Management of Kitibha Kushta (Plaque Psoriasis) with Combination of Ayurvedic Modality-A Case Study

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**ABSTRACT**
Skin diseases are commonly observed due to altered lifestyle, lack of physical exercise, poor hygiene, mental stress and improper food habits. Kushta (Skin diseases) is divided into Maha Kushta (Major skin diseases) and Kshudra Kushta (Minor skin disease). Kitibha Kushta (Plaque Psoriasis) is included in Kshudra Kushta commonly found today, having sign and symptoms similar to Plaque psoriasis. Due to relapsing nature of Plaque psoriasis it needs long duration treatment. Ayurveda provides long lasting results by treating the disease and preventing reoccurrence. In this case study, a 43 years old male came to OPD of Kayachikitsa with chief complaint of Kandu (Itching), dry silvery white patches over left leg treated with Shodhana Chikitsa (Body purification treatment) using Vaman Karma (Therapeutic Emesis) and Shaman Chikitsa (Alleviating treatment) using internally Gandhaka Rasayana, Panchatikta Ghrita and S-kin powder, Shabsoria Oil for external application for 1 month. The PASI score was 14.4. Before treatment, after 15 days it was 7.4 and after 30 days it was reduced to 0. Patient got relief in the symptoms. Better result achieved in this case using Shodhana Chikitsa and Shaman Chikitsa along with Bahirparimarjan Chikitsa (External application).

INTRODUCTION
Psoriasis is a common long lasting auto-immune skin disease with prevalence of 0.44-2.8 percent in India. Psoriasis is typically present as erythematous plaque with silvery scales (Dogra and Yadav, 2010). Most common type of Psoriasis is Plaque Psoriasis in which each lesion separated from other lesions with diameter of millimetres to centimetres. Elbow, knees and lower back are commonly involved areas in Plaque Psoriasis while scalp, nails, flexures, palm are other site. After scraping the surface in plaque psoriasis lesions become red (Colledge et al., 2010). Kushta divided into Maha Kushta and Kshudra Kushta in which all skin diseases in Ayurveda involved (Vidyadhar and Dutt, 2019e). Kushta mentioned in Ashtamahagad i.e. difficult to treat by Acharya Charaka (Vidyadhar and Dutt, 2019d). Kitibha Kushta, having symptoms like Shyava Varna (discoloration), Kina, Khara Sparsha (rough in touch/scaly), Parushatva (hard), Ruksha Pidika (dry vesicle) with Kandu (Itching) (Vidyadhar and Dutt, 2019a). All the sign and symptoms of Plaque psoriasis similar with Kitibha Kushta. Kitibha Kushta is Vata and Kapha Dosha pradhana Disease with Lakshanas (symptoms) of both Dosha. Kitibha Kushta manifests due to deranged physiology of seven factors. They are Vata, Pitta, Kapha, Tvaka
Table 1: Table showing protocol of Shodhana Chikitsa

| Procedure          | Medicine         | Dose                                      | Duration          | Route         |
|--------------------|------------------|-------------------------------------------|-------------------|---------------|
| Purva Karma        | Deepana-Pachana  | TrikatuChurna 3 gm-3 gm before meal with Koshnajala | 3 days            | Oral          |
|                    | Snehpana         | Panchatikta Ghrita with ascending order from 30 ml to 220 ml | 7 days            | Oral          |
|                    |                  | At early morning empty stomach with lukewarm water |                  |               |
| Sarwanga Snehana   |                  | Marichyadi Tail Dashmool Decoction Quantity sufficient Quantity sufficient | For 2 days (After completion of 7 days of Snehapan) | External application |
| followed by        |                  |                                          |                   |               |
| Nadi Swedana       |                  |                                          |                   |               |
| Pradhan Vamanakarma|                  | Madanphal Yoga AntaranakhamushitMatra For 1 day (on 12th Day at morning time after Snehana and Swedana) | Oral               |               |

(skin), *Mamsa* (muscle), *Shonit* (blood) and *Lasika* (Lymphatic system). For treating root cause of disease in *Bahudoshavastha of Kushta Shodhana* is necessary for elimination of aggravated *Doshas* from the body as given on Samhita (*Vidyadhar and Dutt, 2019c*). So in this case study *KitibhaKushta* is managed with *Vamanaa* long with *Shamana Chikitsa*.

