>Twak Gata Roga, Vibandha (regulates bowel movements)</i>
<i>Gokshura Churna</i> ^[10]	<i>Gokshura</i>	<i>Mutrgata Roga (diuretic)</i>
<i>Murchitha Ghrita</i> ^[11]	<i>Haridra, Triphala, Musta.</i>	<i>Amadosaharatwa (detoxifier)</i>
<i>Pinda Taila</i> ^[12]	<i>Manjihsta, Sariva, Sarjarasa.</i>	<i>Daha (reduces burning sensation)</i>
<i>Mahatiktaka Ghrita</i> ^[13]	<i>Musta, Usheera, Triphala, Chandana, Haridra, Daruharidra, Saariva, Guduchi.</i>	<i>Kushta</i>
<i>Siddarthaka Churna Prakruti</i> ^[14]	<i>Musta, Triphala, Karanja, Aragwadha,</i>	<i>Eczema, Psoriasis (antioxidant)</i>

	<i>Daruharidra.</i>	
<i>Marichadi Taila</i> ^[15]	<i>Maricha, Haratala, Manashila, Musta, Jatamamsi, Haridra</i>	<i>Dadru , Svitra, Kustha.</i>
<i>Psorolin Soap</i>	<i>Wrightania Tinctoria, Alovera</i>	<i>Psoriasis, Eczema</i>
<i>Yastimadhu Taila</i> ^[16]	<i>Tilataila, Ksheera, Yastmadhu, Dhatri.</i>	<i>Varnya, Khalitya, Dadru.</i>
<i>PVQ Churna</i>	<i>Vata, Udumbara, Ashwatha, Plaksha, Parisha</i>	<i>For Vrana Prakshalana.</i>

DISCUSSION

Patient had irregular diet pattern and excessive use of alcohol, smoking, Intake of curd in night time, excessive intake of non vegetarian diet, pickles, 6 cups of tea per day and exposure to the sun resulting into *Kitibha Kushta*. After examining the patient, has been planned by the Ayurvedic principles i.e. *Shamana Oushadhis* and *Shodhana* which include *Snehpana* and *Virechana*.

Patient's main complaint is small rough hard well defined patches, powdery discharge, itching, blackish discoloration all over body associated with loss of appetite and hard stools since 2 months.

Chikitsa was started with *Shamana Oushadhis* like *Arogyavardhini Rasa* and *Virechana Churna* internally and for external application *Psorolin soap* and *Pinda Taila* application after washing with *Panchavalka Kwatha Choorna* was advised. After 5 days of *Shamana Oushadhi*, *Snehpana* with *Murchitha Ghrita* followed by *Abhyanga* with *Yashtimadhu Taila* and *Virechana* was administered with *Trivrit Leha*, 19 vegas were attained.

On discharge along with *Shamana Oushadhi* and external application, *Manibhadra Guda* was given for *Nitya Virechana*.

Selection of medicines during discharge

<i>Arogyavardanaivati</i>	For <i>Deepana, Pachana, Sroto Shodhana</i> .
<i>Manibhadra Guda</i>	<i>Nitya Anulomana</i>
<i>Siddharthaka Snana Churna</i>	<i>Kadu, Pidaka Varnya</i>
<i>Yashtimadhu Talia</i>	Blackish discolouration, <i>Rukshatva</i>
Psorolin Soap	Dryness and itching

CONCLUSION

The prevalence of *Kitibha Kushta* is increasing day by day. This case study is a documented evidence for the successful management of *Kitibha Kushta* through *Shodhana* and *Shamana Chikitsa*. This is one among the relapsing type of skin disease, so patient is advised to follow *Pathyaapathya* like *Ahara, Vihara, Achara* and *Vichara*. Repeated *Shodhana* as per classics in accordance with *Dosha, Kala, Agni* and *Desha* should be administered to control the frequency of recurrence and further spread.



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