

EFFICACY OF KRAMATA SHODHANA IN KITIBA KUSHTA (A SCALP PSORIASIS) – A
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ABSTRACT

Kitibha Kushta is one among the such skin diseases produced by dushivisha.^[1] Every kushta manifest due to dearrangement of Seven factors like Vata, Pitta, Kapha, Twak, Rakta, Mamsa and Lasika^[2] According to Acharya Charaka, as a samanya chikitsa, disease with Bahudoshavastha necessarily needs to be treated with shodhana line of Management for dosha elimination.^[3] It has got similarities with psoriasis which affects nearly 3% of world population. Psoriasis affects the patients quality of life particularly in relation to work and social and personal interactions. **Methodology:** In this case, a 30 year male patient had been experiencing symptoms of reddish white patches over head, scaling of skin, itching all over the body. Ayurvedic panchakarma procedures are followed in this study. **Discussion:** In this rukshana purvaka shodhana is followed in order to remove the avarana from srotas. **Conclusion:** Kushtaroga is considered as Raktapradoshaja vikara and virechana karma^[4] is the choice of treatment chosen, as shodhana karma followed by vamana karma^[5] is the prime treatment told for all the kaphaja disorders. It helps in the elimination of kapha at its own site, combination of kapha at its own site, combination of kapha with pitta or the condition in which pitta or vata invades the site of kapha. Panchakarma especially ruksha purvaka virechana followed by ruksha purvaka vamana and internal medications can be the best option in its management. Keeping the fundamentals of management in mind the current study was conducted which will be helpful for curing the *Kitibha Kushtha* (Psoriasis).

KEYWORD:- Scalp Psoriasis, kitiba kushta, kramata shodhana, rukshapurvaka virechana , vamana, shamana aushadhi.

INTRODUCTION

The meaning of Kitiba is given as “kikitribha bhati krishnatwam”.^[6] The word ‘krishnatwam’ has got meaning like Shyama varna, evil look, wicked look etc., hence the meaning can be, as evil look like a hog. Kitibha kushta is considered as one of the variety of a kshudra kushta by all acharyas.^[7] According to Charaka, kitiba kushta is considered as kinahara Sparsha, parusha, syava twacha.^[8] Kitiba kushta can be correlated with psoriasis due to resemblance of signs and symptoms. The most characteristic lesions consist of black, round, rough itching and sharply demarcated, and present particularly over extensor surfaces and scalp. Psoriasis is a chronic and inflammatory skin disease with reactive abnormal epidermal differentiation and hyper proliferation that affects 4-5% of the global population. It is often appears between the ages of 15 and 30, but can develop at any age. Chronic plaque type psoriasis was the most common 90% clinical phenotype. Western literature reports psoriasis prevalence to be around 0.71% in children.

Acharyas have described that all kushta. Acharyas have described that all kushtas have tridosha involvement. Kitiba kushta is disease of predominantly occurs with kapha vata dusti. Ayurveda line of treatment like udwartana, pariseka and shodhana karma like vamana, virechana and shamana therapy are considered as the best line of management of skin disorders. In all types kushta, the basic body components vitiated are called as saptakodravysangraha^[9] i.e., Tridosha (vata, pitta, kapha), Twacha, Rakta, Mamsa, Lasika. In Kitiba kushta dominant dosha are vata-kapha and twacha is the main doshaadhisthan. Clinical features are very much similar to psoriasis. In modern medical system topical medication, phototherapy etc., are general treatment used to treat psoriasis, but provide only temporary relief. When their use is discontinued, remission and exacerbation occur.

CASE HISTORY

Here a 30 years old male patient came with complaint of itching, dark brown patches, dandruff like flaking, burning sensation and temporary hair loss on scalp region for past 2 years. Simultaneously he was suffering from constipation, loss of appetite. Patient had taken allopathic treatment for 2 years from the locality doctor, but didn't get any significant relief. Routine blood investigation was done to rule out any possible associated disorder. There was no past history of any type of addiction. He was diagnosed with Kitiba Kushta (psoriasis).

Medical history

No/K/C/O – Hypertension and diabetes mellitus or any metabolic disorder.

