

A CASE REPORT ON KITIBHA KUSHTA

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ABSTRACT

In Ayurveda, kushta is considered a bahu dosha avastha janya vyadhi, has tridosha involvement with saptadhaatu as its dushya also kitibha kushta is one among kshudra kushta having vata-kapha as predominant dosha. The signs and symptoms are Shyava (blackish in colour), Kina- Khara sparsha (Rough), Parusha (Dry), and Kandu (Itching). Shodhana especially virechana helps remove the root cause of the disease, and prevent from recurrence. A patient approached to OPD of SDM College of Ayurveda and Hospital with chief complaints of reddish black patches all over both legs and hand with severe itching and burning sensation since 1 year treated with Virechana and few Shamana aushadhis like Nimbadi guggulu, Manibadraguda, Patola katurohinyadi kashayam, A remarkable improvement in the condition was observed in a span of 15 days.

KEYWORDS: Kushta, Kitibha, Virechana, Samana aushadhi, Nimbadi guggulu, Manibadra guda, Patola katurohinyadi kashayam.

INTRODUCTION

The Skin is the largest organ of the body. Skin protects the body from the effects of temperature and chemical and microbial attack. It has a great cosmetic importance also. The disorders of skin greatly affect the mental and physical state of a human being. Skin diseases are the most frequently occurring health problem which affects people of all ages due to altered life style, lack of physical exercise, unhygiene, mental stress, etc.^[1]

Kushta is one among the ashta mahagada making it difficult to cure.^[2] Due to nidana sevana (etiological factors) the doshas get vitiated enter the *siras* (vein) and vitiate *twak* (skin), *rakta* (blood), *lasika* (serous fluid) and *maamsa* (muscle) creates *vaivarnya* (discoloration) in *twak* (skin). If it is not treated properly it spreads into the *dhatu*.^[4] There are 11 *kshudrakushta* and 7 *mahakushta* explained in the classics.

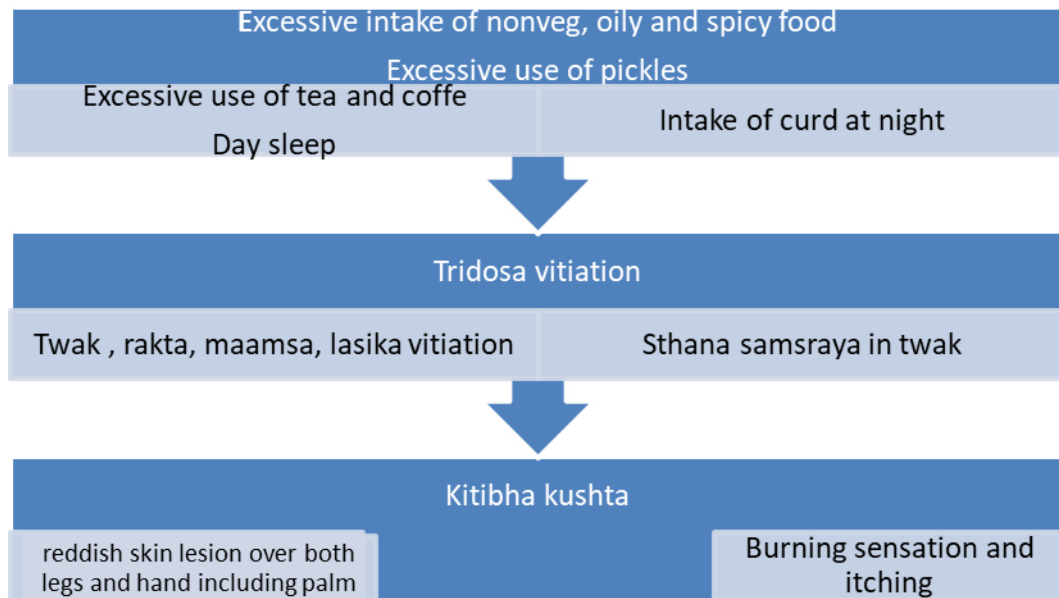
Kitibha is one of the *Kshudra kushta* having the lakshanas like *shyava*, *kina*, *khara sparsha*, *parusha*, *ruksha pidika* and *kandu*. *Kitibha kushta* manifests due to vitiation of *sapta dhatus* like *tridosha*, *twak*, *rakta*, *mamsa* and *lasika*. *Kitibha kushta* has involvement of *vata* and *kapha* dosha having the lakshanas of individual *Doshas*.

