

A case study on the impact of *Vidravan Tailam* topically and *Ekvisantiko Guggul* orally on the management of *Kitibha Kustha* (psoriasis).

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ABSTRACT:

Kitibha Kustha exhibits symptoms that are similar to those of psoriasis, including *kinakaraspasha*, *parusha*, and *shadavam*. In Ayurveda, every skin condition has been covered under the general term “*Kustha*.” A proliferative autoimmune skin condition, psoriasis affects 2% of the global population. In contemporary medicine, steroid treatment and phototherapy (PUVA) are used to treat psoriasis. Serious side effects include renal and hepatic failure, among others. However, the illness has a relatively high probability of recurrence. Conversely, Ayurveda offers a secure and reliable treatment for psoriasis. This case study features a man patient, age 58, who has had psoriasis for a year. *Shamana Chikitsa*, under ayurvedic care, demonstrated good results.

KEYWORDS :- *Kitibha Kustha*, Psoriasis, *Shamana Aushadhi*, *Vidravan tailam*, *Ekvisantiko guggul*

Introduction -

One sense organ that shields us from numerous outside threats is our skin. The larger one, the skin, is susceptible to illness and injury as well as being visible to the naked eye. It is the seat of complexion, which is influenced by a variety of variables including age, immunity, circulation, diet, hygiene, and psychological well-being.

The WHO study indicates that the prevalence of psoriasis varies globally, from 0.09% to 11.43%, and in India, it ranges from 0.44% to 2.8%. According to Ayurveda, psoriasis and *kitibha kushta* are connected. The vitiation of doshas in an individual resulting from the everyday ingestion of

virudha ahar and virudha vihar sevan, vegavrodha, is the cause of kushta.

The Virudha Ahar consists of Lavan + Dughda, Matsya + Dughda, and Atishit Jalpaan.

Avayam, arvayam, Diwaswap, and Vegavrodha are examples of Virudha vihar, which refers to the constant repression of the impulse to vomit and other natural urges in everyday routine.

Granthas explain eighteen different forms of kushta, which can be obtained in the following ways: 1) 7-Mahakushta. 2) 11-kshudrakushta

One kind of kshudra kushta is kitibha kushta.

“Shyam kinkharsparsha parusham kitibha smrutam” (Ch. Chi. 7/20)Whereas:

- *Shyam* it is blackish brown in colour
- *Kinakharsparsha* 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*.

Psoriasis signs and symptoms, such as scratching, roughness, itching, and coarse, blackish discolorations on the skin, are associated with kitibha kushta. Shaman chikitsa is the treatment used in this instance.

Method :- A Case Study (Report)

A 58years male patient came to opd of Kayachikitsa department of L. K. Ayurveda Hospital, Yavatmal with chief

C/O –

- *shyava Varna* (blackish discoloration)
- *Kinakharsparsha* (Rough in touch)
- *Parusham* (Hard to touch)
- *Kandu* (itching) all over body

Patient having above complaint since 1 year.

Past History :-

K/C/O :- HTN on treatment (since 12 years)

N/H/O :- DM/ Thyroid/ T.B

N/H/O :- No any major illness

History of Present illness :-

A 58 years old male patient came with above complaints, pt was treated by local doctors many times but after stop medication pt symptoms was aggregated then pt came to L. K. Ayurveda Hospital, Yavatmal for ayurvedic treatment and management.

Rugna Parikshan :-

Astavidha pariksha :-

- *Nadi* – 82/min
- *Mala* - malavsthamba
- *Mutra* - samyak
- *Jivha* - saam
- *Netra* - Alpavitavarna
- *Shabda* – spashtha
- *Sparsha* - samshitoshna
- *Aakruti* - madhyam
- *Nidra* - khandit

Samanya pariksha :-

- **BP** – 140/80mmhg

- **Temp** – Afebrile
- **RR** – 18/min
- **Weight** – 65 kg

Assessment Criteria :-

Scale	0	1	2	3
Shyava Varna	Normal skin tone	Mild brown discoloration	Moderate discoloration	Severe discoloration
Kinakharsparaha	Normal skin	Mild rough lesion on touch	Moderate rough lesion on touch	Severe rough lesion on touch with scaling
Parusham	Normal skin	Mild hardness of lesion	Moderate hardness of lesion	Severe hardness of scaling
Kandu	No itching	Mild / tolerable itching	Moderate generalized itching	Severe itching causes disturbance to sleep

Material and Methods :-

Methods :-

- 1) **A Case Study**
- 2) **Centre** :- P. G. Department of Kayachikitsa L. K. Ayurveda Hospital, Yavatmal, affiliated to D. M. M. Ayurveda College, Yavatmal

Material :-

Table no. 1. Showing material of case study :-

Sr. No.	Dravya	Dose	Duration	Anupana
1	<i>Ekvisantiko guggul</i>	1 gm BD	Twice a day	Luke warm water
2	<i>Vidravan tailam</i>	Local application	Twice a day	-

Table no. 2. Mode of action of formulations used in chikitsa :-

Sr. No.	Dravya	Mode of Action/ Use
1	<i>Ekvisantiko guggul</i>	<i>Kushtahar, krumihar, dushtavranahar</i>
2	<i>Vidravan tailam</i>	<i>Kanhughna, krumihar, kushtahar</i>

Observation and Results :- assessment according to gradation:-

Sr. No.	Assessment criteria	BT	AT
1	<i>Shyava Varna</i>	3	1
2	<i>Kinakharsparaha</i>	3	0
3	<i>Parusham</i>	3	0
4	<i>Kandu</i>	3	0

Before treatment :-



After treatment:-



Discussion :-

Samprapti Ghataka :-

- *Dosha - Vata, Pitta, Kaphaja*
- *Dushya - Rasa, Rakta, Mamsa,*
- *Upadhatu - Twacha, lasika*
- *Agni - Jatharagni, Dhatwagnimandya*
- *Strotas - Rasavaha, Raktavaha, Mamsavaha*
- *Strotodushti - Vimrgagumana /Sanga.*
- *Udbhavasthana - Amashaya*
- *Sancharastana - Sarvashareera*
- *Adhishtana - Twak, Rakta, Mamsa, Lasika*
- *Rogamarga - Bahya*
- *Swabhava - Chirakuri*
- *Sdhyasadyata - Yasya*

Ekvisantiko guggul gives effect on *Kitibha kushta* which is indicated in *kushta* & skin diseases with secretions for which it is administered along with *Vidravan tailam*. Combination of this *Ayurvedic* medicines acts on Skin & blood circulatory system and improves the function of blood & detoxify the blood impurities as well.

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

CONCLUSION :-

The prevalence of *Kitibha Kushta* is increasing day by Day. *Kitibha kushta* though it is difficult to manage But if proper diagnosis is made at proper time many Complication can be avoided. In this case study we Found significant results in signs and symptoms with *Ekvisantiko guggul* orally and *Vidravan tailam* topically.. This is one among the relapsing type of Skin disease, so patient is advised to follow *Pathyaapathya* like *Ahara, Vihara, Achara* and *Vichara* .

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