Effect of multimodality Ayurveda treatment in Kitibha kushta

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ABSTRACT

All skin conditions are coming under the umbrella of kushta roga. Kitibha kushta is a variety of Kshudra kushta with dominancy of Vata and Kapha Doshas. Kushta is one of the commonly affected illnesses to mankind. It has been mentioned in nearly all the Sthanas of Charaka Samhita, which shows the prime importance in the diseases affecting human being. Psoriasis is a papulosquamous (et al Rajkala Shankar) disorder of the skin, characterised by sharply defined erythematous squamous lesions. They vary in size from pinpoint to large plaques It is characterized by symptoms like: defined patches, over both upper and lower extremities and lowback. It was associated with itching, blackish discoulouration, discharge and constipated bowel. On the basis of symptoms and clinical findings the case was diagnosed as kitibha kushta. The present study was aimed to show the multimodality Ayurveda treatment like shaman and shodhana Chikitsa in kushta.

Keywords: Ayurveda treatment, Kitibha kushta, Papulosquamous.

INTRODUCTION

Kushtha is one of the most dreadful disease afflicting man. Ayurveda has dealt with the disease in all its aspects elaborately. The description of the lakshanas of disease depends upon Dosha-Dushya sammurchana and its effect on srotas and predominance of Dosa and Dushya. A separate chapter under the heading “Kushtha” has been described, for skin diseases by our Acharyas. Almost all the Acharyas have further classified Kushtha into Maha-Kushtha and Kshudra- Kushtha. The exact difference between Maha-Kushtha and Kshudra-Kushtha is often controversial.

Kushtha is always Tridoshic in origin and a dominance of a particular Dosa leads to a specific symptom complex. Kushtha is considered as maharoga, deergaroga, nindithavyadhi, santharpanajanyavyadi. Chakrapani mentioned that in Kshudra Kushtha, the symptoms of Maha-Kushtha are manifested in milder form. No single variety of Kushtha is due to any one Dosa. Though the provocative morbid doshas are the same in all the varieties yet they are differentiated by the different dose of morbidity, sequel and location which produce the difference in their characteristic pain, colour, seat, effect, name and treatment.

Kitibha kushta is one of the kshudra kushta which is commonly seen in clinical practice. Stress is the most crucial factor in onset and progression of the disease. In present study there was no relevant history of any past illness or family history. In personal history there was regular intake of fish curd, and excessive use of alcohol, smoking, spicy and sour items.

CASE REPORT

A 54 years old male farmer, presented with chief concerns of small rough hard well defined patches, over both upper and lower extremities and lowback. It was associated with itching, blackish discoulouration, discharge and constipated bowel habit since 6 months. For this he consulted an allopathic physician and was advised with antibiotics, steroids and purgatives and diagnosed it as psoriasis. But no relief was observed. For this he came to our hospital for further management.

Clinical findings

The lesion type was blackish, hard, dryness and roughness in nature. Associated with sivere itching and powdery discharge. It was distributed over upper and lower extremities mostly in legs and low back.
Diagnostic assessment

Investigations
Liver function test and blood routine were within the normal limits. Other skin investigation were not done due to financial problem.

Diagnosis; Kitibha kushta
On the basis of symptoms and clinical findings the case was diagnosed as kitibha kushta.

Therapeutic intervention
The interventions were done after ascertaining the dosha involved. The treatment was accomplished in two phases-Shamana Chikitsa (treatment aimed at mitigating the dosha) administered as outpatient and shodhana Chikitsa (treatment for eliminating excessive morbid dosha) was performed as inpatient.

RESULT
The Rashes completely resolved and the skin was normal as before. The patient was back to her normal routine with no signs of relapse. The photographs taken during and after treatment are shown in figure.

DISCUSSION
The skin ailments are hunting the mankind since ages past. Vedic literatures provide an ample evidence of such efforts in the form of prayers and herbs by naming all, the skin diseases under the heading “Kushtha”. Kushtha is always Tridoshaja in origin[9]. Charaka opines at this context that most dominant symptoms of the Dosha should be treat first and later the associated symptoms and their causative Doshas should be treated[10]. Though the provocative morbid doshas are the same in all the varieties yet they are differentiated by the different dose of morbidity, and location which produce the difference in their characteristic pain, colour, seat, effect, name and treatment[11]. In present study patient had irregular diet and habit of excessive use of smoking, alcohol and non vegetarian diet.

The main causative factors in the manifestation of pathology of kitibha kuṣṭa are vata and kapha doṣa As mentioned in viruddhāhāra (incompatible food), regular intake of alcohol, fish, smoking, curd becomes the cause of manifestation of skin eruptions. Patient’s diet especially sour and spicy food also a reason to this may caused the vitiation of above mentioned doṣa resulting in the presentation of kitibha kuṣṭha (vata kapha doṣa predominant kuṣṭa)[12] with rashes and other associated symptoms in the skin. Based on the doṣa involved, vata kapha hara (vata and kapha doṣa pacifying) line of treatment was adopted in terms of samanana and sodhana cikits[13]. In the samanana cikits, both internal and external medications were included. The internal medicines helped in mrdu sodhana (mild purification) as well as helped in srotosodhana (clearing the channels)[14]. The decoctions given were kapha hara in nature and had a mild laxative as well as anti inflammatory property, along with arogyavardhini[15,16,17] and nimbadi gugglu[18] internally and for external treatment like triphala kashaya dhara had given to pacify amavastha. After kashayadhara, utsadan had been given for 3days with mahathikthok grith and haridra churna it is mainly for skin conditions the herbs given for external application like Curcuma longa[23], Azadiracta indica[22] were anti inflammatory and mainly helped in the erosion of blisters which might have decreased the chance of wound progression by relieving pressure, snehapana with thikthaka grith followed. For the purpose of snēhāpāṇa, Tiktoka ghrātan was chosen, which was again pitta hara (pacifying pitta doṣa) in nature and is indicated in skin diseases which suggest the drugs present in the ghee may have some affinity towards the target organ[24]. Snehapana because of its doