

A CASE STUDY ON THE MANAGEMENT OF KITIBHA KUSHTHA (PSORIASIS) THROUGH AYURVEDIC INTERVENTIONS.

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Abstract:

Kushtha (skin diseases) is not only a disease which affect the physique of a person, but also hampers the psychological and social life of that person. It a chronic, relapsing type of disease so, unlike other chronic diseases it leads to anxiety, depression and eventually social isolation. The symptoms of *Kitibha* like *Shyavam* (bluish black discoloration), *Kina khara sparsham* (rough on touch), *Parusham* (dry/rough) can be correlated to Psoriasis. Psoriasis is an autoimmune disease with silvery scaly patchy lesions & itching. The disease is recurring in nature, either localized or spreads all over the body sometimes affects the nails (nails psoriasis) and joints leading to deformity (psoriatic arthritis). In the present study a 50yrs old lady enrolled at Sri Sri College of Ayurvedic Science and Research Hospital, SSU, Cuttack, with complaints of small circular, drop like dry patches with severe itching on both elbows, palms, knees, legs and soles of feet since 2012. Patches also involved nails and associated with multiple joint pain. Patient was unable to make fist. So, clinically diagnosed as *Kitibha Kushtha* and treated with *Virechana* initially followed by *Jalouka avacharana* and *Shamanaushadhis*. The entire treatment completed in 45 days and it was proved that Ayurvedic combination treatment cures psoriasis effectively. The patient is under observation to determine the long term effect of the treatment protocol.

Key words: *Kitibha*, Psoriasis, *Virechana*, *Jalouka avacharana*, *Shamanaushadhi*.

Introduction:

Psoriasis is an auto-immune disease characterized by dry red patched of skin covered by thick silvery scales. It is a chronic, non communicable disease associated with pain and itching. It is a recurring, disfiguring and disabling disease with no complete cure, so, it gives a great negative impact on the patient's quality of life¹. Therefore, most of the patients suffer from anxiety and depression. Psoriasis involves the extensor surface of the skin like sin of tibia, hands, back etc. or affects the flexor or hidden surface like groin, axila, buttocks and breasts. Friction triggers this type of psoriasis.

In Ayurveda all the skin diseases are included under the heading of *Kustha*. Ayurveda Describe eighteen variety of *Kustha*- 7 *maha kustha* and 11 *kshudra kustha*² which occurs due to unwholesome diets, intake of incompatible diets, body impurities etc. and disrespecting the rule of Living prescribed by Ayurveda are the prime reason of diseases. Incompatible diet like taking Fish and milk together, consuming *Kshara* or *lavana* along with milk, long term intake of *madhu*, *kshara*, *lavana*, a combination of hot and cold together, all these causes Raktadushti and leads to *Kustha* (skin diseases). Apart from these *Acharyas* opines that showing disrespect to Elderly, Brahmin, Go, Guru³ etc and *Purva janmakrita Paap Karma* (Sin of previous life) also leads to *Kustha*. *Kustha* is broadly divided into *Maha kustha* and *Kshudra kustha*. *Kitibha* is described under *Kshudra kustha* by all most all the *Acharyas*. The symptoms of *Kitibha* like *Shyavam* (bluish black or brownish black discoloration), *Kina khara sparsham* (rough on touch), *Parusham*⁴ (dry/rough) can be correlated to Psoriasis in modern. *Kustha* involves *Sapta dravyas*⁵ i.e *Tridosha*- *Vata*, *Pitta*, *Kapha* and 4 *dhatu*- *Twak*, *Mamsa*, *Shonita*, *Lasika*. So, all the skin diseases are *tridoshaj vyadhis*. *Kitibha* is *Vata-Kapha Pradhan*⁶.

