



# AYURVEDIC MANAGEMENT OF *KITIBHA KUSTA* - A CASE STUDY

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**Abstract :** Ayurveda encompasses all skin diseases, including psoriasis, a proliferative autoimmune condition which is impacting about 2% of the global population. In India, psoriasis accounts for approximately 0.28 to 0.44% of patients attending skin clinics.<sup>[1]</sup>This ailment is characterized by scaling, thickened skin lesions, and itching, sometimes extending to cover the entire body in severe cases. While modern medicine typically employs Psoralen and Ultraviolet Therapy to address psoriasis, these treatments often carry a high recurrence rate and serious side effects such as liver or kidney failure, and bone marrow depletion<sup>[2]</sup> A case study involving a 50-year-old male patient suffering from severe psoriasis (*Kitibha Kusta*) demonstrated promising outcomes following *Virechana Karma* and *Shamana Chikitsa*.*KitibhaKushta* is one of the *KshudraKushta*. Here *Tridosha*, *Rasa*, *Rakta*, *Mamsa*, *Ambu* are affected. *Kapha-Vata* is the *Dosha* predominant in the *KitibhaKushta* and *Rakta Dusti* is the main cause for all *TwakVikaras*. *Vamana* and *Virechana* is the *Shodhana Karma* for *TwakVikara*.

**IndexTerms -** *Kitibha*, Psoriasis, *Shodana* ,*ShamanaAushadi*

## I. INTRODUCTION

All the skindiseases in Ayurveda have been discussed under the broad heading of “*Kustha*”. Which are further divided into *Mahakustha* and *KshudraKustha*<sup>[3]</sup>.*Kitibha kustha* is considered as one of the *KshudraKustha*. Ayurvedic classics have considered each type of *Kustha* to be a *Tridosaja* manifestation. Their *doshik* identity can be established on the basis of dominance of *dosha* in the *Samprapti*, thus *Kitibhakustha* is *VataKaphaja* phenomenon.

This disease characterised by brownish coloured scaling, thickened-rough skin lesions, in severe cases covers entire body. As per Ayurveda, these symptoms are closely similar to symptoms of *Kitibhakushtha*, as its symptoms are *Shyavam*, *Kinakharaspharsha* and *Parusha* closely resembles with symptoms of Psoriasis. 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 PUV combination of psoralen and then skin exposing to long ultra-violet light (UVA) and corticosteroids.<sup>[4]</sup> Here, Ayurveda plays an important role; present study is under taken to provide safe and effective remedy for psoriasis. In this present study for the purpose of *shamanachikitsa* were selected *Dooshivishari Gulika* ,*Khadiraarista* .*Nidana Parivarjana* and *Pathyapathya* have been advised to the patient.

**Case History:** A 50 years old male patient came to OPD with chief complaints of Reddish white patchy lesions associated with itching, powdery discharge over B/L elbow, B/L lower limb, back, abdomen and scalp since 8 years got aggravated since one month.

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

### History of present illness:

The patient was apparently normal 8 years before, with gradual onset of above complaints, for which he started taking allopathic medicines from General Practitioners and Dermatologist and he got symptomatic relief for some days. His symptoms worsened since 1 month so he came to Agada OPD of Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Hassan.

### Personal History

*Prakriti: Vata-pittaja Ahara:* Mixed

*Vyasana:* Tea-coffee 4 times a day

*Nidra:* Disturbed due to itching

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

*Mala:* Prakruta

*Mutra:* 4-5 times/ day

**Examination (Asta-Vidha Pareeksha):***Nadi:* 74 bpm*Mala:* Prakruta*Mutra:* 4-5 times/day*Jihwa:* Lipta*Shabda:* Prakruta*Sparsha:* Anushna-Sheeta*Drik:* Prakruta*Akriti:* Madhyama**Dashavidhapareeksha***Prakruti:* Vata pitta*Vikruti:* Rasa Rakta*Saara :* Asthi*Samhanana:* Madhyama*Satva:* Madhyama*Satmya:* Madhura, katu*Aharashakti:* Madhyama*Vyayama shakti:* Madhyama*Agni shakthi:* Madhyama;*Vaya:* Madhyama**Local examination****Inspection**