**Case Report**

A 43 year old male patient approached with complaints of dry silvery white patches, rough similar to scar tissue over left leg with *Kandu* in them since 6 months.

**Brief history of the Patient**

**Presenting complaints**

A 43 year old male patient who was apparently normal before 6 months, then having complaint of itching over left leg followed by small reddish patch which increased gradually and spread dry silvery white patches, rough scar tissue like appearance on left leg (Figure 1). He consulted all local allopathic and Homeopathic physicians before for same complaints, but he did not get satisfactory relief, so for further management he consulted in our hospital.

He had no family history and no past history regarding any skin diseases. No history of any type of allergy before. Due to itching sleep was disturbed. On examination *Ashtavidha Pariksha* within normal limit except *Saam Jivha* (Coated tongue) and *Malbadhata* (Constipation).

**Skin Examination**

1. Inspection:
   1. Shape-Round lesions over left leg
   2. Color-Silvery White
   3. Lesions-Plaques

2. Palpation:
   1. Warmth touch with rough texture

**Sign**

1. Candle Grease Sign - Positive
2. Auspitz Sign - Positive

**Laboratory Investigation**

1. Blood routine - Normal
2. Rest other system findings was normal

**SampraptiGhataka**

1. *Dosha* – *Tridosha*
Table 2: Table showing Medicine given after SansarjanaKrama

| Medicine               | Dose                          | Anupan   | Route   | Duration |
|------------------------|-------------------------------|----------|---------|----------|
| GandhakRasayan (250 mg)| 2 tab-2 tab After meal       | Koshnajala | Oral   | 15 days  |
| PanchatiktaGhrita     | 10 ml-10 ml After meal        | Koshnajala | Oral   | 15 days  |
| S-kin powder with Gomutra | Quantity sufficient(Q.S.) Twice a day | - | Externally over lesions | 15 days |
| ShabsoriaOil          | Q.S. After bath               | -        | Externally over lesions | 15 days |

Figure 1: Silvery scaly lesion over left lower limb

2. Dushya – Twaka, Rakta, Mamsa, Lasika
3. Ama (Undigested food particle) – Jatharagnijanya Ama
4. Agni – Jatharagni
5. Srotas (Inner transport system of the body) – Rasavaha, Raktavaha
6. Srotodustiprakara – Sanga
7. Rogmarga (Path of Disease) – Bahya
8. Udhhbhavasthana – Amashaya
9. Vyakstasthana – Twacha
10. Rogaswabhava – Chirakari
11. Sadhyasadhyaata – Sadhya

Samprapti

Nidan (Causative factor) Sevana like Aharaja-Viharaja-Manasika
(Irregular food habits, Non vegetarian diet, consumption of alcohol, Ativyayam, Atichinta, Ratrijagarana)

↓

Tridosha Prakopa (aggravation)

↓

Twaka, Rakta, Mamsa, Lasika (Dushya)

↓

Sthanasamshraya (localization) in Twacha

↓

Ruksha Pidika with Kendu

↓

Kitibha Kashta

MATERIALS AND METHODS

Treatment Plan given

Shodhana Chikitsa and Shamana Chikitsa was given to the patient.

Shodhana Chikitsa

ShodhanChikitsa was given with Vamana Karma in proper sequence of Purvakarma, Pradhankarma, Paschytkarma (Tables 1 and 3).

Shamana Chikitsa

Shamana Chikitsa given using Gandhak Rasayan and Panchtikta Ghrita along with Bahirparimarjan Chikitsa using S-kin Powder with Gomutra (Cow urine) and Shabsoria Oil (Tables 2 and 3).

