



## A STUDY ON KITIBHA KUSTHA WITH SPECIAL REFERENCE TO ITS DIAGNOSTIC PRINCIPLE AND MANAGEMENT THROUGH HARIDRA, HARITAKI AND GUDUCHI MENTIONED IN CHARAKA SAMHITA

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### ABSTRACT

Everyday innumerable skin diseases are emerging with their different pathological event, but it very difficult to identify the names and identical symptoms of all those diseases. Fortuitously the basic principles of Ayurveda are helpful to diagnose and treat a disease without knowing the terminology of skin diseases. The skin diseases can be diagnosed by using a diagnostic principle of Kustha mentioned in Charaka Samhita and accordingly can treat them. Kitibha is a skin disorder comes under Kshudra Kustha in Samhitas. The comparative study of Kitibha is done with Psoriasis in modern. Under my study the efficacy of Haridra (*Curcuma longa*), Haritaki (*Terminalia chebula*) and Guduchi (*Tinospora cordifolia*) were presented on the basis of statistical analysis for the management of Kitibha (Psoriasis) as a clinical trial.

**KEYWORDS :** Diagnostic Principle, Kitibha, Haridra, Haritaki, Guduchi, Clinical Trial.

### INTRODUCTION

Ayurveda includes diagnostic interpretation of a disease by the basic principles such as dosha, dushya, srotas, agni etc. The diagnostic principle states that one can determine the nature of predominant Dosha from the specific variety of Kustha and vice versa. The causative factors are determined on the basis of clinical features and from the clinical features one can determine the cause.

In Ayurveda, Kustha deals with maximum number of skin diseases and comes under Santarpan janya vyadhi. Kustha is difficult to treat without differential diagnosis because of involvement of identical doshas & clinical features, hence considered as one among Astamahagada/ Maharogas in classics.

Kitibha is one of skin disease with the dominancy of Vata-Kapha dosha characterized by blackish discoloration, roughness, hardness, dryness of the skin which can be compared with Psoriasis in modern science. Psoriasis is a chronic non- infectious inflammatory, hyper proliferative erythematous-squamous dermatosis, affects the body's immune system characterized by well-defined, slightly raised, dry erythematous macules with silvery scales, with a typical extensor distribution.

In this study the combination of Haridra, Haritaki, Guduchi Churna was selected as the trial drug to treat Kitibha

(Psoriasis) patients.

Aims and Objectives of the study:

1. Diagnostic study of Kitibha on the basis of 'diagnostic principle of Kustha mentioned in Charaka Chikitsa.
2. To study efficacy of Haridra, Haritaki & Guduchi in the management of Kitibha.

### MATERIALS AND METHODS

#### Selection of the study material-

Materials for this study were collected from the Ayurvedic classics, Modern books on Practice of Dermatology & Research papers.

#### Literary Review

**Kitibha word** comes from 'kina' which means rough in touch as like vrana sthana. Kitibha is a skin disorder and mentioned under eleven types of Kshudra Kustha. Kitibha is characterized by blackish or brownish lesions of skin, which are coarse, rough in touch like a scar tissue & hard to touch. (Ch.Chi.7/22)

#### Diagnostic principle of Kustha

It states that one can determine the predominant dosha from the specific clinical features of Kustha and vice versa. The causative factors can also be estimated by looking at the clinical features.

### Diagnostic Study According To Symptoms Of Dosha Vitiation (ch.chi.7/34-36)- Table 1:

Sl.No.	Vataja Kustha	Pittaja Kustha	Kaphaja Kustha
1.	Dryness	Burning sensation	Whiteness
2.	Wasting or emaciation	Redness	Coldness
3.	Piercing pain	Discharge	Itching
4.	Other types of pain	Suppuration	Stability/ non-malignant
5.	Cramps	Fleshy smell	Raised
6.	Extension	Moisture	Heaviness
7.	Hardness	Putrefaction & Falling of organs	Unctuousness
8.	Coarseness		Eating by maggots
9.	Horripilation		Moisture
10.	Blackish or reddish colours		

### Diagnostic study according to Nidan (Su. Su.21/19-23)- Table 2:

	Aharaja Nidan		Viharaja Nidan
Dosha	Viruddha ahara	Mithyaahara	

Vataja	Eating fish specially chilchim fish with milk	Ati Adhyasana, Vishamasana, Ahitasana	Vega dharan like chardi, Vyayam just after heavy meal & heat
	Mulaka, Lasun with milk	Intake of food during ajirna Eg. Intake of madhu, phanita, matsya, lakucha even in ajirna	Improper panchkarma therapy, Excessive vyayam in excessive heat, Vyavaya in ajirna
		Kordusha, Uddalaka	Direct exposure to wind & heat of sun (Bhe.Ni.5/1-4)
Pittaja	Kusumbha shak with madya & Madhu	Excessive Āmla, Lavana, Katu, Kshar intake	Exposure to anger, fear
	Fish & curd	Matsya, Mamsa, Til, Taila, Kulthi, Takra, Madya	Diwaswapna, Avyayam
	Mamsa with curd or takra	Excessive Vidahi ahar during vaman	Exposure to scorching sunlight just after taking heavy meal
Kaphaja	Gramya, anup mamsa with milk	Excessive Madhur, amla, Lavan, Snigdha ahar	
		Ksheer, Dadhi, Anupmamsa, Guda, Mash daal, Haynak rice, Yavaka	
		Tilpisthanna or any other Pisthanna	

