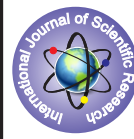


Role of Basti in Management of Kitibha Kushtha (Psoriasis), A Case Study



Ayurveda

KEYWORDS: Kitibha Kushtha, Panchtikta panchaprasrutic Basti, Shamana.

Dr. Gunjan M. Pardhi

Final PG Scholar, Department of Panchakarma.

Dr. Pradeep U. Jane

Prof. and HOD of Panchakarma, Dept R. A. Podar Medical College Worli, Mumbai

ABSTRACT

Kitibha Kushtha (Psoriasis) is among the wide spread chronic, frequently re-occurring diseases of the skin. In the present era Skin diseases are difficult to treat and are of high cosmetic value. In Ayurveda all skin diseases are consider under Kushtha and it is Bahudoshavasthajanya Vyadhi. It has tridosha involvement with Saptadhatu as its Dushya. The main sign and symptoms of Kushtha are Scratching, Rough, Itching, Black discoloration over the skin. It is due to the vitiation of Vata, Kapha doshas So, repeated Shodhana is needed to cure these diseases. In our classics Basti is contraindicated in Kushtha due to its effect that after basti disease symptoms increases.

In Sidhhisthana, one Prasrutic Basti is mentioned for Kushta, So in this article basti in kitibha Kushta case study has been discussed.

Introduction:-

In Ayurvedic classics all the skin problems explained under the one word i.e. Kushtha and again they are divided into Mahakushta and Kshudrakushta. Among them most common is Kitibha Kushta one of the kshudra Kushtha and it explained by most of the acharyas.

Table no -1, showing the Lakshanas of Kitibhakushta and clinical features of Psoriasis.

Kitibha Kushta ^{1,2}	Psoriasis ³
Shyava(blackish)	Circular Red papules or Plaques with gray or silvery white scales
Kina (look like an ulcer)	Small scarring
Kharasparsha (Rough)	Dry cracked skin that may bleed
Parusha (Dry)	
Kandu(Itching)	
Ghana(thicken)	

The Lakshanas of Kitibha kushtha (Psoriasis) are mentioned as scratching rough itching course and black discoloration over the Skin it is mainly due to the vitiation of Vata-Kapha Dosha.

The definition of Kitibha Kushta is "A pathological skin condition where the colour of Skin is black like kitti i.e. Louse" Acharya Sushruta has also given one more meaning to Kitibha ; it is an updrava caused because of the bite of the poisonous variety of insect. Kitibha, Mandal. Ekakushta and sidhma etc. are taken as psoriasis. But in this study psoriasis is correlated with Kitibha Kushta based on clinical features.

As per the disease nature this is a chronic recurrent dermatitis. About 3% of the world populations suffers from psoriasis. The primary lesions is an epidermal papule. The Psoriatic papule is pink in colour of various intensities. A fresh lesions are brighter and older one are darker. The papules are flat and have rough surface covered with silver white micro lamellar scales, which scrap off easily. At first the papules have a regular round, counter and a diameter of 1-2 mm each. Later they spread peripherally after attaining size with an intensive itching sensation of the skin. If we consider the above symptoms they closely resembles the symptoms of Kitibha Kushta. Vitiated Saptako Dravya Sangraha are the main responsible factor of it. These are vitiated by Mithya Ahara Virudhhashana vihara and Manasika bhavas. Management of Kitibha Kushtha includes Shodhan, Shaman and Abhyanga.

CASEREPORT

Patient by name XYZ age 48 yrs Female came in opd in Dec 2014 with chief complains of silvery patches over both leg and feet, severe itching at affected side blackish discoloration since 2-3 yrs. For this she took treatment from different modern doctors but not found any improvement. Then she consulted homeopathic doctor but not get

hopeful result. Then she came to Podar Medical College (Ayu) Mumbai Maharashtra in panchakarma dept opd for management.

TREATMENT PLAN

Diagnosis:- Based on signs and symptoms of Kitibha Kushtha
Objective:- Evaluate the effect of Basti in Kitibha Kushtha

Examinations of Skin lesions:-

Classical sign and symptoms
Auspitz Sign
Candle Grease Test
PASI (Psoriatic Area and Severity Index)

Materials and Methods:-

Basti (Panchatikta panchaprasrutic Basti⁴)
Amapachana to achieved Niramavastha Hingwashtak Choorna 5gm twice daily before food with Sukhoshna Jala (lukewarm water) For 3 days.

For Niruha Basti :-

For this study quantity of basti ingredients were taken as follows:-

- 1) Madhu 40 ml
- 2) Saindhav 2 gm
- 3) Goghruta 80 ml
- 4) Sarshapa Kalka 1gm
- 5) Panchatikta Kwath 320 ml

In this way total quantity of Niruha Basti is taken.

Preparation of Panchatikta Kwath⁵

his kwath for basti was prepared according to the standard textual methods i.e. took 30 gm bharad of each Dravyas i.e. total amount was 150 gm and 2400 ml amount of water was added then boiled it upto 320 ml remain.

Niruha Basti Nirman:-

Firstly madhu and saindhav was mixed in Khal till formation of homogeneous mixture of both. Then Goghruta was added to the mixture it results in homogeneity of mixture after that this mixture was taken into another pot and Sarshapa kalka was added to the mixture that get absorbed quickly in the mixture and finally Panchatikta Kwath was added to the mixture and stirred well till formation of homogenous mixture. Then this mixture was filtered with fine cloth. This lukewarm homogenous mixture of Kwatha 440 ml was given to the patients with enema can.

For Anuvasan Basti:-

Lukewarm goghruta which is siddha with Panchatikta dravyas 80 ml was given to patients with glycerine syringe.

Method of Administration

- 1) Niruha :- Panchatikta Panchaprasrutic
Anuvasana :- Siddha with Panchatikta Kwath
- 2) Dose:- For niruha – 440 ml
For Anuvasana 80 ml
- 3) Kal:- Niruha – Once a day Morning before breakfast
Anuvasana- Once a day after lunch
- 4) Duration Of therapy:- 16 days
- 5) Route of Administration:- Per Rectum

Procedure:-

Purvakarma of Process of Basti⁴:-

Patients was asked to evaluate bowel/Bladder. Patients was oiled with sesame oil. Oil was applied on kati (lumbar) Sphika and Udar Pradesha sthanik abhyanga. The fomentation was given on the same region by Nadisweda (Sthanik Swedana)

Pradhana Karma Of Basti:-

Niruha/ Anuvasana was prepared accordingly to traditional methods koshna Kwath/ siddha ghrita was loaded in basti Yantra. The disposable rubber basti Netra (Rubber catheter) was attached to basti yantra. Then the column of basti netra was filled with Kwath/ siddha ghrita thus no air remains in the netra.

Oil was applied to the Anal opening and catheter tip. The patients was asked to take deep inspiration as this helps to relax the anal opening which facilitates the entry of basti Netra which is introduced per rectum upto 4 angles.

Then the basti Yantra was held at height so that the niruha/ Anuvasana dravyas enters the Pakyashaya leaving behind few ml of Kwath/ ghrita So that no air passess in pakvashaya.

Paschatkarma of process Of Basti:-

The tadan karma at prushta sphika and nitamba was done. The patient was asked to tie comfortably in the supine positions for 5-10 min.

Treatment Durations:- For 3 Months

Assessment criteria:-

Sign and Symptoms of Samyak and asamyak Niruha and anuvasana were evaluated for severity of illness during and after intervention.

Subjective Parameters:-

- 1) Shyava – Aruna (Blackish)
- 2) Kina (look like an ulcer)
- 3) Kharasparsha (Rough)
- 4) Parusha (Ruksha)
- 5) Kandu (Itching)
- 6) Ghana (thicken)

Objective Parameters:-

- 1) Auspitz Sign
- 2) Candle Grease Test
- 3) PASI (Psoriatic Area and Severity Index)

Results:-

This treatment relives the symptoms mainly Kandu, Parusha, Ruksha and skin colour also change become small and reddish or skin colour. Candle grease sign and Auspitz Sign were respectively positive and and negative. PASI score follow up study no recurrence. No new spots and itching were found initially was 14.4 and after basti reduced to 0.8 after 3 Month shaman aushadhi it was reduced to 0.4.

