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Ayurvedic Management of Psoriasis (*Kitibha Kushtha*) - A Case Study

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ABSTRACT

Here is a case study of Psoriasis (*Kitibha Kushtha*). A 22 years old female having symptoms of erythematous scaly patches with itching and dryness on neck, legs, hands and lower back region is being presented. There was no significant past and family history. There was history of consuming *Virudhha Ahara* specifically salted *khichdi* with milk in diet frequently. Involvement of *Vata* and *KaphaDoshas* along with *RaktaDhatu* was considered as causes in pathogenesis of condition. In treatment, *Snehapana*, *Rakta Pitta Shodhaka*, *VataKapha Doshas hamaka* and *Samshodhana (Virechana Karma) Chikitsa* were given. Patient showed good symptomatic improvement and feeling of well-being within 10 days of starting treatment. After two and half months of treatment patient had remarkable (90%) improvement in all symptoms. Only mild pigments were left. Encouraged with the response of *Ayurvedic* management, the current case study is being presented.

KEYWORDS

Psoriasis, Kitibha Kushtha, A case study, VirudhhaAhara, Virechana Karma



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INTRODUCTION

Psoriasis is a non-infectious, chronic inflammatory disease that produces plaque of thickened, scaly skin. It commonly affects the extensor surface of elbow, knee, scalp, nails. Some people may have severe psoriasis involving their entire body¹. It is one of the burning problems having social importance. Prevalence of psoriasis in India is estimated to be between 0.44% and 2.8%². It can start at any age but is rare under 10 years and appears most often between 15 and 40 years³. The negative impact of this condition on patient's quality of life can be immense. Modern medical science treats Psoriasis with corticosteroids and Ultra Violet Therapy but the disease has high recurrence rate and the modern medications have serious side effects like liver failure, renal failure etc. Hence it is the need of time to find out safe and effective treatment for Psoriasis and here Ayurveda plays an important role. The clinical symptoms of psoriasis are most resembled with *KitibhaKushtha* in Ayurveda. *Kitibha* is one of the *KshudraKushtha* having symptoms of *Shyava -Kina- Kharasparsha, Rukshata, Kandū*⁴. *KitibhaKushtha* manifest due to vitiation of *Vata, Kapha* with *Pitta* and *bandhaDoshas, Twaka, Rakta, Mamsa* and *Lasika*. In this article

management of Psoriasis with *ShamanaChikitsa* and *Virechana* are discussed.

MATERIALS AND METHODS

Case Study

The present case study is successful Ayurvedic Management of a case of Psoriasis (*KitibhaKushtha*). A 22 years old female patient with Reg. No 28634 came to OPD of *Kayachikitsa* in Govt. Akhandanand Ayurveda Hospital, Ahmedabad with symptoms of erythematous scaly patches with itching and dryness on neck, legs, hands and lower back region since past 4 years. She was also depressed mentally.

History of Present Illness

According to the patient, she was normal 4 years back. Since then patient has been suffering from erythematous scaly patches with itching and dry skin on neck, legs, hands and lower back. For this, patient took treatment from different allopathic doctors but got no relief. Then she came to OPD of *Kayachikitsa* in Govt. Akhandanand Ayurveda Hospital for better management.

Personal History

Diet: Mixed (Veg. and Non Veg.)

Occupation: Student

Appetite: Decreased



Bowel: 1 time/ day

Micturition: 5-6 times/day

1time/nigh

Sleep: 4 hours/day

5 hours/night

Family History: No any significant family history was found.

Past History: No any relevant past history was found.

Nidana found in Patient

AharajaNidana: VirudhhaAhara(Khichdi with milk), Fermented food, Fast food, Excessive intake of Madhura, Lavana, KatuRasa.

