



Management of *Kitibha Kushta* (Plaque Psoriasis) with Combination of Ayurvedic Modality-A Case Study

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ABSTRACT

Skin diseases are commonly observed due to altered lifestyle, lack of physical exercise, poor hygiene, mental stress and improper food habits. *Kushta* (Skin diseases) is divided into *Maha Kushta* (Major skin diseases) and *Kshudra Kushta* (Minor skin disease). *Kitibha Kushta* (Plaque Psoriasis) is included in *Kshudra Kushta* commonly found today, having sign and symptoms similar to Plaque psoriasis. Due to relapsing nature of Plaque psoriasis it needs long duration treatment. Ayurveda provides long lasting results by treating the disease and preventing reoccurrence. In this case study, a 43 years old male came to OPD of Kayachikitsa with chief complaint of *Kandu* (Itching), dry silvery white patches over left leg treated with *Shodhana Chikitsa* (Body purification treatment) using *Vaman Karma* (Therapeutic Emesis) and *Shaman Chikitsa* (Alleviating treatment) using internally *Gandhaka Rasayana*, *Panchatikta Ghrita* and S-kin powder, Shabsoria Oil for external application for 1 month. The PASI score was 14.4. Before treatment, after 15 days it was 7.4 and after 30 days it was reduced to 0. Patient got relief in the symptoms. Better result achieved in this case using *Shodhana Chikitsa* and *Shaman Chikitsa* along with *Bahirparimarjan Chikitsa* (External application).

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INTRODUCTION

Psoriasis is a common long lasting auto-immune skin disease with prevalence of 0.44-2.8 percent in India. Psoriasis is typically present as erythematous plaque with silvery scales (Dogra and Yadav, 2010). Most common type of Psoriasis is Plaque Psoriasis

in which each lesion separated from other lesions with diameter of millimetres to centimetres. Elbow, knees and lower back are commonly involved areas in Plaque Psoriasis while scalp, nails, flexures, palm are other site. After scraping the surface in plaque psoriasis lesions become red (Colledge et al., 2010).

Kushta divided into *Maha Kushta* and *Kshudra Kushta* in which all skin diseases in Ayurveda involved (Vidyadhar and Dutt, 2019e). *Kushta* mentioned in *Ashtamahagad* i.e. difficult to treat by Acharya Charaka (Vidyadhar and Dutt, 2019d). *Kitibha Kushta* having symptoms like *Shyava Varna* (discoloration), *Kina*, *Khara Sparsha* (rough in touch/scaly), *Parushatva* (hard), *Ruksha Pidika* (dry vesicle) with *Kandu* (Itching) (Vidyadhar and Dutt, 2019a). All the sign and symptoms of Plaque psoriasis similar with *Kitibha Kushta*. *Kitibha Kushta* is *Vata* and *Kapha Doshapradhan* Disease with *Lakshanas* (symptoms) of both *Dosha*. *Kitibha Kushta* manifests due to deranged physiology of

Table 1: Table showing protocol of Shodhana Chikitsa

Procedure	Medicine	Dose	Duration	Route	
Purva Karma	Deepana- Pachana Snehpana	TrikatuChurna	3 gm-3 gm before meal with KoshnaJala	3 days	Oral
		Panchatikta Ghrita	With ascending order from 30 ml to 220 ml At early morning empty stomach with lukewarm water	7 days	Oral
	Sarwanga Snehana followed by Nadi Swedana	Marichyadi Tail Dashmool Decoction	Quantity sufficient Quantity sufficient	For 2 days (After completion of 7 days of Snehapan)	External application
Pradhan Karma	Vamanakarma	Madanphal Yoga	Antaranakha-mushtiMatra	For 1 day (on 12 th Day at morning time after Snehana and Swedana)	Oral

seven factors. They are *Vata, Pitta, Kapha, Tvaka* (skin), *Mamsa* (muscle), *Shonit* (blood) and *Lasika* (Lymphatic system). For treating root cause of disease in *Bahudoshavastha* of *Kushta Shodhana* is necessary for elimination of aggravated *Doshas* from the body as given on Samhita (Vidyadhar and Dutt, 2019c). So in this case study *KitibhaKushta* is managed with *Vamanaa* long with *Shamana Chikitsa*.

