

Effective Management of Kitibha Kushta (Scalp Psoriasis) through Ayurveda: A Case Report

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Abstract

Introduction: In today's era where the lifestyle scenario became more sedentary, including improper habit of eating food, lack of physical exercise, unhygienic conditions which leads to risk of many skin diseases like psoriasis. Psoriasis is a long term auto-immune dermatological condition in which there is itching all over the body, dryness & redness of skin and scaling appears on the affected site. In Ayurveda psoriasis can be correlated with Kitibha kushta is a type of Kshudra kushta exhibiting in the form of lesions with Shyava varnata, Kina-Khara Sparsha, Parushata etc.

Methodology: A 48 years old female patient came with the chief complaints of flaky skin lesions over the scalp, ears and eyebrows since 2-3 years, associated with severe itching on the lesions. The case was diagnosed as Kitibha kushta and managed with Samshodhana and Samshamana chikitsa successfully.

Result: The patient reported a significant improvement in the complaints.

Conclusion: Kitibha kushta is a Vata- Kapha Pradhana Tridoshaja Vyadhi Classical Vamana Karma was done with Madanaphala, Indrayava, Yastimadhu, Patola, Nimba. Classical Vamana karma is very effective in Kitibha Kushta due to its So-dhana property.

Keywords

Kshudrakushta, Kitibha kushta, Psoriasis, Vamana, Case report.

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1. Introduction

The skin is the largest organ of the body, it is a barrier that separates body's internal and external environment. The skin protects the body from the effects of temperature and chemical and microbial attack. It has a great cosmetic importance also. The disorders of skin greatly affect the mental and physical state of a human being. Skin diseases are the most frequently occurring health problem which affects people of all ages due to altered lifestyle, lack of physical exercise, unhygiene, mental stress, etc [1]. Psoriasis is a common chronic recurrent auto immune disease of the skin which is characterized by scaly patches with erythematous base over the skin. It can have a significant negative impact on the physical, emotional and psychosocial wellbeing of affected patients. Psoriasis affects people of all ages and in all countries ranging between 0.09% and 11.43%, thus making it a serious global problem, with a prevalence of 0.44–2.8% in India [2]. There is a peak incidence during the teenage and early adult years and a second peak during fifties or sixties. In Ayurveda, all skin disorders come under the category of Kushtaroga. Kushta is considered as one of the Ashta Mahagada. There are 18 types of Kushta, of which 7 are Maha Kushta and 11 are Kushdra Kushta. Kitibha kushta is one among the 11 varieties of Kushdra Kushta which resembles Psoriasis clinically [3].

According to the study of WHO the prevalence rate of psoriasis at world level is in between 0.09 % to 11.43% and 0.44% to 2.8% in Indian population. In Ayurveda, the psoriasis can be correlated with the kitibhakushta. Kushta is caused by the vitiation of doshas in the person due to daily consumption of Apathya ahara-vihara.

Management of Psoriasis as per contemporary treatment modalities includes use of corticosteroids, phototherapy, topical therapy, etc. Most of these are having their own limitations. According to Ayurveda, Acharyas have emphasized on Shodhana therapy in the treatment of Kushta which eliminates the vitiated doshas. Ayurveda through its holistic approach particularly by Samshodhana Chikitsa which aims at correcting the basic causative factor is the first line of treatment advised for all types Kushta. Kitibha Kushta being Kapha-Vata dominant condition, so Vamana Karma is selected.

Comparison between Psoriasis and Kithibha Kushta [4] kitibha kushta can be closely correlated with Psoriasis based on the findings like in kitibha kushta there is Shyava/Krishna varna, Kharatvam, Parushatvam, Rukshatvam and Kandu whereas in psoriasis there is erythematous lesion turned to black in chronic cases, scaling/ roughness, abnormal hardening, hyperkeratosis, dryness, itching.



2. Materials and Methods

2.1. Patient Information

A 48 years old female patient visited the OPD of Kayachikitsa with the chief complaints of flaky skin lesion over the scalp, ears and eyebrows since 2-3 years, with no erythema associated with severe itching on the lesions along with other body surface. She consulted an allopathic physician and was advised with antibiotics, anti-histamines and topical steroids. But there was no considerable relief. Later she consulted our hospital OPD for treatment. She is working woman belonging to middle-class Hindu family background. She had no past history of DM, HTN, or any metabolic disorders and no any Family history.

2.1.1. Personal History

- Diet: Excessive Guru, katu, amla ahara, Dadhi, Mamsa Sevana, Viruddha Ahara.
- Appetite : decreased appetite
- Bowel : Constipated
- Micturition : 4-5 times per day
- Sleep : Disturbed
- Habits: Nil

2.1.2. General Examination

- Built: Moderate
- Nourishment: Well nourished
- Pallor: Absent
- Icterus: Absent
- Cyanosis: Absent
- Clubbing: Absent
- Lymphadenopathy: Not palpable
- Edema: Absent
- Pulse: 78/min
- RR: 22cpm
- BP: 110/80mmHg
- Temperature: Afebrile

2.1.3. Dashavidha Pariksha

- Prakruti: Vata-Pittaja
- Vikruti: Vata-Kaphaja
- Sara: Madhyama
- Samhanana: Madhyama
- Satwa: Madhyama
- Satmya: Sarvarasa satmya
- Pramana: Madhyama
- Ahara shakti: Madhyama
- Vyayama shakti: Madhyama



- Vaya: Madhyama (48yrs)

2.1.4. System Examination

- CNS: Conscious, well oriented
- CVS: S1, S2 heard
- RS: AEBE, NVBS

2.2. Clinical Findings

2.2.1. Skin Examination

2.2.1.1. Inspection

- Lesions: Well defined erythematous papules and plaques with silvery white scales Surface: dry/rough
- Discharge: Absent
- Texture: Dry/rough
- Exfoliation: Present
- Temperature: Normal

2.2.2. Signs

- Auspitz sign: Positive
- Candle grease sign: Positive
- Koebner's phenomenon: Absent

2.2.3. Samprapti Ghataka

- Dosha– Vata-Kapha Pradhana Tridoshaja
- Dushya- Rasa, Rakta, Mamsa
- Agni–Jatharagni-janya, Dhatwagni-janya
- Ama–Jatharagni-janya Ama
- Srotas- Rasavaha, Raktavaha srotas
- Srotodushti Prakara- Sanga
- Rogamarga- Bahya
- Udbhava Sthana- Amashaya
- Vyaktasthana– Twak
- Swabhava- Chirakari
- Sadhya-asadhyata– Kricchrasadhya

2.3. Therapeutic Intervention and Timeline

2.3.1. Classical Vamana

- Deepana-pachana with Hingwashtaka churna
- SnehanawithPancha tiktaka Ghrita (PTG).



- Sarvanga abhyanga with Nimba taila + 777 oil followed by Bashpasweda.
- Vamanakarma with Madanaphalapippali added with Saindhavalavana, Vacha churna and Madhu.
- No: of Vegas: 6
- Shuddhi: madhyama

Peyadisamsarjana karma was followed after Vamana for next 2 days.

Table 1. Treatment Schedule.

Date	Treatment	Medicine	Dosage
20/04/2024	<i>Deepana- Pachana</i>	<i>Hingwashtaka churna</i>	2tsf BD B/F with warm water for 3 days
23/0/2024 to 25/04/2024	<i>Snehapana</i>	<i>PTG</i>	1 st day- 30ml
			2 nd day- 60ml
			3 rd day- 90ml
26/04/2024	<i>Sarvanga abhyanga, Bashpasweda</i>	<i>Nimba taila + 777 oil</i>	Q.S
27/04/2024	<i>Vamana</i>	<ul style="list-style-type: none"> • <i>Madanaphala pippali</i> added with <i>Saindhava lavana, Vacha churna</i> and <i>Madhu</i>-half tea spoon each • Milk- 4glasses • <i>YashtimadhuPhanta</i>-11 glasses • <i>Saindhava jala</i>- 6 glasses • Total vegas- 6 	80gm
28/04/2024 to 29/04/2024	<i>Samsarjana Karma</i>	<i>Ganji</i> - for 2 days after <i>Vamana</i>	

2.3.2. Shamana Aushadhis

- Cap. Tiktamrita
- Patolakaturohinyadi kashaya
- 777 oil
- Atrisor ointment
- Atrisor soap

2.4. Outcome and Follow up

The patient was under close observation in the In-Patient Department of Kayachikitsa Department, for 7 days and no side effect were reported. The patient noted a good improvement since there was a reduction in the scaling of the skin and itching on her scalp, ears and eyebrows.

