



CASE REPORT – MANAGEMENT OF KITIBH KUSHTA WSR GUTTATE PSORIASIS

Ayurveda

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ABSTRACT

The traditional, ancient Indian health science of Ayurveda has proven its curative and preventive principles worldwide. Hence, Ayurveda means the science of life, consisting of eight branches providing best qualities of body cells and tissues providing perfect health. Skin the largest organ acts like a mirror reflecting pathology both internally and externally and thus helps in proper diagnosis. The Contemporary Medicine deals the skin diseases with topical and oral formulations with period of relapse, which drastically affects the valuable lives of patients and their families, both physically and psychologically; Thus constituting the principle cause behind social taint. In Ayurveda, diseases associated with skin can be classified under the broad term of Kushta. Furthur, Kushta (skin diseases) are classified into two categories Maha Kushtas (major skin diseases) and Kshudra Kushta (minor skin diseases). Nowadays, patients with Guttate Psoriasis, also known as Eruptive Psoriasis are frequently observed. Typically found in young adults, this type of disease is observed over the upper trunk and proximal extremities with lesions measuring about (0.5) cm to (1.5)cm in diameter. Its characteristic features of small, oval or round erythematous and scaly papules can be correlated with Kitibha Kushtha in Ayurveda based on clinical observations. Moreover, poor hygiene, challenging lifestyle, inadequate exercise and psychological conditions of stress and anxiety also proves to be its significant causative factors. Its recurrent nature requires conventional and appropriate treatment for long duration, which can only be provided through Ayurveda. A 42 years old male patient with complaints of multiple small red lesions over proximal extremities approached for Ayuvedic management, after disappointment arose due to Allopathic Treatment he took over past few years. Patient was given shodhan , shaman chikitsa along with bahirparimarjan chikitsa mentioned in classical Ayurvedic texts.

KEYWORDS

Kitibha Kushtha, Guttate Psoriasis, Shaman Chikitsa.

INTRODUCTION

Guttate Psoriasis also called as Eruptive Psoriasis observed in young adults is often characterized by features of small, oval or round erythematous and scaly papules of size (0.5)cm to (1.5)cm diameter mainly present over the upper trunk , face and proximal extremities like limbs.⁽¹⁾ The disease got its name due to drop like appearance of its lesions which means “Guttate” in Latin language. Bacterial infection associated with streptococcus bacterium is observed as main causative factor for its occurrence, usually occurring after upper respiratory tract infection like tonsillitis.⁽²⁾ The disease demonstrate affecting any area mainly in upper trunk, face and extremities . Contemporary science provides ultraviolet phototherapy, steroidal creams, biological response modifiers ⁽³⁾ with limited success rate associated with recurrence. In Ayurveda, all the diseases related to skin are collectively classified as Kushtha (Psoriasis) Roga which is further divided into two primary types as Maha Kushtha (Major Skin disorders) and Kshudra Kushtha (Minor Skin disorders).⁽⁴⁾ According to Acharya Charaka (Father of Indian Medicine), the term Asthamahagad is associated with Kushtha which literally means “difficult to treat”.⁽⁵⁾

According to Ayurveda, Kitibh Kustha resembling features of Guttate Psoriasis includes lakshanas (symptoms) as Shyava (blackish discoloration), Kina (scar), Kharasparsha (sharp), Parushsa(rough or uneven), Ruksha pitta, Kandu (itching) etc. ⁽⁶⁾ Tridosha i.e Vata-Pitta-Kapha are considered as the main pillar of health in a balanced or equilibrium state; which when deteriorated or imbalanced leads to diseased condition .^(7,8) Every disease is believed to be tridoshaj with dominancy of specific doshas. Predominancy of Vata and Kapha dosha with specific individual dosha lakshanas is responsible for Kitibha Kushtha. Vitiatio of Sapta dhatus namely tridosha, twak, rakta, mamsa and lasika demonstrate the occurrence of Kitibha kustha. According to Ayurvedic line of treatment features like bala, dosha and vyadhi avastha decides shodhan and shaman chikitsa indicated for the kustha roga. Bahu doshavastha (i.e multiple vitiatio and aggregating factors) in kustha indicates repeated shodhan to treat the aggravated doshas, which are proven root cause of the disease. ⁽⁹⁾ A case of Kitibha kustha which was successfully treated with Panchtikta Ghrita, Triphala Kutki Churana, Panchnimba Churana, Sarivadi asava, Swarnavang Bhasam, Avipattikar Churana, Parval Pisti, Arogyavardhini Vati,

Marichyadi taila, Karanjadi taila and Karpuradi taila is described here.