- **Location** -B/L elbow, B/L lower limb, back, abdomen, Scalp
- **Colour**-reddish white
- **Discharge** -powdery discharge

**Palpation**

Temperature-Felt

Texture of lesion- Rough and scaly

**Tests**

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

On admission

09/12/2022

Sl no	Treatment
1	Deepana and pachana with Panchakola phanta
2	Snehapana with Tiktakaghrita 30ml,60ml,90ml for 3 days

- Snehapana given for 3 days
- 1<sup>st</sup> day -30ml, 2<sup>nd</sup> day-60ml, 3<sup>rd</sup> day-90ml and snehasiddilakshanas are observed.

12/12/2022

Slno	Treatment
1	Sarvanga Abhyanga with Eladi taila for 2 days
2	Dooshivishari Gulika 1-0-1 A/F

13/12/2022

Slno	Treatment
1	<i>Nimbadi Kashaya</i> 10-0-10ml
2	<i>Kadirarista</i> 10-0-10ml
3	<i>ShatadoutaGhrita</i> E/A

14/12/2022

Sl no	Treatment
1	<i>Sarvanga abhyanga</i> with <i>Eladi taila</i>
2	<i>Virechana</i> with <i>Avipattikarachurna</i>

- *Virechana* with *avipattikara churna* 40gms
- *Vegas-22*
- *Pravara shuddilakshnas* are seen

Diet -*Mudgayusha, Kichadi*

Advised on discharge

1) *Dooshivishari Gulika* 1-0-1 A/F**BEFORE TREATMENT****AFTER TREATMENT****OBSERVATION AND RESULT**

SLNO	SYMPTOMS	BEFORE TREATMENT	AFTER TREATMENT
1	Itching	++	-
2	Powdery discharge	+	-
3	Reddish white patchy lesions	++	-

**DISCUSSION**

*Kitibhakustas* is one among *kshudrakushta* where the signs and symptoms of which stimulates with that of plaque psoriasis. It is the *vyadhi* of *Raktavahasrotas*, having *sampraptighata* of *vata* and *kapha*, *twak*, *lasika*, *rakta* and *mamsa*. Acharya Charaka has highlighted the role of *panchakarma* therapy by stating that the disease treated by *shodana* will never reoccur whereas the treatment with *shamana* therapy may reoccur in due course of time. among *shodana*, *virechana karma* is opted as the accumulation of *doshas* predominantly seen in *adhobhaga*<sup>[5]</sup>. In the present study *shodana*, *shamana*, and *bahirparimarjanachikitsa* was given.

*Dooshivishari Gulika* is a potent immune modulator, has *vishagna*, *kustaghna* properties<sup>[6]</sup>. *Khadiraarista* which is a potent *kustagna*, which helps in reducing *kitibha*. *Avipattikarachurna*<sup>[7]</sup> has antiviral and anti bacterial properties. *Khadirarishta* eliminates harmful toxins, reduces allergies, prevents toxin absorption in the blood, better digestion, detoxifies the body and inhibits bacterial growth.<sup>[8]</sup>

## CONCLUSION

In the treatment of skin diseases according to *KushtaChikitsa*, both *Shamana* (pacifying) and *Shodhana* (purifying) therapies are crucial. Plaque Psoriasis and *kitibhakushta* exhibit analogous symptoms.

Based on this case study, it can be concluded that *KitibhaKushta* responds well to treatment involving *Virechana Karma* and also *shamana* treatment involving the use of *Dooshivisharigulika*, *AvipattikaraChoorna*, *Nimbadi Kashaya*, and external application of *shatadoutaghrita*. Combining both *Shodhana* and *Shamana* therapies along with external cleansing measures (*Bahirparimarjana Chikitsa*) is suggested to optimize outcomes.

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