Case Report

A 43 year old male patient approached with complaints of dry silvery white patches, rough similar to scar tissue over left leg with *Kandu* in them since 6 months.

Brief history of the Patient

Presenting complaints

A 43 year old male patient who was apparently normal before 6 months, then having complaint of itching over left leg followed by small redish patch which increased gradually and spread dry silvery white patches, rough scar tissue like appearance on left leg (Figure 1). He consulted all local allopathic and Homeopathic physicians before for same complaints, but he did not get satisfactory relief, so for further management he consulted in our hospital.

He had no family history and no past history regarding any skin diseases. No history of any type of allergy before. Due to itching sleep was disturbed. On examination *Ashtavidha Pariksha* within normal limit except *Saam Jivha* (Coated tongue) and *Malbadhata* (Constipation).

Personal History

Ahar (Diet)-Veg, Non-Vegetarian

Nidra (Sleep): Disturbed sleep due to the itching

Vyasan (Habits): Tobacco, *MadyaSevana*

Occupation: Farmer

Bala: Madhyam

Agni (digestive fire): *Agnimandya*

Raktadaba (B.P): 110/80 mm of Hg

Skin Examination

1. Inspection:

1. Shape-Round lesions over left leg
2. Color-Silvery White
3. Lesions-Plaques

2. Palpation:

1. Warmth touch with rough texture

Sign

1. Candle Grease Sign - Positive
2. Auspitz Sign - Positive

Laboratory Investigation

1. Blood routine- Normal
2. Rest other system findings was normal

SampraptiGhataka

1. *Dosha- Tridosha*

Table 2: Table showing Medicine given after SansarjanaKrama

Medicine	Dose	Anupan	Route	Duration
GandhakRasayan (250 mg)	2 tab-2 tab After meal	KoshnaJala	Oral	15 days
PanchatiktaGhrita	10 ml-10 ml After meal	KoshnaJala	Oral	15 days
S-kin powder with Gomutra	Quantity sufficient(Q.S.) Twice a day	-	Externally over lesions	15 days
ShabsoriaOil	Q.S. After bath	-	Externally over lesions	15 days

**Figure 1: Silvery scaly lesion over left lower limb**

2. *Dushya – Twaka, Rakta, Mamsa, Lasika*
3. *Ama (Undigested food particle) – Jatharagnijanya Ama*
4. *Agni–Jatharagni*
5. *Srotas (Inner transport system of the body)– Rasavaha, Raktavaha*
6. *Srotodustiprakara – Sanga*
7. *Rogmarga (Path of Disease)–Bahya*
8. *Udhhavasthana – Amashaya*
9. *Vyaktasthana – Twacha*
10. *Rogaswabhaba– Chirakari*
11. *Sadhyasadhyaata – Sadhya*

Samprapti

Nidan (Causative factor) Sevana like Aharaja-Viharaja-Manasika

(Irregular food habits, Non vegetarian diet, consumption of alcohol, *Ativyayam, Atichinta, Ratrijagarana*)

↓

Tridosha Prakopa (aggravation)

↓

Twaka, Rakta, Mamsa, Lasika (Dushya)

↓

Sthanasamshraya (localization) in Twacha

↓

Ruksha Pidika with Kandu

↓

Kitibha Kushta

MATERIALS AND METHODS**Treatment Plan given**

Shodhana Chikitsa and Shamana Chikitsa was given to the patient.

Shodhana Chikitsa

Shodhan Chikitsa was given with *Vamana Karma* in proper sequence of *Purvakarama, Pradhankarma, Paschytkarma* (Tables 1 and 3).

Shamana Chikitsa

Shamana Chikitsa given using *Gandhak Rasayan* and *Panchtikta Ghrita* along with *Bahirparimarjan Chikitsa* using *S-kin Powder with Gomutra* (Cow urine) and *Shabsoria Oil* (Tables 2 and 3).

Paschyat Karma

After *Samyaka Vamana Lakshana Dhoompan* was given for 5 minutes by each nostril with *Aguru stick* (Trikamji, 2004). Then *Sansarjana Karma* was advised for 5 days in the form of *Peya, Vilrpi, AkrutMudgaYusha, KrutMudgaYusha*, normal diet (Varakunnte, 2010).

