



Case Study

## KITIBHA KUSHTA AND ITS SUCCESSFUL AYURVEDIC MANAGEMENT THROUGH SHAMANA CHIKITSA

Akanksha Ganesh Sahu<sup>1\*</sup>, Yeshwant R. Patil<sup>2</sup>, Prasad P. Deshpande<sup>3</sup>

<sup>1</sup>PG Scholar, <sup>2</sup>Dean and Head, <sup>3</sup>Associate Professor, Dept. of Swasthavritta & Yoga, GAC, Nanded, Maharashtra.

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### ABSTRACT

*Kitibha kushta*, classified under *Kshudra Kushta* in Ayurveda, presents with characteristic features like *Kharasparsha* (rough skin), *Kandu* (itching), and *Shyava/Krishna Varna* (discoloration). This case study highlights the successful management of *Kitibha kushta* through a purely Ayurvedic approach using *Shamana Chikitsa* without any *Shodhana* procedures. A 30-year-old female presented with chronic lesions over the palms with dryness, scaling, and itching. The treatment protocol included internal administration of herbal formulations like *Naga Kesara Churna*, *Vidanga Churna*, *Manjishtha Churna*, and *Arogyavardhini Vati* along with local application of *Karanja Taila*. Dietary and lifestyle modifications were also advised. Follow-up over ten weeks showed progressive improvement, with complete relief by the eighth visit. This case demonstrates the efficacy of classical Ayurvedic management in chronic skin disorders.

### INTRODUCTION

Ayurveda describes *Kushta Roga* as a group of chronic skin disorders caused by the vitiation of *Tridosha* and affecting *Twak* (skin), *Rakta* (blood), *Mamsa* (muscle), and *Lasika* (lymph) *dhatu*s [1]. *Kushta* is classified into *Maha Kushta* and *Kshudra Kushta* based on severity [2]. *Kitibha kushta*, a type of *Kshudra Kushta*, is characterized by *Kharasparsha*, *Kandu*, *Parushata*, and *Krishna Varna*[3]. It is a *Kapha-Vata* predominant disorder with *Rakta* and *Mamsa* involvement. Modern lifestyle, dietary indiscretions, and stress play a role in its chronicity and recurrence.

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 colour, rough on touch, dryness.[4] The main line of treatment of *Kushta* is repeated *Shodhana*, then *Shamana Aushadhi* given for *Alpa dosha nirharana*. By considering all, the present case study was taken to evaluate effect of *Shaman Aushadhi* like *Triphala Churna*, *Nagarmotha Churna*,

*Vidang Churna*, *Manjistha Churna*, *Tab. Khadiradi vati*, *Tab. Aaragvadha Kampillaka vati*, *Karanj Tail* for 2.5 months in the management of *Kitibha kushta*.

### MATERIAL AND METHODS

#### Case Report

A patient XYZ, aged 30 years, female had come to OPD complaining of:

- *Ubhayatah Hastanguli Pradeshi Vaivarniya-Raktabh Vaivarniya*
- *Ubhayatah Hastanguli Pradeshi Kandu, Daha*
- *Ubhayatah Hastanguli Pradeshi Gharshanottar Raktastrav*

All symptoms occurred for 3 years chronic lesions over the palms with dryness, scaling, and itching for 3 years.

#### Past History

Patient was all right before 3 years. Then dryness, discoloration, roughness and intermittent itching of skin occurred over both palms for several months. She was diagnosed as Palmer Psoriasis. She had taken Allopathic including Steroid Treatment for same complaints. There was recurrence in her complaints. Hence, she came to O.P.D. for treatment.

- History: No history of any previous surgical or medical illness.
- Allergy: No any drug/food allergy.

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- Family History: Not specific.