ViharajaNidana: 4 hours day sleep

AshtavidhaPariksha

Nadi: 72/min

Mala: Samyaka

Mutra: Samyaka

Jihwa: Krishna Varna

Dreka:Samyaka

Shabda:Dukhit, Rudita

Sparsha:Anushnasheeta

Akriti:Vyathita, Dukhit, Peedarta

DashvidhaPariksha

Prakriti: Pitta-Vataja

Sara:Heena Rasa Sara

Samhanana:Madhyama

Pramana:Madhyama

Saatmya:Madhyama

Sattva:Madhyama

Ahara shakti:

Abhhyavarana shakti: Alpa

Jarana shakti: Alpa

Vyayama shakti:Madhyama

Vaya shakti: Madhya

SampraptiGhataka:

Dosha: Pitta Vataja

Dushya:Twaka, Rakta, Mamsa, Lasika

Agnidushti:Manda

Srotasa:Rasavaha, Raktavaha

SrotodushtiPrakara:Sanga

Rogamarga:Bahya

UdbhavaSthana:Amashaya

VyaktaSthana:Twaka

RogaSwabhava:Chirakari

Sadhyasadhyata:Yapya

Treatment Plan

- *Deepana-Pachana*
- *Snehapana*
- *Virechana*
- *ShamanaAushadhi*
- *Advice for Pathya-Apathya*

Table 1 Treatment Plan

| Date | Treatment | Medicine/Procedure | Observations |
|--------------------------|------------------------|--|--|
| 11/10/2019 to 13/10/2019 | <i>Deepana-Pachana</i> | <i>ChitrakadiVati</i> ⁵ 2 tab BD After food for 3 days | Silvery scaly lesion Hardness of skin Dry skin Itching Feeling of well being |
| 14/10/2019 | <i>Snehapana</i> | <i>PanchatiktaGhrit</i> ⁶ 1 st day 25ml 2 nd day 50ml | Silvery scaly lesion Hardness of lesion Dry skin |



| | | | |
|-----------------------------|--|---|--|
| | | 3 rd day 75ml 4 th day 100ml | No itching Feeling better and enthusiastic |
| 18/10/2019 to 20/10/2019 | AbhyangaSwedana | Abhyanga with Nirgundi oil ⁷ and NadiSweda | Silvery scaly lesion decreased Hardness of lesion reduced Dryness of skin reduced No itching |
| 21/10/2019 to 25/10/2019 | Virechanadone followed by Samsarjankarma for 5 days. | Virechana yoga Argvadhapulp 50gm Trivrutta 50 gm Draksha 50 gm Haritakichurna 50 gm Eranda oil 30 ml | 20 vegas observed Silvery scaly lesion decreased Hardness of lesion reduced Dryness of skin reduced No itching General well being |



Figure 1 Before Treatment



Figure 2 After Treatment

DISCUSSION

➤ Patient had a habit of taking *Virudhha Ahara* (*Khichdi* with milk) and other *Nidana* like *Diwaswapa* (4 hours daily), intake of fast food, fermented food which may lead to *Kitibha Kushtha*.

➤ *Deepana-Pachana*, *Virechana* and *Shaman Aushadhis* were given according to *Kushtha Chikitsa* (Table 1).

➤ *Deepana-Pachana Dravya* helps to maintain *Agni. Chitrakadi Vati*⁵ *Aampachaka*, Anti spasmodic, Carminative, Digestive stimulant property. So it was given for *Deepan Pachana*.

➤ Both *Snehana* and *Swedana* help in the movement of *Dosha, Shithlikarana* of *Doshas* and bring *Doshas* from *Shakha* to *Koshtha. Panchatikta Ghrit*⁶ is a classical Ayurvedic preparation with *Nimba, Patola, Vyaghri, Guduchi, Vasa* as the main



ingredients. Ingredients used in its formation are helpful to bring *Doshas* from *Shakhasto Koshtha* and purifying the blood. So it was advised for *Snehapana*.

➤ In *KaishorGuggulu*⁸, *Guduchi*, *Triphala* and *Guggulu* are the chief ingredients. Most of the ingredients of *KaishorGuggulu* possess *Katu*, *Tikta* and *KashayaRasa* which has *Kaphaghna*, *Srotoshodhaka* and *Pittahara* effect.

➤ *ManjishthadiKwatha*⁹ helps to balance excess *Pitta* in body. It has *Srotoshodhana* and *Mridu Virechaka* (laxative) properties.

➤ *ArogyavardhiniVati*¹⁰ has property like *Srotoshodhaka*, *Pitta Virechaka* and *Anulomana* and specific *Kushthghna* effects.

CONCLUSION

In present case, depending on history and symptoms, it was diagnosed as *Kitibha Kushtha* and treated accordingly. This case study is a documented evidence for the successful management of *Kitbha Kushtha* by classical principles of *Kushtha Chikitsa*. *Virechana*, *Shamana Aushadha* and proper *Pathya* give faster and long lasting results.



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