Greeding-PASI (Psoriasis Area Severity Index) Score

The severity of Psoriasis is estimated by three clinical signs: Severity parameters are measured from none to maximum within each area on the scale of 0 to 4 (Table 5).

Table 3: Table showing drugs used in PurvaKarma, PradhanKarma, Paschyat Karma with ingredients

Sr.no	Drug name	Content	Indication
1	Trikatuchurna	Sunthi Marich Pipalli	Deepana, RelieveAma, Shlesh-maghna, Medoghna, Kushta
2	PanchatiktaGhrita	Nimba- Azadirechtaindica,Patola- Luffa acutangula, Kantakari-Solanum xanthocarpum, Amruta-Tinospora cordifolia, Adulsa- Adhatoda vasica, Pathya-Terminalia chebula, Bibhitaki- Terminalia bel- lirica, Amlaki- Emblicoefficialis), water for decoction, Goghrita	Deepan, Pachan, Srotoshodhak, Raktaprasadak, Kandughna, Kushtaghna, Varnya
3	Marichyadi Tail	Marich-Piper nigrum, Trivrit- Operculinaturpethum, Jatamansi- Nardostachysjatamansi, Haridra-Curcuma longa, Devdaru- Cedrusdeodara, Arka- Calatropisprocera, Kushta-Saussurea lappa, Musta- Cyperusrotundus, Raktachandan- Pterocarpussantalinus, Vishala- Citrulluscolocynthis, Daruharidra- Berbereisaristata, Katutaila-Brassica juncea, Manashila- Purified Realgar, Hartala-Purified orpi- ment, Gomutra-Cow urine, Gomaya Rasa- Juice of cow dung and Water	Raktashodhak,Vranaropak, Twachya, Dadru, Shwitra, Kushta

Continued on next page

Table 3 continued

Sr.no	Drug name	Content	Indication
4	MadanphalYoga	MadanphalChurna (Randiadumetorm) VachaChurna (Acorus- calamus) Saindhaw (Rock salt) Honey Milk YashtimadhuPhant (Glycyrrhizaglabra)	Vamanaopag Vamanaopag Abhishyandi, Shodhak Abhishyandi, Yogavahi Vamanaopag Vamanaopag
5	GandhakaRasayana	ShuddhaGandhaka- Purified Sulphur, Godugdha-Cow milk, Ghee, Chaturjat[Ela- Elettariacardamomum, Twak- Cinnamomumzeylanicum, Tamalpattara- Cinnamomumtamala, Nagkeshar- Mesuaferrea], Guduchi-Tinospora cordifolia, Shunthi- Zinziberofficinalis, Bhrungraj -Ecliptaalba, decoction ofHaritaki, Bibhitaki, Amlaki, Sita -Syrup of suger	Antibacterial, Antiviral, Antimicro- bial, Anti-inflammatory, Antiprurit- ics
6	S-kin powder with Gomutra	Manjistha (Rubiacordi- folia) Amalaki, Haritaki, Bib- hitaki, Nagermotha, Shuddha- Gandhak	Psoriasis,Eczema, Allergicdermati- tis, Acne-pimple, Dandruff
7	Shabsoria Oil (Shabnam Company Pvt. limited)	Bakuchi (Psoralea- corylifolia), Haridra (Curcuma longa), Daruharidra (Berberis- aristata), Sarsapa (Brassica nigra), Kushta (Saussure- alappa), Karanja (Pongamiapinnata), Chakramarda (Cassia tora)	KushthaghnaAntibacterial, Antivi- ral, Antimicrobial, Antifungal, Antiinflammatory,

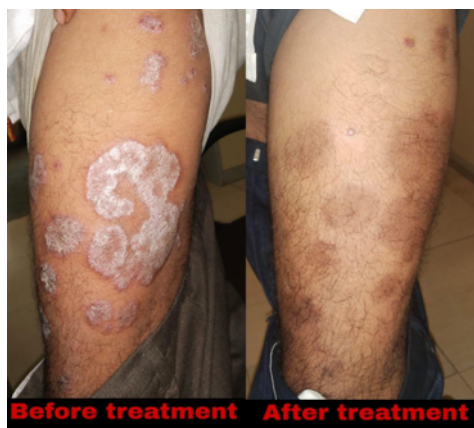


Figure 2: Showing effect of combination of Ayurvedic modalities on KitibhaKushta

The body is divided into four sections [Head (H) (0% of a Person's skin); Arms (A) (20%); Trunk (T) (30%); Legs (L) (40%)]. Each of this area is scored by itself, and then the four scores are combined into the final PASI (Table 7). The percent of skin area involved is evaluated and then converted into a grade from 0 to 6 for each section (Table 6) (Hani *et al.*, 2012).