Paschyat Karma

After Samyaka Vamana Lakshana Dhooppan was given for 5 minutes by each nostril with Aguru stick (Trikamji, 2004). Then Sansarjana Karma was advised for 5 days in the form of Peya, Vipri, AkrutMudgaYusha, KrutMudgaYusha, normal diet (Varakunnte, 2010).

Greading-PASI (Psoriasis Area Severity Index) Score

The severity of Psoriasis is estimated by three clinical signs: Severity parameters are measured from none to maximum within each area on the scale of 0 to 4 (Table 5).
Table 3: Table showing drugs used in PurvaKarma, PradhanKarma, Paschyat Karma with ingredients

| Sr.no | Drug name          | Content                                                                 | Indication                                      |
|-------|--------------------|------------------------------------------------------------------------|------------------------------------------------|
| 1     | Trikatuchurna      | Sunthi, Marich, Pipalli, Marich, Pipalli, Sunthi, Marich, Pipalli      | Deepana, RelieveAma, Shleshmaghna, Medoghna,   |
|       |                    |                                                                       | Kushta                                         |
| 2     | PanchatiktaGhrita  | Nimba-Azadirechta indica, Patola-Luffa acutangula, Kantakari-Solanum xanthocarpum, Amruta-Tinospora cordifolia, Adulsa-Adhatoda vasica, Pathya-Terminalia chebula, Bibhitaki-Terminalia bel-lirica, Amlaki-Emblica officinalis, water for decoction, Goghrita | Deepan, Pachan, Srotoshodhak, Raktaprasadak,    |
|       |                    |                                                                       | Kandughna, Kushtaghna, Varnya                   |
| 3     | Marichyadi Tail    | Marich-Piper nigrum, Trivrit-Opercullinaturpethum, Jatamansi-Nardostachys jatamansi, Haridra-Curcuma longa, Devdaru-Cedrus deodara, Arka-Calatropis procera, Kusha-Saussurea lappa, Musta-Cyperus rotundus, Raktachandran-Pterocarpuss antalinus, Vishala-Citrullus colocynthis, Daruhirida-Berberis aristata, Katutaila-Brassica juncea, Manashila-Purified Realgar, Hartala-Purified orpiment, Gomutra-Cow urine, Gomaya Rasa-Juice of cow dung and Water | Raktashodhak, Vranaropak, Twachya, Dadru, Shwitra, Kushta |

Continued on next page
| Sr no | Drug name | Content | Indication |
|-------|-----------|---------|------------|
| 4     | Madanphal Yoga | Madanphal Churna (Randiadumetorum) Vacha Churna (Acorus-calamus) Saindhaw (Rock salt) Honey Milk Yashtimadhu Phant (Glycyrrhizaglabra) | Vamanaopag Vamanaopag Abhishyandi, Shodhak Abhishyandi, Yogavahi Vamanaopag Vamanaopag |
| 5     | Gandhaka Rasayana | Shuddha Gandhaka-Purified Sulphur, Godugdha-Cow milk, Ghee, Chaturjat[Elata-Elettariacardamomum, Twak-Cinnamomumzeylanicum, Tamalpattara-Cinnamomumtamala, Nagkeshar-Mesuaferrea], Guduchi-Tinospora cordifolia, Shunthi-Zinziberofficinalis, Bhrunraj-Ecliptaalba, decoction of Haritaki, Bibhitaki, Amlaki, Sita-Syrup of suger | Antibacterial, Antiviral, Antimicrobial, Anti-inflammatory, Antipruritics |
| 6     | S-kin powder with Gomutra | Manjistha (Rubiacordifolia) Amalaki, Haritaki, Bibhitaki, Nagermotha, Shuddha-Gandhak | Psoriasis, Eczema, Allergic dermatitis, Acne-pimple, Dandruff |
| 7     | Shabsoria Oil (Shabnam Company Pvt. limited) | Bakuchi (Psoraleacorylifolia), Haridra (Curcuma longa), Daruharidra (Berberis aristata), Sarsapa (Brassica nigra), Kushta (Saussurealappa), Karanja (Pongamiapinnata), Chakramarda (Cassia tora) | Kushthaghna Antibacterial, Antiviral, Antimicrobial, Antifungal, Antiinflammatory, |
Panchatikta Ghrita in increasing order with (Internal oleation) Abyantar Snehapana days which mainly acts as an Agni Vardhaka, Trikatu Churna (digestant) was given with Purvakarma Dipana - Pachana. In (Probable Mode of Action of Shodhan & Figure depending on the Lakshans & Figure leads to inta and other Nidanas like Deepana, Pachana, Shodhana with Vamana following the sequence of Purvakarma, Pradhankarma and Paschyat karma along with Shamanoushadi, Bahirparimarjan Chikitsa (external application) were given. This equally help to reduce sign and symptoms of Kitibha Kushta (Table 8 & Figure 2).

