

Ayurvedic Management of Kitibha Kustha(Scalp Psoriasis): A Case Study

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Abstract- Twacha word is used for skin. Twacha is derived from “tvac” dhatu, which means the „cover“. As per Ayurvedic literature imbalance of tridosha and dhatus is responsible for skin disease. Description of skin diseases are spread over in various samhita in many chapters. Importantly, psoriasis tends to run a chronic course with remissions and exacerbations. Successful management is dependent on a number of factors including patient education, choice of therapeutics, and adherence to treatment course. There is large number of drugs of herbal and mineral origin mentioned in Ayurvedic texts, regarding the treatment of Kitibha(scalp psoriasis). This paper throw lights on a case study of Kitibha Kushta (Scalp Psoriasis) treated with the Ayurvedic principles.

Introduction- Kushtha is the general term used in Ayurveda to denote diseases of skin. Skin is the protective organ of the body and reflects the health of the individual. According to Ayurveda, three humors: Vata, Pitta and Kapha are responsible for health and disease depending on their equilibrium and imbalance state of the body. Imbalance condition of body tissues is known as “Disease” and equilibrium is called as “Health” according to Caraka sutra chapter 9/3, Caraka sharira chapter 6/18^[1]. Psoriasis is a chronic inflammatory disorder characterized by well-demarcated, red scaling, slightly raised bumps (papules) plaques with thick silver-white scale.^[2] Psoriasis is both a physically and psychologically debilitating disease, impacting on quality of life similar to any other disease.^[3] Psoriasis classically appears on the elbows and knees, but it can affect any part of the skin. The scalp is also characteristically affected in many people. Like psoriasis anywhere on the body, scalp plaques produce excess scale and can itch. Of those affected by psoriasis, up to 80% will have involvement of the scalp.^[4] Scalp psoriasis may occur in isolation or in conjunction with other forms of psoriasis. Scalp psoriasis is characterized by red, thickened plaques with silver-white scale, either contained within the hairline, or extending onto the forehead, ears, and posterior neck.^[5] Although this is commonly reversible with appropriate treatment, increasing evidence links scarring alopecia with chronic, relapsing episodes of the disease.^[6] Unlike the PASI, which evaluates disease severity on four distinct body surface areas, these indexes take into account erythema, induration, and desquamation of disease affecting the scalp only. Severe disease can cause a loss of scalp hair, which usually will return if the disease can be controlled. Scalp psoriasis somewhat difficult to treat when the scalp is covered with hair sufficient to act a barrier to the application of topical medications.

- ❖ **Case Report-** A 26 years old male patient presented with reddish erythematous plaque overhead, having complaint of itching and burning sensation over there comes to our dermatology unit of Govt. Dhanwantari Ayurvedic College Ujjain on 4/1/2021 having OPD No. 167. Having itching, mainly over frontal and occipital region of scalp. **On history-** patient had above complaints since 2 years. Patient took modern medicine but get only temporary relief. Severity of symptoms increased day by days, so he came for our hospital for Ayurvedic treatment

Past history of Illness: No history of Diabetes, Hypertension or any metabolic disorders.

Personal History:

- Prakriti: Vata-Kaphaja
- Ahara: Mixed
- Vyavasaya: student
- Vyasana: Tea-coffee 4 times a day
- Nidra: Sound
- Vihara: Diwaswapna for 1 hr after taking meals. Ratri Jagarana
- Mala: Once/day
- Mutra: 4-5 times/ day

Examination (Asta-Sthana Pareeksha):

- Nadi: 74 bpm
- Mala: once/day, Saama
- Mutra: 4-5 times/day
- Jihwa: saam
- Shabda: Prakruta
- Sparsha: Anushna-Sheeta
- Drik: Prakruta
- Akriti: madhyam

Treatment –**❖ Internal medication**

1. Tab. having ingredients as Gandhak rasayana + Navkashay Guggul + Khadirashtakam + Mangista extract + Anantmoool extract + Nimba extract
2. A combination of-
Haritaki Churna 1 gm
+Gandhak Rasayan 250 mg
+Kaishore Gugglu 250 mg
+Sanjivini Vati 250 mg
Twice a day with anupan as per patient's convenience
3. Panchtikta Ghrit 2 tea spoon with luke warm milk/tea/water on empty stomach.
4. Swadisht virechan Churna 1 TSP with luke warm water after meal every night.