DISCUSSION

Panchakarma treatment is a novel kind of treatment for different incessant immune system hormonal and degenerative disorders, whereas different kinds of medicines have no palatable answer too similarly helpful for the advancement and safeguarding of wellbeing. Any illness in Ayurveda is dealt with *Shodhana*, *Shaman* and *Rasayana Chikitsa* (Bhende and Parwe, 2020).

Patient had an habit of irregular food intake and other *Nidanas* like *MadyaSevana*, *MamsaSevana*, *AdhikaVyayama*, *Ratrijagarana*, *AdhikaChinta* leads to *KitibhaKushta*. *Chikitsa* planned depending on the *Lakshans* (Symptoms) and *Nidanas* like *Deepana*, *Pachana*, *Shodhana* with *Vamana* following the sequence of *Purvakarma*, *Pradhankarma* and *Paschyatkarma* along with *Shamanoushadhi*, *Bahirparimarjan Chikitsa* (external application) were given. All this equally help to reduce sign and symptoms of *KitibhaKushta* (Table 8 & Figure 2)

Probable Mode of Action of Shodhan (Vamanakarma)

In *Purvakarma Dipana- Pachana* (Appetizer-digestant) was given with *Trikatu Churna* for 3 days which mainly acts as an *Agni Vardhaka*, *Amadosha Nashaka* (Government of India, 2011). *AbyantarSnehapana* (Internal oleation) was given in increasing order with *PanchatiktaGhrita* for 1

week which pacify *VataDosh*. It subside *Kharata* (Dry scaling), *Parushataas* well as *Shyawa Varna* in *KitibhaKushta* (Government of India, 1978). *MarichyadiTail* was used for *Sarvanga Abhyanga*. It is *Raktashodhaka*, *Vranaropaka*, *Twachya* mainly reduces dryness and provides hydration to skin and improves the blood circulation (Jully, 2013).

After *SarwangaSnehana*, *SarwangaSwedana* given in the form of *NadiSwedan* (Bramhananda, 2015). It removes *Srotasaob* struction. Due to *Swedana*, *Doshas* gets liquifies and came from *Shakha* to *Koshta* for easy elimination with the help of *Shodhana*.

In *Pradhan Karma Vaman* was given (Table 4) with *Madanphal Yoga* (Vidyadhar and Dutt, 2019b). Followed by *SamsarjanKarma*. For diseases of *Kapha-DoshaVamana* is useful as it given in *Samhitas*. Due to predominance of *KaphaDosha* in *KitibhaKushta*, *Vamana* was given. *Vamana* purifies body through there peutice mesis, increase *Agni*, prevents relapsing nature of disease by strengthening Immune system of body. *SamsarjanaKramaworks* on *Agni Dipana*.

After *Vamana* procedure *VataPrako* occurs, so for *Vata Shamana Panchatikta Ghrita* was given as *Abhyanter Snehapana* which is indicated in *Kushta*. *Kushta Rogacame* under *Raktapradoshaj Vikara* cording to Acharya Charaka. *Vasa*, *Nimba*, *Patola* and *Guduchi* brakes pathogenesis of *Kushta*, due to potent hepatoprotective action.

Mode of action of Gandhaka Rasayana

Gandhaka Rasayana (Sashtri, 1983) is broad spectrum medicine useful in number of skin diseases like psoriasis, eczema, itching due to it's anti-microbial, anti-bacterial and anti-viral properties. *Gandhaka Rasayana* improves digestion and complexion of Skin. Main ingredient i.e. Purified Sulphur acts on skin and mucous membrane. With mercury purified Sulphur used in many diseases. Internal and external both route of purified Sulphur useful to treat skin disease.