Probable Mode of Action of Shodhan (Vamanakarma)

In Purvakarma Dipana- Pachana (Appetizer-digestant) was given with Trikatu Churnafor 3 days which mainly acts as an Agni Vardhaka, Abyantar Snehapana (Internal oleation) was given in increasing order with Panchatikta Ghrita for 1 week which pacify Vata Dosha. It subside Kharata (Dry scaling), Parushataas well as Shyawa Varna in Kitibha Kushta (Government of India, 1978). Marichyadi Tail was used for Sarvanga Ahbyanga. It is Raktashodhaka, Vranaropaka, Twachya mainly reduces dryness and provides hydration to skin and improves the blood circulation (Jully, 2013).

After Sarwanga Snehana, Sarwanga Swedana given in the form of Nadi Swedan (Brahmanna, 2015). It removes Srotasaob struction. Due to Swedana, Doshas gets liquifies and came from Shakha to Koshta for easy elimination with the help of Shodhana.

In Pradhan Karma Vaman was given (Table 4) with Madanphal Yoga (Vidyadhar and Dutt, 2019b). Followed by Samsarjan Karma. For diseases of Kapha Doshava mana is useful as it given in Samhitas. Due to predominance of Kapha Dosha in Kitibha Kushta, Vamana was given. Vamana purifies body through there peutic mesis, increase Agni, prevents relapsing nature of disease by strengthening Immune system of body. Samsarjana Kramaworks on Dipana.

After Vamana procedure Vata Prako occurs, so for Vata Shama na Panchatikta Ghrita was given as Abhy an ter Snehapana which is indicated in Kusha. Kusha Rogacame under Raktapradoshaj Vikara cording to Acharya Charaka. Vasa, Nimba, Patola and Guduchi brakes pathogenesis of Kusha, due to potent hepatoprotective action.

Mode of action of Gandhaka Rasayana

Gandhaka Rasayana (Sashtri, 1983) is broad spectrum medicine useful in number of skin diseases like psoriasis, eczema, itching due to it’s anti-microbial, anti-bacterial and anti-viral properties. Gandhaka Rasayana improves digestion and complexion of Skin. Main ingredient i.e. Purified Sulphur acts on skin and mucous membrane. With mercury purified Sulphur used in many diseases. Internal and external both route of purified Sulphur useful to treat skin disease.

Mode of action of Panchatikta Ghrita

Panchatikta Ghrita is explained in Bhaishajyaratnavali, In Kushatdhyaya. Ingredients of it having Kushtaghna property. Goghritais Vata-pitta Shamaka, Twachya, useful in healing and has a “Sam-skarasya Anuvartanam” property (without losing own property, assimilates the properties of other substance with which it is processed). So Panchatikta Ghrita becomes more effective in psoriasis.