CASE REPORT**Chief complaint**

The present case study is an Ayurvedic approach in the management of *kitibha*. A 39 year old lady visited the OPD of SDM Ayurveda Hospital, Hassan, presented with reddish skin lesion over both legs and hand including palm associated with itching and burning sensation since a year. She was non-diabetic and non-hypertensive. She was having the habits like regular day sleep, intake of curd at night, intake of oily, junk and non-vegetarian food.

Table 1: Patient examination details.

| Personal history | General examination | Vital data |
|--|--|---|
| <input type="checkbox"/> Appetite: Moderate <input type="checkbox"/> Bowel: Irregular, once in two days <input type="checkbox"/> Micturition: Regular <input type="checkbox"/> Sleep: Disturbed due to itching and burning sensation <input type="checkbox"/> Food: Mixed diet | <input type="checkbox"/> Appearance: Normal <input type="checkbox"/> Built: Moderate <input type="checkbox"/> Nourishment: Moderate <input type="checkbox"/> Pallor: Absent <input type="checkbox"/> Icterus: Absent <input type="checkbox"/> Oedema: Absent <input type="checkbox"/> Cyanosis: Absent | <input type="checkbox"/> Pulse: 76 /Min <input type="checkbox"/> BP: 110/80 MmHg <input type="checkbox"/> Respiratory Rate: 16/Min <input type="checkbox"/> Weight: 60kg |
| Clinical findings Lesions are dry, rough, hard to touch, candle grease sign was positive | | |

Pathogenesis**Treatment given****Table 2: Deepana pachana-3 day.**

| Sl. No. | Medicine | Dosage |
|---------|-------------------|-------------------------------|
| 1 | Panchakola phanta | 50 ml twice daily before food |
| 2 | Chitrakadi vati | 2 tab twice daily before food |
| 3 | Amritarishtam | 30 ml twice daily after food |

Table 3: Snehapana.

| Procedure | Medicine | Dosage |
|-----------|---------------------|--------|
| Snehapana | Panchathikta ghrita | |
| | 1 st day | 30ml |
| | 2 nd day | 60ml |
| | 4 th day | 100ml |
| | 5 th day | 140ml |

Table 4: Panchakarma procedure.

| Procedure | Medicine | Days |
|------------------------------------|--|---|
| Sarvanga abhyanga and bashpa sweda | Eladi keram | 6 th , 7 th & 8 th day |
| Virechana | Trivrit lehya Total number of vegas-7 | 8 th day |
| Samsarjana karma | Vilepi for 2 days | |

Table 5: Follow up medication.

| Medicine | Dose | Duration |
|-------------------------------|--|----------|
| Patola katurohinyadi kashayam | 15 ml kashayam mixed with 45 ml water twice daily, before food | 15 days |
| Nimbadi guggulu | 2 tab, twice daily after food | 15 days |
| Manibadra guda | 1 tsp at bed time with hot water | 15 days |
| 777 oil | External application | 1 month |

RESULTS

After first medication the symptoms like reddish skin lesions along with itching and peeling of the skin in the both hands and legs reduced. The patient was advised for follow up medicine and for avoiding fried food items, junk food, curd, non-vegetarian diet, sea foods and milk products.

DISCUSSION

Kitibha kushta is one among kshudra kushta. In kitibha kushta the doshas are situated in twak and agni get deranged. Deepana- pachana medicines prior to snehana are important which help in aama pachana and normalizing agni. Snehapana should be administered till samyak snigdha lakshana /maximum seven days are attained. Gradual increase of sneha is important for loosening the bond between dosha and dushya there by helping in breaking the pathogenesis of psoriasis.^[4]

Panchakola phanta

Panchakola phanta contain Pippali (*Piper longum*), Pippali mula (root of *Piper longum*), Chavya (*Piper chaba*), Chitraka (*Plumbago zeylanica*), Nagara (*Zingiber officinale*). This combination corrects agni dushti, is an appetizer, carminative, and digestive. It is given for ama pachana procedure before Panchakarma.^[5]

Chitrakadi vati

Chitrakadi vati contains Chitraka (*Plumbagozeylanica*), Pippalimula (*Piper longum*), Yavakshara, Sarjikshara, Lavana varga, Shunti (*Zingiberofficinale*), Maricha (*Piper nigrum*), Pippali (*Piper longum*), Ajamoda (*Apium graveolance*), Hingu (*Ferula asafoetida*), Chavya (*Piper chaba*), Nimbus warasa (lemon juice). All these drugs are carminative. It improves pitta dosha and balances vata and kapha.^[6]

