



A REVIEW ARTICLE ON BILWADI AGADA IN DUSHIVISHAJANYA KITIBHA KUSHTHA (PSORIASIS).

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Abstract:

Skin is the priority of every human but in our modern era the changing of lifestyle creating various types of disorder in body including skin disorders. There is a definite increase in its incidence especially in tropical and developing countries like India due to various reasons. All skin diseases are recounted under a single heading i.e. *Kushtha*. Mainly *Kushtha* is of 2 types -*Mahakushtha* and *Kshudra Kushtha*. *Kitibha* is described under *Kshudra Kushtha*. In modern science clinical presentation of *Kitibha* can be compared with Psoriasis. This condition is primarily linked to the dominance of *Vata* and *Kapha Doshas*. Common symptoms of *Kitibha Kushtha* include dry, scaly, and rough skin that produces a sound when scratched. The skin may appear blackened and is often accompanied by intense itching. To control the effect of the disease other systems of medicine have greatly advanced, particularly in skin disorders there is no specific medicine for sure cure in skin disorder but symptomatic treatments like steroids are used, but they produce serious a lot of side effects in our body externally as well as internally. *Ayurveda* deals with the treatment which demolish the root cause by balancing the *Dosha, Dhatu* of body. *Acharya Vagbhata* described *Bilwadi Agada* in the management of *Sarpa Visha* (snake poisoning) i.e. *Jangam Visha*, which when remains in the body for long duration of time acts as *Dushivisha*. In *Agad tantra Kitibha (Twak Vikara)* is one of the symptoms of *Dushi Visha*. So here an effort is made to see the review on role of *Bilwadi Agada* in the management of *Kitibha Kushtha*.

Keywords: *Bilwadi Agada, Dushivisha, Kitibha Kushtha, Psoriasis.*

Introduction:

Psoriasis is derived from the Greek words "Psora-itch" and 'iasis-condition" ⁽¹⁾ With a prevalence of 0.44-2.8% in India, it commonly affects individuals in their 3rd or 4th decade, with males being affected more than females. ⁽²⁾ Psoriasis is a non-contagious, chronic, inflammatory and proliferative skin disorder characterised by red, thickened plaques with blackish scales. ⁽³⁾ The lesions vary in size and degree of inflammation. Psoriasis is categorised as generalised or localised based on the severity of the disease. The exact etiology is unknown, but it is considered to be an autoimmune disease mediated by T lymphocytes. Familial occurrence suggests its genetic predisposition. Some external factors that may increase the chances of developing psoriasis include - injury in the form of mechanical, chemical and radiational trauma, certain drugs like chloroquine, lithium, beta-blockers, steroids, and NSAIDs, infections, psychological stress, alcohol, smoking, obesity, and hypocalcemia. Generally, summer improves psoriasis while winter aggravates it. ⁽⁴⁾ The characteristic features of psoriasis and *Kitibha Kushtha* are very similar. In *Ayurveda*, *Kushtha* refers to "*Kushnati Vapu Iti Kushtham*". ⁽⁵⁾ Mainly *Kushtha* is of 2 types- *Maha Kushtha* and *Kshudra Kushtha*. *Kitibha Kushtha* is one of the skin diseases categorised under *Kshudra Kushtha*, according to Charak. It is chronic disease and affected skin manifests with *Shyava* (blueish black), *Khin Sparsh* (scaling), *Khara Sparsha* (rough with sharp edges), *Twak Parushyata* (hard, rough to touch), *Ruksha* (Dry), and *Kandu* (itching). *Kitibha Kushtha* is mainly due to *Vatakaphapradhanata*. ⁽⁶⁾ It is not life-threatening, but its appearance, nature of severe itching, and chronicity hamper the usual routine of life. *Dhushi Visha* ⁽⁷⁾ (Cumulative Poison) is a form of toxin (animal origin, plant origin, artificial poison) that has not been completely removed or neutralized. Due to various reasons, it remains in the body for some time and eventually gets manifested in the form of some disease. In today's modernized materialistic world, toxicity is increasing by regular consumption of toxins every minute in the form of preservatives, uncontrolled excessive use of medicines, chemicals used for the ripening of fruits, various harmful gases, bad dietary habits like *Adhyashan*, *Ajirnashan*, *Viruddhashana*, pesticides, heavy metals, minerals, pollutants, etc. Our body gets exposed to such allergens (*Dushivisha*) through the air, water and food. Skin is the largest organ of the body. It's exposure to such pollutants is very high resulting in various types of allergic reactions. Thus, the spectrum of *Dushi Visha* has become broad in the present scenario. *Acharya Charaka* has described *Kitibha Kushtha* as one among the *Dushi Visha Lakshana*. ⁽⁸⁾

Therapeutic options for psoriasis include topical therapy (vitamin D analogues (calcipotriol) or corticosteroids), phototherapy (narrowband ultraviolet B radiation (NB-UVB) and psoralen with ultraviolet A radiation (PUVA) or systemic treatment (methotrexate, ciclosporin and acitretin).⁽⁹⁾ But they have some serious adverse effects like - skin atrophy, skin cancer, bone marrow suppression, nausea, pneumonitis, hepatitis, liver fibrosis and teratogenicity, dry skin, hair loss, hyperlipidaemia and hepatotoxicity etc. In *Ayurveda* different *Agada* are explained. *Agada* is referred to as an antidote for poisoning or a mixture of antitoxic medications and certain antioxidant, immunomodulator or hepatoprotective substances make up the Herbo mineral or polyherbal formulation. *Bilwadi Agada* is one of such formulation explained by *Acharya Vagbhata* in *Ashtang Hrudaya Uttartantra*. It is indicated in various conditions such as *Bhujanga Visha* (snake bite), *Luta Visha* (spider poison), *Unduru Visha* (rat bite), *Vrischika Visha* (scorpion sting), *Visuchika* (food poisoning with pain / Cholera), *Ajirna* (indigestion), *Gara Visha* (artificial poison), *Jwara* (fever) & it has also got *Bhutaghna* properties (antimicrobial, antiviral), ⁽¹⁰⁾ and if it is retained in the body for long term act as *Dushivisha*. *Dushivishajanya Kitibha Kushtha* and psoriasis have similar characteristics. So, we can use *Bilwadi Agada* in the management of psoriasis.

Aim and Objectives:

Aim - To explore the role of *Agada (Bilwadi Agada)* in the management of psoriasis through the *Ayurvedic* concept of *Dushivisha*.

Objective –

1. To analyze psoriasis, in light of *Dushivisha* in the Present scenario.
2. To study *Bilwadi Agada* in cure of psoriasis.

Material and Methods:

The study being a literary review, the sources of data will be collected from all *Ayurveda Samhitas* and also from the contemporary textbooks, relevant Journals and websites.

Table No.: 1 *Dushivisha Lakshana*

<i>Sushruta</i> ⁽¹¹⁾	<i>Charaka</i> ⁽¹²⁾
<i>Shonithadushti</i>	<i>Annamada</i>
<i>Arunshika</i>	<i>Avipaka</i>
<i>Kitibha</i>	<i>Arochaka</i>
<i>Kotha</i>	<i>Mandala</i>
	<i>Kotha</i>
	<i>Vaivarnya</i>
	<i>Moorcha</i>
	<i>Vishamajwara</i>
	<i>Trishna</i>
	<i>Gadghadhatwam</i>
	<i>Kitibha Kushtha</i>

Table no: 2 Similar factors between *Dushivisha* and *Kitibha Kushtha* ⁽¹³⁾

Criteria	Factor
<i>Nidana</i>	<i>Viruddha Ahara, Divaswapna</i>
<i>Purvarupa</i>	<i>Romaharsha, Sharirgourava</i>
<i>Samprapti</i>	<i>Raktadushti</i>
<i>Rupa</i>	<i>Kitibha kushtha lakshana</i>
Prognosis	<i>Sadhya to aathmavan</i>
Consequence if left untreated	Left untreated lead to <i>Utharothara Dhatu Dushti</i>
Duration	Stage in the body for a long duration Because of <i>Kapha Anubandha</i>
<i>Swabhava</i>	Recurrence on exposure to specific factors like <i>Ahitashana, Divaswapna, Viruddha Ahara. etc</i>

