THE HEALER

International Journal of Ayurveda & Integrative Medicine

www.thehealerjournal.org

CASE REPORT

Management of Kitibha Kustha (Psoriasis) - A case report.

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ABSTRACT:

In Ayurveda all the skin disease is kept under the topic “kustha roga”. Kitibha kustha is one of the kustha roga in which the skin becomes dull black, rough, dry like scar. It is vitiated by vata and kapha doshas. It can be clinically correlated with psoriasis in modern science. Psoriasis is the chronic inflammatory and hyper proliferative skin disease. Here, in the case a male patient of 42 years came with complain of scaly lesion all over the body since 32 years. Lesion was associated with itching and aggravated in winter season. The patient was clinically diagnosed with Kitibha Kustha (psoriasis). For the case sodhana and samana chikitsa was done. Patient got relief with in the treatment of 45days. Through the case it can be concluded that kitibha kustha can be cured by following the treatment protocol of Ayurveda.

Keyword: Ayurveda, Kitibha Kustha, Psoriasis, Skin disease

Introduction:

Psoriasis is a chronic inflammatory and hyper proliferative skin disease. It is characterized by well-defined, erythematous scaly plaques, particularly affecting extensor surfaces, scalp and nails.¹ It affects males and females equally. It can affect all races. Early onset age 16-20 is commoner and is often associated with a positive family history. Late onset disease peaks at age 55-60 years.² It can be correlated with Kitibha Kustha in Ayurveda. It is one among the Kustha. All the skin disease are kept under the topic Kustha. Kustha is further divided into two Subtopic named Mahakustha and Kshudrakustha. Kustha is tridoshaj vyadhi. Specially seen in persons indulging in unwholesome regime.³ Kusthas are said to be vatayukta, pittayukta, kaphayukta and krimiyukta in Sushrut Samhita. It can be named according

to predominance of dosha.⁴ It is a disease which is difficult to cure as Kustha itself fall under Asthamahagadavyadhi (octa ominous disorder).⁵

Nidana sevana vitiates tridosha and saithilya in dhatus like twak, rakta, mamsa and ambu. It further vitiates tridosha and get accumulated at the place of dhatu shaithilya and hence manifest the disease kustha.⁶

Kitibha kustha is the condition in which the color of the affected skin is dull black, rough, dry on touch like a scar, circular in shape and occasionally associated with secretion. It is developed by vitiated Vata and Kapha doshas.^{7 8} There is no specific treatment in modern science rather than steroids. But in Ayurveda there is various sodhana and samana treatment given.

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Submitted: 21.04.2020

Revised: 12.06.2020

Received: 28.04.2020

Accepted: 26.06.2020

Case report:

Male patient of 42 years came with complain of scaly lesion all over the body since the age of 12. The lesion was firstly seen in leg which was not itchy. Then it gradually spread in upward direction. Knee, thigh, hands, trunk and head. Lesion was so itchy. It was aggravated in winter season and decrease in summer season. It is not associated with food. There was no fever and discharge from the lesion. He had a history of HTN since 5 year and DM since 1 year. He has been taking allopathic medication for HTN and DM. He had consulted dermatologist and had taken medication but could not get relief. He was non vegetarian, alcoholic and non-smoker. There was no any pets at his home. There was no

any history of such kind of disease in him family member.

On examination the erythematous multiple patches with scales present all over the body.

Investigation

Lipid profile, LFT, RBS, RFT, CBC, Stool R/E, All are in normal limit.

Patient was diagnosed with Kitibha Kustha (Psoriasis)

Treatment plan:

1. Agnitund vati 2tab BD for 3 days.
2. Panchatikta ghreeta

1 st day	30ml	2 nd day	60ml	3 rd day	90ml	4 th day	110ml
5 th day	150ml	6 th day	Gap	7 th day	Virechana		

Sarvanga swedana and snehana for 5 days.

Samsarjan karma:

	Morning	Day	Evening
1 st day	Porridge	Porridge	Porridge
2 nd day	Porridge	Porridge	Porridge
3 rd day	Porridge	Porridge	Porridge

Samana chikitsa:

S.N.	Medicine	Dose	Anupan
1.	Gandhak rasanayan	1tab BD	Luke warm water
2.	Kaishor Guggulu	2tab BD	
3.	Oil. Dermafex	LA BD	

Results and discussion:

Agnitundi vati has deepana, aam apachana properties due to which it helps to increase agni and digestive ama and excrete toxins from the body. It is included under agnimandhya chikitsa in bhaisjyarnavali.⁹

Panchatikta ghreet is the medicine useful in skin disorder. It has a properties of Katu(pungent), Tikta (bitter), Kashaya (Astringent), Madhura(sweet), Laghu (Light), Rukshya (Roughness), sheeta (cold) and snigdha(oily) so that helps to pacify Vata, pitta and kapha.¹⁰ Virechana helps in sodhana of koshtha.

Gandhak rasayan used has properties of anti-bacterial, anti-viral, anti-pruritic and anti-inflammatory drug.¹¹ It is most effective in the skin disease like psoriasis.¹²

Kaisor guggulu has properties of anti-allergic, antibacterial and blood purification so helpful in all skin disease.¹³

Here we use Dermafex cream for local application. Its ingredient Gul babuna (*Matricaria chamomilla* Linn.)¹⁴, Kampillaka (*Mallotus philippensis* Muell.-Arg)¹⁵, Daruharidra (*Berberis aristata* DC.)¹⁶, Pashanbhedha (*Bergenia saxifraga*)¹⁷ has antioxidant, antimicrobial, antiinflammatory properties. Similarly Malati (*Jasminum officinale* Linn. Var.) has similar properties plus it contain phytosteroids.¹⁸ Root and leaves of the Jivanti (*Leptadenia reticulata* W. & A.) is also useful in skin disease.¹⁹ Brihat

Mahamarichyadi oil is also indicated in kustha roga.²⁰ Kshara has lekhana, ropana properties.²¹ Tanka has wide range of therapeutic indication in vrana(ulcer).²² So Tanka kshara (Borax) is beneficial in healing of wounds. Yasad bhasma prepared from zinc. It is indicated for prameha, pandu, kasaswasa, Rajasrava, vrana, and Kampavata.²³ Zinc helps in wound healing.²⁴ In this way, various with the use of various drug indicated in kustha or skin disease in various Ayurveda text kustha roga was treated.

Fig :1- Before Treatment

Fig:2- After Treatment

Conclusion:

Psoriasis is the common skin disease which is difficult to cure. It has no good treatment even in modern science. But Ayurveda can provide some hope for the people. On the basis of this study it can be concluded that Ayurvedic treatment can be helpful for the treatment of psoriasis. It is a single study, it may help the researcher to do further research.

Abbreviations: Not Applicable

Acknowledgements: Not Applicable

Conflict of interest: Author declares that there is no conflict of interest.

Source of support: None

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How to cite this article:

Sah MP, Sonam M, Shah B, Management of Kitibha Kustha (Psoriasis) - A case report, The Healer Journal, 2020;1(1):1-9.