Case Report–

A 42 years male patient came with chief complaints of red, oval patches with itching and burning sensation over skin over proximal extremities, forehead and decreased appetite since 4- 5 years.

Case Study–

Aims And Objectives : To evaluate the role of ayurvedic regimen in the management of Kitibha kusthsa (Guttate Psoriasis).

MATERIALS AND METHODS–

Study Design: Present study is a single case study conducted in OPD of Kriya Sharir department in IAS&R Hospital (Formerly known as Government Ayurvedic Hospital) Kurukshetra.

Present History : Patient was well before 4-5 years, after that he started complaining of itching, burning sensation over skin of proximal extremities followed by red patches and decreased appetite .Gradually the symptoms increased and spread all over the abdomen. The patient took allopathic medications for above complaints, but he did not got satisfactory relief. So, he came to IAS&R Hospital, Kurukshetra (Haryana) for further treatment. Patient also encounters recurrent episodes of tonsillitis but no family history regarding psoriasis or any dermatological disorders were seen .Itching, decreased appetite, disturbed sleep were the associated complaints observed. Ashtavidha Pariksha within normal limits were observed except asamyak mala (irregular bowel habits); saam jivha, kina khara sparsha and ruksha pidika.

On Examination :

A) Vitals – P.R = 76/min. B.P = 136/88 mmHg
R.R = 17/min. Temp = 98.2* F.

B) [B1] Inspection -

- **Skin size & shape** = erythematous small lesions over forehead and proximal extremities .
- **Color** = red.
- **Thickness** = 0.8 to 1.2 mm thick.

- **Lesion** = small red blisters like lesion
- [B2] Palpitation
- **Moisture** = dryness
- **Temperature** = warm (on touch)
- **Texture** = rough.

C) Other Findings –

Cholesterol = 293mg/dL (earlier)
= 205mg/dL (currently).

Treatment Plan given (06/03/24) to (19/06/24)

- Shodhana = Panchtikta ghrit, triphala kutki.
- Shamana = Panchnimba churana, sarivadi aasava, Swarna- vang bhasam, avipattikar churana, Parval pisti, aarogyavardhini vati.
- Bahirparimarjan = Marichyadi taila, karanjadi taila, karpuradi taila.

Table 1 : Shodhan Chikitsa

Medicine	Procedure	Duration	Dose	Anupana	Route
Panchtikta Ghrit	Snehapan	2 months	10g Bd	Lukewarm Water	Oral
Triphala Kutki Churana	Virechana	1 month.	3:1 Hs	Lukewarm Water	Oral

Table 2 : Shaman Chikitsa

Medicine	Procedure	Duration	Dose	Anupana	Route
Panchnimba Churana	Aampachan and Pitta Shaman	2months	3g Bd	Lukewarm Water	Oral
Sarivadi Asava	Act on Antaahsraivi Granthi(Endocrine glands)	1 month	15 mL Bd	Lukewarm Water	Oral
Swarnavang Bhasam	Immunity booster	7 days for alternate weeks	125mg Bd	Lukewarm Water	Oral
Avipattikar Churana	Virechan and Pitta Shaman	20 days	3g Bd	Lukewarm Water	Oral
Parval Pisti	Pitta Shaman	2 months	125 mg Bd	Lukewarm Water	Oral
Aarogyavardhini Vati	Vata Kapha balance	2 months	2 Bd	Lukewarm Water	Oral

Observation

Table 3 showing overall result of treatment .

SYMPTOM	Before Treatment	After Treatment
Erythma (Redness)	+++	-
Induration (Thickness)	+++	-
Desquamation (Scaling)	Hardness ++	-
Itching	++++	No Itching



Figure1: Left Thigh (Before)



Figure2: Left Thigh (After)



Figure3: Right Thigh



Figure4: Right Thigh (After)



Figure5: Left leg



Figure6: Left leg (After)



Figure7: Right leg



Figure8: Right leg



Figure9: Right elbow (Before)



Figure10: Right elbow (After)



Figure11: Right elbow



Figure12: Right elbow (After)

DISCUSSION

Psoriasis with characteristic features of small red scaly blisters resembling tear drop lesions mainly over proximal extremities and upper trunk is termed as Guttate Psoriasis.⁽¹⁰⁾ On the basis of clinical symptoms in Ayurveda, it is associated with Kiti bha Kushta with vata and pitta dosha being dominant in nature. Raktavaha strotas dushti with samprapti ghatak as vata – kapha dosha, twak, lasika, rakta and mamsa are the peculiarities of this disease.⁽¹¹⁾

Ayurvedic texts, management of kushta is achieved through shodhana, shaman and bahirparimarjan chikitsa through various ayurvedic medicines.⁽¹²⁾ The treatment of the patient was started by following the sequence of purva karma, pradhan karma and paschat karma.

