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Management of *Kitibh Kushtha*- A Case Study

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ABSTRACT

BACKGROUND Today with changing lifestyle, dietary habits, Pollution, various skin diseases are raising their hands. *Kitibha Kushtha* is one of such skin diseases explained as *Kshudrakushtha* in ayurvedic classics with vata-kapha involvement characterized by skin which is blackish brown in colour (*shyawatwa*), rough in touch (*kharatwa*) & scaly (*Khartwa*), hard to touch (*parushatva*) & dry (*Rukshtwa*). Treatment of skin disease is burning issue in modern medical science due to temporary relief and side effect of steroid therapy. Here Ayurveda plays an important role to find safe and effective alternative. The present work has been undertaken to evaluate effect of *Shodhan* and *Shaman* treatment in *Kitibha Kushtha* hence carried, management of *Kitibha Kushtha*- A case study.

MATERIAL & METHODS For present study, we have reported a 63yr. male patient having symptoms similar to *kitibha kushtha*. He was suffering from scaly lesion over left hand since 1 months with itching, burning and slight watery discharge. The patient was treated with *Shodhan* followed by oral medications with *nidanparivarjan*.

Information collected from reference book, case paper. Present study was carried out in Twacharog OPD of Govt. Ayurveda College, Nagpur.

CONCLUSION Treatment was given according to predominance of *doshas*. In this paper, successful management of this case with shodhan and shaman treatment is being highlighted which will be a documented evidence for the future case studies.

KEYWORDS

Kitibha, kushtha, shodhan, Shaman chikitsa



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INTRODUCTION

Skin is the organ of *Sparsh* i.e. fundamental energy of sense of touch. Being largest organ of the body¹, proper functioning of skin serves mental and physical health. Skin is not a simple barrier separating body's internal and external environment, but also vehicle for the biological and social communication to the external world. Unhealthy skin or any skin conditions are always hampered mentally, physically and socially.

Today with changing lifestyle, dietary habits, Pollution, poor hygiene, stress factor various skin diseases are raising their hands. In Ayurveda all the skin disorders are have been included under broad heading of *Kushtha* and further classified into *Mahakushtha* and *Kshudrakushtha*². *Kitibha Kushtha* is one of such skin diseases explained as *Kshudrakushtha* in ayurvedic classics with *vata-kapha* involvement³. *Tridosh* vitiates by above mentioned *mithyahaar-vihar* which further lead to the affliction of *Rasa, Rakta, Mansa, Lasika*². *Kitibh Kushtha* characterized by skin which is blackish brown in colour (*shyawatwa*), rough in touch (*kharatwa*) & scaly (*Khartwa*), hard to touch (*parushatva*) & dry (*Rukshtwa*)⁴. Treatment of skin disease is burning issue in modern medical science due to temporary relief and

side effect of steroid therapy. Here Ayurveda plays an important role to find safe and effective alternative with unique treatment modality including *Shodhan, Pathya-apathya* and genuine ayurvedic medicines. The present work has been undertaken to study- management of *Kitibha Kushtha*- A case study.

AIM AND OBJECTIVES

To evaluate effect of *Shodhan* and *Shaman* treatment in *Kitibha Kushtha*.

MATERIALS AND METHODS

Case Presentation

For present study, we have reported a 63yr. male patient who was apparently normal before one month. Suddenly he developed whitish scaly lesion over left forearm (extensor surface) with itching, burning and slight watery discharge. Patient is retired bus conductor belonging to middle socio-economic class. On the basis of *Nidan* (diagnosis), *Lakshanas* (Symptoms) the case was diagnosed as *Kitibha Kushtha* and treated with *Shaman* (suppressive) medicines followed by *Sthanik Shodhan* (*Raktamokshan*) with *nidanparivarjan*.

History of the patient- He is non-diabetic, non-hypertensive with no family history found regarding any skin conditions.

Ashthavidha Pariksha-



Nadi (Pulse)- *madhyam* (74/m)
Jivha (tounge)- *saam* (coated)
Druk (vision)- *prakrut* (Normal)
Mala (Stool)- *samyak*
Shabd- *prakrut*
Aakruti – *Madhyam*
Mutra (Urine)- *samyak*
Sparsha- *prakrut*

Nidan (Diagnosis) and Samprapti (Pathology)

Irregular food habits in young age, irregular sleep, excessive spicy food (*Katu rasa atisevan*), excessive tea etc. and in old age, sometimes negligence induced stress acted as triggers for the vitiation of *tridosha* with, further afflicted *Rasa-rakta-mansa-lasika* leading to symptoms.

