

Ayurvedic management of kitibha kushta (plaque psoriasis) with virechana and siravedha chikitsa - a case study

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Abstract-

Psoriasis is a non-infectious, inflammatory disease of the skin, characterised by well defined erythematous plaques with large, adherent, silvery scales. The main abnormality in Psoriasis is increased epidermal proliferation, due to excess proliferation of cells in the basal layer and a shorter cell cycle time. The transit time of keratinocytes through the epidermis is shortened and epidermal turnover time falls from 28 to 5 or 6 days^[1] In ayurveda skin disorders have been described in **Kushta Adhyaay**, which further divides skin diseases in two broad categories i.e *mahakushta* and *kshudra kushta*. This paper highlights a case study of *Kitibh kushta* treated with ayurvedic *shamana chikitsa* and *shodhana chikitsa* (*Virechana* and *Siravedha*)

KEYWORDS- *Kitibha Kushta,*

Shamana Chikitsa, Shodhana Chikitsa, Virechana, Siravedha, Psoriasis.

INTRODUCTION-

Sapta dhatus like *Tridosha* and *Twak, Rakta, mansa, Lasika* are involved in the Manifestation of *Kushta Vyadhi*.^[1] *Kitibha* is one of the *Kshudra kushta* mentioned in Ayurveda scriptures by our Acharyas having symptoms like *Shyava, Kina, Khara sparsha, Parusha. Ruksha pidika*.^[1] *Kitibh Kushta* has a dominance of *Vaat* and *Kapha Doshas*.^[2]

Plaque psoriasis is the most common type. Individual lesions are well demarcated and range from few millimetres to several centimetres in diameter. The lesions are red with dry, silvery-white scaling, which may be obvious only after scraping the surface. The elbows, knees, and lower back is

commonly involved. Other site include Scalp, Nails, Flexures, Palm, Napkin area. Factors causing Flare-ups are Trauma, Infection, Sunlight, Drugs, Emotions like Anxiety.^[3]

Table.1 Similarities between Kitibh Kustha and Psoriasis (plaque Psoriasis)^[4]

<i>Kitibha Kustha</i>	Psoriasis (Plaque psoriasis)
<i>Shyava varna</i>	Erythematous Lesion becomes Blackish in chronic cases
<i>Parushatvam</i>	Abnormal Hardening seen in Chronic cases
<i>Rukshatvam</i>	Scales are rough to touch
<i>Ugra Kandū</i>	Severe Itching

Table 2: Nidana of Kitibha Kushta^[5]

<i>Nidana</i>	Causative Factor
<i>Amla, Katu, Tikta ahar sevan</i>	Sour and Pungent food consumption in excess
<i>Vyayamatisantap upbhoktosevan</i>	Exercise after food intake, Excessive exposure to sunlight
<i>Chinta, Shokha</i>	Excessive stress
<i>Adhyashan</i>	Intake of Food before previous meal has been fully ingested

Brief history of the Patient-

A 44 year old Male patient who was apparently normal before 2 years, developed a small skin lesion over Right lower limb and back region. right lower limb lesion was associated with severe itching, erythema, and thickened flakes. Psoriatic lesion on the back had white scaly lesion with no redness, tenderness, swelling. Patient was earlier on Allopathic Medication but discontinued the medication after taking it for one month as he couldn't get any relief from symptoms, Later he consulted our Hospital opd for Treatment.

K/C/O- no any comorbidity

Family History- no family history of psoriasis

Addiction history- NIL

Marital History - Married

Laboratory Investigation

Blood Routine -

CBC- Normal

Lipid Profile - Normal

LFT- Normal

RFT- Normal

Ecg- within normal limit

Rest other systems findings normal

Samprapti-^[6]

Nidan sevana like *Aharaja-viharaja-mansika hetu*



Tridosha prakopa



Twak, Rakta, Mansa, Lasika dushti



Sthanasamshraya in Twak



Kitibha Kushta

- ◆ *Amapachana*
- ◆ *Abhyantara Snehapana*
- ◆ *Virechan*
- ◆ *Shamana Oushadi*
- ◆ *Pathya- Apathya palan*
- ◆ *Raktamokshan - Siravedha*

Material and Methods

Treatment plan

Table 3 :Showing Treatment Schedule/Intervention

Date	Treatment	Medicine/ Procedure
26/09/24	<i>Amapachana</i>	<i>Arogyavardhini</i> 2 tab BD <i>Shankhvati</i> 2 Tab BD with Lukewarm water
30/09/24	<i>Snehapana</i>	<i>Panchatikta ghrut</i> 30 ml 1 ST Day 60ml 2 nd Day 90ml 3 rd Day 120ml 4 th Day 150ml 5 th Day 180ml 6 th Day 200ml 7 th Day
7/10/24 To 8/10/24	<i>Sarvang Snehana-</i> <i>Swedana-</i>	<i>Dashmool Taila Snehana</i> Followed by <i>Nadi swedana</i> with <i>Dashmool Kwath</i>
9/10/24	<i>Virechan</i> with- <i>Virechanopaga-</i> <i>Vega-</i>	<i>Trivuth avleha</i> 20 grams <i>Manukka Phanta</i> 10 <i>Vega</i>
	<i>Sansarjan</i> <i>karma-</i> <i>Pathya</i> ^[7] Wheat, Barley, mung, bean masoor, arhar, <i>Tikta shaak</i> (karela etc) <i>Jangal pradesh mansa</i> , <i>Amla</i> , <i>harda</i> , <i>behda</i> , <i>neem</i> <i>Apathya</i> ^[7] – <i>Amla</i> , <i>katu</i> , <i>Lavan ras</i> , <i>Dahi</i> , <i>dugdha</i> , <i>anup</i> <i>mansa</i> , <i>til</i> , <i>guda</i> , <i>urad</i>	3 days

	<i>Shamana Aushadi-</i>	1) Tab <i>Arogyavardhini</i> 250 bd 2) Tab <i>Gandhaka Rasayana</i> 250 mg bd 3) <i>Mahamanjishtadi kadha</i> 15ml bd 4) <i>Manjishta churna</i> + <i>haridra churna</i> + <i>nimbadi churna</i> 250mg BD 5) <i>Gandharva Haritki churna</i> 1 tsp HS with lukewarm water 6) 777 Oil – LA
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Table 4: Showing Results

Features	Before Treatment	After Treatment
Colour	Silvery	Reduced
Itching	Severe	Reduced
PASI Score	6.3	3
Number of Lesion	More	Reduced
Scaling (right lower limb)	Present	Absent
Scaling (Lower Back)	present	Slightly reduced
Erythema	Present	Reduced



Picture : Showing images of before Treatment and after Treatment



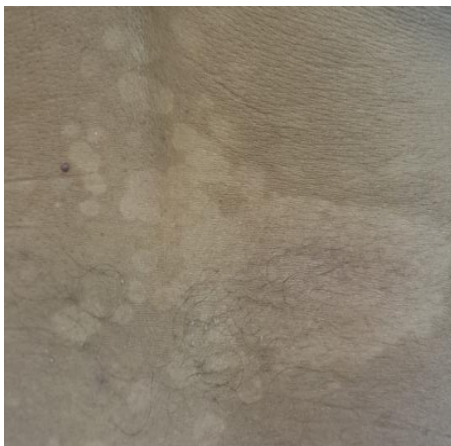
(before treatment)



(After treatment)



(Before treatment)



(After treatment)

Probable mode of Action-

- *Amapachana dravya* help to reduce the *Aamavastha* and attain a state of *Niramavastha* which helps in increasing the efficiency of *Shodhan chikitsa* like *Vaman, Virechana, Basti*.^[8]
- *Snehana* help in the *Shithilikarana* of *doshas* and *Swedana Ushna guna* Liquifies the *doshas* and bring *doshas* from *Shakas* to *Koshta*.^[9]
- Acharya Vagbhat has mentioned *vamana, virechana*

and *Siravedha chikitsa* in the treatment of *Kustha Roga*.^[10]

- *Doshas* Accumulated in the *Koshta* is eliminated through the body with the help of *virechana*.
- *Siravedha* helps in *Raktaprasadan*, pacifies the *Kapha pitta doshas* present in blood

Discussion-

- Psoriasis can be correlated to *Kitibh kushta* a type of *Ksudra Kushta* mentioned in the Ayurvedic text having Dominance of *Vata* and *Kapha* dominance.
- Patient had an habit of *Apathya ahar vihar sevan* like *Adhik Mansa sevana, Ratrijagarana, Adhika chinta* leading to *Kitibh Kushta*
- According to *lakshanas* and *nidana* Ayurvedic Management like *Aampachan, Virechana, Siravedha* and *Shamana aushadi* was given

Conclusion-

- This case study demonstrate the effective management of *Kitibh kushta* with *shodhana* therapy like *virechana* and *siravedha* along with *shamana chikitsa*
- The Psoriatics area and the flakiness was significantly reduced after the *shodhana* and *shamana chikitsa*
- The PASI Score was reduced from 6.3 to 3
- *Siravedhan chikitsa* helped in pacifying the *pitta doshas* and

significantly reduced the symptoms like itching and prevented flareups

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Conflict of Interest: Non

Source of funding: Nil

Cite this article:

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Ayurline: International Journal of Research In Indian Medicine 2025; 9(4):01- 06