The first and foremost principle of Ayurveda *chikitsa* is *Nidana parivarjana*. In *Kushtha* there is always a *bahu doshavastha*, so Acharyas had advised for *Punah punah Shodhana* (repeated purification) and *Shaman aushadhis*. Again *kushtha* is a *Rakta pradoshaja vyadhi* so *Rakta mokshana* is advised. So, in the present study the patient was treated in a combined manner i.e. initially one sitting of classical *Virechana* followed by *Arohana Snehana* was done then *shaman aushadhis* were given. During the course of internal medication two sittings of *Jalouka avacharana* was done at an interval of 7 days.

Aim of the study:

To evaluate the effect of combined Ayurvedic interventions in the treatment of *Kitibha Kushtha* w.s.r to Psoriasis.

Objective of the study:

To establish a combined treatment protocol for long term remission from symptoms of *Kitibha* and to stop the further spread of the disease.

Materials and Methods:

A single case study was carried out in the OPD & IPD *Panchakarma* Department.

of Sri Sri College of Ayurvedic Science and Research Hospital, Sri Sri University, Cuttack, Odisha.

Treatment duration:**Assessment criteria:**

Assessment was done after *Virechana*, after *Jalouka avacharana* and after 1 month of *Shamanoushi* consumption.

Subjective parameters: itching

Objective parameters: Colour, Lesion size, Number of lesions, Hives, Scaling

Case Report:

A female patient aged about 50yrs registered to the *Kayachikitsa* OPD of Sri Sri College of Ayurvedic Science and Research Hospital, Sri Sri University, Cuttack, Odisha, via MR. No-11040/21 on Dt: 20/3/21, with complaints of drop shaped silvery scaly patches over both forearms, palms, knees, legs and soles of the feet since 2012. It was associated with severe itching (mainly during the nights that she was unable to sleep) and after itching there was bleeding spot on the patches, and she had pain in multiple joints, and unable to close her fingers to make fist. She was referred to *Panchakarma* department.

History of Present illness:

Patient was a known case of Psoriasis since 9 years. To start with she has developed some tear drop like patches over the forearm associated with itching sensation. Gradually patches were covered with white wax like substance and start scaling. And then it spread to elbows, knees, sides of tibia, soles of feet. For this she has taken many Allopathic and Homeopathic anti psoriatic drugs internally and externally but found only temporary relief.

History of Past illness:

No history of type 2 DM, Hypertension or other systemic illness.

Treatment History:

She had taken many modern anti-psoriatic drugs internally and externally. Also taken many types of Homeopathic medications.

Personal History:

Bowel: clear, satisfactory

Bladder: normal- 4-5times/day, once/night

Sleep: Disturbed due to itching

Diet: Mixed, fond of spicier foods, fermented rice, fish

Occupation: Homemaker

Habits: chewing beetle nuts

Menstrual History: Attained menopause

Family history:

All the members of the family are said to be apparently healthy. None of them have similar complaints.

Physical Examination:***Astathana pariksha:***

*Nadi:*72/min, Gambheera, Kapha-Vata

*Mutra:*4-5times/days, once/night, Prakruta

Mala: once/day, satisfactory, prakruta

Jihwa: Ruksha, (Vata)

Shabda: Ruksha, (Vata)

Sparsha: Sheeta, Kapha

Drik: Aruna, Vata

Akruti: Madhyama, Vata kapha

Dashavidha pariksha:

Prakruti: Vata Kapha

Vikruti: Vata kapha Pradhan Tridoshaja

Sara: Madhyama, mamsasara

Samhanana: Madhyama (compact body)

Satmya: Katu rasa satmya

Satwa: Madhyama

Pramana: Madhyama (weight- 56kg, BMI- 23.3)

Vaya: Madhyama

Ahara sakti: Madhyama

Systemic examination:

CNS: conscious, well oriented to time, place and person

CVS: S1S2 heard, no abnormal sound, BP:120/80mmHg, PR- 72/min

RS: chest B/L symmetrical, NVBS heard, No added sound, RR-18/min

GIT: P/A soft, no tenderness, no organomegaly

Locomotory system: Pain all over the joints, unable to make fist

Skin examination:

