"An effect of Ayurvedic formulations in the management of Kitibha Kuṣṭha w. s. r. to psoriasis - a case study."

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Abstract:
In today’s era where the lifestyle scenario became more & more sedentary, including improper habit of eating food, absence of physical exercise, unhygienic conditions which leads to risk of many health hazards like HTN, DM, Obesity, IHD & skin diseases like psoriasis.

Psoriasis is a long term auto-immune disorder, in which there is itching all over the body, Dry & Redness of skin, dandruff like structure or scaling appears on the affected site. In ayurveda psoriasis can be correlated with kitibha kuṣṭha. Here is case report of 38 year male diagnosed as kitibha kuṣṭha, who was treated with Ayurvedic formulations and had good benefits from the management.

Keywords:
Kitibha kuṣṭha, psoriasis, kandu, scaling.
INTRODUCTION:-

According to the study of WHO the prevalence rate of psoriasis at world level is in between 0.09 % to 11.43% and 0.44% to 2.8% in Indian population. In ayurveda, the psoriasis can be correlated with the kitibha kushta. kushta is caused by the vitiation of doshas in the person due to daily consumption of virudha ahar and virudha vihar sevan, vegavrodha.

- Virudha ahar – lavan + dughda , matsya+ dugdha, atishit jalpaan
- Virudha vihar – diwaswap , avayam, atvayam.
- Vegavrodha – always suppression of the urge for vomiting and other natural urge in daily regimen.

There are 18 types of kushta explains in granthas which are derived as follows

1) 7 - Maha kushta
2) 11 – kshudra kushta

Kitibha kushta is the type of kshudra kushta

“Shyam kinkharsparsha parusham kitibha matam”

Whereas:
- Shyam it is blackish brown in colour
- Kinakhar sparsha it is rough in touch like a scar tissue
- Parusham it is hard to touch it occurs due to increase of vata and kapha doshas.

The sign and symptoms of psoriasis are scratching, rough, itching, course and blackish discolorations over skin are correlated with the kitibha kushta. The management of kitibha is mainly done by the Shodhana karma like Snehapan , Vamana , Virechana and Raktamokshan with shaman chikitsa.

2) A CASE REPORT:-

A 38 years male patient came to OPD of kayachikitsa department of L.K Ayurvedic hospital, Yavatmal with chief complaints of-

- Itching all over body.
- dryness of skin
- Redness & patches over itching area Patient having above complaints since 15-20 days.
- No any H/O major illness.
- Habit of tobacco chewing and alcoholism sometimes

3) HISTORY OF PERSONAL ILLNESS:-

The patient was normal before 15-20 days. Since then patient has been suffering from Severe itching on all over body, redness and scaly patches affected area specially on face, neck, thighs, back and trunk region.

For Ayurvedic treatment patient came to our hospital L.K. Ayurvedic hospital yavatmal in OPD of kaychikitsa department.

Rugna parikshan:-

- Nadi(pulse) - 100/min
- Mala(stool) - Malavsthmbha
- Mutra(urine) - Samyak
- Jivha(tounge) - Alpa sams
- Netra(eyes) - Raktabh
- Shabd(speech)- Spashta (normal)
- Sparsh(skin) - alpa usha
4) MATERIAL AND METHODS:

METHOD:

1) A case study.
2) Centre of study: Postgraduate Department of kaychikitsa, L.K Ayurvedic hospital, Yavatmal affiliated to D.M.M. Ayurved college Yavatmal.

MATERIAL:

Table 1 - showing material of case study

<table>
<thead>
<tr>
<th>Sr. no</th>
<th>Dravya</th>
<th>Dose</th>
<th>Duration</th>
<th>Anupana</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Kaishor guggulu Aroygyvardhini vati Kmadudha rasa</td>
<td>250mg</td>
<td>1 BD</td>
<td>Koshnajala (Warm water)</td>
</tr>
<tr>
<td>2</td>
<td>Sariva Manjishta Khadir</td>
<td>½ gm each</td>
<td>1 BD</td>
<td>Koshnajala (Warm water)</td>
</tr>
<tr>
<td>3</td>
<td>Manjishta Guduchi kwath</td>
<td>30ml</td>
<td>1 BD</td>
<td>For local application.</td>
</tr>
<tr>
<td>4</td>
<td>Swadishta virechan churna</td>
<td>3 gm</td>
<td>HS</td>
<td>Koshna jala</td>
</tr>
<tr>
<td>5</td>
<td>Panchatikta grita sevana</td>
<td>20ml</td>
<td>1 BD</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Dermocare oil + Psorin oil</td>
<td>-</td>
<td>1 BD</td>
<td></td>
</tr>
</tbody>
</table>

5) DISCUSSION:-

Kaishor guggulu gives effect on Kitibha kushta which is indicated in kushta & skin diseases with secretions for which it is administered along with Manjishtadi kwath which purifies the impure blood. Aroghyvardhini vati has laxative action, kutaki is the main content of this vati has an action of pittarechan properties which leads to rechan of prakupit pitta dosha. Kmadudha rasa has sheeta virya so, it is useful in pitta and daha prashmana which also gives effect in hyperacidity. Combination of this Ayurvedic medicines acts on Skin & blood circulatory system and improves the function of blood & detoxify the
blood impurities as well. *Panchatikta ghrita* mainly used for abhyantar snehan which helps to remove the toxins from body and also suppress the dryness of skin.

The patient had started improving during treatment and the symptoms decreased gradually.

**OBSERVATIONS AND RESULT:**

**TABLE 2- SHOWING CHANGES IN DURING AND AFTER CHIKTSA:-**

<table>
<thead>
<tr>
<th>Particulars</th>
<th>Before treatment (16/01/2019)</th>
<th>After treatment (16/02/2019)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Kandu (Itching)</td>
<td>+++</td>
<td>_</td>
</tr>
<tr>
<td>2 Shyam (blackish discolouration)</td>
<td>+++</td>
<td>+</td>
</tr>
<tr>
<td>3 Kin Khara sparsha (rough in touch)</td>
<td>++++</td>
<td>+</td>
</tr>
<tr>
<td>4 Utseda (patches)</td>
<td>+++</td>
<td>+</td>
</tr>
<tr>
<td>5 Amlapitta</td>
<td>++++</td>
<td>_</td>
</tr>
</tbody>
</table>

**Conclusion:**

Present study reveals the effective management of *kitibha kushta* by ayurvedic treatment.

**References:**

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PHOTOS –

Before treatment

After treatment

Before treatment

After treatment

How to Cite this article:

“An effect of Ayurvedic formulations in the management of Kitibha Kushta w. s. r. to psoriasis - a case study.”

Priyanka S. Gaikwad, Pravin G Kendre, S. K. Jaiswal, Pradnya S. Jamdhade,

Ayurline: International Journal of Research In Indian Medicine 2019; 3(2): pages: