Research Article

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MANAGEMENT OF KITIBHA KUSHTA (PSORIASIS): A CASE STUDY

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ABSTRACT

A 34-years old male patient who was apparently healthy before 5 years, developed with rough skin lesions over scalp, upper and lower limbs associated with itching and powdery discharge which spread all over the body consulted our out- patient department. He was found to be non-diabetic and non- hypertensive. He was having habits like regular day sleep, intake of curd in night time, intake of non-vegetarian food and consumption of alcohol, oily and junk food. He consulted Siddha and Homeopathic physicians before but didn't get relief from the symptoms. He was diagnosed to be suffering with Kitibha Kushta vis-à-vis Psoriasis clinically. He was under our Ayurvedic management for the past two years and very satisfied with the results. One month back he suffered with Dengue fever and took allopathic medications which include anti-biotic and analgesics and there after aggressive relapse of the previous symptoms was seen which lead to the manifestation of depression in the patient. In this paper, successful management of this case with Shodhana and Shamana modalities is being highlighted which will be a documented evidence for the future case studies.

Keywords: Kitibha, Kushta, Psoriasis, Kandu, Shyavam, Khara Sparsha, Ughra Kandu.

INTRODUCTION

Kitibha Kushta manifests due to the aggravation of Tridosha especially dominance of Vata and Kapha. Mithyahara and Vihara vitiate Tridosha which further lead to the affliction and aggravation of Rasa, Rakta, Mamsa and Laseeka. Predominance of Vata can be elicited with symptoms like blackish discoloration, hardness, dryness and roughness to touch. Kapha Predominance can be appreciated with the presence of severe itching as a cardinal symptom.

Vitiation of Tridosha followed by affliction of four entities viz., Twak, Rakta, Mamsa and Laseeka leads to Kushta.¹ These seven are called as the seven morbid factors (Sapta Dravya Sangraha) of Kushta.² No Kushta manifests itself due to the aggravation of only one Dosh.

Kitibha is a type of Kushta (Kshudra Kushta) characterised by skin which is blackish brown in colour (Shyavata), rough in touch like a scar tissue (Kharatwam) and hard to touch (Parushatwam).³ Dry rough (Rukshata) and hard black skin with itching creating sound on scratching is seen in Kitibha.⁴ Kushta characterised with discharging (Sraavi), round (Vrutnam), dense (Ghanam), severely itching (Ughra Kandu) and oily black (Snigdha Krishna) skin is Kitibha.⁵

Ayurvedic management of this ailment with Shamana and Shodhana modalities is being discussed here under.

MATERIALS AND METHODS

Review of literature of concepts related to Kitibha Kushta and Psoriasis, interpretation of the symptoms along with successful Ayurvedic management of a patient. Present study was carried

out in accordance with ethical principles by following International Conference of Harmonization-Good Clinical Practices Guidelines (ICH-GCP).

Presenting Concern

A 34-years old married male patient who was apparently healthy before 5 years, developed with skin lesions over scalp, upper and lower limbs associated with itching and powdery discharge which spread all over the body. He is a software professional belonging to middle class socio- economic Hindu family background. He consulted Siddha and Homeopathy physicians before but didn't get relief from the symptoms. He consulted our out- patient department for better results. He was found to be non- diabetic and non- hypertensive. He was having habits like regular day sleep, intake of curd tonight, intake of non-vegetarian food and consumption of alcohol, oily and junk food. He was diagnosed to be suffering with Kitibha Kushta vis-à-vis Psoriasis. He was under our Ayurvedic management for the past two years and very satisfied with the results. One month back he suffered with Dengue fever and took allopathic medications which include anti-biotic and analgesics and there after aggressive relapse of the previous symptoms was seen which lead to the manifestation of depression in the patient.

Clinical Findings

No similar family history was found. Patient was very much depressed with the symptomatic manifestations. On examination, the skin lesions were blackish brown spread onto scalp, abdomen, back, upper and lower limbs with powdery discharge. Lesions were dry, rough and hard to touch. Candle grease sign was positive.

Table 1: Kitibha Kushta Features

Shyavam/ Snigdha Krishna	Its meaning is blackish/ dark discoloration. It is because of vitiated Vata Dosha.
Kharatwam	It conveys the sense of roughness to touch and is because of Vata Vitiatio.
Parushatwam	Hardness to touch. It is also because of Vata Dosha.
Rukshatwam	Dryness of the skin seen in Kitibha because of vitiation of Vata Dosha.
UghraKandu	Kandu is produced by the vitiated Kapha Dosha. Severe itching was seen in the patient.

Pathogenesis

Figure 1: Pathogenesis of Kitibha Kushta

Diagnostic Focus and Assessment

Table 2: Comparison of Kitibha Kushta and Psoriasis

Kitibha	Psoriasis⁶
Shyavam/ Snigdha Krishna	Erythematous lesions turn to black in chronic cases
Kharatwam	Candle grease sign- Positive
Parushatwam	Abnormal hardening seen in chronic cases
Rukshatwam	Scales rough to touch
Ughra Kandu	Severe itching observed

Therapeutic Focus and Assessment

Treatment Principle

Step 1: Manasika Chikitsa along with Deepana Pachana, Nitya Mrudu Virechana and Bahirparimarjana

Step 2: Sadyo Virechana

Step 3: Shodhana Chikitsa (Virechana) along with Samsarjana Krama

Step 4: Rasayana Prayoga along with Shamana Oushadhi (Abhyantara and Bahya)

Table 3: Treatment Schedule

Date	Medicines
25-12-15 To 28-12-15	<p>Deepana Pachana: Shiva Gulika 2 tablets morning and evening before food with Luke warm water</p> <p>Nitya Mrudu Virechana: Amalaki Churna ½ Teaspoonful morning and evening after food with Luke warm water</p> <p>Manasika Chikitsa: Manasamitra Vati 2 tablets at night time after food Taila Dhara with Ksheerabala Taila</p> <p>Bahirparimarjana Chikitsa: Nalpamaradi Taila for external application and Ushna Jala Snana Sorion Ointment for external application after bath Psorolin Soap for bathing</p>
29-12-15	<p>Sadyo Virechana: Manibhadra Guda 40 grams with Luke warm water morning time (Virechana Vega-12)</p>
30-12-15	<p>Shodhana Chikitsa: Sneha pana with Kalyanaka Ghrita 30ml Bahirparimarjana Chikitsa</p>
31-12-15	<p>Shodhana Chikitsa: Sneha pana with Kalyanaka Ghrita 60ml Bahirparimarjana Chikitsa</p>
01-01-16	<p>Shodhana Chikitsa: Sneha pana with Kalyanaka Ghrita 90ml Bahirparimarjana Chikitsa</p>
02-01-16	<p>Shodhana Chikitsa: Sneha pana with Kalyanaka Ghrita 110ml Snigdha Varchas observed Bahirparimarjana Chikitsa</p>
03-01-16 to 05-01-16	Abhyanga with Nalpamaradi Taila and Mrudu Bhaspa Sweda
05-01-16	<p>Virechana: Trivruth Lehya (80 grams) + Triphala Kashaya (150ml) + Honey (Quantity sufficient) Number of Vega- 12 and Samsarjana Krama advised.</p>
06-01-16	<p>Patient was discharged tonight with following discharge medicines:</p> <p>Rasayana Prayoga: Shiva Gulika 1 tablet in the morning time 1 hour before food</p> <p>Shamana Oushadhi (Abhyantara): Arogyavardhini Vati 2 tablets morning and evening after food Mahamanjishthadi Kashaya 4 teaspoonful morning and evening with equal water before food Manasamitra Vati 2 tablets before going to bed</p> <p>Nitya Virechana: Manibhadra Guda ½ teaspoonful before going to bed</p> <p>Shamana Oushadhi (Bahya): Parantyadi Taila for external application before bath Ointment Sorion for external application after bath Psorolin Soap for bathing</p>

Table 4: Outcome of the Treatment

	Before treatment	After treatment
Dark Blackish Discoloration (Shyavatwam)	Very much	Reduced
Roughness (Kharatwam)	Very Rough	No Roughness
Hardness (Parushatwam)	Hardness found	No Hardness
Dryness (Rukshatwam)	Very much	No Dryness
Itching (Kandu)	Very severe	Reduced

Figure 2: Before Treatment (BT) and After Treatment (AT)

DISCUSSION

Table 5: Prescribed Medications with Ingredients and their Actions

Formulation	Ingredients	Actions
Ksheerabala Taila ⁷ (AFI, Ashtanga Hridaya Vatarakta Chikitsa)	<i>Sida cordifolia</i> , Ksheera, <i>Sesamum indicum</i> etc.,	Vata Vyadhi, Balya etc.
Nalpamaradi Taila ⁸ (Sahasrayoga Tailaprakarana)	<i>Ficus benghalensis</i> , <i>Ficus racemosa</i> , <i>Ficus religiosa</i> , <i>Ficus virens</i> , <i>Terminalia chebula</i> , <i>Phyllanthus emblica</i> etc.	Tvak Roga, Visarpa, Kushta, Paama, Kandu, Pidaka etc.
Shiva Gulika ⁹ (Ashtanga Sangraha Vajeeakarana)	<i>Asphaltum punjabianum</i> , <i>Alpinia galanga</i> , <i>Plumbago</i> <i>zeylanica</i> , <i>Holarrhena antidysenterica</i> , Triphala, <i>Azadirachta indica</i> , <i>Trichosanthes dioica</i> etc.	Kushta, Pandu, Jwara etc.
Manasamitra Vati ¹⁰ (Sahasrayogam Gutika Prakarana)	<i>Sida cordifolia</i> , <i>Sida veronicaefolia</i> , <i>Aegle marmelos</i> , <i>Convolvulus pluricaulis</i> , <i>Inula racemosa</i> , <i>Leptadeni</i> <i>areticulata</i> , <i>Curcuma longa</i> etc.	Mano Dosha, Unmada, Apasmara, Manda Buddhitwa etc.
Sorion Topical	<i>Leptadeni areticulata</i> , <i>Rubia cordifolia</i> , <i>Curcuma</i> <i>longa</i> , <i>Holarrhena antidysenterica</i> , <i>Cocos nucifera</i> , <i>Hydnocarpus laurifolia</i> , <i>Cera alba</i>	Plaque, Palmoplantar, Scalp and other Psoriasis, Cracked feet etc.
Psorolin Soap	<i>Wrightia tinctoria</i> , <i>Aloe vera</i>	All types of Psoriasis, Allergic skin disorders, Seborrheic dermatitis, Dry skin etc.
Manibhadra Guda ¹¹ (Ashtanga Hridaya Kushta Chikitsa, AFI)	<i>Terminalia chebula</i> , <i>Phyllanthus emblica</i> , <i>Embelia</i> <i>ribes</i> , <i>Operculina turpethum</i> and Jaggery.	Krimi, Bhagandara, Arshas and Kushta etc.
Kalyanaka Ghrita ¹² (Astanga Hridaya Uttarasthanam Unmaada Prakarana, AFI)	<i>Terminalia chebula</i> , <i>Terminalia bellirica</i> , <i>Phyllanthus emblica</i> , <i>Hemidesmus indicus</i> , <i>Haridra</i> , <i>Berberis aristata</i> , <i>Rubia cordifolia</i> etc.	Apasmara, Bhutonmada, Kandu, Daurbalya etc.
777 Oil	<i>Wrightia tinctoria</i>	All dry skin disorders
Parantyadi Kera Taila	<i>Citrus limon</i> , <i>Jasminum grandiflorum</i> , <i>Picrorhiza</i> <i>kurroa</i> , <i>Bacopa monnieri</i> etc.	Different skin conditions
Arogyavardhini Vati ¹³ (Rasaratna Samuchhayam)	<i>Picrorhiza kurroa</i> , Hg, Sulphur, Loha (Fe) Bhasma, Abhraka (Mica) Bhasma etc.	Skin diseases, Eczema, Sthoulya etc.
Mahamanjishtadi Kashaya ¹⁴ (Sarangadhara Madhyama Khanda)	<i>Rubia cordifolia</i> , <i>Cyperus rotundus</i> , <i>Picrorhiza</i> <i>kurroa</i> , <i>Tinospora cordifolia</i> , <i>Saussurea lappa</i> etc.	Skin disorders, Scleroderma, Psoriasis, Cellulitis, Furuncles etc.