Mode of action of S-kin powder with Gomutra

It is very useful for topical skin infection and also a drug of choice to wash all over body. It treats
### Table 4: Table Showing evaluation of Samyak Vamana Lakshana

| Sr.no. | ManikiShuddhi (Measurement) | AntikiShuddhi (Interpretation) | VegikiShuddhi (No. of Vega) | LaingikiShuddhi (symptoms) |
|--------|-----------------------------|--------------------------------|-----------------------------|-----------------------------|
| Vamana | Intake-3000                  | PittantakaVamana                | 8                           | No bleeding, Kaphachadrika present in vomitus |
|        | Output-3600                  |                                |                             |                             |

### Table 5: Table showing grading-PASI

| Plaque characteristic | Lesion Score | Lower Limb |
|-----------------------|--------------|------------|
|                       |              | Right      | Left      |
| Erythema              | 0-None       | 0          | 3         |
| Induration/Thickness   | 1-Slight     | 0          | 3         |
| Scaling               | 2-Moderate   | 0          | 3         |
|                       | 3-Severe     |            |           |
|                       | 4-Very severe|            |           |
| Lesion Score Sum (A)  |              | 0          | 9         |

### Table 6: Table showing grading according to area involved

| Percentage area affected | Involved Area Score | Grade | Lower Limb |
|--------------------------|---------------------|-------|------------|
|                          |                    |       | Right      | Left      |
| Area Score (B)           | 0%                  | 0     | 0          | 4         |
| 10%                      | 1                   |       |            |           |
| 20%                      | 2                   |       |            |           |
| 30%                      | 3                   |       |            |           |
| 40%                      | 4                   |       |            |           |
| 50%                      | 5                   |       |            |           |
| 60%                      | 6                   |       |            |           |

### Table 7: Table Showing assessment criteria

|                      | Left Leg Before treatment | Left Leg After 15 Days | Left Leg After 30 Days |
|----------------------|---------------------------|------------------------|------------------------|
| Skin area involved   |                           |                        |                        |
| Grade - A            | 4                         | 3                      | 0                      |
| Erythema (redness)   | 3                         | 2                      | 0                      |
| Induration (thickness)| 3                         | 2                      | 0                      |
| Desquamation (scaling)| 3                         | 2                      | 0                      |
| E, I, D-B            | 3                         | 2                      | 0                      |
| Total-A x B          | 36                        | 18                     | 0                      |
| Total Body Surface Area| 36 x 0.4 =               | 18 x 0.4 =             | 0 x 0.4 =              |
| Total PASI Score     | 14.4                      | 7.4                    | 0                      |

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Table 8: Table showing evaluation of Subjective parameters

| Sr.No. | Sign and Symptoms | Before treatment | After 15 days | After treatment |
|--------|-------------------|-----------------|---------------|----------------|
| 1      | Erythema          | +++             | ++            | -              |
| 2      | In-duration       | +++             | ++            | -              |
| 3      | Desquamation      | +++             | ++            | -              |
| 4      | Itching           | ++++            | ++            | No Itching     |

all skin diseases due to its anti-microbial, anti-bacterial, anti-fungal, anti-viral properties. It is Raktashodhaka, Vranaropaka, Twachya reduces Kandu. When the paste of powder made with gomutra applied on skin get penetrated through skin layer. Gomutra is strong, piercing, alkaline, astringent, Vatakaphashamaka used for treatment of skin disease.

Mode of action of Shabsoria Oil

Shabsoria oil useful in skin diseases like psoriasis, itching, eczema due to its Kushtaghna property. Ingredients of Shabsoria oil pacify Tridosha, moisturizes the skin and improves skin complexion.

Before treatment Erythema, In-duration, Itching and Desquamation of the lesion over left leg was severe. Initially PASI score was 14.4, 15 days later it was reduced to 7.4 and after treatment it was reduced to 0. By following treatment protocol like Shodhana (Vaman), Shamana (Internal medications) and Bahirparimarjan Chikitsa patient got relief in his symptoms.

CONCLUSION

In Kushta Chikitsa both Shodhana and Shamana therapy plays very important role. Symptoms of Plaque psoriasis is similar with Kitibha Kushta. This case study concluded that Kitibha Kushta can be cured with Vaman Karma followed by Shamana Chikitsa using internally Gandhaka Rasoyana, Pancatatikta Ghrita and externally application of Shabsoria oil, 5-kin powder with Gomutra for 15 days. By combination of Ayurvedic Modalities like Shodhana Chikitsa with Shaman Chikitsa (along with Bahirparimarjan Chikitsa) better results can be achieved.

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