**Drug Review**

In this present research work three drugs were taken: Haritaki, Haridra and Guduchi in powder form

**Selection Of Medicines With Reference: Table 3**

Drugs	Classical Actions	Modern Research
Haridra (Curcuma Longa)	Kusthaghan mahakashaya (Ch.Su.4), Kandughna & Varnya	Antihistaminic, Anti-inflammatory, Antioxidant.
Haritaki (Terminalia Chebula)	Kusthaghan mahakashaya (Ch.Su.4), Virechak (Ch.Su.2/9), Vaya sthapaniya, Rasayana, Srotoshodhak, Deepan, pachana, Dosha anuloman, effective in Santarpanjanya vyadhi (Ch.Su.23/9)	Effective in erythematous skin disorders, Antioxidant, Laxative, Cytoprotective, Anti-inflammatory, Hepatoprotective.
Guduchi (Tinospora Cordifolia)	Vaya sthapaniya mahakashaya, Rasayana, Medhya, Vatahara, Kapha-Shonita prasamaniya, Deepaniya, vibandha prasamaniya	Antioxidant, Immunomodulatory, Anti-stress activity.

**Mode Of Action Of Trial Drugs In Ayurveda: Table 4**

Drugs	Rasa	Guna	Virya	Vipaka	Prabhava	Dosha Karma
Haridra	Tikta, Katu	Ruksha, Laghu	Ushna	Katu	Kusthaghna, Kandughna, Varnya	Tridosahara specifically Kapha-Vata shamak
Haritaki	Pancharasa (Except Lavan)	Ruksha, Laghu	Ushna	Madhur	Kusthaghna	Tridosahara specifically Vata hara
Guduchi	Tikta, Kashaya	Guru, Snigdha	Ushna	Madhur	Rasayan	Tridosha hara specifically Vata & pacifies Kapha- Rakta

**Methodology**

**Type of study-**

Diagnostic study and open clinical trial of drug.

**Research design-**

**Open clinical trial**

Collection & Identification of raw herbs from the local market of Guwahati. The trial drug was prepared in the State Ayurvedic Pharmacy, Govt. Ayurvedic College & Hospital Ghy-14. A detailed Pharmacognostic, Physicochemical and Phytochemical study of Haridra, Haritaki and Guduchi churna was done in the State Drug Testing Laboratory (AYUSH), Govt. Ayurvedic College & Hospital Guwahati-14 before clinical trial.

**Method Of Clinical Trial**

- Type of study- Open clinical trial
- Level of study-OPD
- Sample size-30
- Duration-45 days with 3 follow ups
- Dose of drug-11.6 gram in two divided dose with lukewarm water
- Follow up-15 days of interval

**Inclusion Criteria**

- Age group-20-60 years
- Criteria-Clinically diagnosed cases of Kitibha (Psoriasis).

**Exclusion Of Patients**

- Age below 20 years and above 60 years.
- Associated with other systemic disorders such as

Diabetes mellitus, viral disorders like HIV, Hepatitis, infective depletion such as Tuberculosis etc. who are already on other medications.

- Pregnant ladies

**SELECTION OF PATIENTS**

By applying the diagnostic principle, the diagnostic study of Kustha with special reference to Kitibha has been done. 30 patients of Kitibha (Psoriasis) were randomly selected for the clinical trial from the OPD of Roga Nidan & OPD of Basic principle (Samhita) department, Govt. Ayurvedic College & Hospital, Guwahati-14.

**Assessment Criteria**

On the basis of improvement in clinical features of

- 1.Itching
- 2.Scaling
- 3.Erythema

Data will be analysed by applying appropriate statistical methods.