The patient in this case was a Software Engineer with irregular food habits like consumption of excessive non-veg, curd (at night), regular fast food/ junk food. Because of professional stress and timings, he developed with sleep disturbances and habituated to untimely meals. The work area is a centralized air conditioned place which can vitiate the Dosha. Even though patient was found to take alcohol occasionally the other factors acted as triggers for the vitiation of Tridosha, which further afflicted Rasa, Rakta, Mamsa and Laseeka leading to the development of symptoms. Because of the carelessness of the

patient, chronicity and actual recurrence nature of the disease it has become a challenge to manage the case. Even after successful management in the previous schedule of treatment this recent relapse was seen may be because of usage of medicines with side effects for Dengue fever from which he suffered.

Present treatment schedule has given him 60% relief from the symptoms after Shodhana treatment i.e. Virechana and he was discharged in an improved condition with Shamana medicines.

Table 6: Selection of Medicines

Treatment/ formulation	Reason for selection	Probable mode of action
Taila Dhara With Ksheerabala Taila	Sleeplessness and Depression	As Dhara may cause dilatation of the micro vessels allowing increased circulation to cerebrum
Nalpamaradi Taila	Kandu, Rukshata, Shyavata	Twachyam, Kandughnam, Rakta Prasadana
Shiva Gulika	Depression and Agni	Kandughna, Agni Deepana, Pachana, Rasayana
Manasamitra Vati	Stress and Depression, Sleeplessness	Induces sleep, Reduces stress, Medhyam, Indriya Preenanam, Mano Doshaharam, Prana Anulomanam
Amalaki Churna	Kandu, Sthoulya	Tridosahara, Kandughna, Sthoulyahara, Malashodhanam
Sorion Ointment Psorolin Soap	Dry Skin, Itching, Roughness, Hardness	Moisturization of skin
Manibhadra Guda	Mithyahara, Kandu	Kaphaharam, Krimighna, Anulomana (as a Nitya Virechana Dravya)
Kalyanaka Ghrita	Manasika and Twakgata Vikara	Tridosahara, Balya, Dhatupushdikara, Medhya (acts on higher mental faculties) and Malanulomana etc.,
Parantyadi Kera Taila (Vaidhyaratnam)	Dry Skin, Itching, Roughness, Hardness	Kandughnam, Kapha Vatahara
Arogyavardhini Vati	Kandu	Kaphapittahara, Sramsana, Sthoulya
Mahamanjishtadi Kashaya	Kandu, Rukshata, Kharatwa, Shyavata	Pittakapha Shamana, Rakta Prasadana, Kushtaghnam

Future Direction

Consideration of Psychological condition of the patient, status of Agni followed by repeated Shodhana and Rasayana drugs gives better results in all skin diseases.

CONCLUSION

This case study is a documented evidence for the successful management of Kitibha Kushtavis-à-vis Psoriasis through Shodhana and Shamana Chikitsa. This is one among the relapsing type of skin diseases so patient is advised to follow Pathyapathya like Ahara, Vihara, Achara and Vichara. Repeated Shodhana as per classics in accordance with Dosha, Kaala, Agni and Desha etc., should be administered to control the frequency of recurrence and further spread.

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