



**A UNIQUE HERBAL COMBINATION IN THE MANAGEMENT OF KITIBH
(PSORIASIS)-A CASE STUDY**

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ABSTRACT

Skin disorder is termed as kushta in Ayurveda. Psoriasis is described in Ayurveda as *kitibh*, it is type of *kshudrakushta*. The number of people suffering from Psoriasis all over the world is increasing progressively. Ayurvedic medicine is oriented toward prevention, health maintenance and treatment of diseases. There is large number of drugs of herbal and mineral origin mentioned in Ayurvedic texts, regarding the treatment of *kitibh*. The present case study is successful Ayurvedic management of a case of *kitibha* (psoriasis). Here a case report of a 35 Years-female having with the complaint of pad, prushta pradeshi twakavaivarnya, kandu, twakrukshata, *kinkharasparshah* etc. since 2 months. She was treated with Ayurvedic herbs & some panchkarma procedure which give effective result with Ayurvedic Management.

KEYWORDS: Psoriasis, *kitibha*, Ayurvedic herbs, Effective therapy.

INTRODUCTION

Kitibh is one of the skin disorder explained by Acharya in kushta-chikitsa adhyaya. There are two types of kushta, namely mahakushta and kshudrakushta. kitibh is one of kshudra-kushta. shyawa (discolouration) kinkhr sparsha (scalling), parush (hard) are the main symptoms kitih. ^[1] kitibha is most closely resembles like Psoriasis. Psoriasis is a long-lasting auto-immune disease characterized by patches of abnormal skin. These skin patches are typically red, dry, itchy and scaly. Psoriasis varies in severity from small, localized patches to complete body coverage. ^[2]

In modern era, different types of pollution, lack of proper diet, uses of various cosmetic, chemicals all this leads prevalence of skin diseases day by day. The prevalence rate of psoriasis is 0.44-2.8% in India. ^[3] Line of ayurvedic treatment for psoriasis is *shodhan* and *shaman chikitsa*. *Shodhan chikitsa* can be given by *vaman* (emesis) and *virechana* (purgation) *Raktamokshana* (blood letting) whenever *Vata* is dominant, *Ghrita* should be prescribed, similarly, where the *Kapha* is dominant, *Vamana Karma* & in the dominancy of *Pitta*, *Virechana Karma* & *Raktamokshana* should be done. ^[4] while *Shaman chikitsa* given by internal and external medication. All the medicine which are used having properties *tikta* and *katu rasatamak* which is used to purification of vat, kaph and rakta dosha kitibh can be treated remarkably with procedures of panchakarma and internal medications. By this treatment it gives excellent result to patient.

CASE REPORT

A 35 years old female patient came to us with following chief complaint –

Table 1: Showing symptoms & duration of patient.

No.	CHIEF COMPLAINTS	Duration
	Pad & prushta pradeshi	2 months
	1) twakvaivarnya (discolouration)	
	2) kinkharasparsha (scalling)	
	3) Kandu (itching)	
	4) twakrukshata (dryness)	





On history patient had above complaints since 2 months Patient took modern medicine for this but cannot get relief. From 2 months the the severity of symptoms. So she came for our clinic for Ayurvedic treatment.

PAST HISTORY

No any H/o

- ❖ DM / Hypertension / Thyroid disorder
- ❖ Addiction
- ❖ Family illness (kulvrutta –
- ❖ Matrukul - Sandhigata vata,
- ❖ Pitrukul - Madhumeha,
- ❖ Swakul - Prakrut

Astavidha Pariksha

Nadi (pulse) = 78/min.

Mala (stool) = awastambha

Mutra (urine) = 3-4 times in a day

Jeeva (tounge) = Eshat saam.

Agni = prakrut

Shabda (speech) = Normal.

Akruti = Madhyama.

Bala = Madhyama.

Raktadaaba (B.P) = 120/70 mm/Hg.

HISTORY OF PRESENT ILLNESS

A 35 years old female patient presented with discolouration, itching and scalling on legs he was complaining of itching and burning sensation over there.

Investigation

CBC	HB- 12 gm%	WBC- 7700	PLATELET - 184000
ESR- 18 mm	(westerngreen	method)	
BSL (Radam)-	81 mg/dl		
URINE (R) -	within normal limits		

MATERIALS AND METHODS

Method of study- clinical single case study.

TREATMENT

No.	Dravya	Dose	Duration	Anupan
1	Aarogyavardhini vati ^[13]	125mg	Bd after meal	with honey
2	Pachak-vati	125mg	Bd after meal	
5	Gandhak rasayana	250mg	1Bd after meal	with Luke warm water
6	Nimba-patol-khadir kwatha	10ml	With half cup of water after meal	
7	gandharava-haritaki	2gm	at night	with Luke warm water

Table 2: Panchakarma.

No.	procedure	duration
1	Jalowkawacharan (hasta- pradeshi)	30 min.
2	Virechana –by 5gm trivruttavaleha with luke warm	daily at night
3	Stanik abhyang (hasta, prushta pradeshi) with chalmogara oil	Ones in a day
4	Nimba, triphala, patol, khadir kwath awagaha	Ones in a day

DISCUSSION

Hetu seven

1. Aaharaja Hetu

Aahar is one of trayopstmbha, so it is one of the chief responsible factors in the production of the kushta.