Mode of action of Panchatikta Ghrita

Panchatikta Ghrita is explained in *Bhaishajyaratnavali*, In *Kushtadhyaya*. Ingredients of it having *Kushtaghna* property. *Goghritais Vata-pitta Shamaka*, *Twachya*, useful in healing and has a "*Samskarasya Anuvartanam*" property (without losing own property, assimilates the properties of other substance with which it is processed). So *Panchatikta Ghrita* becomes more effective in psoriasis.

Mode of action of S-kin powder with Gomutra

It is very useful for topical skin infection and also a drug of choice to wash all over body. It treats

Table 4: Table Showing evaluation of Samyak Vamana Lakshana

Sr.no.	ManikiShuddhi (Measurement)	AntikiShuddhi (Interpretation)	VegikiShuddhi (No. of Vega)	LaingikiShuddhi (symptoms)
Vamana	Intake-3000 Output-3600	PittantakaVamana	8	No bleeding, Kaphachadrika present in vomitus

Table 5: Table showing grading-PASI

Plaque characteristic	Lesion Score	Lower Limb	
		Right	Left
Erythema	0-None	0	3
Induration/Thickness	1-Slight	0	3
Scaling	2-Moderate	0	3
	3-Severe		
	4-Very severe		
Lesion Score Sum (A)		0	9

Table 6: Table showing grading according to area involved

Percentage area affected	Involved Area Score	Grade	Lower Limb	
			Right	Left
Area Score (B)	0%	0	0	4
	< 10%	1		
	10 - 29%	2		
	30 - 49%	3		
	50 - 69%	4		
	70 - 89%	5		
	90 - 100%	6		

Table 7: Table Showing assessment criteria

	Left Leg Before treatment	Left Leg After 15 Days	Left Leg After 30 Days
Skin area involved Grade - A	4	3	0
Erythema (redness)	3	2	0
Induration (thickness)	3	2	0
Desquamation (scaling)	3	2	0
E, I, D-B			
Total-A x B	36	18	0
Total Body Surface Area	36x0.4=	18x0.4 =	0x0.4
Total PASI Score	14.4	7.4	0

Table 8: Table showing evaluation of Subjective parameters

Sr.No.	Sign and Symptoms	Before treatment	After 15 days	After treatment
1	Erythema	+++	++	-
2	In-duration	+++	++	-
3	Desquamation	+++	++	-
4	Itching	++++	++	No Itching

all skin diseases due to its anti-microbial, anti-bacterial, anti-fungal, anti-viral properties. It is *Raktashodhaka*, *Vranaropaka*, *Twachya* reduces *Kandu*. When the paste of powder made with gomutra applied on skin get penetrated through skin layer. *Gomutra* is strong, piercing, alkaline, astringent, *Vatakaphashamaka* used for treatment of skin disease.

Mode of action of Shabsoria Oil

Shabsoria oil useful in skin diseases like psoriasis, itching, eczema due to its *Kushtaghna* property. Ingredients of Shabsoria oil pacify *Tridosha*, moisturizes the skin and improves skin complexion.

Before treatment Erythema, In-duration, Itching and Desquamation of the lesion over left leg was severe. Initially PASI score was 14.4, 15 days later it was reduced to 7.4 and after treatment it was reduced to 0. By following treatment protocol like *Shodhana (Vaman)*, *Shamana* (Internal medications) and *Bahirparimarjan Chikitsa* patient got relief in his symptoms.

CONCLUSION

In *Kushta Chikitsa* both *Shodhana* and *Shamana* therapy plays very important role. Symptoms of Plaque psoriasis is similar with *Kitibha Kushta*. This case study concluded that *Kitibha Kushta* can be cured with *Vaman Karma* followed by *Shamana Chikitsa* using internally *Gandhaka Rasayana*, *Panchatikta Ghrita* and externally application of Shabsoria oil, S-kin powder with *Gomutra* for 15 days. By combination of Ayurvedic Modalities like *Shodhana Chikitsa* with *Shaman Chikitsa* (along with *Bahirparimarjan Chikitsa*) better results can be achieved.

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Conflict of Interest

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