Table No. 3 Comparison of *Kitibha Kushtha* and Psoriasis⁽¹⁴⁾

<i>Kitibha</i>	Psoriasis
<i>Shyavam/Snigdha Krishna</i> (blakish dark discolouration)	Erythematous lesions turn to black in chronic cases
<i>Kharatwam</i> (sense of roughness)	Candle grease sign-positive
<i>Parushatwam</i> (hardness to touch)	Abnormal hardening seen in chronic cases
<i>Rukshatwam</i> (dryness of skin)	Scales rough to touch
<i>Ugara Kandū</i> (severe itching)	Severe itching

Table No.4 Ingredients of *Bilwadi Agada*⁽¹⁵⁾

Sr. No.	Drug	Latin Name	Family	Part Used
1.	<i>Bilwa</i>	<i>Aegle marmelos</i> (L) Correa	Rutaceae	<i>Moola</i>
2.	<i>Surasa</i>	<i>Ocimum sanctum</i> Linn.	Laminaceae	<i>Pushpam</i>
3.	<i>Karanja</i>	<i>Pongamia pinnata</i> (L) Pierre	Fabaceae	<i>Phala</i>
4.	<i>Natam</i>	<i>Valeriana wallichii</i> D.C.	Valerianaceae	<i>Moola</i>
5.	<i>Surahwam</i>	<i>Cedrus deodara</i> (Roxb.ex D.DON) G. Don	Pinaceae	<i>Kanda sara</i>
6.	<i>Haritaki</i>	<i>Terminalia chebula</i> Retz.	Combretaceae	<i>Phala</i>
7.	<i>Bibhitaki</i>	<i>Terminalia belilera</i> (Gaertn) Roxb.	Combretaceae	<i>Phala</i>
8.	<i>Amalaki</i>	<i>Embica officinalis</i> Linn.	Euphorbiaceae	<i>Phala</i>
9.	<i>Shunthi</i>	<i>Zingiber officinale</i> Rosc.	Zingiberaceae	<i>Kanda</i>
10.	<i>Maricha</i>	<i>Piper nigrum</i> Linn.	Piperaceae	<i>Phala</i>
11.	<i>Pippali</i>	<i>Piper longa</i> Linn.	Piperaceae	<i>Phala</i>
12.	<i>Haridra</i>	<i>Curcuma longum</i> Linn.	Zingiberaceae	<i>Kanda</i>
13.	<i>Daruharidra</i>	<i>Berberis aristata</i> D.C.	Berberidaceae	<i>Kanda</i>
14.	<i>Basta mutra</i>	-	-	-

Table No.5 Pharmacological properties of ingredients of *Bilwadi Agada* ^(16, 17,18)

Sr.No.	Drug	Rasa	Guna	Virya	Vipaka	Doshagnata
1.	<i>Bilwa</i>	<i>Kashaya, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha Vataghna</i>
2.	<i>Surasa</i>	<i>Katu, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha Vataghna</i>
3.	<i>Karanja</i>	<i>Tikta, Katu, Kashaya</i>	<i>Laghu, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha Vata Shamaka</i>
4.	<i>Natam</i>	<i>Tikta, Katu, Kashaya</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha Vata Shamaka</i>
5.	<i>Surahwam</i>	<i>Tikta</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha Vata Shamaka</i>
6.	<i>Haritaki</i>	<i>Kashaya pradhana, Lavana varjitha, Pancharasa</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridosahara</i>
7.	<i>Bibhitaki</i>	<i>Kashaya</i>	<i>Ruksha, Laghu</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridosahara</i>
8.	<i>Amalaki</i>	<i>Amla pradhana Lavana varjith pancharasa</i>	<i>Guru, Ruksha, Sheeta</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridosahara</i>
9.	<i>Shunthi</i>	<i>Katu</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Vata Kaphahara</i>
10.	<i>Maricha</i>	<i>Katu</i>	<i>Laghu, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vata Kaphahara</i>
11.	<i>Pippali</i>	<i>Katu</i>	<i>Laghu, Snigdha, Tikshna</i>	<i>Anushnasheeta</i>	<i>Madhura</i>	<i>Kapha Vata Shamaka</i>
12.	<i>Haridra</i>	<i>Tikta, Katu</i>	<i>Ruksha, Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha Vata Shamaka</i>
13.	<i>Daruharidra</i>	<i>Tikta, Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha Pitta Shamaka</i>
14.	<i>Basta Mutra</i>	<i>Katu, Lavana</i>	<i>Laghu, Ruksha, Tiksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphaghna, Vatakara</i>

Table No.6 Karma of ingredients of Bilwadi Agada ^(16, 17, 18)

Sr. No.	Drug	Karma
1.	<i>Bilwa</i>	<i>Vishamjwaraghna, Shothaghna, Balya, Raktastambhak, Grahi, Hrudyā</i>
2.	<i>Surasa</i>	<i>Vishaghna, Krimighna, Vishamjwaraghna, Deepana Pachana Anulomana, Janthughna, Shothaghna, Hrudyā, Shwasakasahikka-Parshwashoolhara.</i>
3.	<i>Karanja</i>	<i>Krimighna, Janthughna, Raktashodhak, Kustaghna, Vishaghna, Shothaghna, Vedna Sthapana, Deepana, Pachana.</i>
4.	<i>Natam</i>	<i>Vishaghna, Vednasthapaka, Jwaraghna, Bootaghna, Madahara, Shirorogahara, Akshepahara, Saraka, Medhya.</i>
5.	<i>Surahwam</i>	<i>Deepana, Kasashwasahikkahara, Shothahara, Kandughna, Jwaraghna, Tandrahara, Kushthagha Bhootaghna, Krimighna, Raktaprasadana.</i>
6.	<i>Haritaki</i>	<i>Anulomana, Rasayana, Hrudyā, Indriya Prasadana, Medhya, Shothahara, Vednasthapana, Vrushya, Krimighna, Kasashwasapliha-Rogahara, Vishamjwarahara</i>
7.	<i>Bibhitaki</i>	<i>Krimighna, Shothahara, Raktastambhana, Vednasthapana, Deepana, Anulomana, Jwaraghna, Shwasakasavamigara-Nashna.</i>
8.	<i>Amalaki</i>	<i>Rasayana, Hrudyā, Vyasthapana, Kanthya, Jwaraghna, Kasahara, Raktapittaghna, Shulaprashmana, Dahaprashmana, Deepana, Anulomana</i>
9.	<i>Shunthi</i>	<i>Deepana, Shothahara, Shoolaprashmana, Hrudyā, Atisarakasashwasa-Hikkahara, Vednasthapana, Naadi Utejaka. Jwarahara</i>
10.	<i>Maricha</i>	<i>Krimighna, Vishaghna, Bhootaghna, Hrudyā, Kasashwasahara, Deepana, Pachana, Shulaprashmana.</i>
11.	<i>Pippali</i>	<i>Kushtaghna, Balya, Jwaraghna, Rasayana, Hrudyā, Deepana, Shoolaprashma, Janthughna, Hikkanigrahana, Pachana, Shwaskasa-Pliharogahara.</i>
12.	<i>Haridra</i>	<i>Kushtaghna. Jwaraghnavishaghna, Krimighna, Raktadoshahara, Pitta Rechaka, Shothahara, Vednasthapana</i>
13.	<i>Daruharidra</i>	<i>Katu-Paushtika, Netrya, Vishaghna, Varnya, Shothahara</i>
14.	<i>Basta Mutra</i>	<i>Kasashwasaghna, Shophaghna, Pandughna</i>

Bilwadi Agada and psoriasis:

