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APPROACH TO KITIBA KUSHTA IN AYURVEDA -A CASE STUDY

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ABSTRACT

Kushta is a condition in which the vitiated Doshas combine with the seven Dhatus of the body and produce the symptoms. All Acharya's have emphasized on Shodhana therapy in the management of Kushta. The therapy which expels out the morbid Doshas from the body is known as Shodhana, by nature, Kushta is difficult to cure disease, so it is called 'Duschikitsya' but by the application of Shodhana therapy, cure of the diseases becomes easier due to removal of the root cause, Hence Shodhana has great importance in Bahudosha Avastha. Here is a case presented with Lakshanas of Kitibha Kushta thus Ubayataha Shodhana was done; where the results obtained was promising. The main cause here was Viruddahara (consumption of Ksheera Vikruti) even though there was predisposing factor as Beeja Dosha.

Keywords: Case study, Kitibha Kushta, Shodhana.

INTRODUCTION: In Ayurveda, all skin diseases are grouped under a broad heading of Kushtha Roga. Kushta is a condition in which different body organs, Dhatus, Updhatus, are destroyed & contempted and there is discolouration of skin¹. Kitibha Kushta is one of such diseases explained under the heading of Kshudra Kushta². Acharya Sushruta has advised carry out **Ubhayato** Samsodhana, even at the Purvarupa condition of Kushta³. He also advised Samsodhana in the treatment of Rasagata, Raktagata, Mamsagata and Medogata

Kushta.Ayurvedic management of *Kitibha Kushta* through *Shodhana Karma* is discussed here under.

CASE REPORT

A 25 year old male, Bank employee by occupation, Hindu by religion, belongs to the middle socio economic background admitted in the hospital on 2nd June 2018 with the following complaints.

• Reddish, thickened, irregular and scaly lesions all over the body (i.e., over extremities, trunk, back, buttocks and scalp) associated with itching sensation, since 5 years increased since 3 months.



Figure 01 - showing the lesions before treatment.

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Associated with elevated skin rashes associated with itching sensation all over the body; lasting for 1hour, which

was occasional from 4 years, daily in morning hours since 1 month.



Figure 02 - showing the skin rashes before treatment.

HISTORY OF PRESENT ILLNESS

Patient was apparently healthy 5 years back; later in January 2013 he developed reddish, scaly, skin lesions over the chest region which was associated with itching. Gradually the lesions started spreading all over the body for which he consulted a doctor and was treated symptomatically (details not known). Symptomatic relief was found; but once he discontinued the medicine the lesions increased and spread all over the body within a span of 4-5 months. Hence he consulted a physician and was treated with steroids for about 3-4months. He continued the treatment with regular follow up and was relieved by 80-During this period he noticed aggravation of complaints when he used to have sour/ spicy food. Gradually patient by himself withdrew the medicines, but there was recurrence of the complaints in June 2014 for which he consulted an Ayurveda physician where he prescribed with Shamanoushadis, which; itching reduced completely. He found relief with this treatment hence continued the medicines with regular follow ups for 2 years, during this period he developed rashes all over the body which used to manifest occasionally during early morning hours. These rashes

were associated with severe itching and used to last for about an hour. As he found maximum relief he wanted to discontinue the medicines, so he gradually withdrew the medicines on his own. Later in 2017 August the complaints reoccurred for which consulted another Ayurveda physician, these complaints flared up in May 2018; hence advised the patient undergo few to blood investigations and then he referred the patient to SKAMCH & RC for further management.

Nature of lesion during the course of disease manifestation-

- Reddish brown coloured lesions with irregular margin.
- Thickened, Dry and scaly.
- Initially the lesion would be a papule later convert into plaque.
- No discharge noted.
- It increases on exposure to cold, intake of spicy- sour food. Decreases on applying oil/lotion.

Nature of rashes during the course of disease manifestation-

- Initial days it was occasional i.e., 4-6 times in a month.
- Since one month it is regular i.e., every day during morning hours, lasting for an hour.

- Spreading all over the body.
- Raised above the skin level mild erythematous, oedematous papule plaque (multiple in number and of different size) associated with severe itching.
- No discharge noted.

HISTORY OF PAST ILLNESS

- No History of diabetes.
- History of pulmonary tuberculosis treated 2years back with antituberculosis drug.
- History of renal calculi 1 year back treated symptomatically.

