

## Role of Ayurvedic formulation in the management of Kitibha Kushtha w. r. s. to Plaque Psoriasis -A case Study

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### Abstract:-

In 21<sup>st</sup> century skin diseases are common due to altered life style, mental stress and improper food habits. All the skin diseases in *ayurveda* have been discussed under the broad heading of 'Kushta'. *Kushta* is divided into *Maha kushta* and *kshudra Kushta*[10] *kitibh Kushta* (plaque psoriasis) is included under *kshudra Kushta* which having signs and symptoms similar to Plaque Psoriasis. It needs long time treatment due to its relapsing nature. *Ayurvedic* Treatment plays an important role in management of plaque psoriasis by decreasing it's symptoms and inhibit reoccurrence of disease. A 52 yrs old male patient came to *kaychikitsa* OPD with complaining of *shyava Varna* (blackish spot all over body), *ruksha pidika* (dry vesicles), with *kandu* treated with *Gandhak rasayan, mahatiktak ghrit, mahamanjisthadi kwath* and dermocre oil for LA. Patient got

significant relief in symptoms. Better results achieved in this case using *shaman chikitsa* along with *Bahirparimarjan chikitsa* (External application).

**Keywords:-** *Kushta, Kitibh Kushta, Plaque Psoriasis*

### Introduction:-

- Now we are in 21<sup>st</sup> century due to urbanization and industrialization, there is drastic changes in life style of human being. These all factors play an important role in
- *Raktadushti* and *dosha vrudhi* which leads to skin diseases especially *kushta*. In *ayurveda* all skin diseases have been discussed under the broad heading of *Kushta*.
- Among all skin diseases 'Psoriasis' is very distressing for both patients and physicians

because of its pathogenic mechanism. Psoriasis is chronic inflammatory *hyperproliferative* skin disease. It is characterised by well-defined erythematous scaly Plaque and usually follows a relapsing and remitting course[1]. All signs of Plaque Psoriasis similar with *Kitibh Kushta* '.

- *Kitibh Kushta* is *vata* and *kapha doshpradhan* disease with *lakshanas* of both *dosha*. *Kitibh Kushta* manifests due to deranged physiology of seven factors. They are *vata*, *pitta*, *kapha*, *tvak*(skin), *mamsa*(muscle), *shonit*(blood) and *lasika*(lymphatic system).
- *Kushta* is mentioned in *ashtamahagad* [8]i.e difficult to treat by *Acharya Charak*. *Kitibh Kushta* is having symptoms like *shyava Varna* (discolouration), *kina, khara sparsha* (rough in touch / scaly), *parushatva* (hard), *ruksha pidika* (dry vesicles) with *kandu* (itching)[6].

### Case Report:-

A 52 yrs. old male patient came in *kaychikitsa* OPD on date 08/07/22 of L.K. Ayurvedic Hospital Yavatmal with chief complaints of *shyava Varna* (blackish spot all over the body), *Ruksha pidika* (dry vesicles) with *kandu* (itching) since 12-13 yrs. and for further management he was admitted in ward.

### Past History of Illness:-

He is having type-2 diabetes mellitus with Hypertension since 6 months and on medications Tab.Metformin 500, Tab. Telmisartan40mg and Tab.Amlodipine 5mg

### History of present illness:-

Patient was normal before 12-13 yrs then having complaints of itching over left leg followed by small blackish spot all over the body which increases gradually and spread as dry blackish spot all over body he had no family history of any skin diseases. He consulted all allopathic physicians before but he didn't get relief, so he came to our hospital for further management and treatment.

### General Examination

#### Ashtavidh Pariksha:-

- *Nadi*:- 80/min
- *Mala*- once day
- *Mutra*- 5-6 times a day
- *Jivha* – *saam*
- *Shabda* – *prakrut*
- *Sparsha* – *Anushna sheet*
- *Drik* – *prakrut*
- *Aakriti* – *Madhyam*

### Skin examination:-

#### Inspection:-

1. Shape:- Round lesions all over body
2. Color:- Blackish white
3. Lesions:- Plaque

#### Palpation :- Rough texture

#### Investigations:-

1. Blood routine:- Normal
2. BSL :-

Date:11/07/22

Blood sugar

Fasting:- 108mg/dl ,

post meal:- 180mg/dl

Date: 28/07/22

Fasting :- 80mg/dl,

Post Meal:- 128mg/dl

Date: 25/08/22

Fasting:- 79mg/dl,

Post Meal:- 129mg/dl

*Samprati Ghatak :-*

- *Dosha:- Tridosha*
- *Dushya:-*  
*Twaka,rakta,mamsa,lasika*
- *Strotas:-Rasavaha, Raktavaha*
- *Srotodushti:- Sanga*
- *Rogmarga :- Bahya*

• *Udhbhavasthana :- Amashaya*

• *Vyaktasthana :- Twacha*

• *Rogaswabhaba :- Chirkari*

Material and Methods:-

Method:-

1) A case study

2) Centre :- P.G. Department of *Kaychikitsa* L.K. Ayurvedic Hospital, Yavatmal affiliated to D.M.M. Ayurved college, Yavatmal.