1 Bilwa: Preliminary phytochemical screening of aqueous extract of *Aegle marmelos* root revealed the presence of alkaloids and glycosides. Studies have shown the evidence of the presence of various chemical constituents in the *Bilwa* root. Marmin, a coumarin isolated from the roots of *Bilwa* (1g/kg p.o.) showed anti-inflammatory effect against carrageenan induced inflammation in rats. Lupeol, a pentacyclic triterpenes showed reduction in paw swelling by 39% compared to 35% by indomethacin. ⁽¹⁹⁾

2 Tagara: The crude extracts have antimicrobial activity against gram-positive *Staphylococcus aureus*, *Staphylococcus epidermidis*, and gram-negative *Escherichia coli*, *Klebsiella pneumonia*, *Pseudomonas aeruginosa*, *Proteus mirabilis* bacteria, and fungi *Aspergillus niger*, *Candida albicans*, *M. furfur* using agar diffusion method. The findings demonstrated the promising antibacterial and antifungal activity of *Valeriana wallichii* against major skin pathogens. It is a natural source of good therapeutic agent against a broad spectrum of skin pathogens. ⁽²⁰⁾

3 Karanja: Imiquimod-induced psoriasis mouse model was used to induce psoriasis in rat. Application of IQM drug for seven successive days to the mice showed development of erythema, scaling and thickening of the skin. Treatment with EPP confirmed a marked recovery from psoriasis in the treated groups as there was a considerable diminution in the thickness and scaling of skin, which was also confirmed through reduced grading of the PASI scale of treated groups. The result of histopathology clearly shows that, on treatment with EPP topically, regeneration in the tissue integrity was observed with greater collagen content, angiogenesis, keratinization, fibroblast proliferation as compared to control groups. ⁽²¹⁾

4 Natam: The crude extracts have antimicrobial activity against gram-positive *Staphylococcus aureus*, *Staphylococcus epidermidis*, and gram-negative *Escherichia coli*, *Klebsiella pneumonia*, *Pseudomonas aeruginosa*, *Proteus mirabilis* bacteria, and fungi *Aspergillus niger*, *Candida albicans*, *M. furfur* using agar diffusion method. The findings demonstrated the promising antibacterial and antifungal activity of *Valeriana wallichii* against major skin pathogens. It is a natural source of good therapeutic agent against a broad spectrum of skin pathogens. ⁽²²⁾

5 Surahwam: The oral administration of volatile oil extract of *C. deodara* wood (50 and 100 mg/kg) was given to the rats with carrageenan-induced rat paw oedema. The extract showed inhibition of inflammatory mediators and reduce the inflammation. It evaluated to terms and produced significant inhibition of carrageenan-induced rat paw oedema and of both exudative-proliferative and chronic phases of inflammation. in adjuvant arthritic rats. ⁽²³⁾

6 Haritaki: In our study, we examined the anti-psoriatic effect of TC in vivo and in vitro. The results showed that TC exhibited potent anti-psoriatic activities, as evidenced by improvement of IMQ-induced epidermal, ear fold and skinfold thickening, improved erythema and scaling scores and histological lesions in IMQ-treated mice, and inhibition of M5-induced keratinocyte proliferation. TC treatment attenuated psoriatic inflammation in mice treated by IMQ and in cells treated by M5, as reflected by decrease of TNF- α , IL-17A and IL-23. IMQ model is strongly dependent on the IL-23/STAT3/Th17 pathway ⁽²⁴⁾

7 Bibhitaki: Ethyl acetate and aqueous extracts of *T. bellirica* fruit and one of its bioactive compounds ellagic acid have shown antioxidant, anti-inflammatory and hepatoprotective activities in vitro. ⁽²⁵⁾