Viruddha Ahara (incomptible or antagonistic diet)^[14]
Acharya Charaka has stated that the substances acting

antagonistic to 'Dehadhatu' are Vairodhika. Acharya Charaka described eighteen types of ViruddhaAhara in vimanstan.

Mithya-Ahara (irregular Diet)^[15]

2. Viharaja Hetu^[16]

Viharaja Hetu also play an important role in the production of kushta. Mithya Vihara, Vegadharana & Panchakarma pacharanare included in Vihara Hetus.

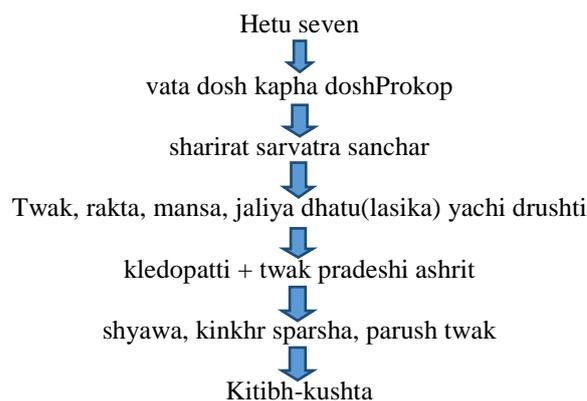
Mithya Vihara (irregularity in daily routine). The activities opposite to 'Svasthanavritta' is called 'Mithya Vihara'. Sudden changes from cold to heat & viceversa comes under in Mithya Vihara. Vega Vidharana – suppression of natural urges.^[17]

3. Krimi^[18,19]

Maharshi charak and sushrut both mentioned Krimi is one of the probable causative factor for kushta.

Samprapti (Pathogenesis)^[20]

Most of the Acharyas have described the common Samprapati of the disease Kushta but they haven't emphasized on the Samprapti of the kushta.



Samprati-Ghatak

- Dosha– vata kapha dosha prakop
- Dushya – ras, rakta, mansa, lasika
- Srotas – rasavaha, raktavaha, mansavaha
- Srotodusti – sanchaya vrutti
- Udhbhavasthana – twak, mansa
- Vyaktasthana – ubhay pradeshi

DISCUSSION

Discussion on treatment principles adopted w.r.t clinical condition In line of treatment we think about Aampachn, dipan, vata kapha shamanaand shodhan chikitsa.

MATERIALS

Table 2: Showing material used in study.

No	Dravya	Action
1	Amalaki ^[5]	Pittaghana, vataghna, kledaghna, Rasayana, Agnidiapn & Aam-pachan.
2.	Haritaki ^[6]	Anulomak, medhya, rasayana, swas-kas-pramehahar
3.	Bibhitaki ^[7]	kapha vatghna, ushnavirayam, netrahit, kledahar, bhedan
4.	Nimba ^[8]	ushna, Kaphahara, Vranaodhanakara, kushtagna
5.	Daruhardra ^[9]	jantughna, kandughna
6.	Khadir ^[10]	kandugna, krumighna, shothagna
7.	Patol ^[11]	Tikta rasatamak, vedanastapak, kledashodak
8.	Kutaki ^[12]	kapha pittagna, malabhedhan shodhak, pakwashaya shul nashak

- Arogyavardhini having properties of kushtagna, dipan, pachan, pakwashaya dushtinashak so it is helpful to reduce raktadushti.
- Nimba having antibacterial, kushtaghna property as well as katukrohini and patol having katu tikta rasa which reduces the raktdushti kamdudha act as a pittshamak which is also helpful for reducing raktdoshti.
- Ghandak rasayana having properties pitta-shamak, dipan, pachan, reduces raktadushti
- Stanik abhyanga with Chalmogara oil reduces the twakrkshta.
- jalowakawacharana is used to remove impure blood from the body
- Daily virechana by trivruttavaleha is helpful reducing pitta kaphaj drushti which is helps to decreases all the symptomp of the diseases.
- Awagaha having kushtagna drwya like nimba, khadir, triphla having vat-kaphagna proprties helps to reduces twakvaivarnya
- At the end of 2 months, there is improvement of 80% of total symptoms of the patient

OBSERVATION AND RESULT

The results observed after the treatment: Improvement in signs and symptoms of the patient. Relief was found in kandu, (itching) twak vaivarnya (discolouration over skin), kinkharasparsha, twaka-rukshata.

Table 3: Showing Symptoms Before and After Treatment.

No.	CHIEF COMPLAINTS	Before Treatment	After Treatment
1	pad & amp; prushta pradeshi twakvaivarnya discolouration	+++	+
2	Kinkhara-sparsh	+++	=
3	Kandu (itching)	+++	=
4	twakrukshata (dryness)	++	=

CONCLUSION

Ayurvedic herbs along with panchkarma therapy shows highly significant results in kitibh-kushta.

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