Treatment History

Allopathic-

1st visit-

- Clodid b- cream + Salix 12 ointment for local application.
- Tab Folitrax 2.5mg, 12 hourly; 3 doses - repeat after 7 days.
- Tab Carbocal 3 1tab OD
- Cap Oxymore 1 tab OD
- Nidcort lotion oil, external application after bath; all for 30 days.

1st follow up-

- Sternon lotion + curel lotion for local application during night; alternate days.
- Topinate cream + emoderm cream for local application after bath daily.

2nd follow up-

- Sternon lotion + curel lotion for local application during night; alternate days.
- Topinate cream + emoderm cream for local application after bath daily.
- Tab Neotrexate 2.5mg 1 BD; 2 days/ week for 4 weeks.
- Tab Folviate 1 daily for 4 weeks.
- Tab Zetorin 500mg 1 daily; 3 days/ week for 4 weeks; for 30 days.

Ayurveda-

1st visit

- Raktashodhaka (having churna Manjishta and Gandhaka as key ingridients) 1 spoon; with water, at night.
- Haridra khanda 1 spoon; BD; for 15 days

1st follow up

- Tab Imupsora 2 tab empty stomach in morning
- **Imupsora** for ointment local application after bath; for 15 days

2nd follow up-

- Rasamanikya Rasa 5gm
- Gandhaka Rasayana 5gm
- Amruta Satva 5gm
- Kapardika Bhasma 5gm
- Pravala Pishti 5gm
- Mix well prepare 30 packets. 1 packet BD; after food with honey; for 15 days 3rd follow up-
- Khadirarishta 2 spoons; with equal quantity of water BD, after food.
- Maha Manjishtadi Khada. 2 spoons; with equal quantity of water BD, after

Family History: Mother is said to suffer from complaints of psoriasis.

On Examination

•	Built	- Under built
•	Nourishment	- Poor
•	Pallor	- Absent
•	Icterus	- Absent
•	Cyanosis	- Absent
•	Clubbing	- Absent
•	Lymphadenopathy	- Absent
•	Edema	- Absent
•	Tongue	- Not coated
•	Temp	- 98.6 F

 Pulse - 78 bpm B.P - 120/80 mm of Hg

 Respiratory - 18 /min

- Height - 173cm • Weight - 52.5 kg
- BMI - 17.5 - underweight

Systemic Examination

- 1. Central Nervous System Conscious, time/place/person, oriented to memory and higher mental preserved function, no observed focal neurological deficit found.
- 2. **Respiratory System** B/L normal vesicular breath sounds heard.
- 3. Cardiovascular **System**–S1&S2(+), NAD.
- 4. Per Abdomen- NAD
- 5. Skin examination-

Inspection-

- Natutre-multiple lesions of different size seen all over the body
- **Colour** reddish hyper-pigmented.
- Temperaturesame as body temperature
- Surface- dry.

Lesions-

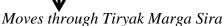
• Type- papulo-squamous, irregular and thickened.

SAMPRAPTI

Nidana Sevana



Kapha Vata Pradhana Tridosha Dushti



Circulating in Rasavaha, Raktavaha srotas —— Samyoga with Prakupita Pitta

Dushana and Shitilata of

Twak-Rasa-Rakta-Mamsa-Ambu

Reaches Bahya Marga

Mandala Utpatti - Bahu Kandu, Rakta Krishna Varna, Khara Sparsha

KITIBHA KUSHTA

- **Shape** annular and polymorphic
- Distribution- Bilateral symmetric, on extensor surface of limbs
- Arrangement of lesions- Scattered
- No secondary changes noted

Palpation-

• Superficial – Rough

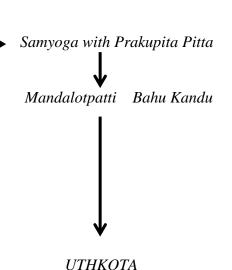
Cutaneous Signs-

- Auspitz sign Negative
- Oil drop sign Negative
- Candle grease test Positive
- Woronoff's ring Positive
- Dermatographism- Negative

Investigations-

CBC – within normal limits Thyroid profile- within normal limits Lipid profile- within normal limits **NIDANA**

- Beeja Dushti
- Ksheera-Dadhi
- Katu-Amla Aahara
- Garma Sevana (exposure to AC soon *after coming from sun)*
- Stress