Red color dry tear drops shaped patches, fissuring with spots of bleeding,

Candle grease sign positive

Auspitz sign positive

Investigations:

Lab Investigation:

Hb%- 11.6gm

FBS- 82mg/dl

PPBS- 132mg/dl

Treatment Schedule:

Date	Treatment/ Procedures	Medicines
20/3/21	Deepana, Pachana	Tab. Agnitundi vati- 2 tabs BD with Luke warm water for 3 days
23/03/21	Snehapana	Guggulu Tiktaka Ghrita Day 1- 30ml Day 2- 60ml Day 3- 90ml Day 4-120ml Day 5- 150ml Day 6- 180ml Day 7- 210ml
30/3/21	Sarvanga Abhyanga and Nadi Sweda	777 oil abhyanga followed by Bala dashamoola mridu nadi sweda for 3 days
2/4/21	1. Virechana 2. Vega	1. Trivrit leham 60gm with freshly prepared Triphala Kashaya 1 liter 2. 20 vega, Kaphanta Madhyama suddhi
2/4/21 evening to 6/4/21	Samsarjana krama	777 oil for external application to be continued
8/4/21	Jalouka avacharana	1 st sitting (over both forearms)
10/04/21	Shamana aushadhi	1. Tab Rasabhra guggulu 2 tab BD after food 2. Topchini Rasayana 5gms BD 3. Khadirarishta 10ml BD with equal water AF 4. 777 oil for external application
18/ 04/21	Jalouka avacharana	2 nd sitting (over both legs)

Results:

Symptoms/signs	Before treatment	After treatment	After follow up
Itching	Severe	Mild	Absent
Colour	Red	Pale (pinkish)	Skin colour
Lesion size	2cm – 4 cm diameter	1 cm – 2 cm diameter	Almost normal
Induration	More	Mild	Absent
Lesion number	more	Less	Very less
Scaling	Severe	Less	Absent

Images before and after treatment:**Discussion:**

The patient has received treatment as per the specified planned protocol which consists of one sitting of classical virechana, one sitting of Jalouka avacharaana over both the hands and another sitting over the legs at a gap of fifteen days. After the completion of Samsarjana karma the patient was advised to continue the shamanaushadhis.

Discussion on procedure-

According to Charakacharya the *chikitsa sutra of Kushtha* is - in *Vata Pradhan kushtha snehapana*, in *Kapha Pradhan kushtha vaman*, in *pitta Pradhan kushtha raktamokshana* should be done and among all treatment Virechana is the prime line of treatment⁸

According to Sarangadhara in sannipataja vyadhi Virechana should be done.

Virechana:

Virechana pittaharanam shreshtam. Virechana is the first line of treatment modality for the pitta dosha. But according to Sharangadhara in Samsargaja and sannipataja vyadhi also *Virechana* is best *samshodhana*

chikitsa. As *Kitibha* is *vata-kapha pradha tridoshaja vyadhi*, again the *adhithana* of *kushtha* is *twacha* and it is the seat of *Bhrajaka pitta*, So, *Virechana* is first choice of treatment in *Kitibha kushtha*.

Kitibha is recurring disease and there is a *bahu doshavastha* in *kushtha*, so, Acharyas have advised for *punah punah shodhana* i.e. repeated cleansing of the body.

Jalouka avacharana:

Kushtha is a *Raktapradoshaja vyadhi* so *Raktamokshana* is the choice of treatment. And *Jalouka avacharana* was selected as it is done in *pitta dushti* and *Twacha gata rogas* and also Acharyas have advised for “*stokam stokam nirharet*” i.e. little little bloodletting should be done regularly.