Amritarishtam

Amritarishtam contains amrita (*Tinospora cordifolia*), bilva (*Aegle marmelos*), shyonaka (*Oroxylum indicum*), gambhari (*Gmelina arborea*), patala (*Stereospermum suaveolens*), agnimandya (*Premna mucronata*), salaparni (*Desmodium gangeticum*), prishniparni (*Uraria picta*), brihati (*Solanum indicum*), kantakari (*Solanum surattense*), gokshura (*Tribulus terrestris*). All the ingredients improve pitta dosha and aids in easy digestion. The main ingredient amrita has immune modulatory, anti- toxic and anti- oxidant activity that help to normalize all doshas⁷.

Panchatikta ghrita

Panchatiktaghrita contains Nimba (*Azadiracta indica*), Patola (*Tricosantus diocia*), Kantakari (*Solanum xanthocarpum*), Guduchi (*Tinospora cordifolia*), Vasa (*Adatoda vasica*). In Kushta there is excessive accumulation of Kleda. Tikta Rasa is amapachaka and kleda shoshaka in nature, also in Kushta chikitsa acharya Charaka gives importance to Tikta Rasa. Amrita is one of the Rasayana drug mentioned in Ayurvedic texts. Patola (*Tricosanthes dioica Roxb.*) has wound healing property. Nimba, Amrita and Vasa are indicated in Kushta also.^[8]

Manibadra guda

It contains Vidanga (*Embelia ribes*), Amla (*Emblia officianalis*), Haritaki (*Terminalia chebula*), Trivrit (*Operculina turpetum*) and Jaggery. Vidanga is the best krimihara dravya. Haritaki and Amalaki also possess anti-oxidant properties also.^[9,10] Trivrit which is mruduvirechaka drug and Nithya anulomana that helps in elimination of vitiated doshas.

Oil 777

777 oil contain *Wrightia tinctoria* have kushtaghna (alleviates skin disease) and kandughna (anti- pruritic) property. Increases the bio-availability of the active ingredients and balances the micro and macro level of activities.^[11]

Patolakatorohinyadi kashayam

Patola Katurohinyadi Kashayam is a combination of 6 herbal ingredients. Patola (*Trichosanthes dioica*), Katurohini (*Picrorhiza kurroa*), Raktachandan (*Pterocarpus santalinus*), Murva (*Marsdenia tenacissima*), Guduchi (*Tinospora cordifolia*), Pata (*Cissampelos pareira*). Patola and katurohini have rechaka property. Nitya virechana help to remove the vitiated doshas from the body. Most of the ingredients have tikta rasa which is pittashamaka in nature. This predominance also attributes to the Visha nashaka (anti-toxic) property.^[12]

Nimbadi guggulu

This gutika contains nimba (*Azadirachta indica*), haritaki (*Terminalia chebula*), vibhitaki (*Terminalia bellerica*), amalaki (*Phyllanthus emblica*), vasa (*Adhatoda vasica*), patola (*Trichosanthes dioica*) and guggulu (*Commiphora wightii*). Most of the ingredients of this formulation have got tikta (bitter) kashaya (pungent) rasa which act as kaphavatahara (pacifies kapha and vata). All ingredients have ruksha (dry) guna which make it more effective in pacifying kapha dosha. During the course of consuming

this drug one is asked to consume snigdha (unctuous) and usha (hot) food to avoid excess dryness of the body.^[13]

CONCLUSION

The prevalence of Kushta is increasing day by day, there is a need to find out treatment modality which will helps in prevention and cure of the disease. Kitibha kushta is one among the kshudra kushta having vata kapha as

predominant dosha. The signs and symptoms are Shyava (blackish in colour), Kina- Khara sparsha (Rough), Parusha (Dry), and Kandu (Itching). Shodhana especially virechana helps remove the root cause of the disease, and prevent from recurrence This case is a documented evidence for the successful management of Kitibha Kushta through shodhana Karma and internal medications.

| Days | Photo | Photo |
|---------------------------|---|--|
| At the time of admission |  |  |
| After 5 days of snehapana |  |  |
| After 10 days follow up |  |  |



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