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AYURVEDIC MANAGEMENT OF KITIBHA KUSTA

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ABSTRACT
All the skin diseases in Ayurveda have been discussed under the broad heading of Kushta *which is further divided into* Mahakusta (7) *and* Kshudra Kusta(11). Kitibha Kusta *is included under* Kshudra Kusta *which simulates with signs and symptoms of Psoriasis. Psoriasis is a proliferative autoimmune skin disease which is affecting 2% of worldwide population. It negatively impacts on patients quality of life. Psoriasis is chronic disorder which is commonly encountered in day today's clinical practices. As it is relapsing in nature it requires treatment for long duration. This disease characterised by scaling, thickened-rough skin lesions, itching, in severe cases covers entire body. Modern medical science treats psoriasis with Psoralen and Ultraviolet therapy (PUVA). But the disease has high recurrence rate and the modern medications have serious side effects like liver failure, renal failure, and bone marrow depletion etc. Here,* Ayurveda *treatment is under taken to provide safe and effective remedy for psoriasis. In this case study, 41 years old male patient had come to OPD of Kayachikitsa with chief complaint of* Kandu *(itching), dry silvery white patches over both the both lower limbs, scalp, abdomen and back treated with* Shodhana Chikitsa *(Body purification). Thus, this paper highlights a case study of* Kitibha Kusta *(Plaque Psoriasis) treated with Ayurvedic principles.*
KEYWORDS:*Kusta, Kitibha, Psoriasis, Snehapana, Virechana, Shamana.*

INTRODUCTION

Psoriasis is a common, chronic, noncommunicable skin disease, with no clear cause or cure. The negative impact of this condition on people's lives can be immense. Psoriasis affects people of all ages, and in all countries. The reported prevalence of psoriasis in countries ranges between 0.09% and 11.43%, making psoriasis a serious global problem with at least 100 million individuals affected worldwide. Psoriasis has an unpredictable course of symptoms, a number of external triggers and significant comorbidities, including arthritis, cardiovascular diseases, metabolic syndrome, inflammatory bowel disease and depression. Psoriasis is characterized by the development of erythematous, well defined, dry, scaly papules and plaques of size ranging from a pinhead to palm sized or larger. The scales are abundant, loose, dry and silvery white. The most common type of psoriasis is plaque psoriasis causes dry, itchy, raised skin patches (plaques) covered with scales. It is autoimmune disease, overactive T cells attack healthy skin and trigger the production of more skin cells.They usually appear on the elbows, knees, lower back and scalp. After scraping the surface in plaque psoriasis lesion becomes red.

KITIBHA

In Ayurveda all the skin disease are broadly classified under the concept of Kushta which is divided into Mahakushta and Kshudrakushta Kitibha Kushta is one among Kshudra Kustas where the signs and symptoms of which simulates with that of Plaque psoriasis. Kitibha Kusta having symptoms like Shyava Varna (Blackish brown discoloration of skin), Kinakhara Sparsha(rough in touch/scaly), Parushatva(hard), Ruksha (dry).Every Kusta manifests due to dearrangement of seven factors like Vata, Pitta, Kapha, Twak (skin), Rakta (blood), Mamsa (Muscle) and Lasika (lymphatic system). Their Doshik identity can be established on the basis of dominance of Dosha in the Samprapti. Thus Kitibha kustha is Vata Kaphaja phenomenon. According to Acharya Charaka as a Samanya Chikitsa, disease with Bahudoshavastha necessarily needs to be treated with Shodhana line of management for elimination of aggravated doshas. As the multiple lesions were found in Adhobhaga, Virechana was chosen as a line of treatment for Shodhana. Shodhana, Shamana and Nidana Parivarajana are main line of treatment for any disease.

CASE REPORT

A patient, aged 41 years, male had come to OPD of Kayachikitsa Gopabandhu Ayurveda Mahavidyalaya And Hospital, complaining of whitish scaly patches over scalp associated with itching, dry scaly lesions over both lower limbs, abdomen, back associated with severe itching and pain since 2 year.

CHIEF COMPLAIN

Whitish Brown inflamed skin lesions over the chest and back region 2 year. Severe itching over chest, upper limb, lower limb and back area since 2 year.

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Whitish scaly patches over scalp associated with itching, mainly over frontal region of scalp since 5 month.

HISTORY OF PRESENT ILLNESS

Patient was apparently well before 2 years and gradually whitish brown, rough and whitish scaly lesions associated with itching. Initially found over bilateral elbow succeedingly over both lower limbs, abdomen, back associated with severe itching and pain. Took symptomatic treatment with
the Ayurvedic medications. As he did not find any relief he was admitted on August 17th 2023 at IPD of department of Kayachikitsa , and underwent Virechana.