Clinical findings of Kitibha Kushtha⁴

Table 1 Showing treatment Schedule

Date	Treatment
3/02/2018	<i>Jalaukavacharan</i> (Leech treatment) (<i>Sthanik Shodhan</i>)
4/02/2018	<i>Jalaukavacharan</i> (<i>Sthanik Shodhan</i>)
5/02/2018- 11/02/2018 (7days)	<i>Sanjivani Vati</i> 1-0-1 before food with lukewarm water. <i>Siddharthak Kwath</i> 40ml BD after meal <i>Siddharthak Snan</i> (<i>Parishek</i>) <i>Tankan</i> + <i>Kankshi Dhavan</i>
12/02/2018- 18/02/2018 (7days)	<i>Sanjivani Vati</i> 1-0-1 before food with lukewarm water. <i>Siddharthak Kwath</i> 40ml BD after meal <i>Panchatikta Ghruta</i> 15ml (morning) <i>Siddharthak Snan</i> (<i>Parishek</i>)
19/02/2018- 25/02/2018 (7 days)	<i>Siddharthak Kwath</i> 40ml BD after meal <i>Panchatikta Ghruta</i> 15ml (morning) <i>Siddharthak Snan Parishek</i> <i>Tankan</i>+ <i>dadhi</i> (Curd) <i>lepa</i> alternate days (3 times a week)
26/02/2018- 4/03/2018 (7days)	<i>Siddharthak Kwath</i> 40ml BD after meal <i>Panchatikta Ghruta</i> 15ml (morning) <i>Siddharthak Snan Parishek</i>

Shyawatwa (Blackish/dark discolouration of skin)

Kina Khar sparsh (Rough in touch/scaly) *parushatva* (Hard), *Kandu* (Itching).

Treatment Plan

The patient was administered with *Shaman* treatment externally and internally followed by *Sthanik Raktamokshan* (*Jalaukavacharan*)⁵. On 2 feb 2018 patient came for first time. After two settings of *Jalaukavacharan*, further treatment was given and follow up was taken after 7 days. Likewise, each follow up was taken after 7 days that to previous. In each follow up treatment was given considering sign and symptoms, as shown whole treatment schedule in table no.1.



Assessment criteria for parameters like burning, itching, discharge, scaling, nature

of lesion, colour of lesion etc. was taken according to gradation as shown as table no. 2.

Table 2 Showing gradation for parameter assessment

Parameter	Grade 0	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
Burning	No burning	Mild (+)	Moderate (++)	Severe (+++)	-	-
Itching	No itching	Mild (+)	Moderate (++)	Severe (+++)	-	-
Discharge	Dry lesion	Moist but not measurable	Moderate moist	Lesion field with fluid	-	-
Scaling	No scaling	Mild scaling by rubbing	Moderate scaling by rubbing	Severe scaling with or without itching	-	-
Nature of Lesion	No lesion	Mild visible	Moderately Visible	Prominent	-	-
Colour	Normal	Near to normal	Blackish	Brownish	Slight pink whitish	White

OBSERVATIONS AND RESULT

Burning, itching, discharge, scaling was decreased gradually after starting treatment and further with each follow up. As shown in table no.3, from mild there was absence

of discharge on 3rd day after two settings of *Jalaukavacharan* (*Sthanik Shodhan*), burning suppressed totally on 3rd day from mild.

Table 3 Showing observation after each follow up

Days	Burning	Itching	Discharge	Scaling	Nature of lesion	Colour of lesion
1 st day (2/2/18)	G1	G3	G1	G2	G3	G5
3 rd day (4/2/18)	G 0	G 3	G 0	G2	G 3	G 5
10 th day (11/2/18)	-	G 2	-	G2	G 3	G 4
17 th day (18/2/18)	-	G 1	-	G 1	G 2	G 3
24 th day (25/2/18)	-	G 0	-	G 0	G 2	G 2
31 st day (4/3/18)	-	-	-	G 0	G 1	G 1



Itching subsided gradually from severe on 24th day from starting treatment as shown fig.3.



Figure 3 25/2/2018 (Lesion on 24th day)

There was no scaly appearance over lesion on 24th day which was moderately present before treatment as shown in fig.3. Lesion was mildly smudged from prominent after 31days of treatment. Texture of lesion was improved gradually near about to normal texture of skin after 31st day after treatment as shown in fig.4.

From 1st day, on each follow up, effect of treatment was assessed on the basis of parameters gradation. Thus, the final result showed gradual relief with respect to sign

and symptoms in patient after and before treatment.