❖ External Application

5. Chakramarda beej Churna with takra – for local application thrice a week
6. Triphala Churna with Dahi - for local application thrice a week
7. Oil having Wrightia tinctoria, Rubia cardifolia and Hemidusmus indica as chief ingredients is used for application twice a day

Samprapti ghataka -

- ❖ Dosha –Tridosha
- ❖ Dushya –Twak, Rakta, Mamsa, Lasika
- ❖ Ama-Jatharagni janya ama
- ❖ Agni –Jataragni janya
- ❖ Srotas –Rasavaha, Raktavaha
- ❖ Srotodushti prakara –Sanga
- ❖ Rogamarga –Bahya

- ❖ Udhbava sthana –Amashaya
- ❖ Vyaktasthana –Twacha
- ❖ Roga swabhava –Chirakari
- ❖ Sadhyasadhyata –Sadhya

1. **Discussion-** As per the schedule, patient has taken medication and asked to follow diet by avoiding Lavana, Amla, Tikshna Dravya, curd, spicy food, Divasvapna, Ratrijagaran etc. In the case of psoriasis, line of treatment is Bhahya and Abhyantar use of Kusthaghna Dravya as per sign and symptoms of patient. The treatment schedule was started as following snehapan was given with the Panchatikta ghrith for the purpose of Abhyantar snehan, it causes the Vatashamana. For shaman chikitsa, Tab. having ingredients as Gandhak rasayana + Navkashay Guggul + Khadirashtakam + Mangista extract + Anantmool extract + Nimba extract is given, along a combination of some herbal and ras aushadi is given for internal medication. Swadistha virechan Churna is given for nitya laghu virechan. Virechana was administered to expel the Dooshitha dosha from the Kosta

- **Panchatiktaghrit** - The ingredients of Panchatikta are tikta rasa, ruksha and laghu guna. It acts mainly on kled, meda, lasika, rakta, pitta and kapha which helps in balancing the vitiated dosha and dhatu. It has properties like Deepan, Pachan, Strotoshodhak, Raktashodhak, Raktaprasadak, Kushtaghna, Kandughna and Varnya. ^[7] The Ghrit has lipophilic action helps to carry drugs to the target organs, it enters to its cellular level and delivers to mitochondria and nuclear membrane. It maintains the normal texture of skin.
- **Action of Gandhak Rasayan** - Gandhak rasayan acts as Kushtaghna, Kandughna, Dahapra shaman, Raktashodhak, Vranaropak, Twachya, Krumighna. It is mainly indicated in Kushta roga. It possesses the property like antibacterial, antiviral and antimicrobial. ^[8] In all types of skin disorders the purified sulphur is useful for the treatment. It reduces the itching and infection. Beneficial for the skin complexion and improves digestion. In skin diseases it can be used both internally and externally for the treatment.
- **Sanjeevni vati**- It contains ten ingredients - Vidanga, Sunthi, Pippali, Haritaki, Vibitaki, Amalaki, Vacha, Guduchi, Shudha Bhallataka and Shudha Vatsnabha in equal quantity with Gomutra and then mixed well. ^[9] This Ama Pachanaa causes Srotomukha Vishodhana. Drugs like Pippali, Shunthi, Vidanga, Vacha, Guduchi etc. are proved as a best Ama Pachaka. So this formulation will act as Ama Pachana and Agni Deepana.
- **Kaishore guggul**- Contents of Kaishore Guggulu. Guggulu, Haritaki, Bibhataki, Amalaki, Guduchi, Shunthi, Maricha, Pippali, Vidanga, Trivrit, Danti. ^[10] It is known to have analgesic, anti-inflammatory activity etc. It is used in various Ayurvedic formulations. Traditionally it is used for skin disorder treatment.
- **Haritki churna**- It effectively scavenges free radicals from the body and diminishes oxidative damage. Being a natural toner, it flushes out the toxins from the internal layers of the skin, promotes overall skin health
- **Swadistha virechan churna**- consist of mulethi(10%), saunf(10%), sanay(30%), mishri(40%). Swadishta Virechan Churna is one of the ayurvedic medicine used for constipation and detoxification.
- **Chakramarda beej churna**- Leaves, Root and Seeds of plant are used for medicinal uses in various skin diseases. The plant has been used from time immemorial in many skin ailments.

Result- The results observed after the treatment: Improvement in signs and symptoms of the patient. Relief was found in redness over plaque, itching, and burning sensation

Features before and after treatment

S.No.	Features	Before Treatment	After Treatment
1.	Scaling	Present	Absent
2.	Itching	Severe	Absent
3.	Lesion area	Covered whole scalp	Diminished
4.	Color	Silvery erythematous plaque	Normal

Pic taken on 4/1/2021



Pic taken on 8/3/2021



Conclusion-This case study is documented evidence for the successful management of kitibha kushta(psoriasis) through shaman and shodhan chikitsa.This is the one among the relapsing type of skin diseases so patient is advised to follow pathya-apthya like ahara,vihra and vichara also.

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