Ayurvedic Management of Kitibha Kuṣṭha w.r.t. Guttate Psoriasis- A Single Case Study

Case Report

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Abstract

Guttate psoriasis is a type of psoriasis that presents over the upper trunk and proximal extremities, it is small (0.5 to 1.5 cm in diameter) lesions; it is found frequently in young adults. As per its clinical features we will compare with Kitibha Kuṣṭha. The life time prevalence is approximately 2% of individuals with psoriasis. Many treatment modalities have been adopted in medical sciences, but it is having various side effects. So here in this case by using Shodhan, Shaman and Bahirparimarjan chikitsa we successfully treated the case of Kitibha kushta. It is a single case study, A 22 year male patient approached to Kayachikitsa OPD having complaint of multiple small red lesions over the chest, abdomen, back region also on both upper limbs and itching over them since 2 years. The patient was treated with Shodhan and Shaman Chikitsa. Patient got 90% result in chief and associated complaints and during and after the completion of therapy there is improvement in the quality of life of the patient. After Shodhana and Shaman Chikitsa patient got satisfactory relief in symptoms.

Key Words: Guttate Psoriasis, Kitibha kushta, Shodhan, Shaman, Bahirparimarjan chikitsa.

Introduction

Guttate psoriasis (Also known as eruptive psoriasis) is a type of psoriasis that presents as small (0.5 to 1.5 cm in diameter) lesions over the upper trunk and proximal extremities; it is found frequently in young adults. (1, 2) The term “guttate” is used to described the drop like appearance of skin lesion. Guttate psoriasis is classically triggered by a bacterial infection, strongly associated with a streptococcus bacterium and typically occurs 1-2 weeks after an episode of tonsillitis; usually an upper respiratory tract infection. (3) Guttate psoriasis can affect any area of skin and appears as little red blisters that are tear drop in shape. This type of psoriasis accounts for about 2% of individuals with psoriasis. Current research is limited in identifying the best treatment for guttate psoriasis. Commonly used regimens include topical tar and UVB phototherapy, anthralin and topical steroids. (4)

In Ayurved all types of skin diseases are included under the Kuṣṭha. Acharya charak mentioned it in Ashtamahagad (difficult to treat). (5) Acharya charak described kushta rogadhikar in which he classified Kuṣṭha in to two major types; Mahakushta (Major skin diseases) and Kshudra kushta (Minor skin diseases). (6) Kitibha kushta is one of the type of the Kshudra kushthā, which is having Lakshanas like Shyava, Kina, Khara sparsha, Parusha, Raksha pidika and kandu. (7) Kitibha kushta is having predominance of Vata and Kapha dhatu, which are having lakshanas of the individual doshas. Kitibha kushtha manifests due to vitiation of Sapa dhatu, they are Tridosha, Twak, Rakta, Mamsa and Lasika. In samhitas, according to the Bala, Dosha and Vyadhī avastha Shodhan and Shaman Chikitsa is described for the Kuṣṭha. Repeated shodhan is indicated in Kuṣṭha due to Bahu doshayastha, to eliminated the aggrevated doshas which helps to treat the root cause of disease. So here a case of Kitibha kushta is successfully treated with Vaman, Virechan and Shaman Chikitsa.

Case report

A 22 years male patient came with chief complaint of multiple small red lesions over the chest, abdomen, back region also on both upper limbs and itching over them since 2 years.

Present History

Patient was well before two years, after that he started complaining of small red blisters like lesion over the abdomen and itching over it, gradually it increased and spread all over the abdomen, chest, back region and both upper limbs along with itching. The patient took allopathy medications for above complaints, but he did not get satisfactory relief, so he came to Mahatma Gandhi Ayurved College, Hospital and Research Center, Salod (H) Wardha for further treatment.
Patient had recurrent history of Tonsillitis. No family history was present regarding psoriasis or any dermatological disorders. Disturbed sleep due to itching and there is lack of appetite. Ashtavidha Pariksha was within normal limit but only mala was asamyak due to irregular bowel habits, jivha was saam and sparsha was kina khara sparsha and parusha with ruksha pidika. On Examination, all vitals of the patient were within normal limit. Pulse rate 80 per min regular and vata pittaj, Blood pressure was 130/80 mmHg. Respiratory rate was 18 per min, temperature was 98°F.

Examination of Skin
A. Inspection
- Size shape – Erythematous small lesions over abdomen, chest, back region and both upper limbs.
- Color – Red
- Thickness – 0.8 to 1.2 mm thick
- Lesion - Small red blisters like lesion.
- Palpation:
  - Moisture- Dryness
  - Temperature – Warmth to touch
  - Texture – Rough

Diagnosis
Kitibha kushtha (Guttate Psoriasis)

Treatment Plan given
- Shodhan- Vaman, Virechan.
- Shamana aushadhi along with Bahirparimarjan chikitsa for 4 months in three follow up.

Table no.1:- Shodhan chikitsa - by following the purvakarma, pradhankarma and pschyat karma.

<table>
<thead>
<tr>
<th>Procedure</th>
<th>Medicine</th>
<th>Dose</th>
<th>Duration</th>
<th>Route</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deepan pachan</td>
<td>Trikatu churna</td>
<td>3 gm bd before meal with luke warm water</td>
<td>for 3 days</td>
<td>Oral</td>
</tr>
<tr>
<td>Snehapana</td>
<td>Panchatikta ghrita</td>
<td>Starting from the 30ml in the increasing order upto the180ml. (empty stomach at morning time with lukewarm water)</td>
<td>For 7 days</td>
<td>Oral</td>
</tr>
<tr>
<td>Sarvanga abhyanga F/B nadi swedan[8]</td>
<td>Marichyadi tail F/B Bashpaswed</td>
<td>Quantity sufficient (After completion of 7 days of snehan)</td>
<td>External application</td>
<td></td>
</tr>
<tr>
<td>Vamana (F/B sansarjan karma for 5 days)</td>
<td>Madanphalyoga</td>
<td>Antarnakha mushthi matra</td>
<td>For 1 day (at morning time after snehan and swedan)</td>
<td>Oral</td>
</tr>
<tr>
<td>Virechan (F/B sansarjan karma for 5 days)</td>
<td>Haritaki churna + Kutaki churna / each 25gm (Prepare kwath), Abhayadi modak</td>
<td>Prepare kwath as per sharangdhar samhita 2 tablets with luke warm water</td>
<td>For 1 day after following purvakarma procedure (after 5 months)</td>
<td>Oral</td>
</tr>
</tbody>
</table>

Paschyat Karma
After obtaining Samyaka Vamana Lakshana and Samyaka Virechana Lakshana Dhoomapan was given with stick made of Aguru for 5 minutes by each nostril. Then patient was advised to follow the Sansarjana Karma for five days. Sansarjana Karma [9] was given in the form of Peya, Vilepi, Akrita Mudga Yusha, Krita Mudga Yusha for 5 days.
Grading – PASI (Psoriasis Area Severity Index) Score

Within each area, the severity is estimated by three clinical sings: Severity parameters are measured on the scale of 0 to 4, from none to maximum. The body is divided into four sections [head (H) (10 % of a person’s skin); arms (A) (20%): trunk (T) (30%); legs (L) (40%)]. Each of this area is scored by itself, and then the four scores are combined into the final PASI. For each section, the percent of area of skin involved, is estimated and then transformed into a grade from 0 to 6.

### Table no. 5: Showing area involved with grading

<table>
<thead>
<tr>
<th>Grade of involved area</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>0% of involved area</td>
<td>0</td>
</tr>
<tr>
<td>&lt;10% of involved area</td>
<td>1</td>
</tr>
<tr>
<td>10- 29% of involved area</td>
<td>2</td>
</tr>
<tr>
<td>30 – 49% of involved area</td>
<td>3</td>
</tr>
<tr>
<td>50 – 69% of involved area</td>
<td>4</td>
</tr>
<tr>
<td>70 – 89% of involved area</td>
<td>5</td>
</tr>
<tr>
<td>90 – 100% of involved area</td>
<td>6</td>
</tr>
</tbody>
</table>

### Table no. 6: Showing assessment criteria

<table>
<thead>
<tr>
<th>Assessment Criteria</th>
<th>Before treatment</th>
<th>2 months</th>
<th>4 months</th>
<th>6 months</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skin area involved</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grade – A</td>
<td>5</td>
<td>4</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>Erythema (Redness)</td>
<td>3</td>
<td>3</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>In duration (Thickness)</td>
<td>3</td>
<td>3</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>
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Table no. 7: Showing Overall result of treatment

<table>
<thead>
<tr>
<th></th>
<th>Before treatment</th>
<th>After treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Erythma (Redness)</td>
<td>+++</td>
<td>-</td>
</tr>
<tr>
<td>In-duration (Thickness)</td>
<td>++++</td>
<td>-</td>
</tr>
<tr>
<td>Desquamation (Scaling).</td>
<td>Hardness +++</td>
<td>-</td>
</tr>
<tr>
<td>Itching</td>
<td>++++</td>
<td>No itching</td>
</tr>
</tbody>
</table>

Observation

![Picture no. 2: Showing before treatment, after 2 months, 4 months and 6 months follow up of treatment.]