Action of Panchtikta Ghrita : Laghu and ruksha guna along with tikta rasa of panchtikta balances the vitiated doshas and dhatus involved. It's peculiar properties of being agnideepan, strotoshodhak, aampachan, raktashodhak, raktaprasadak, kushtaghna, kandughna and varanya gives excellent results.⁽¹³⁾ Its lipophilic action aids in transporting its constituents to target organs for proper working and thus maintaining skin's natural texture.

Action of Triphala Kutki Churana : Triphala Kutki Churana performs its virechana karma on Kiti bha kushta through its properties like ushna, tikshna, suksma, vyavayi and vikasi. The drug reaches to the heart through its potency which enables its entry into dhamnis where it circulates throughout the sthula and suksma strotas. Its agneya guna liquefies the dosha sanghat which gets chhinna-bhinna and later is circulated throughout the strotas. These doshas don't stick because of the purvakarma including snehan was performed earlier. Later, this dosha sanghat reaches amashay after passing through the minute capillaries present in their path. Dominancy of the Jala and Prithvi mahabhuta provides Adhobhagahara Prabhav to virechan drugs which enable them to eliminate the vitiated doshas from the guda marga.

Action of Panch Nimba Churana : Panch Nimba Churana performs its deepan and paachan karma through tikta and katu rasa. Hence, it inhibits 'ama' formation i.e undigested food particles through its laghu – ruksha guna and ushna virya. It performs samprapti vighatana through its strotoshodhaka guna like katu rasa, laghu and ushna guna. It normalizes doshas by its vata kapha shamak properties which treats kushta like Kiti bha kushta due to its 'kushtaghna prabhava'.⁽¹⁴⁾

Action Of Sarivadi Asava : It manages Kiti bha kushta through its properties of madhur- tikta rasa, guru – snigdha guna, sheeta virya and madhur vipaka. Hence, it works through its tridosanasana activity.

Action of Avipattikar Churana : Avipattikar churana contains trivrutta, trikatu, triphala, trimada and sharkara.⁽¹⁵⁾ It has properties like

madhur, tikta, kasaya, katu rasa ; madhura vipaka and sheeta virya. It demonstrate anti- secretory activity due to its main contents Trivruttha and sharkara in 2 : 3 proportion, which normalize metabolism by decreasing aggregated Pitta dosha.⁽¹⁶⁾ Therefore, Trivruttha removes vitiated Pitta and Kapha Dosha from Koshta while Sharkara pacifies elevated Pitta and prevents their further aggravation.⁽¹⁷⁾ Hence, Avipattikar Churana elevates Agni and reduces Drava Guna of Pitta dosha through its Deepan and Pachana activity.⁽¹⁸⁾

Action of Praval Pishti : Pishti is an unique preparation which is soumya in nature.⁽¹⁹⁾ Praval has characteristic features like kshara, madhura rasa, laghu guna, sheetla virya, deepan , pachan, balya, tridosha shamaka, vishaghna and varna vardhana.

Combined features of Praval and Pishti preparation works on diseases like kushta in an effective manner.^{(20),(21),(22),(23),(24),(25)}

Action of Arogyavardhini Vati : Arogyavardhini Vati has qualities like 'sarvarogopshamani' (alleviates bodily ailments), 'deepan' (appetizer), , 'pachan' (digestive), mala shuddhikari (cleanses waste material), kandughna (alleviates itching) and raktavardhaka.⁽²⁶⁾ Hence, it functions as an antioxidant and eliminates pollutants from the body.⁽²⁷⁾

Bahirparimarjan action of Marichyadi Taila etc.

External oleation (bahyasnehana) is achieved through abhyanga process by marichyadi taila etc. These taila have properties like katu, tikta, kashay rasa with ushna virya which performs shaman of Kapha and Vata dosha. Taila's snigdha guna lowers the rukshatva , kharatva and parushata. Hence, it act as Raktashodhan, Kushtaghna and Kandughna .Taila has features like Sukshmagamitva which enables it to enter minute channels so it can be properly absorbed and their Kashay rasa reduces Kleda present.⁽²⁸⁾ Hence, Marichyadi taila, Karanjadi taila, Karpuradi taila are effective in Kushta Roga due to these properties.

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