History of present illness

The patient was normal 2 years back, with gradual onset of above complaints. He felt itching with "dandruff like" white powder exfoliating from scalp, then slowly it turned into dark scaly patches all over the scalp for which he started taking allopathic medicine from different doctors but he got symptomatic relief from for some days. Symptoms worsen once the medications are withdrawn.

On examination

Nadi: 74/min
Mala: 1 time a day incomplete evacuation malabadhata
Mootra: Prakruta
Jihva: Saama
Agni: Manda
Sparsha: kinakharasparsha, parusha in scalp
Drik: Prakruta

Personal history

Appetite: unaltered; bowel: regular; micturition: regular; sleep: disturbed; habits: outside food weekly thrice, non-veg consumption- weekly 3-4 times, alcohol consumption - once in 7-15 days.

General examination

On physical examination, appearance was moderately built and no major variations. General complexion - fair; BP - 130/90mmhg; Pulse - 74/min; Respiratory rate - 18/min; Temperature – afebrile.

Systemic examination

CVS - S1S2 heard, no murmurs; CNS - conscious and oriented to time, place and person; RS - NVBS heard, no added sounds.

Integumentary system examination

Inspection: location- B/L lower limb, upper limb, back, scalp; Shape - circular lesion; Color - blackish white; Powdery discharge present; Inflammation present

Palpation: Temperature - present; Edema - slightly present over B/L lower limb, non pitting; Texture of lesion - rough and scaly

Tests: Candle grease test - positive; Auspitz sign - negative; Koebner phenomenon – positive

Diagnostic criteria

Shyava Varna (discoloration), *Kina Khara Sparsha* (rough in touch/scaly), *Parushatva* (hard), *Ruksha Pidika* (dry vesicle) with *Kandu* (Itching) present.

Laboratory Investigation: CBC – Hb% - 10.04%, TC – 11,800 /Cu.mm, DC - P - 66% L 30% E 4% ESR - 100 mm/hr, Platelet count - 3.90 lakhs / hr.

Treatment given

Day	Treatment given	Observation
DAY 1- Day 7	Sarvanga Udwartana With triphala churna + kolakulatadi churna + Mustadigana churna Sarvanga Pariseka (including Shiras) With Siddhartaka Snana Churna x 7 days	Mild itching reduced
Day 8	Snehapana with Guggulu tiktaka ghrita 30ml Diet: Ganji after feeling hungry and kichidi at night	Powdery discharge reduced
Day 9	Snehapana with Guggulu tiktaka ghrita 70ml Diet: Ganji after feeling hungry and kichidi at night	Dryness of lesions starts reducing
Day 10	Snehapana with Guggulu tiktaka ghrita 130ml Diet: Ganji after feeling hungry and kichidi at night	Itching started reducing
Day 11	Snehapana with Guggulu tiktaka ghrita 170ml Diet: Ganji after feeling hungry and kichidi at night	Dryness, powdery and itching reduced
Day 12	Vishrama kala: Sarvanga Abhyanga with Suryapaki taila Followed by Bashpa Sweda	Complaint of dryness, itching and powdery discharge are reduced
Day 13	Sarvanga Abhyanga with Suryapaki taila Followed by Bashpa sweda Vamana karma with Madanaphala pippali churna	No.of vega - 6 No.of upavega - 2 No.of adhovega – 0 Pt feeling lightness of body

The patient was discharged with *Samsarjana Karma* (dietary practice) to restore the digestion and metabolism along with palliative medicine (*Shamana Oushadhi*). Dietary restrictions included nonvegetarian diet, junk food, fried food items and milk products. And also advised to avoid day sleep and alcohol consumption.

During 1ST followup

During first follow up, patient found significant improvement in signs and symptoms with no sign of recurrence. Blackish discoloration, powdery scaling and itching reduced significantly.

Medicine given is *guggulu tiktaka ghrita*^[9] and *Madhusnuhi rasayana*^[10] for 15days and followed up.