8 Amalaki: The mechanism by which *Phyllanthus emblica* exerts its anti-inflammatory effects involves the inhibition of key enzymes involved in the inflammatory process, namely, COX-1, COX-2, and 5-LOX. These enzymes play pivotal roles in the synthesis of pro-inflammatory mediators and their suppression by *P. emblica* contributes to the reduction of inflammation. This multifaceted mechanism underscores the potential therapeutic value of *Phyllanthus emblica* in alleviating inflammatory conditions. The aqueous extract of *P. emblica* fruit possessed a dose-dependent immunomodulatory activity to albino rats with a dose of 100 and 200 mg/kg for 19 days. The fruit extracts significantly increased the hemagglutination antibody titer, leukocytes count, the percentage of lymphocytes distribution, and delayed hypersensitivity in mice. *Phyllanthus emblica* has antioxidant capacity, addressed by phytochemical components such as resveratrol, gallic acid, lignans, quercetin, EGCG, genistein, cyanidin, and hesperitin. ⁽²⁶⁾

9 Shunthi: Ginger inhibits inflammatory responses by decreasing NF-kB, which results in a decrease in cytokine gene expression. Several authors have observed that administration for 21 days of ginger and metformin in liposomes decreases TNF- α and IL-22 levels. These results show that ginger's bioactive compounds could be an alternative treatment for psoriasis treatment. ⁽²⁷⁾

10 Maricha: To explore drugs for the treatment of psoriasis, we found that piperine might inhibit psoriasis. To explore the role of piperine in the treatment of psoriasis, we utilized psoriasis-like cell models and animal models and found that piperine was able to inhibit M5 and IMQ-induced psoriasis-like skin lesions. To further explore the molecular mechanism of its inhibition of psoriasis, we confirmed that piperine inhibited the phosphorylation of

STAT3 in psoriasis. This study will clarify the mechanism by which piperine alleviates psoriasis by inhibiting the phosphorylation of STAT3. ⁽²⁸⁾

11 Pippali: piperlongumine (PPL) treatment effectively abrogated the hyperproliferation and differentiation of keratinocytes by inducing ROS mediated late apoptosis with loss of mitochondrial membrane potential. Besides, the arrest of cell cycle was found at Sub-G1 phase as a result of DNA fragmentation. Molecularly, inhibition of STAT3 and Akt signaling was observed with a decrease in proliferative markers such as PCNA, ki67, and Cyclin D1 along with anti-apoptotic Bcl-2 protein expression. Keratin 17 is a critical regulator of keratinocyte differentiation, and it was found to be downregulated with PPL significantly. Furthermore, prominent anti-inflammatory effects were observed by inhibition of lipopolysaccharide (LPS)/Imiquimod (IMQ)-induced p53 NF- κ B signaling cascade and strongly inhibited the production of cytokine storm involved in psoriasis like skin inflammation. ⁽²⁹⁾

12 Haridra: CUR exerts ameliorating effects on psoriasis by reducing the release of inflammatory factors, thus inhibiting cell proliferation and cell cycle through multiple signaling pathways. Therefore, the findings of this study support CUR as a promising complementary and alternative therapy for managing psoriasis. ⁽³⁰⁾

13 DaruHaridra: The remarkable enhancement in the in vitro release efficiency of *B. aristata* extract loaded transferosomal gel resulted in improved anti-inflammatory activity. The prepared novel formulation of *B. aristata* has also shown its efficacy against IMQ-induced psoriasis. ⁽³¹⁾

14 Basta Mutra: The urinary proteins of GU have a potential in vitro antibacterial activity. The goat urinary cationic proteins have exhibited a significant zone of inhibition against *S. aureus* and *E. coli*. It can be applied to control infectious diseases. ⁽³²⁾

Discussion:

