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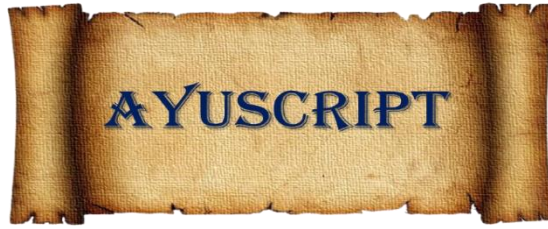
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A ROLE OF AYURVEDIC MANAGEMENT KITIBH KUSHTHA W.S.R. TO PALMOPLANTAR PSORIASIS- A CASE STUDY

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ABSTRACT:

People suffering from autoimmune diseases is increasing day by day. The exact cause of such autoimmune diseases is not known. Psoriasis is one of the autoimmune disease. Psoriasis is the most common clinical condition included in clinical practice. Most commonly skin diseases (dermatological disease) have described under the roof of kushtha. Kitibh is the most common type of kshudra kushtha according to ayurveda. Current case study is carried out at L.K. Ayurvedic Hospital, Yawatmal to evaluate the efficiency of ayurvedic treatment. A 12 years old male patient having complain of twakvaivarnya (padatal bhagi); Kandu (itching sensation); Daah (burning sensation); shav_kinkhar sparsh; Hasttal pradeshi mandalotpti (dry thick itchy patches.) which are the clear symptoms of kitibh kushtha according to ayurveda. So he had taken ayurvedic treatment which includes Shaman and Panchakarma chikitsa. The response to the treatment was recorded and therapeutic effect were evaluated through symptomatic relief. Clinical symptoms were significantly reduced.

KEY-WORDS: kitibh kushtha; psoriasis; shodhan, kshudra kushtha

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INTRODUCTION:

Skin is the largest sense organ of human body, which covers the other organs. It is the protective part of human body. It is also a target organ for many diseases. All the skin diseases in ayurveda have been classified under the broad heading of kushtha, which is categorized into mahakushtha (major) & kshudra kushtha (minor). Kitibh kushtha (psoriasis) is a common non-communicable chronic skin disease which has no clear cause of cure. Skin is the mirror which reflects the harmony of internal functions of the body. Any change in the skin colour disturbs the patient both mentally & physically. This condition causes a negative impact on people's life. Psoriasis affects people of all ages in years. The word Psoriasis is derived from the Greek word 'Psora' means 'itch' and 'sis' meaning 'acting condition'. In psoriasis, the main abnormality is of increased epidermal proliferation due to excessive multiplication of cells in the basal layers. The etiology is unknown; the factors which are involved are genetic, biochemical, and immunopathological. In kitibh kushtha, precipitating factors like trauma, infections, sunlight, some drugs, and emotions may flare up. Kitibha Kushtha manifests due to aggravation of tridosha, especially dominance of Vata and Kapha. Mithya Ahara and vihar vitiate tridosha, which further leads to affection of rasa, rakta, mansa, & lasika. Predominance of Vata can be elicited with symptoms like blackish discoloration, hardness, dryness, and roughness to touch. Kapha predominance can be appreciated with the presence of severe itching as a cardinal symptom. Visitation of tridosha affects twacha, rakta, mansa, & lasika, which causes

kushtha. These all are commonly called as seven morbid factors of kushtha, which are called as Saptakodrava sangraha. Modern medical science treats psoriasis with retinoids, Methotrexate, and Cyclosporine and Corticosteroids. But this gives serious side effects to the patients like liver & kidney. Therefore, ayurveda plays an important role in the management of kushtha. Present case study gives effective ayurvedic treatment for **kitibh kushtha**.

METHOD – CASE STUDY: - A 12-year-old male came to O.P.D. of Kaychikitsa department of L.K. Ayurved Hospital, Yawatmal with chief complaints of

1. Twak vaivarnya padatal bhagi-5-6 yrs.
2. Kandu (itching sensation) +
3. Daah (burning sensation).
4. shav-kinkhar sparsh
5. Mndalotpti on hastatal.

PAST HISTORY OF ILLNESS: -

Patient having No/H/O past illness.

No/H/O – DM/ T.B./ Thyroid

No/H/O – No any major illness.

HISTORY OF PRESENT ILLNESS: - The patient was apparently normal 5 to 7 years before. But after that he is having complaints of twakvaivarnya and kandu for which he started allopathic medicine like antifungal, antiallergic, steroids etc. But later on these drugs produced an adverse effect on him like indigestion, bloating etc. and with these drugs he gets symptomatic relief for some days. His symptoms worsened as he stopped taking medicine. So, he came to Kaychikitsa O.P.D. L.K. Ayurvedic Hospital, Yawatmal.

