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### *“An effect of Ayurvedic formulations in the management of Kitibha Kushta w. s. r. to psoriasis - a case study.”*

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#### **A**bstract:

In today's era where the lifestyle scenario became more & more sedentary, including improper habit of eating food, absence of physical exercise, unhygienic conditions which leads to risk of many health hazards like HTN, DM, Obesity, IHD & skin diseases like psoriasis.

Psoriasis is a long term auto-immune disorder, in which there is itching all over the body, Dry & Redness of skin, dandruff like structure or scaling appears on the affected site. In *ayurveda* psoriasis can be correlated with *kitibha kushtha*. Here is case report of 38 year male diagnosed as *kitibha kushtha*, who was treated with Ayurvedic formulations and had good benefits from the management.

#### **K**eywords:

*Kitibha kushtha, psoriasis, kandu, scaling.*

## INTRODUCTION:-

According to the study of WHO the prevalence rate of psoriasis at world level is in between 0.09 % to 11.43% and 0.44% to 2.8% in Indian population. In *ayurveda*, the psoriasis can be correlated with the *kitibha kushta*. *kushta* is caused by the vitiation of *doshas* in the person due to daily consumption of *virudha ahar* and *virudha vihar sevan*, *vegavrodha*.

- *Virudha ahar* – *lavan + dughda*, *matsya + dughda*, *atishit jalpaan*
- *Virudha vihar* – *diwaswap*, *avayam*, *atvayam*.
- *Vegavrodha* – always suppression of the urge for vomiting and other natural urge in daily regimen.

There are 18 types of *kushta* explains in *granthas* which are derived as follows –

- 1) 7 - *Maha kushta*
- 2) 11 – *kshudra kushta*

*Kitibha kushta* is the type of *kshudra kushta*

“*Shyam kinkharsparsha parusham kitibha matam*”

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*.

The sign and symptoms of psoriasis are scratching, rough, itching, course and blackish discolorations over skin are correlated with the *kitibha kushta*, The

management of *kitibha* is mainly done by the *Shodhana karma* like *Snehapan*, *Vamana*, *Virechana* and *Raktamokshan* with shaman *chikitsa*.

## 2) A CASE REPORT:-

A 38 years male patient came to OPD of *kayachikitsa* department of L.K Ayurvedic hospital, Yavatmal with chief complaints of-

- Itching all over body.
- dryness of skin
- Redness & patches over itching area Patient having above complaints since 15-20 days.
- No any H/O major illness.
- Habit of tobacco chewing and alcoholism sometimes

## 3) HISTORY OF PERSONAL ILLNESS:-

The patient was normal before 15-20 days. Since then patient has been suffering from Severe itching on all over body, redness and scaly patches affected area specially on face, neck, thighs, back and trunk region.

For Ayurvedic treatment patient came to our hospital L.K. Ayurvedic hospital yavatmal in OPD of *kaychikitsa* department.

## Rugna parikshan:-

- *Nadi(pulse)* - 100/min
- *Mala( stool)* - *Malavsthmbha*
- *Mutra(urine)* - *Samyak*
- *Jivha(tounge)* - *Alpa sams*
- *Netra(eyes)* - *Raktabh*
- *Shabd(speech)*- *Spashta (normal)*
- *Sparsh(skin)* - *alpa ushna*

- *Akriti* - *Madhyam*
- *Bala* - *Madhyam*
- *Raktachaap (B.P)*- 130/90 mm of Hg

#### 4) MATERIAL AND METHODS:

##### METHOD:-

- 1) A case study.
- 2) Centre of study: Postgraduate Department of *kaychikitsa*, L.K Ayurvedic hospital , Yavatmal affiliated to D.M.M. Ayurved college Yavatmal.

##### MATERIAL:-

Table 1 - showing material of case study

Sr. no	<i>Dravya</i>	Dose	Duration	<i>Anupana</i>
1	<i>Kaishor guggulu</i> <i>Arogyavardhini vati</i> <i>Kmadudha rasa</i>	250mg	1 BD	<i>Koshnajala</i> (Warm water)
2	<i>Sariva</i> <i>Manjishta</i> <i>Khadir</i>	½ gm each	1 BD	<i>Koshnajala</i> (Warm water)
3	<i>Manjishta</i> <i>Guduchi kwath</i>	30ml	1 BD	
4	<i>Swadishta</i> <i>virechan churna</i>	3 gm	HS	<i>Koshna jala</i>
5	<i>Panchatikta grita</i> <i>sevana</i>	20ml	1 BD	
6	<i>Dermocare oil</i> + <i>Psorin oil</i>	-	1 BD	For local application.

#### 5) DISCUSSION:-

*Kaishor guggulu* gives effect on *Kitibha kushta* which is indicated in kushta & skin diseases with secretions for which it is administered along with *Manjishtadi kwath* which purifies the impure blood. *Arogyavardhini vati* has laxative action, kutaki is the main content

of this vati has an action of pittarechan properties which leads to rechan of *prakupit pitta dosha*. *Kmamadudha rasa* has *sheeta virya* so, it is useful in pitta and *daha prashmana* which also gives effect in hyperacidity. Combination of this Ayurvedic medicines acts on Skin & blood circulatory system and improves the function of blood & detoxify the

blood impurities as well. *Panchatikta ghrita* mainly used for *abhyantar snehan* which helps to remove the toxins from body and also suppress the dryness of skin.

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

## OBSERVATIONS AND RESULT:-

TABLE 2- SHOWING CHANGES IN DURING AND AFTER *CHIKTSA*:-

	Particulars	Before treatment (16/01/2019)	After treatment (16/02/2019)
1	<i>Kandu (Itching)</i>	+++	—
2	<i>Shyam ( blackish discolouration )</i>	+++	+
3	<i>Kin Khara sparsha ( rough in touch )</i>	++++	+
4	<i>Utseda ( patches )</i>	+++	+
5	<i>Amlapitta</i>	++++	—

## Conclusion:

Present study reveals the effective management of *kitabha kushta* by *ayurvedic* treatment.

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## PHOTOS –



Before treatment



After treatment



Before treatment



After treatment

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