Agadtantra deals not only with the toxins but also with the chronic diseases which are caused by the accumulation of toxins. Among such chronic diseases are skin diseases like *Kitibha kushtha*. While explaining about *Dushivisha*, *Acharyas* have mentioned that it causes various diseases, one of them is *Kitibha Kushtha*. Even while explaining *Hetus* about *Kushtha* *Acharyas* have mentioned *Viruddhahara* which is the also factor to form *Dushivisha* in the body. *Kitibha Kushtha* is the *Kshudrakushtha*. There were no specific *Hetus*, *Samprapti*, *Chikitsa* for *Kitibha Kushtha* is mentioned. So the *Hetus*, *Samprapti*, *Chikitsa* mentioned for *Kushtha* are considered here. In modern science it can be correlated with the psoriasis, due to close similar symptoms of each other. So, here is an effort had been taken for evaluation of *Ayurvedic* formulation for better result, comparatively cheap drug and less cost-effective management. In *ayurvedic* literature management of any disease refers the *Samprapti Vighatana* (breaking off pathogenesis). Many *Ayurvedic* formulations are described in the management of *Kushtha*. There is no specific treatment for *Dushivishajanya Kitibha Kushtha*. But as *Dushivisha* is considered as *Hetu* in *Kitibha Kushtha*. *Bilwadi Agada* which is a herbomineral formulation told by *Acharyas* in the treatment of *Sarpavisha* i.e. *Jangam Visha* and if their toxins remain in the body for long duration of time act as *Dushivisha*. So *Bilwadi Agada* helps to neutralize *Dushivisha* inside the body.

Mode of Action:

Selectivity and affinity are the leading parameters which characterized the interaction between drug and receptor. Multiple receptors are present in the body for single drug. *Samprapti Vighatana* is said to be the treatment. Therefore, the action of drug means. breaking off the *Samprapti Ghatakas* of the disease. Hence to explain the mode of action of a drug means to establish a relationship between the *Samprapti Ghataka* of the disease and pentafold principles of *Rasa*, *Guna*, *Virya*, *Vipaka* and *Prabhava* of the drugs. *Kitibha Kushtha* manifests due to the aggravation of *Tridosha* especially dominance of *Vata* and *Kapha*. The most of the contents of *Bilwadi Agada* have *Kaphavataghna* action and some have *Tridoshaghna* action. Due to its *Ushna Virya* removes the coating done by *Kapha* and remove the toxins deposited in the tissues. Some of them have *Vishaghna* properties which help to neutralize the *Visha* which were accumulated in the body like *Sthavar* or *Jangam*. Some of the drugs have

Raktaprasadaka properties which purifies the blood. Some of these drugs like *Surawha*, *Daruharidra*, *Karanja*, *Haridra*, *Pippali* have *Kushthaghna*, *Kandughna* action and also have action over *Twak*. Most of the drugs have *Shothaghna* action which helps to reduce swelling and inflammation. Some of the drugs have *Rasayana*, *Vrushya* property which strengthen the immune system of the body. All these help for *Samprapti Vighatana* of *Dushivishajanya Kitibha Kushtha*. Most of the drugs of *Bilwadi Agada* have experimentally proven their Antipsoriatic property due to anti-inflammatory, antioxidant, stress relieving, immunomodulator action.

Conclusion: *Dushivisha* is a kind of artificial poison which is mild in potency and slow acting but it is not to be neglected since it continues to exist in the body for many years and cause ill effects on body. Nowadays, exposure to a variety of environmental factors like chemicals, pesticides, cosmetics, radiation, preservatives, pollutants, etc. has become inevitable in our daily lives. These factors add to cumulative toxicity and increase the risk of skin problems and psoriasis is one of the most serious skin disease emerging nowadays. Escaping from these factors is a very challenging task due to their widespread presence in our daily life. Though complete avoidance of the consequences is not possible we can use certain formulations such as *Bilwadi Agada* as preventive and curative measure for the skin conditions caused by the toxins. *Bilwadi Agada* can be very beneficial in *Kitibha Kushtha* (psoriasis) which is caused due to *Dushivisha* as it acts as *Hetu Pratyanka Chikitsa* there. Moreover, the ingredients of *Bilwadi Agada* are having the property of *Raktashodhana*, *Kushtaghna*, *Kandughna*, *Vishaghna*, *Rasayana* etc. which helps in curing the *Kitibha kushtha*. Most of the drugs show anti-inflammatory, anti-oxidant, immunomodulatory effects. Hence *Bilwadi Agada* can be one of the best formulations for *Kitibha Kushtha* (psoriasis) caused due to *Dushivisha*.

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