RUGNAPARIKSHAN: -

1. Nadi: - 68/min
2. Mal: - Samyak

3. Mutra: - Samyak
4. Jivha: - Alpasam
5. Shabda: - Prakrut(spasta)
6. Sparsha: - Samshitoshna
7. Prakruti: - Vat-pittaj
8. Nidra: - Anidra
9. B.P.: - 100/60 mm of Hg
10. Temp.: - Afebrile.
11. Druk-prakrut
12. Akrti-krush

LABORATORY AND X-RAY EXAMINATION: -

- 1) Blood Routine: - Normal
- 2) ESR: -32mm/1hr.
- 3) Blood sugar: -84mg/dl.
- 4) c.r.p.-positive.

SAMPRAPTI GHATAKS OF KITIBH KUSHTHA: -

Dosha: - Tridosh.
Dushya-Twak;Rakt;Mans;Ambu.

Dhatu :- Rasa,Rakta
Updhatu-Twak;Mans
Udbhavsthan :- Pakwashay
Vyaktisthan :- Twacha
Strotas :- Rasavah, Raktavaha; Manswaha.
Rogmarga :- Bahya-abhyantar Maraga.
Apathya_Viruddhaahar,abhishyandi padarth.

Material and Methods: -

Methods: -

- 1) A case study
- 2)Centre: - P.G. Department of Kaychikitsa L.K. Ayurvedic Hospital, Yawatmal affiliated to D.M.M. Ayurved College, Yawatmal.

Material: - (Shaman Chikitsa)

PANCHAKARMA CHIKITSA: -

- 1) Pada-avagah with Guduchi and nimba quath.and after that local application of padachira malam was given to patient.

Dravya	Dose	Duration	Anupan
Kaishor guggul	500 mg.	Twice a day	Lukewarm water
Aarogyavardhini vati	500 mg		
Khadiradi vati.	200 mg.	Twice a day	Lukewarm water
sutshekhar	200 mg.		
Kamdudha	150 mg		
Gandhak rasayan	150 mg		
sariva		Twice a day	Lukewarm water
manjistha			
haridra	1gm Churna each		
khadir			
Guduchi			
Swadisht virechan churn.	3gm	Once a day	Lukewarm water
Guduchi bharad Kwatha	30ml	Twice a day	Lukewarm water

Evaluation of Clinical Symptoms: -

Symptoms	Before Treatment	After Treatment
Twakvaivarnya padatal bhagi	Grade 3	Grade 1
kandu.	Grade 3	Grade 0
daha	Grade 3	Grade 0
Mandalotpati at hasttal	Grade 3	Grade 1

Grade 0-no itching & burning sensation

Grade 1-mild itching & burning sensation

Grade 2-moderate itching & burning sensation

Grade 3-Severe itching & burning sensation



DISCUSSION:

- Response to the treatment was recorded and therapeutic effect were evaluated by symptomatic relief of the patient. It was observed that the patient clinical symptoms were reduced gradually during the treatment period.
- Internal ayurvedic medicines like aarogya vardhini vati.; Kaishor guggul vitiated tridosh and then twacha; rakta;mansa; & lasika(saptakodravayasangraha).
- Drugs like sariva; manjistha; haridra; & khadir gives relief to the patient on symptoms like daaha& twakvaivarnya and kandu which are main symptoms of kushtha vyadhi.
- Charak has explained sariva & manjistha in varnya mahakashay.
- Sariva is also described in dahaprashaman mahakashay by Acharya charak.

- Charak has described manjistha in varnya & vishaghna mahakashay & pittashaman mahakashay by Acharya sushrut. As it has tikta;kashay & madhur rasa it works as kaphapittashamak, which get vegetation in kitibh kushtha&it acts as krimighna also.

PROBABLE MODE OF ACTION: - All medicine which are given in these patient are pitta kapha Shamak;kushthaghna&krimighna. which helps to reduce twakvaivarnya and kandu(itching) related with kitibh kushtha.(Palmoplantar psoriasis.) These medicines also give relief to patient from Daah.

CONCLUSION: -

It is concluded that this treatment relieves symptoms in kitibh kushtha. (Palmoplantar psoriasis.) This medicine can be utilised in treating patients who are suffering from skin diseases like kitibh kushtha.

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