**Personal History**

- Appetite: Moderate
- Bowel: Regular
- Micturition: Normal
- Sleep: Disturbed due to itching
- Addiction: Nil
- Diet: Mixed diet

**General Examination**

- Pallor – Absent
- Icterus – Absent
- Cyanosis – Absent
- Clubbing – Absent
- Lymphadenopathy – Not palpable
- Oedema – Absent
- RS - B/L Clear
- CVS - S1 S2 Normal
- CNS - Conscious Oriented
- P/A - Soft
- BP – 118/78 mmHg
- Pulse – 76 bpm
- Respiratory rate – 18/min
- Temperature – 98.4°F

**Ashtavidha Pariksha**

- Nadi: Kapha-Vata
- Mala: Samyak

- Mutra: Samyak
- Jihva: Sama
- Shabda: Prakruta
- Sparsha: Khara
- Drik: Prakruta
- Aakriti: Madhyama

**Samprapti Ghataka**

- Dosha: Vata (Vyana Vayu), Kapha (Kledaka), Pitta (Bhrajaka)
- Dhātu: Rasa, Rakta, Mamsa
- Upadhatu: Twak
- Agni: Jatharagni Mandya
- Srotas: Rasa, Rakta, Mamsa
- Sroto Dushti: Sanga
- Udbhava Sthana: Amashaya
- Sancharasthana: Sarvasharira
- Adhithana: Twak, Rakta, Mamsa
- Vyaktasthana: Twak
- Roga Marga: Bahya
- Swabhava: Chirakari
- Sadhya-Asadhyata: Krichrasadhyata

**Diagnosis**

Kitibha kushta (Kshudra Kushta)

**Treatment Plan**

Patient was treated in OPD basis.

**Table 1: Treatment Protocol - Shamana Chikitsa**

S.No.	Date	Symptom	Treatment Given
1	16/05/2025	Tawaka Vaivarniya (Raktabha)- Ubhayatah Hastanguli Pradeshi Kandu- Ubhayatah Hastanguli Pradeshi- Daha- Ubhayatah Hastanguli Pradeshi Gharshanottar Raktastrav- Ubhayatah Hastanguli Pradeshi	Triphala Churna + Nagarmotha Churna + Vidang Churna 2gm each BD before meal  Khadiradi Vati 500mg 2 BD after meal Karanj Tail- for local application
2	30/05/2025	Kandu decrease No Strav 20% Upashay	Same as above
3	09/06/2025	Alpa Kandu 50% Upashay	Same as above
4	17/06/2025	Lakshane Alpatah Vivardhaman (10% vrudhhi)	Same as above
5	24/06/2025	70% Upashay	Same as above except Triphala Churna Manjistha Churna 2gm BD before meal. Aaragvadha Kampillaka Vati 500mg Bd after meal.
6	08/07/2025	90% Upashay	Same as above
7	25/07/2025	95% Upashay	Manjistha Churna 2gm BD before meal

			<i>Karanj Tail</i> BD for local application.
8	01/08/2025	100% <i>Upashay</i>	Continue <i>Karanj Tail</i> BD for local application.

**Pathya–Apathya**

*Pathya*: *Laghu Anna* (light diet), *Jowar roti*, old rice, green gram, ragi, ghee, bitter vegetables, roasted chana, *lahya* (puffed rice).

*Apathya*: Curd, tomato, lemon, cucumber, milk products, non-veg, fermented foods, pickle, tamarind, fermented food, poha (flattened rice), beetroot, jaggery, spicy food.

**Measures & Follow-Up**

The patient demonstrated significant improvement with strict adherence to Ayurvedic management, including dietary regulation and lifestyle modifications. Over a continuous period of 2.5 months, she complied fully with the prescribed interventions. As a result, symptoms persisting for the previous three years were completely resolved within this timeframe solely through Ayurvedic treatment.



16/05/25 (Before)



30/05/25



09/06/25



17/06/25



24/06/25



08/07/25



25/07/25



01/08/25 (After)

## DISCUSSION

*Kitibha kushta*, a form of *Kshudra Kushta*, presents as a long-standing skin disorder marked by discoloration, scaling, persistent itching, and recurrent episodes. Its pathogenesis is attributed to the vitiation of *Vata*, *Kapha*, and *Rakta*, which result in dryness, rough texture, and thickened skin lesions. In this case, exclusive use of *Shamana Chikitsa*- through selected classical formulations administered for 2.5 months- resulted in complete remission of the long-standing symptoms.

