

AN AYURVEDIC MANAGEMENT OF KITIBHA KUSHTA: A REVIEW

*¹Dr. Bamane K. and ²Dr. Kanani V.¹PG Scholar Department of Rognidan and Vikruti Vigyan, Radhakishan Toshniwal Ayurveda Mahavidyalaya Akola.²HOD and Professor of Department of Rognidan and Vikruti Vigyan, Radhakishan Toshniwal Mahavidyalaya, Akola.

*Corresponding Author: Dr. Bamane K.

PG Scholar Department of Rognidan and Vikruti Vigyan, Radhakishan Toshniwal Ayurveda Mahavidyalaya Akola.

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ABSTRACT

Kushta is a Disease which affects the skin in the form of discolouration. As per Ayurveda vitiation of doshas. Vata, Pitta, Kapha, which causes dushti of vata, pitta, kapha, twacha, lasika, rakta and mansa. All this factors play a major role in pathogenesis of kushta which is referred as "Sapta dravya sangraha".^[1] Kitibha is one of the skin disease explained as kshudra kushta in Ayurvedic classics. Kitibha Kushta can be co-related with Lichen planus as per, modern medicine system. Lichen Planus is an auto immune inflammatory disorder typically affecting the skin and the oral mucosa,^[2] here the term "LICHEN" is derieved from greek word which means tree moss,^[3] and "PLANUS" is derieved from latin word which means flat.^[4] It can also be co-related with Psooriasis. In this review we are going to see the Ayurvedic shaman and shodhan chiktitsa techniques for the treatment of kitibha kushta.

KEYWORDS: Kushta, kitibha, lichen planus.**INTRODUCTION**

"KUSHTA" is a broad term which covers almost all the skin diseases in Ayurveda. In general "twaka vikara" are mainly caused due to altered life styles, lack of physical exercise, poor hygiene, mental stress and improper food eating habits. Kushta is further divided into 'Maha kushta' and 'Kshudra kushta'.^[5] Kitibha kushta is one of the 'Kshudra kushta', here 'Rakta', 'Mansa', 'Ambu' are affected. rakta dushti 'is the main cause of 'Twaka vikaras'.

According to modern medical science 'kushta' is based on its symptoms can be co-related with Lichen Planus. Lichen Planus is an inflammatory disease affecting the skin and mucous membrane. The characteristic of primary lesion is the skin is tiny shiny violaceous fat-topped adherent scales. Site commonly affected are wrist, lower back, shin, trunk, medial thigh and ankle regions. The cause of lichen Planus mostly idiopathic.

AIM

To Study the Role of Shaman and Shodhan Chikitsa in The Treatment of Kitibha Kushta.

OBJECTIVES

To Study Different Methods of Ayurvedic Mangement in Treatment of Kitibha Kushta.

MATERIALS AND METHODS

In this review we have referred the Classic Ayurvedic texts like 'Charaka Samhita', 'Sushruta Samhita', Ashtanga Hrudaya and Modern medical books of

Dermatology, Journals and articles of different blogs and additional information available on the Internet.

ETIOLOGY OF KITIBHA KUSHTA HETU**a) AAHARAJ HETU**

The eating habits which are responsible for vitiation of doshas which include Mitthya Aahar^[6] Viruddha Annapan (incompatible food), Ati sevan of ksheera padartha (dairy products), Ati sevan of amla padartha (food sour in taste), Ati sevan of madhur rasatmak padartha (excessive intake of sweets), Ati sevan of snigha padartha (excessive intake of oily food items).^[7]

b) VIHARAJ HETU

Aatap sevan (excessive exposure to heat and sun) Ati Vyavaya (excessive involvement in sexual activities), Diwaswap (sleeping during day time), Veg dharan (trying to control the involuntary actions of body), Ati Nidra (excessive sleeping).^[6]

POORVA RUPA- Ati sweda (Excessive sweating), Ati rukshata (Dryness of Skin) Daha (Burning Sensation of Skin), Kandu (Itching of skin), Twaka Vaivarnya (Discolouration OF Skin).^[8]

RUPA (signs and symptoms)- Lump like Skin Projections, Dryness, Itching, discolouration of skin.^[9]

SAMPRAPTI

The hetu sevan leads to Tridosha Prakop, The dosha vitiates from the original sthan to other parts of the body

which leads to dushti of twacha, rakta and mansa dushti. Rakta dushti is most important causative factor in kitibha kushta. further the vitiated dosha leads to kledotpatti which result in further development of kitibha kushta.^[10]



UPASHAY AND ANUPASHAY-As kushta is believed to be yapya Vyadhi the re-appearance of the symptom even after proper treatment can be seen. but Ayurvedic Shodhan chikitsa and also the Shaman chikitsa have prove to be very effective in the treatment of Kitibha Kushta.

MANAGEMENT O KITIBHA KUSHTA-Acharya Charaka has mentioned Kushtaghana Mahakashaya for the treatment of Kushta, Acharya Bhavaprakash has mentioned Bahir Parimarjana Chikitsa for treatment of Kushta. Acharya Yogaratnakar has mentioned

Krimighana and Dadrugghana drugs for Treatment of Kushta. Bhaishajya Ratnavali has also mentioned Treatment for Kushta.

TREATMENT OF KITIBHA KUSHTA CAN BE DIVIDED INTO THREE PHASES.

- A)NIDAN PARIVARJANA
- B)SHODHAN CHIKITSA
- C)SHAMAN CHIKITSA

A) NIDAN PARIVARJAN

It clearly means withdrawl of all the hetu sevan like eating habits and Lifestyle habits. It has been observed that with treatment and also the nidan parivarjan helps in fast recovery of kitibha kushta.

TREATMENT OF KITIBHA KUSHTA

As per Ayurveda there is Tridosha involvement in causing kitibha kshta, so, according to strength of doshas treatment should be planned. In Vataj Kushta-ghrutapan should be done, for pittaj kushta virechan should be done, and for kaphaj kushta vaman should be done.^[11]

VAMAN- Vaman should be done in kaphaj conditions. Herbal drugs like Madanphala, Yashtimadu, Patol and Neem should be used. As the kitibha kushta comes in the list of the Chirkari Vyadhi Vaman should be done after 15 days.^[12]

VIRECHAN – Virechan should be done in pittaj conditions. Herbal drugs like Trivrutta, Danti, Triphala, should be used. Virechan should be done once a month for proper treatment of kitibha kushta.^[12]

BASTI-Acharya Vagbhattach and Acharya Charak has not mentioned the use of niruha basti for treatment of Kitibha Kushta but as per today's scenario Niruha basti can be given in vataj conditions. Herbal drugs like Daruharidra, Patol, Bilva Patra, Bahawa can be used in kwath preparation for Niruha basti. Madan Phala, Yashtimadhu, Kutaj Twaka, Neem, Patol Patra, Siddha sneha of these drugs should be used for Niruha basti

RAKTAMOKSHAN- Raktamokshan is letting out impure blood, Jaloka Awacharan ad Sira vedha can be ued for letting out impure blood which leads to kitibha kushta, It is mostly done on upperlimb and lower limb region. It can be done by using Jalauka or Siravedha.it should done every 6 month as per Acharya Vagbhattach.^[13]

C) SHAMAN CHIKITSA

GHRUTPAN- In Vataj condition Ghrutapan should be done. As kitibha kushta is caused by dushti of Rakt, mansa, twacha. Due to Vataprakop snighda guna of twacha is lost. Wich leads to dryness. The medicated ghruta like Maha tikta ghruta, Panchatikta ghruta, khadiradi ghruta, Darvi ghruta, Nimbaghruta, Pato ghruta should be used.

SHAMAN AUSHADHI- The Aushadhi dravya mentioned in kushtaghana mahakashaya like, Tuvarak, Chakramarda, Sariva, Manjishta, Neem, Khadir, Patol, Kakoudambar, Haridra, Daruharidra, Bakuchi, can, be used., Rasaushdhi like Arogyavadhini Vati, Gandhak Rasayan, Kushtakuthar ras, Sarivadhyavasa, Khadirarishta, Mahamanjishtadi Kadha, Manjishtadi Kadha, Vanga bhasma can be used.

LEPA AND OIL- Karanj beej taila, Karveeradi lepa, Eladi lepa Manashiladi lepa, Shatadhauth ghruta, Karanj taila, Neem Taila, Bakuchi lepa, Karanjbeeyadi Lepa, Chandan Taila, Katu Kapithya Lepa etc can be used.

DISCUSSION

Kitibha kushta is a disease caused by vitiation of tridoshas these three combines with rakta lasika and ambu and circulate all over the body. Basically it is tridoshaj vyadhi with involvement of rakta, lasika, ambu, mansa. Viruddha Aahar, guru-snigdha bhojan like dahi, oily food are responsible for kapha prakop and mandagni ultimately which causes rasa, rakta dushti. Food items with excessive salt content like wafers, fastfood causes pitta prakop and rakta dushti. Vataprakopak Aahar and vihar like sheeta marut sparsha, chardi nighrha etc. Are responsible factors causing Kitibha kushta. Ayurvedic treatment which includes snehan swedan, vaman, virechan, basti and raktamokshan are very effective in treating Kitibha kushta. shaman aushadhi dravya like arogya vardhini vati, guduchi Ghana vati, gandhak rasayan, kwath prepared from th drugs of kudhtaghna mahakashyas followed by use of local application like kushtaghana lepa have proved to be very effective in treating Kitibha kushta.

Agniveskruta,' charaksamhita'with shrichakrapani virachit ayurvedadipika vyakya, Chikitsasthan chapter no.7, shoka no.148, published by chowkhamba orientalia, Varanasi, 2009.

CONCLUSION

1. Nowadays there are various methods available for treatment of Lichen planus in modern medical science which includes symptomatic use of anti-fungal, anti-histamines and corticosteroids, which have their own effects and side-effects and also the withdrawal symptoms.
2. It has been observed that prolonged use of these medicines results in damaging the skin tissues completely. Patient have relief from the symptoms for a time being and after that recurrence of the symptoms can be seen.
3. Shaman Aushdh like Arogyavardhii vati, Gandak Rasyan, and also the Kwath prepared o Kushtaghna drugs have proved to be very useful.
4. Local application lipe lepa and oil have also proved to be very useful in treatment of kitbha kushta.
5. Shodhan karmas like vaman, virechan, Raktamokshan are very effective in treatment of

kitibha followed by proper pathya and apathya. After.

6. The chances of Recurrence of the symptoms is very minimal if purification procedure is carried out as per classical text.

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