



Case Study

## AYURVEDIC MANAGEMENT OF KITIBHA KUSHTA

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### Article info

#### Article History:

Received: 12-07-2024

Accepted: 15-08-2024

Published: 20-09-2024

#### KEYWORDS:

*Kitibha kushta*, psoriasis, *Shamanaushadi*, *Gandakarasayana*, *Arogyavardini vati*, *Cap. Guggulu tiktaka ghrita*, Bactimo ointment.

### ABSTRACT

Psoriasis is long lasting, non-contagious autoimmune disease. Characterized by scaly patches on skin with dry and reddish discoloration. In India incidence rate of psoriasis about 2% to 4%, steroids and immunosuppressive drugs are the treatment option in contemporary science. Due to their limitation and high chance of recurrence. Present case report, A 50 years old female patient presented with a 1 month history of itching and whitish scaly patches on the skin diagnosed as *Kitibha kushta* (psoriasis). The patient was treated with 15 day course of *Shamanaushadi*, including Tab. *Gandakarasayana*, *Arogyavardini vati*, *Cap. Guggulu tiktaka ghrita*, and Bactimo ointment. Significant improvement was observed within 15 days, with no signs of recurrence. The treatment protocol adopted based on the Ayurvedic principles, targeting the *Vatakapsha dosha* predominance in *Kitibhakushta*. This case report highlights the effectiveness of *Shamanaushadi* in managing psoriasis and support further research to explore its potential as a complementary therapy.

### INTRODUCTION

The skin surface in some chronic inflammatory dermatoses is roughened due to excessive and abnormal scale formation and desquamation. Common examples of this group are psoriasis and lichen planus. [1] Psoriasis is one of the most common dermatologic diseases, affecting up to 2% of the world's population. It is an immune-mediated disease clinically characterized by erythematous, sharply demarcated papules and rounded plaques covered by silvery micaceous scale.[2] Topical glucocorticoids, A topical vitamin D analogue, Ultraviolet (UV) light, natural or artificial, is an effective therapy for many patients with widespread psoriasis. In general, immunosuppressive agents have also been linked to an increase risk of skin cancer and patients receiving these agents should be monitored for the development of skin cancer.[3]

In Ayurveda, all skin diseases are explained under heading of *Kushtaroga*. Psoriasis can be correlated with *Kitibha kuhsta*. [4] *Shyava kinakara sparsham parusham kitibham smritam*.

According to Acharya Charaka, *Kitibha kushta* is one of the *Raktapradoshaja vikara* caused by vitiation of *Vata kapha dosha* in excess having *Lakshanas* like blackish brown color, rough on touch, dryness.[5] The main line of treatment of *Kushta* is repeated *Shodhana*, then *Shamana aushadi* given for alpha *Dosha nirharana*. By considering all, the present case study was taken to evaluate effect of *Shamanaushadi* like Tab *Gandhaka rasayana*, *Arogyavrdini vati*, *Cap Guggulutiktaka ghrita*, Bacto ointment for 15 days in the management of *Kitibha kushta*.

### Case Report


A 50 years old male patient having history of itching, whitish scaly patches of skin since 1 month. According to patient he was asymptomatic 1month back. Then he gradually noticed above said symptoms. Patient was registered in OPD Shri Sainath Clinic on 05/08/2023. Patient had no previous history of hypertension and diabetes.

### General Examination

Bp -120/80 mmhg, PR-86 bpm, RR-18 b/min, TEMP-98.6°F. Cyanosis-absent, Pallor- Absent, Clubbing-Absent. CVS, RS, CNS & blood investigation were within normal limits.

### Local Examination

Whitish scaly lesions over the back of right shoulder.

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**Table 1: Showing Treatment given**

S.No	Treatment	Dosage	Duration
1	Tab. <i>Gandhaka rasayana</i>	2-0-2	15 days
2	Tab. <i>Arogyavardhini vati</i>	2-0-2	15 days
3	Bactimo ointment	External application	15 days
4	Cap. <i>Guggulu tiktaka ghrita</i>	1-0-1	15days

**RESULT****Fig1- Showing psoriatic scaly lesions before treatment Fig-2 Showing normal skin after treatment****DISCUSSION**

After initiation of treatment symptoms were reduced within 15 days. In this period, patient showed marked improvement without any sign of recurrence. Patient had irregular food habits, excessive consumption of sour, spicy, salty foods and excessive consumption of non vegetarian food. This might have been causative factor for *Kitibha kushta*. As *Kitibha kushta* was *Vata kapha dosha pradhana vyadhi*, the treatment measures also selected drugs which are having *Vatakapha hara* properties. Further research is necessary to confirm its efficacy and safety in larger patient population.

The ingredients of *Gandhaka rasyana* having *Kushta hara* properties which reduces symptoms such as scaly patches, redness, and itching. As *Kitibha kushta* is predominantly a *Vatakapha*, so *Gandakarasyana* has qualities like *Madhura rasa*, *Katuvipaka*, *Ushna veerya*, *Vatakapha hara* and it is used in *kandu* (itching), *Kushta*, *Visarpa*, *Dadru*. It acts as anti bacterial, anti pruritic and anti inflammatory agent. It act as *Raktashodhaka* and *Twakprasadna*.<sup>[6]</sup>

*Arogyavardhini vati* which contain *Parada gandhaka*, *Tamra bhasma* and *Katuki* as main ingredient having properties like *Tridosahara*, *deepana*, *Pachana*, *Srotoshodhaka*, mainly *Pitta hara* in Nature because *katuki* which act as *Pittarechaka*.<sup>[7]</sup>

Cap. *Guggulu tikta ghrita* having properties like *Tikta rasa*, *Katuvipaka*, *Pittakapha hara* in nature. It is useful in cooling the inflamed part of the body; mostly due to aggravated *Pitta*. it is mainly indicated in psoriasis and other skin disorders.<sup>[8]</sup>

*Bactimo* ointment which contain drugs like, *Mahamarichadi taila*, *Shuddagandaka*, *Nimba*, *Bakuchi*, *Manjishta*, *Chakramarda* which is having *Kushtahara*, *Twakprasadaka*, *Snigdha* which reduces the itching, inflammation, dry skin.

**CONCLUSION**

In Ayurvedic classics, *Kitibha kushta* is described in the chapter titled *Kushta roga*. *Vatakapha* is more predominant in *Kitibha kushta*. So *Vatakaphahara* treatment protocol had been adopted. As the patient had *Alpadosha* and *Alpha bala*, *Shamana chikitsa* is most efficient in the management of *Kitibha kushta*. After completion of the treatment, significant improvement was noticed in the signs and symptoms of the patient. This present study protocol seems promising, very effective and less time-consuming, as well as easy to perform and worth documenting.

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**Cite this article as:**

Muttu M H, Karthikkumar A H, Chaitrika Hosur. Ayurvedic Management of Kitibha Kushta. AYUSHDHARA, 2024;11(4):105-107.

<https://doi.org/10.47070/ayushdhara.v11i4.1623>

**Source of support: Nil, Conflict of interest: None Declared**

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