Figure 4 4/3/2018 (Lesion on 31th day)

DISCUSSION

Medications were prescribed considering predominance of *doshas*, their probable action on *Kushtha* and properties of their ingredients which contribute towards kushtaghna property. Selected formulations like Siddharthak Kwath, Sanjivani Vati etc are described with their mentioned classical references, ingredients and action as shown in table no.4.

Table 4 Prescribed medications with ingredients and their action.

Medication	Ingredients	Action
<i>Siddharthak Kwath</i> ⁶ (Charak/Kushthachikitsa)	<i>Musta, Madanfal, Triphala, Karanj, aaragwadh, Indrayav, darvi, saptaparna</i>	<i>Kushthaghna, twakdoshahar, shopha, Pandu</i>
<i>Sanjivani Vati</i> ⁷ (<i>vaidyamanorama/ agnimandyadhikar</i>)	<i>Vidang, Suntha, Pippali, Haritaki, Bibhitak, Vacha, Guduchi,</i>	<i>Pachan-deepan, shoshan</i>
<i>Tankan (borax)</i> ⁸	-	<i>Katu, Ruksha, Ushna, Kaphavishleshak, kanduhar, vrana-nashak</i>
<i>Kankshi (Alum)</i> ⁹	-	<i>Kashay, Katu, Ushna, Kanduhar</i>
<i>Panchatikta Ghruta</i> ¹⁰ (<i>Sharangdhar Samhita</i>) Na	<i>Guduchi, Nimb, Patol, Kantakari, Gokshur</i>	<i>Kushtha, Kaphaghna, Krumigh</i>



The patient was a retired bus conductor. Due to the occupation he developed irregular food habits, sleep since young age. In old age, sometimes negligence induced stress acted as triggers for the vitiation of *tridosha* with, further afflicted *Rasa-rakta-mansa-lasika* leading to symptoms. Except slight discharge most of the signs & symptoms like scaling, itching, etc in above case were near about similar to that of *Kitibha Kushtha*. Treatment were given as per *Lakshanas* and *nidanas* according to *Kushtha Chikitsa*. Treatment was started with *Jalaukawacharan* up to reduced burning. Then oral medications were started. As *Kitibha kushtha* is *Raktpradoshaj vyadhi* and was with *pittanubandha*, *Jalaukawacharan* was selected as *sthanik shodhan* considering old age, delicacy of patient. Discharge was totally subsided after given *Sanjivani Vati*

which was used according to *samata* & for *shoshan karm* as it contains *Ushna dravya* like *bhallatak* & *Vatsanabh* etc. *Tankan* and *Kankshi dhawana* was used to reduce discharge. *Sidharthak Snan* is mentioned itself for skin ailments externally as well as internally according to its pharmacodynamic properties. Itching was yet as it is after subsiding discharge. Therefore, *Panchatikta ghruta* was started to reduce severe itching and dryness through vat-shaman with *raktaprasadan*, *twak-mansa shirikaran* as contain *tikta rasa* (bitter taste). Itching and scaling also decreased gradually. After enough vat-shaman with reducing itching, *kshar* (Alkali) i. e. *Tankan* with curd was applied over lesion for scraping of remaining scaly part. Treatment schedule has given gradually symptomatic relief as shown in table no. 5.

Table No. 5: Showing Results BT and AT

Parameters	BT (Before Treatment)	AT (After Treatment)
Burning	Severe	Absent
Itching	Severe	Absent
Discharge	Slightly Present	Absent
Scaling	Moderately Present	Absent
Nature of lesion	Prominently visible	Mild visible
Colour of lesion	Whitish	Near to Normal
Dryness	Present after <i>Jalaukawacharan</i>	Absent

CONCLUSION

Treatment was given according to predominance of *doshas*. Properties of ingredients of selected medicines mostly have *Kapha -Vataghna* and *Kushthaghna*

properties which helps for *Sampraptibhang* (breaking down pathology) of *Kitibha Kushtha*. In this case, significant improvement was seen regarding symptoms like discharge, burning, itching,



scaling with near about normal texture of skin lesion. So, understanding of involvement of *Dosha, Dhatu, Mala* i.e *samprapti vighatan* in disease has their own importance for planning of treatment. With proper treatment, patient's co-operation is also another important issue concern with significance results. Patient was advised to follow *pathyaapathya (DO's and DON's)* and *nidanparivarjan* (prevention) as *kitibha Kushtha* is reverting type of skin disease. This case study is evidence for the successful management of *Kitibh Kushtha* through *sthanik shodhan & Shaman Chikitsa*.



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