Discussion

Guttate psoriasis is a type of psoriasis that appears as little red blisters which is tear drop in shape. The small lesions over the upper trunk and proximal extremities. In Ayurved as per its clinical features it can be correlated with the Kitibha kushta. The predominant doshas in Kitibha kushta are Vata and Pitta dosha. It is the vyadhi of raktavahastrotas, having sampraptighatak vata and kapha dosha, twak, lasika, rakta and mamsa. (10) The shodhan and shaman chikitsa are described in samhitas for the management of Kushta. (11) Among the shodhan vaman is the best chikitsa for the kushta followed by virechan karma as it eliminates the kapha and pitta sequentially from the body. In the present study shodhan, shaman and bahirparimarjan chikitsa was given to the patient. The treatment schedule was started by following the sequence of puvakarma, pradhan karma and paschyat karma. In purva karma, deepan – pachana dravya were given which are agnivardhak and amapachak. For that Trikatu churna was used, it was given for 3 days. After that Snehapan was given with the Panchatikta ghrít for 7 days. For the purpose of Abhyantar snehan, it causes the Vatashamana. For the Abhyanga the Marichyadi tail was used for the purpose of bahyasnehan, it reduces the dryness, provides the moisturization body, improves
Then it does the liquefaction of the blood circulation. Followed by sarwanga swedan it does the doshavilayana (liquefies the doshas) and brings them from Shakkhas to Koshta to eliminate them. It also removes the strotorodha (obstruction in the strotas).

Action of Snehapana – Panchatiktaghatrit

The ingredients of Panchatikta are tikta rasa, ruksha and laghu guna. It acts mainly on kled, meda, lasika, rakta, Pitta and kapha which helps in balancing the vitiated dosha and dhatu. It has properties like Deepan, Pachan, Strotoshodhak, Raktashodhak, Raktriprasadak, Kushthagha, Kundughna and Varnya. 
(12) The Ghrit has lipophilic action helps to carry drugs to the target organs, it enters to its cellular level and delivers to mitochondria and nuclear membrane. It maintains the normal texture of skin.

Action of Abhyanga with Marichyadi tail

For the purpose of abhyanga or Bahyasnehana (external oleation) the Marichyadi tail is used. The most of dravyas of Marichyadi tail are have properties like katu, tikta, kashay rasa and ushna virya which does the shaman of Kapha and Vata dosha. Its snigdhatva guna reduces the rukshata, kharatva and parushata. It has properties like Raktashodhan, Kushthagha and Kundughna. The nature of tail is Sukshmagamitva means it helps drugs to go into the minute channels and does the proper absorption. The Kashay rasa of these dravyas helps to reduce the Kleda. (13) Marichyadi tail has antiseptic, antifungal, anti-inflammatory, antimuno modulatory property. The Marichyadi tail is effective in the Symptoms of kitibha kushtha due to these properties.

Action of Vaman karma

Vaman does the elimination of the prakupit doshas mainly kapha and pitta from the koshtha. The vamanopaga dravyas, such as Madanphal churna, Vacha churna, Pippali churna, Saindhav, Madhu, Yashtimadhu phanta having properties like ushna, Tikshna, Vyavayi and Vikasi it enhances the absorption rate and helps to reach at Hriday. It moves from hriday to the Dhamani to all Sthul and Sukshma strotas. It acts on the microcellular level which removes all the toxins from the body. There is the predominance of the Agni and Vayu mahabhyutas. Vamak dravyas has the urdhwabhagahar prabhabhav which causes the elimination of doshas from the upward direction i.e, from the mouth. This therapy is very effective for the elimination of aggravated doshas.

Action of Virechan karma

The Virechan dravyas which are having properties like Ushna, Tikshna, Sukshma, Vyavayi, Vikasi it reaches to the heart due to their potency it enters into the all over dhamanis and circulates throughout the sthula and sukshma strotas. Then it does the liquefactions of the dosha sanghat due to its Agneya guna. This Doshasanghat gets chhinna-bhinna and circulates through out the strotas and didn’t get sticks any where because the Snehan was done in the pruvakarma, as like honey not sticks to the vessel which is coated by oil. This doshasanghat passes through the minute capillaries and moves towards the koshtha and ultimately reaches to the anashay. The virechan drug has the predominance of the Jala and Prithvi mahabhuta, so it acts as a Adhobhagahara prabhabhav. It does the elimination of the vitiated dosha from the guda margga. (14)

