



Case Study

MANAGEMENT OF *KITIBHA KUSHTA* (PSORIASIS): A CASE STUDY

Venkatesh^{1*}, S.N.Belavadi²

*1Final year P.G Scholar, ²Professor and HOD., Department of Kayachikitsa D.G.M. Ayurvedic Medical College, Gadag, Karnataka, India.

ABSTRACT

Now days society is more conscious about external beauty compare to internal beauty and also some professional fields they require good looking and charming beauty. Usually 10-15% cases present before general practitioners are pertaining to skin diseases. Due to altered life style, lack of physical exercise, unhygienic, mental stress, over eating, nutrition deficiency, skin diseases are commonly observed. Psoriasis is chronic disorder which is commonly encountered in day today's clinical practices. It is one of the burning issues having social importance. Increased stress and sedentary life style are main predisposing factor which is accounting for wide spread prevalence of this disease. All the skin diseases in Ayurveda have been discussed under the broad heading of *Kushta*. Which are further divided in *Mahakushta* and *Kshudra Kushta*. This paper highlights a case study of *Kitibha Kushta* (Psoriasis) treated with the Ayurvedic principles in particular *Shodhana Chikitsa*.

KEYWORDS: *Kitibha Kushta, Shamana Chikitsa, Shodhana chikitsa, Virechana, Psoriasis.*

INTRODUCTION

Psoriasis is considered as a genetic, immunological, systemic disorder.^[1,2] With a prevalence of 1–3% and its socioeconomic impact is remarkable. Recently developed and upcoming biological treatments offer new therapeutic approaches.^[3] Generally there is a consensus that clinical manifestations like psoriatic arthritis, psoriasis pustules, and psoriatic erythroderma as well as some cases of psoriasis palmoplantaris and inverse psoriasis per se are to be considered as severe.

Kitibha is one of the *Kshudra kushta* having the *Lakshanas* like *Shyava, Kina, Khara sparsha, Parusha, Ruksha pidika* and *Kandu*. *Kitibha kushta* manifests due to vitiation of *Sapta dhatus* like three *Dosha, Twak, Rakta, Mamsa* and *Lasika*. *Kitibha kushta* is having involvement of *Vata* and *Kapha dosha* having the *Lakshanas* of individual *Doshas*, in this article management with *Shaman* and *Shodhana chikitsa* are discussed.

Definition of *Kitibha kushta*

Kitibha means a *Twcha vikara pidikas* having

- *Shyava* (Silvery scaly lesion)
- *Kina Khara sparsha* (Hard)
- *Parushya* (Rough to touch)

Psoriasis: A chronic skin disease characterized by dry red patches covered with scales; occurs especially on the scalp and ears and genitalia and the skin over bony prominences.

Table 1: *Nidana* of *Kitibha kushta*

<i>Nidana</i>	Causative factors
<i>Amla, Katu, Tikta ahara sevana</i>	Sour and pungent food articles
<i>Sheeta maruta sampraharsha</i>	Exposure to cold air
<i>Adhika vyayama</i>	Excessive physical activity
<i>Chinta, Shoka</i>	Psychological factors like Stress

Table 2: Comparison between Psoriasis and *Kitibha kushta*^[5]

<i>Kitibha kushta</i>	Psoriasis
<i>Shyava /snigdha Krishna varna</i>	Erythematous lesion turn too black in chronic cases
<i>Kharatvam</i>	Candle grease sign – Positive
<i>Parushatvam</i>	Abnormal hardening seen in chronic cases
<i>Rukshatvam</i>	Scales are rough to touch
<i>Ugra khandu</i>	Severe itching

Brief history of the patient

Presenting complaints

A 23year old male patient who was apparently normal before 7years, developed small skin lesion over upper, lower limb, scalp abdomen and back of the body, associated with severe itching and powdery discharge distributed all over the body.