Discussion on Shamana aushadhi:

Medicine	Ingredient	Action
Guggulu tiktaka ghrita	<ol style="list-style-type: none"> 1. Nimba 2. Patola 3. Vyaghri 4. Guduchi 5. Vasa 6. Ghrita 7. Patha 8. Vidanaga 9. Devadaru 10. Gajapippali 11. Yavakshara 12. Sarjikshara 13. Nagara 14. Nisha 15. Mishreya 16. Chavya 17. Kushta 18. Tejovati 19. Maricha 20. Vatsaka 21. Deepyaka 22. Chitraka 23. Katuki 24. Aruskara 25. Vacha 26. Pippalimool 	<p>The main ingredients of Guggulu tiktaka ghrita are Pancha tikta, guggulu, vatsanava, atibisha and ghrita along with other vata shamaka agni deepaka dravyas. So, Guggulu tiktaka ghrita is Tridhosha shamaka and it is the choice of drug for both Shodhananga snehapana and shamanga snehapana for inflammatory skin disorders, arthritis, liver disorders. Guggulu acts as a rasayana and it has lekhana and vedana shamaka property so it is one of the choice of drug in chronic painful skin diseases with swelling or elevated mass.</p>

	<p>27. Rasna</p> <p>28. Ativisha</p> <p>29. Vatsanabha</p> <p>30. Yavani</p> <p>31. Shuddha guggulu</p>	
1. Rasabhra guggulu	<p>1. Parada</p> <p>2. Suddha gandhaka</p> <p>3. Loha bhasma</p> <p>4. Abhraka bhasma</p> <p>5. Guduchi kwatha</p> <p>6. Triphala kwatha</p> <p>7. Shuddha Guggulu</p> <p>8. Trikatu</p> <p>9. Triphala</p> <p>10. Dantimoola</p> <p>11. Guduchi</p> <p>12. Indravarunimoola</p> <p>13. Vaya Vidanga</p> <p>14. Nagakeshara</p> <p>15. Trivrit</p>	<p>Rasabhra guggulu is explained in Bhaishajya ratnavali. It is Tridoshara, agni deepana. It acts as Rasayana, Srotoshodhana and Raktadushtihara.</p> <p>Dantimoola and Trivrit present in Rasabhra guggulu act a virechaka, so it helps in pitta expulsion and srotoshodhana.</p>
2. Topchini Rasayana		Topchini is used in skin diseases, constipation and joint disorders.
3. Khadirarishta	<p>1. Khadira</p> <p>2. Devadaru</p> <p>3. Bakuchi</p> <p>4. Triphala</p> <p>5. Trikatu</p> <p>6. Dhataki</p> <p>7. Kankola</p> <p>8. Chaturjataka</p> <p>9. Jatiphala</p> <p>10. Lavanga</p>	<p>Khadira is the drug of choice in kushtha roga. And the asava arishtha form of medication absorbs easily due to its vyavayi vikashi nature. So, khadirarishta is used in all types of chronic skin diseases.</p>
4. 777 oil		777 oil is a siddha medicine, produced by Dr JRK pharma. It is used for external

	application in all types of psoriasis.
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Here the treatment protocol adopted as *Nidana parivarjan*, *Samshodhana* followed by *samshamana aushadhis*. So, first of all there was *agni deepana* and *amapachana* by the *deepana pachana* drugs. Then by *snehana swedana* there was *utkleshana* and *liquification* of *leena dosha* took place. Then due to the *vyavayi* and *vikasi guna* and *adhobhagahara* property of *virechana dravyas* the vitiated pitta *dosha* get expelled from the body and by that *shotoshodhana* takes place. By that the absorption capacity of the intestine amplified and the *shaman aushadhis* given after *shodhana* absorbs in the best way.

Conclusion:

It is observed in The present study that in case of chronic & relapsing disease *Ayurvedic* combination therapy as per summarize abatement protocol provides better therapeutic effect. In the recent study of *Katibha*, it can be explained that vitiated *dosha* present in the whole expelled out due to *Raktamoksana* by proving leach therapy. For the pacification of the remaining *dosha* & to cure the disease for long term effect classical treatment with patent drugs were administered.

The study gives magnificent result with exciting result for the improvement of subjective features for the management of *Katibha Kustha* i.e. psoriasis.

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