Samprapti Ghataka

- Dosha Kapha Vata Pradhana Tridosha
- Dushya Twak, Rasa, Rakta, Mamsa, Ambu
- Agni Vishamagni
- Ama Dhatwagni Mandya Janya Ama
- Srotas– Rasavaha, Raktavaha, Mamsavaha, Ambuvaha srotas
- Sroto Dushti Sanga
- *Udbhavasthana Amashaya*
- Sancharasthana Rasayani
- Vyaktasthana Twak
- Adhishtana Bahya Sira of Twak
- Rogamarga- Bahya
- Sadhya-Asadhyata Yapya

Diagnosis - KITIBHA KUSHTA with **UTHKOTA**

Treatment Proposed

1st line of management-

Sarvanga Udvartana (SU) with *Triphala* Churna and Manjishtadi Churna

Sarvanga Takradhara with Musta, Amalaki, Asanadi Saditha Takra for 6 days

Snehapana with Guggulu Tiktaka Ghrita

Day 1- 30ml

Day 2-70ml

Day 3-110ml

Day 4-140ml

One day Vishrama Kala-Sarvanga Abyanga with Surya Paki Taila F/B Bashpa Sweda.

Followed by Vamana Karma with Kutaja Beeja Churna+ Yashti Madhu Churna +Madhu+ Madanaphala each 5gms; No of Vegas = 4.

Observation during treatment-

- Day 1- urticarial rashes in morning
- Day 2- urticarial rashes in morning
- Day 3- no urticarial rashes noted
- Day 4- itching reduced by 30%
- Day 5- dryness of lesions, scales +
- itching reduced by 60%, dry Day 6lesions

During Snehapana there was no much difference in itching sensation, scales ++

Figure 03



After 3 days of SU and Takradhara



After 6 days of SU and Takradhara



After 4 days of Snehapana Advice On Discharge-

- Tab Arogya Vardhini Rasa 2 tab BD
- Surya Paki Taila for local application before bath once daily. 2nd line of management-

After 2 weeks 2 days *Deepana* with *Trikatu Churna* 3gms OD morning with warm water.

Snehapana with Guggulu Tiktaka Ghrita Day 1- 30ml



After Vamana Karma

Day 2- 70ml Day 3-110ml

Three days Vishrama Kala-Sarvanga Abyanga with Surya Paki Taila F/B Bashpa Sweda

Followed by Virechana Karma with *Trivrut Avaleha 70gms*; No of Vegas = 13. **Observation during treatment-**

During Snehapana there was no slight reduction in itching sensation, scales +



Figure 04- After Virechana Karma

Pathya Adviced- avoid Katu-Amla Rasa, avoid *Deewaswapna* and air conditioner. Outcome - After undergoing the above treatment patient noted that there was no episode of occurrences of wheals from second day of the treatment; there was no new lesion noted the old lesions dried up and itching reduced completely.

DISCUSSION

Patients with Kushta approach various health care systems with a hope to get cure. Though, Complete and prolonged clearance is the preferred outcome, Kushta is a condition in which the vitiated Doshas combine with the seven *Dhatus*⁴ of the body and produce the symptoms. All Acharya's have emphasized on Shodhana therapy in the management of Kushta. In Kushta Roga with predominance of Kapha Dosha. Kaphalbana, Kaphanubandha Rogas and Kaphasthananugata Rogas Vamana Karma as Shodhana should be carried out. Rasa Dhatu and Kapha Dosha have an inseparable relation and hence to adopt management of *Rasa Dhatu*, treating for Kapha Dosha. Virechana is frequently

administered in the management of Kushta and is believed to normalize the basic pathologic factor i.e, Pitta and Rakta.

Probable mode of action of the proposed treatment-

Udvartana Takradhara and by Rukshana property did the Dravashoshana of Drava Dhatus (Kapha and Pitta) which was responsible for the manifestation of Uthkota; and did Srotoshodhana. Vamana and Virechana expelled the vitiated Doshas thereby reducing the complaints such as scaling and itching.

CONCLUSION

Success of the Treatment depends on Trisutra of Ayurveda. The prevalence of Kushta is increasing day by day there is need to find out treatment modality which will help in prevention and cure of the disease. This case is a documented evidence for the successful management of Kitibha Kushta through Shodhana Karma.

Acknowledgement -

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