In Ayurveda, numerous formulations are described under *Kushta Roga Chikitsa*. Based on the patient's condition and the availability of medicines, selected formulations were administered accordingly.

i. *Triphala Churna* is a well-known formulation with *Rasayana* and *Kusthaghna* properties, described in *Charaka Samhita*<sup>[5]</sup>. With its detoxifying and

antioxidant effects, *Triphala* improves metabolism, purifies blood, and supports healthy skin.

ii. *Nagarmotha* (*Cyperus rotundus*) is mentioned in *Bhavaprakasha Nighantu* as *Tridosahara* and *Ama-pachaka*<sup>[6]</sup>. By improving digestion and reducing *Ama*, it addresses one of the root causes of skin disorders.

iii. *Vidanga* (*Embelia ribes*) is praised for its *Krimighna* and *Kusthaghna* action in *Charaka Samhita*<sup>[7]</sup>. It supports elimination of pathogenic factors, detoxification, and correction of underlying *Dosha* imbalance.

iv. *Khadiradi Vati* contains *Khadira* (*Acacia catechu*), which is well documented as *Kushtaghna* (anti-skin disease) and *Rakta shodhaka* (blood purifier) in *Charaka Samhita* <sup>[8]</sup>. Its properties contribute to

alleviation of *Kapha-Pitta* vitiation and purification of blood, essential in chronic skin diseases.

- v. For external application, *Karanja Taila* is mentioned in *Bhavaprakasha Nighantu* as *Kushtaghna*, *Krimighna*, and *Vranaropaka*<sup>[9]</sup>. It alleviates itching, scaling, and discoloration, while promoting local healing of skin tissue.
- vi. *Manjistha (Rubia cordifolia)*, a powerful *Rakta shodhaka*, is indicated in *Kushta* in *Charaka Samhita*<sup>[10]</sup>. It improves blood circulation, reduces pigmentation, and heals chronic lesions by correcting *Raktadushti*.
- vii. *Aragvadha Kampillakaka Vati*, containing *Aragvadha (Cassia fistula)*, is described as *Mridu virechaka* and *Kushtaghna* in *Bhavaprakasha Nighantu*<sup>[11]</sup>. Its mild purgative action aids in expelling vitiated *Pitta* and *Kapha*, thereby breaking the chronicity of the disease process.

The combined use of these formulations offered a comprehensive approach:

- Internal purification via *Virechana* and *Amapachana (Aragvadha, Nagarmotha)*.
- *Rakta shodhana* and *Kusthaghna* effects (*Khadira, Manjistha, Triphala*).
- *Krimighna* action (*Vidanga, Karanja*).
- Local healing and symptom relief (*Karanja Taila*).

The patient attained complete relief from symptoms within 2.5 months, despite having suffered from the condition for the past three years. This case highlights the effectiveness of Ayurvedic management in addressing chronic *Kitibha kushta* and demonstrates the therapeutic potential of classical formulations in skin disorders.

## CONCLUSION

The present case demonstrates that exclusive use of *Shamana Chikitsa* with classical Ayurvedic formulations- namely *Triphala Churna, Nagarmotha Churna, Vidanga Churna, Khadiradi Vati, Karanja Taila, Manjistha Churna*, and *Aragvadha Kampillaka Vati*, over a period of 2.5 months led to complete remission of symptoms in a patient suffering from *Kitibha kushta*

for three years. The outcome highlights the efficacy of Ayurvedic management in chronic skin disorders and underscores the importance of adopting individualized, holistic interventions for long-term relief. Further clinical studies with larger sample sizes are needed to validate these findings and establish standardized protocols for the management of *Kitibha kushta*.

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### \*Address for correspondence

Dr. Akanksha Ganesh Sahu

PG Scholar,

Dept. of Swasthavritta & Yoga,

GAC, Nanded, Maharashtra, India.

Email: [akankshagsahu@gmail.com](mailto:akankshagsahu@gmail.com)

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