DISCUSSION

As the *Purvakarma* (preparatory) for *Vamana*, *Acchasnehapana* was given with *Guggulu tiktaka Gritha*. The *Tikta Rasa* (bitter taste) helped in *Kleda Shoshanam*, and caused *Kapha* and *Pitta Harana* thereby relieving the symptoms of itching, dryness etc. *Snehapana* also helped in bringing the *Leenadosha* into *Aleena Doshaavastha*. After obtaining the *Samyak Snigdha lakshanas* (symptoms of proper administration), *Sarvanga Abhyanga* (full body massage) with *Suryapaki Taila* and *Bashpa Sweda* (steam fomentation) was administered to achieve *Dosha Shithilikarana* and

bringing the *Doshas* from *Shaaka* to *Koshta*. *Suryapaki taila* being *pittakaphahara* and *Kandu Nirharana* (removes itching), it was selected for *Abhyanga* (massage).^[11]

Vamana karma

Vamana Karma is first Shodhana therapy explained, and is the principal treatment explained for Kaphaja Vyadhis. The Snehana and Swedana Karma are given as Purvakarma, they do the Dosha Utkleshana and is eliminated in the form of Vamana Karma. This is because of Ushna and Tikshna Guna of Vamana Dravya, the Sanga in the channels (srotas) created by vitiated Kapha and Vata are eliminated by Vamana Karma. Through Vamana Karma maximum vitiated Kapha Doshas are expelled out from the body. Due to the above reason Guggulu tiktaka Ghrita is selected for Snehapana which is indicated in Kushta Rogas. Here the Madanaphala Yoga selected to assess the role of this yoga in reducing the signs and symptoms of Kitibha Kushta. Madanaphala Kalpa explained by Acharya Charaka under Vamaka Kalpa is said to be Kaphaghna i.e., indicated in Kaphaja diseases

Shamana aushadhi

Guggulu tiktaka ghrita and madhusnuhi rasayana. As in charaka says, kramata shodhana After a timegap of 6months, patient consulted once for shodhana karma.

Phase II treatment

Day	Treatment given	Observation
DAY 01-DAY 07	Sarvanga Udwartana With triphala churna + kolakulatadi churna + Mustadigana churna Sarvanga Pariseka (including Shiras) With Siddhartaka Snana Churna X 7 DAYS	Complaint of no itching
DAY 8	Snehapana with Guggulu tiktaka ghrita 30ml Diet: Ganji after feeling hungry and kichidi at night	Dryness reduced
DAY 9	Snehapana with Guggulu tiktaka ghrita 70ml Diet: Ganji after feeling hungry and kichidi at night	Dryness, flakes reduced
DAY 10	Snehapana with Guggulu tiktaka ghrita 110ml Diet: Ganji after feeling hungry and kichidi at night	Dryness reduced
DAY 11	Snehapana with Guggulu tiktaka ghrita 150ml Diet: Ganji after feeling hungry and kichidi at night	Flakes, dryness reduced completely
DAY 12-14	Vishrama kala: Sarvanga Abhyanga with Suryapaki taila Followed by Bashpa Sweda	Feeling lightness of body
DAY 15	Sarvanga Abhyanga with Suryapaki taila Followed by Bashpa Sweda Virechana karma with Trivrit lehya – 75gm As Ushnajaala anupana	No of vega:11 Itching reduced completely Diet: samsarjana krama is advised for 5 days

Virechana karma

After *Snehapana* and *Swedana* the *Doshas* were in *Uthklishhta* state. As the patient was of *Pitta Prakruthi* and the lesions were presented below *Nabhi* (navel region), *Shodhana* procedure selected was *Virechana* (Purgation). *Virechana* was administered to expel the *Dooshitha Dosha* from the *Koshta*.

Pictures of BT and AT**Before treatment****After treatment****CONCLUSION**

Shodhana Karma is a procedure that helps to remove the root cause of a disease and prevents the reoccurrence of the disease by eliminating the aggravated *Doshas* in the body. Also helps in reducing the no. of lesions, size of the lesions and symptoms like itching, powdery discharge and bringing back the skin color into normalcy. The orally prescribed medicines also played a vital role in alleviating the symptoms and worked as Immune booster. The universal drug of choice for *vamana karma* is *Madanaphala* possessing the properties of *Sarvarogahara* and *anapayitva* as it causes minimum occurrence of *Vamana vyapat*.

REFERENCE

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2. Ch.chi. kushta chikirsa, 452- 41, 7.
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