Action of Arogyavardhini vati

According to the Rasaratnasamuccya, Bhaishajyaratnavali and Bharatbhashajyaratnavakar it has the property like Kushthanaashak (Alleviates all skin disorders), Kundughna (alleviates itching), Deepan (appetizer), Pachan (digestive), Malasuddhikari (cleanses waste material from the body), Sarvarogaprashamani (alleviates all disorders from body), Raktaavardhak (purifies the blood). It contains, Haritaki (Terminalia chebula Retz.), Bibhitaki (Terminalia bellerica Roxb.), Amalaki (Emblica officinalis Gaertn.), Shuddha shilajatu (Asphaltum), Sukshma guggul (Commiphora wightii), errand (ricinus communis), Katuka (Picrorrhiza kurroa Royle ex Bent), Nimba (Azadirachta indica A. Juss.), Suddha Parad (purified mercury), Suddha Gandhak (purified sulphur), Lauha bhasma, Abhrak bhasma, Tamra bhasma.(15) It acts as antioxidant, removes the toxins from the body. (16)

Action of Manibhadra guda

Manibhadra guda is used as kushtaghna, krumighna, kundughna. It contains Vidanga (Embelia ribes Burm F.), Amalaki (Embelica officinalis Gaertn.), Haritaki (Terminalia chebula Retz.), Trivrut (Operculina turpethum linm.) and Guda (Jaggery).It is indicated in disease like Kushtha (Skin diseases), Kasa (Cough, bronchitis), Shwas (Asthma), Arsha (piles), Krumi (Intestinal worms), Pleeha vikar (spleen related diseases), Udar roga (regulates the bowel movements). 
(17)

Action of Gandhak Rasayan

Gandhak rasayan acts as Kushtaghna, Kandughna, Dahaprashaman, Raktashodhak, Vranaropak, Twachya, Krumighna. It is mainly indicated in Kushtha roga. It possess the property like antibacterial, antiviral and antimicrobial. (18) In all types of skin disorders the purified sulphur is useful for the treatment. It reduces the itching and infection. Beneficial for the skin complexon and improves digestion. In skin diseases it can be used both internally and externally for the treatment.

Action of Raktaashodhak vati

Raktashodhak vati is used in the treatment of skin disease like skin rash, eczema, psoriasis and acne. It contains Manjishtha (Rubia cordifolia L.), Shuddha Gandhak (Purified Sulphur), Anantamoool (Hemidesmus indicus L. R.BR.). It purifies the blood, therefore helpful in the treatment of skin disorders. It improves the complexion of the skin. (19)
Action of Vetapalai oil
Vetapalai oil having Kushthaghna, anti-inflammatory, antibacterial, antiviral, antifungal, anti-microbial, anti-oxidant properties. It is indicated in treatment of skin disease, itching, pruritus, psoriasis. It improves the skin complexion, relieves pain and efficient in wound healing. All the contents are Vata, Pitta, Kapha Shamak (pacifies the Tridoshia), Twachya (which improves complexion). It moisturizes and soothes the skin. (20)

Action of Atrisor moisturizer
Atrisor moisturizer contains Jivanti (Holestemma ada- kodein Schult.), Manjishtha (Rubia cordifolia L.), Haridra (Curcuma longa L.), Streekutaja (Wrightia tinctoria Roxb.R.Br), Narikela (Cocos nucifera L.) and Tuvarak taila (Hydnocarpus wightianus Blume.). It is an antipsoriatic topical offering quick and complete relief from inflammation, itching and irritation associated with psoriatic lesion. Its emollient action brings back normal skin texture and makes it soft and supple. Atrisor moisturizer is indicated in all types of psoriasis. (21)

Action of 777 oil
777 oil is commonly prescribed for psoriasis. Shweta indrajao (Wrightita tinctoria Roxb. R. Br) and Narikela (Cocos nucifera L.) both have soothing effect and acts as moisturizer. In psoriasis, skin cells grow rapidly and extra cells result in thickening of the skin, itching, dryness, red patches and silvery scales. Both ingredients reduce dryness, itching, redness and inflammation. It also softening the skin and reduces thickness. It exerts the medicinal properties like Anti-inflammatory, Antipuritics, Antiulcerogenic, and Demulcent. It is indicated in all types of psoriasis, Dry skin, dandruff, fungal infectin, fissure foot. (22)

Action of Atrisor cream
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Conclusion
The Guttate Psoriasis can be correlated with Kitibha Kushtha, which is a type of Kshudra Kushha. From the above case study it can be concluded that the Kitibha Kushtha can be successfully treated with the Shodhan (Vaman and Virechan), Shaman (Internal medications) and Bahirparimarjan Chikitsa (External application). As it is a single case study, it is recommended to conduct the research study on more number of patients to prove the effectiveness of the treatment modalities.

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