HISTORY OF PAST ILLNESS

He had no known case of Diabetic mellitus (DM) Hypertension (HTN) Pulmonary Tuberculosis (PTB) and Thyroid disorder

FAMILY HISTORY

Family history in first-degree relation was negative

PERSONAL HISTORY

Appetite: Moderate
Bowel: Irregular with constipated
Micturition: 5-6 times/day
Sleep: Sound

GENERAL EXAMINATION

Appearance: Normal
Built: Moderate
Nourishment: Moderate
Pallor: +
Icterus: Absent
Oedema: Absent
Cyanosis: Absent

VITAL DATA

Pulse: 78 /Min
BP: 120/90 MmHg
Respiratory Rate: 20/Min
Temp: Afebrile
Weight: 60 kg

Asthavidha parikshya	**Observation**
Nadi	*Vataja (78/min)*
Mala	*Baddha kostha*
Mutra	*4-5 times/day*
Jihwa	*Malabruta*
Sabda	*Spastha*
Sparsha	*Anushna sita*
Drik	*Prakruta*
Akriti	*Madhyama*

Dasavidha parikshya	**Observation**
Prakriti	*Vata- Kaphaja*
Vikriti	*Tridoshaja*
Sara	-
Samhanana	*Madhyama*
Satmya	*Pravara*
Satwa	*Avara*
Aharasakti	*Madhyama*
Vyayamasakati	*Madhyama*
Vaya	*Madhyama*
Bala	*Madhyama*

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Local examination
1) Site of lesion - (Pidaka sthana) – chest region, abdomen, back, scalp region,arm and leg
2) Distribution - (Vyãpti)- symmetrical
3) Character of lesion - (Pidaka Lakshanas) :
no of lesions- multiple;
Size= 1-2 cm,
Colour- black, Arrangement- solitary
4) Itching - Present; Severity- severe
5) Inflammation – Absent
6) Discharge – Occasional watery discharge
7) Superficial Sensation on lesion – Hardness of lesions with scaling

LAB INVESTIGATION
Total WBC count – 7900 cells/mm3 (N-66%, E-10%, B-0, L-24%, M-0)
ESR- 55 mm/1hr
Hb %- 11gm%
FBS- 88 mg/dl
PPBS-126 mg/dl

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.KinakaraSparsha
Normal Skin texture-0
Mild rough lesions 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 lesionswith 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

Result and Discussion
After starting of treatment symptoms were decreased in 1 month. In the period of 3 months, the patient showed significant improvement with no signs of recurrence.

Symptom	Before Treatment	After Treatment
Shyava	3	1
Kinakharasparsha	3	0
Parushatwa	3	0
Kandu	3	0

TREATMENT GIVEN
For sodhana chikitsa the line of treatment-

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1. Deepan-Pachan: Chitrakadi vati(125mg) 1tablet twice daily with Luke-warm water for three days(1st day,2nd day,3rd day) before food.
2. Snehapana: Panchatiktaka ghrita
a. 4th day – 30 ml
b. 5th day - 60 ml
c. 6th day – 90 ml
d. 7th day – 120 ml
e. 8th & 9th day – Abhyanga with Bruhat dantapala taila and Sarvanga sweda
3. Virechan: On 10th day virechan with the help of Trivrut avaleha-30ml and Abhayadi modak 2tablet. Patient had 12 vegas during Virechana Karma. It was Madhyama Sudhhi and Madhyama bala Patient.
4. Samasrajan karma: Next 05 days Samsarjan karma with 2 annakala was explained to the patient. Samsarjana Karma was included Peya, Vilepi, Yusha, Krushara for 5 days.

The internal and external medications are listed in Table 1

1.	Mahamanjistadi kashay	10ml twice daily with half cup luke warm water before food.
2.	Arogyavardhini vati	1tab Twice Daily With Luke Warm Water
3.	Kaisore guggulu	2 Tab Twice Daily With Luke Warm Water
4.	Psorakot tablet	1 Tab Twice Daily With Luke Warm Water
5.	Bruhat dantapala taila	For local application.

Table .1

Diet Plan and life style modification

- Patient was advised not to take sour, bitter, spicy food as well as junk food, fried items and curd.
- Going to bed in proper time.
- Advised for pranayama

DISCUSSION

After taking proper history, nidana for the disease were identified. Depending on lakshana and Dosha predominance the treatment was planned i.e. Virechana Karma followed by Shamanoushadi along with Nidana Parivarjana. Amapachana was achieved by administration of Chitrakadi Vati as it has kaphaghna, vataghna and ama dosha nashaka properties. And thus does agni deepana. Then Snehapana with Panchatiktaka ghrita As this ghrita is tikta pradhana , kaphahara and it is indicated in kushta vikara. Adding saindhava lavana to it pacifies Vata dosha also. And adding shunthi churna to it helps in pacifying kapha Dosha also. Ghrita lubricates and

Softens the Dosha, improves Digestive power, regulises bowel, improves the strength and complexion. Abhyanga with Bruhat dantapala taila does Vata Shamaka, Kandughna and Rukshaghna. It was followed by Nadi sweda as it have Kandughna and Kusthaghna properties. It helps in opening pores of skin. Abhyanga and Nadi Sweda was administered to achieve Dosha Shithilikarana and brings Dosha from Shakha to Kostha. Virechana Karma as Administered with Trivrit Lehya does Pittaghna, Vatanulomana and pacifies sukha virechaka. After Shodhana followed by Samsarjana Krama, the patient was administered with Gandhaka Rasayana, Mahamanjisthadi Kashaya, and Arogyavardhini vati.

BEFORE TREATMENT





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AFTER TREATMENT





CONCLUSION

This case study is documented evidence for effective management of Kitibha Kustha by Ayurvedic protocol. Shodhana Karma helps to remove the root cause of the disease and prevents the disease from its reoccurrence by eliminating aggravated Doshas in the body relieving the no of lesions, size of the lesions, bringing back the skin colour into normalcy and the orally prescribed medicines also played a vital role in alleviating the symptoms and worked as Immune booster.

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