**Material:- (Shaman Chikitsa)**

Sr No	Dravya/Kalpa	Matra	Kala	Anupan
1)	<i>Arogyavardhini Vati</i>	250 mg	<i>Vyanoudaane Kala</i>	<i>Koshna Jala</i>
	<i>Khadiradi Vati</i>	250 mg		
	<i>Gandhak Rasayan</i>	250 mg		
	<i>Kaishor Guggul</i>	500 mg		
2)	<i>Sariva</i>	1 gm each	<i>Vyanoudaane Kala</i>	<i>Koshna Jala</i>
	<i>Manjistha</i>			
	<i>Haridra</i>			
	<i>Khadir</i>			
3)	<i>Mahamanjistha Bharad Kwath</i>	30 ml	<i>Vyanoudaane Kala</i>	<i>Koshna Jala</i>
4)	<i>Swaadistha Virechan Churna</i>	3 gm	<i>Nisha Kala</i>	<i>Koshna Jala</i>
5)	<i>Mahatiktak Ghruta</i>	2 Tbs	<i>Vyanoudaane Kala</i>	<i>Koshna Jala</i>
6)	<i>Dermocare Oil</i>	LA		
7)	<i>Tab. Metformin</i>	500 mg	1 BD	
8)	<i>Tab. Telmisartan</i>	40 mg	1 OD	
9)	<i>Tab. Amlodipin</i>	5 mg	1 BD	

**Assessment of clinical features based on Gradation System**

**1.Shyavam:-**

- Normal skin tone : 0

• Mild Brownish discoloration : 1

• Moderate Brownish discoloration : 2

- Severe Brownish discoloration: 3

### 2. *Kinakara sparsha* :-

- Normal skin texture: 0
- Mild rough lessons on touch: 1
- Moderate rough lesions on touch : 2
- Severe rough lesions on touch with scaling : 3

### 3. *Parushatwa* :-

- Normal Skin : 0
- Mild Hardness of Lesions – 1

- Moderate Hardness of Lesions – 2
- Severe Hardness of Lesions with scaling – 3

### 4. *Kandu*:-

- No itching – 0
- Mild occasional localized itching which is tolerable – 1
- Moderate generalised itching – 2
- Very severe itching disturbing sleep and other activity – 3



**BEFORE TREATMENT**



**AFTER TREATMENT**

**Assessment of Results :- Table – 1**

Symptoms	Before Treatment	After Treatment
<i>Shyava</i>	3	2
<i>Kinakhara Sparsha</i>	3	1
<i>Parushatwa</i>	3	1
<i>Kandu</i>	3	1

### Discussion:-

After Starting above treatments symptoms were decreased in 1 month. In the period of 2 months the Patient Showed significant improvement. Patient is Type-II DM & Hypertension.

### Internal medicine:-

➤ **Mode of action of *Mahamanjisthadi kwath* :-**

It contain *Manjistha, Haldi, Daru haldi, Harad, Behada,*

*Amla, Patel, Guduchi, Nimba, Khadir, chandan* etc[2] . Similarly It contain all *raktashudhikar dravya* . It help in purification process of the blood that helps to reduce toxins from blood. It can help to maintain Skin complexion.

➤ **Mode of action of Gandhaka Rasayana:-**

*Gandhaka rasayana* is a broad spectrum medicine useful in no. of Skin diseases. It is a membrane with mercury purified sulphur used in many disease. Internal & external both route of purified sulphur used to treat skin disease.

➤ **Mode of action of Mahatiktaak Ghrita [3]:-**

*Mahatiktaak Ghrita* is explained in *bhaishajyaratnavali* , In *Kushtadhyay* . Ingredients of it having *Kushtaghna* [9]Property. *Goghrita* is *vaat- Pitta shamak*, *Twachya* useful in healing and has a *Samskarasya* *Anuwartanam*[11]Property(without losing own properly, assimilates the properties of other Substance with which it is processed). So *Mahatiktaak Ghrita* becomes more effective in psoriasis.

➤ **Mode of action of Dermocare oil:-**

Dermocare oil is useful in Skin diseases like Psoriasis, itching, eczema due to its *Kushtaghna* Property. Ingredients of Dermocare oil Pacify Tridosha, moisturizes the skin & improve skin complexion

**Conclusion:-**

In *Kushtha Chikitsa* both *Shodhana*[7]and *Shamana* therapy plays very important role. *Rugna bala* is hean so we have only given *Shaman Chikitsa*[4].Symptoms of Plaque

Psoriasis is similar to *Kitibha Kushtha*. This Case Study concluded that *Kitibha Kushtha* can be cured with *Shaman chikitsa*. By combination of *Ayurvedic* Modalities like *Shaman chikitsa* (along with *Bahir parimarjan Chikitsa*). better results can be achieved.

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