**OBSERVATION AND RESULTS**

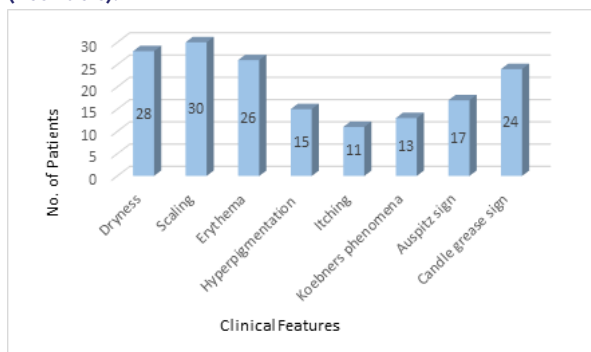
Data related to Kitibha (Psoriasis) and its clinical features are as follows:

**Table 5: Incidence Of Clinical Features In 30 Cases Of Kitibha (Psoriasis)**

Clinical features	No.of Patients(n)	Percentage(%)
Dryness	28	93.3
Scaling	30	100
Erythema	26	86.6

Hyperpigmentation	15	50
Itching	11	36.6
Koebners phenomena	13	43.3
Auspitz sign	17	56.6
Candle grease sign	24	80

**Fig: Incidence Of Clinical Features in 30 Cases Of Kitibha (Psoriasis).**



**Assessment Of Result**

The result is assessed by applying Paired T test.

**1. Itching (n=11)**

(0= absent; 1=mild; 2=moderate; 3=severe)

Mean Before Treatment (BT)	Mean After Treatment (AT)	Mean (BT-AT)	SD	SE	t <sub>10</sub>	Pvalue	Remark
21/11=1.9	13/11=1.8	8/11=0.73	0.646	0.195	3.74	P<0.001	H.S

t<sub>10</sub>=3.74, P<0.001, hence result is highly significant. It implies that the trial drug has significant effect on itching.

**2. Erythema (n=26)**

(0= absent; 1=mild; 2=moderate; 3=severe)

Mean BT	Mean AT	Mean (BT-AT)	SD	SE	t <sub>25</sub>	Pvalue	Remark
52/26=2.03	25/26=0.96	1.07	0.84	0.165	6.48	P<0.001	H.S

t<sub>25</sub>=6.48, P<0.001, hence result is highly significant. It implies that the trial drug has significant effect on erythema.

**3. Scaling (n=30)**

(0= absent; 1=mild; 2=moderate; 3=severe)

Mean BT	Mean AT	Mean (BT-AT)	SD	SE	t <sub>29</sub>	Pvalue	Remark
63/30=2.1	38/30=1.27	0.833	0.79	0.14	5.9	P<0.001	H.S

t<sub>29</sub>=5.9, P<0.001, hence result is highly significant. It implies that the trial drug is significantly effective in treating scaling.

**DISCUSSION**

The present study carries the diagnosis of Kustha with reference to Kitibha, by examining the features of dosha involved, clinical features of the disease and causes of Kustha. The diagnostic principle confirms that a physician can manage Kustha by treating the symptoms of dosha instead of symptomatic treatment of disease because if doshas are in balanced state, ultimately equilibrium of dhatus will be maintained to attain the state of health.

Kitibha is a Vata- Kaphaja and Rakta pradoshaja disorder mainly caused due to obstruction of Vata by Kaphaja nidana. Haritaki acts as best srotoshodhaka dravya and hence cleared the obstructed channels. Haritaki proved as antioxidant, anti-inflammatory, reduces cellular toxicity and

prevents cell ageing.

Guduchi is said to be the best Vatahara drug and it also mentioned as best pacifier of Kapha-Shonita by Acharya Charaka. Guduchi is also included under Rasayan drugs so it rejuvenates the skin cells by improving their immunity. In modern also it has proved to have an Anti-inflammatory & Anti-stress property.

Haridra is directly mentioned in Kusthaghana and Kandughna mahakashya and Varnya drugs in the classics. Psoriasis is a disease of Hyperkeratinisation in which darkening of the skin cells occurs and sometimes the scaly flakes causes itching due to release of histamine from dermal mast cells. In modern, curcumin has been found as effective antihistaminic property. Also it has shown its efficacy to correct the hyperpigmentation.

The assessment of result is based upon classical signs and symptoms of Kitibha. Paired T test (for single group) is applied to evaluate the Statistical data of clinical trial. The statistical evaluation was done after calculating Mean, difference between the mean value of after and before treatment, Standard Deviation, Standard Error before and after treatment, 't' and 'P' value.

This observed data conveys that the effect of Haridra, Haritaki & Guduchi churna found to be statistically significant in case of Kitibha (Psoriasis) patients by improving Scaling, Itching & Erythema.

**CONCLUSION**

After completion of the present study it can be concluded that:

1. A physician if failed to identify the specific Kustha, he or she must not feel shame or embarrassed, but can treat according to the features of doshas involved.
2. Also the disease which is said to be a social stigma and making turbulence in the society can be subsided with the pure advices of Ayurveda without using any invasive procedures. The combination of Haridra, Haritaki and Guduchi were found to be statistically significant in Kitibha (Psoriasis).

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