Sr. No.	Table no 2 Signs and Symptoms	Results	
		BT	AT
1	Shyava - Aruna(Blackish)	Present	Reduced
2	Kina (look like an Ulcer)	Present	Reduced
3	Kharasparsha (rough)	Present	Reduced
4	Parusha Ruksha (dry)	Present	Reduced

5	Kandu(itching)	Present ++	Absent
6	Ghana(Thicken)	Present+ + (<1.25 mm)	Reduced(Skin level)
7	Auspitz sign	Negative	Negative
8	Candle Grease Test	Positive	Negative
9	PASI (Psoriasis Area and Severity Index)	14.4	0.8

Discussion:-

Ayurveda have tried to correlate psoriasis with Kitibha Kushtha. But typically people suffered from only one type of Kushtha at a time. But occasionally two or more different type of kushtha can be occur at the same time. Psoriasis can also occasionally change from one variety to another depending on the exposure of the patient suffered from psoriasis to different triggering factors.

The existance form of psoriasis may be get converted to another variety or form. Generally one type of psoriasis will vanishes and later another form psoriasis will manifest. Thus as the clinical presentation of the psoriasis varies similarly Ayurvedic approaches towards diagnosis of Kushtha also differs. So it is very difficult to say that psoriasis is equal to either Kitibha or Ekakuhstha or Sidhma etc. Variety of Kushtha or in other words to say as depending on the different presentation of psoriasis. One should diagnose the variety of Kushtha.

Though Basti is contraindicated in kushta i.e. in Basti anarha Kushtha vyadhi is mentioned. But there is one clear reference in our classics is that, this panchatikta panchaprasrutic Basti is given for the treatment of Kushtha, Prameha and Abhishyanda.

Probable Mode of Action:-

Kitibha Kushtha usually runs a chronic course Shodhan therapy along with drugs which directly acts on the skin were selected for the study.

Kitibha Kushtha is a type of Kshudra Kushtha with Vata-Kapha dosha predominanat⁶ and it is also Rakta pradoshaja vikara⁷ mentioned by Acharyas charaka. Also in Kushtha Tvak, Rakta, Mamsa and Lasika Dushya involved.

As Kitibha Kushtha is also Rakta pradoshaja vikara along with association of pitta mentioned by Achraya Sushruta So Tikta rasa dravyas are able to pittashamana and Raktaprasadaj^{6,7}.

Acharyas explain about Tikta Rasa as , it is Kushtha Shamana, Tvak Mamsa Sthirikarno and Kleda and Lasika Shoshana⁸. So it helps in Samprapati Vighatana in Kitibha Kushtha.

Table no 3 -Action on Vata-Kapha Dosha in Kushtha according to various Dravyas⁹

DRAVYAS	GUNA	VIPAKA	VEERYA
Patol	Laghu Ruksha (kapha ↓)	Katu (Kapha ↓)	Ushna(Vata-Kapha ↓)
Nimba	Laghu (Kapha ↓)	Katu (Kapha ↓)	Sheeta
Bhunimba	Laghu(Kapha ↓)	Katu (Kapha ↓)	Ushna(Kapha-Vata ↓)
Rasna	Guru(Vata ↓)	Katu (Kapha ↓)	Ushna(Kapha-Vata ↓)
Saptaparan a	Laghu (Kapha ↓) Snigdha(Vata ↓)	Katu (Kapha ↓)	Ushna(Kapha-Vata ↓)

Conclusion:-

The understanding of involvement of predominant Dosha, Dhatu, Mala, Strotasas etc. Samprapati Vighatana (Pathology) in diseases have their own importance for planning of the line of treatment.

It is helpful in a patient which is anarha for Vamana and Virechana but suffers from this disease i.e. Kushtha.

It may helpful in Sukumara and Old age patient which have

Alpabala¹⁰.

Also it is safest and easiest way for Shodhana as compare to Vaman and Virechana.



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