3. Results and Discussion

Table 2. Changes in signs and symptoms assessed using Psoriasis Scalp severity Index (PSSI) [5].

Features	Score	
	BT	AT
Erythema	0	0
Induration	2	0

Desquamation	2	0
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Table 2. Changes in signs and symptoms before and after treatment.

Signs and Symptoms	Before Treatment	After Treatment
Dryness	Present	Absent
Itching	Present	Absent
Scaling of skin	Present	Absent
Excessive sweating	Present	Reduced
Discoloration of skin	Present	Reduced

3.1. Discussion

According to Ayurveda all the skin disease come under broad term “KUSHTA”. Kushta i.e. Kshudra Kushta under the heading of Kitibha Kustha. Vamana Karma is considered to be best treatment for Kaphaja Vyadhi, combination of Kapha with Pitta or the conditions in which Pitta or Vata invade the site of Kapha. Considering the status of Dosha, Dushya, Agni, Samprapti Vaishistiyata and Vyadhi Lakshana a classical Vamana Karma was administered in the present clinical study.

Hingwashtaka Churna—it has 8 ingredients, mainly indicated for Jatharagni Dipana, Pachana and in agnimandya.

Panchatikta ghrita: Proper Snehapana is necessary for effectiveness of Vamana Karma. In present study, Panchatikta Ghrita has been used for Snehapana. Panchatiktaghrita consist of drugs like Guduchi, Nimba, Kantakari etc. which acts as an agent or a substance that inhibits the manifestation of immediate hypersensitivity. And help to reduce oxidative stress, by scavenging free radicals. Thus, Shodhana therapy along with Shamanaushadhi completely expels the doshas out of the body and prevents the relapse of disease.

777 oil: 777 oil contain Wrightia tinctoria have Kushtaghna and Kandughna property. Increases the bio-availability of the active ingredients and balances the micro and macro level of activities. Ideal hydro-lipo quotient reduces xerosis of skin associated itching, and delays cell death.

Swedana: Removes obstruction in Srotas through the process of Srotoshodhana[6].

Vamana: Mode of action: Vamana Dravya has the properties like Ushna, Tikshna, Sukshma, Vyavayi and Vikasi, reaches to Hridaya by virtue of its Virya then to Dhamani even to the Anusrotas due to Sukshma Guna and throughout the body due to Vyavayi and Vikasi Guna. Later does the Vishyandana of the Dosha by Agneya Guna and Vicchindana by Tikshna Guna. By Agni and Vayu Mahabhuta Pradhanyata and Urdhva bhagahara Prabhava, Dosha are expelled through the Mukha-marga[7].

3.2. Shamana Aushadhis

Cap. Tiktamrita has ingredients like Amrita, Vasa, Kantakari, Patola, Nimba, Triphala, Shudha Guggulu. Acts as Kapha-Pittahara, Rakta-shodhaka and mainly indicated in kandu, kushta etc. Patolakaturohinyadi Kashaya [8] has ingredients like Patola, Katurohini, Chandana, Guduchi, Patha etc. Patola katurohinyadi kashayam all drugs are tikta and katu rasa pradhana and having maximum action on Skin and Liver. Therefore have kapha-pittahara and tridosahara karma.

4. Conclusion

Due to very wide range of clinical manifestations we have to conclude that no single disease in Ayurveda can be exactly co-related as Psoriasis. According to Symptoms of disease & Concepts of Ayurveda to some extent we can consider Kitibha Kustha as Psoriasis. Kitibha kustha is a Vata-Kapha Pradhana Tridoshaja Vyadhi Classical Vamana Karma was done with Madanaphala, Indrayava, Yastimadhu, Patola, Nimba. Classical Vamana karma is very effective in Kitibha Kushta due to its Sodhana property. These drugs also having anti-inflammatory, immune-modulator, analgesic and antioxidant effect.



Figures



Figure 1. Before Treatment



Figure 2. After Treatment

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