"Ayurvedic management of kitibha kushta- a case study."

Mayuri Ramdas Avhad1, Varsharani Niphade2

1. 3rd Year PG Scholar,

2. Guide and Asso. Professor,

Dept. of Kayachikitsa, SMBT Ayurved College, Nashik, Maharashtra.

*Corresponding author: mayu349937@gmail.com

ABSTRACT:-

Kitibha Kushta is the disease which is not life threatening but appears ugly which makes the patient psychologically stressed. Kitibha kushta has mainly kapha dushti predominantly, but as kushta is said to be tridoshaj vyadhi various symptoms vary in patients according to dosha dominance. Similiarity in Psoriasis and lakshanas of kitibha kushta after primary literary review made us more convenient to set up the criteria and to have PASI as objective criteria. Ayurveda believes in both Antaparimarjan and Bahiparimarjan chikitsa for kushta so the study was planned accordingly to evaluate the efficacy in Kitibha Kushta.

KEYWORDS:-

Kushta, Kitibha Kushta, Psoriasis, Raktamokshan, Arogyavardhini vati, Khadirarishta.

INTRODUCTION:-

Due to unhealthy diet and sedentary lifestyle there is Increase in the impurities in body leading to various skin diseases. The Main cause of any skin disease is mainly impurity of blood. In Ayurveda, all skin diseases comes under Kustha Roga. Acharya Charak has already mentioned causes, symptoms and types of kushta which correlates with psoriasis1. Kushta is said to be Tridoshaj Vyadhi but according to predominancy of Dosha type of kushta is classified2. Kitibha kushta is mainly due to Kapha vata dosha3.

CASE REPORT:-

- Simple Random Single Case Study.
A patient of 36yrs Male having following complaints since 1month came to opd-
1) Raised red patches of skin with black or silvery scales over right forearm and leg.
2) Itching (kandu), Burning (Daha) sensation over lesions.
3) Bleeding or cracking of lesions.

HISTORY OF PRESENT ILLNESS:-
He had raised whitish red colour patches over right forearm initially with severe burning and itching sensation so the came to opd for treatment. When he came for 1st time we did all the blood investigations like CBC, BSL and Urine routine to rule out other possibilities but reports were within normal limits.

PERSONAL HISTORY:-
Swakul.
Asthavidha Parikshan-
i) Nadi-kaphapradhan pittanubandhi
ii) Mala-Samyak
iii) Mutra-Samyak
iv) Jivha-Sam
v) Shabda-Spashta
vi) Sparsha-Khar,ushna
vii) Druk-Prakrut.
viii) Akruti-Pittapradhan Kapha.

OTHER EXAMINATION-
Agni-Madhyam
Bala-Madhyam

SYSTEMIC EXAMINATION-
BP-126/80mmHg, P-78/min.

T-97.8°F, RR-18/min
P/A-soft, Non tender.

MATERIAL AND METHOD:-
Center- Dhanvantari Ayurved Hospital.

ASSISTANT CRITERIA-
1) SUBJECTIVE CRITERIA-
   - Raised red patches of skin with blackish or silvery scales over the lesion.
   - Burning(Daha), Itching(Kandu) over the lesion.
   - Bleeding or cracking of lesion.

2) OBJECTIVE CRITERIA
   i) Candle Graze sign
   ii) Auzpitz Sign.

SHAMAN CHIKITSA:-

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| 2/9/2019 - 15/9/2019 (15 Days) (1st Visit) | 1) Raktapachak Vati (250mg)-1bd  
2) Arogyavardhini Vati(250mg)-1bd  
3) Cap. Citazil(250mg)-1bd  
4) Kushtaghna Yog-Rasmanikya (250mg)….etc  
5) Khadirarishta-2tsf bd |
| 16/9/19-31/9/19 (15 Days) (1st F/U) | 1) Panchatikta Ghruta-1tsf in morning with one cup of milk.  
2) Remaining medicines as above. |
| 1/10/19-30/10/19 (1 Month) (2nd F/U) | 1) Omit Arogyavardhini Vati, Khadirarishta  
2) Tb.Nimbadi Vati (500mg)-1bd  
3) Tb.Varnyadi Vati (250mg)-1bd  
4) Liq.Rubyclin-2tsf-bd  
5) Remaining medicines as above. |

SHODHAN CHIKITSA:-
Raktamokshan 5 was done during 1st F/U from cubital region approx. up to 60ml. Blood was black, viscous (pittakaphaj).

**LOCAL APPLICATION:**
Bruhat Dantifaladi Tail was given during 1st F/U after Shodhan Karma.

**RESULT:**
The treatment of 2 Months comprising Shaman and Shodhan Chikitsa is found to be beneficial, there is no itching, burning sensation or scaly patches.

**DISCUSSION:**
In above case report 'Raktamokshan’ helps in clearing Aama, kleda dushti in rakta which is found ‘Sadya Phaladaiy’in this case, with this Pittashamak, rakta prasadak, krimighna properties of Dravyas used in ‘Shaman Chikitsa’ help in ‘Samprapti Bhanga’ due to which good response can be achieved in ‘Krucchasadhya’ disease like ‘Kitibha Kushta’.

**CONCLUSION:**
This case study is documented evidence for successful management of Kitibha Kushta. Patient is advised to follow Pathyapathya to avoid recurrence.

**REFERENCE:**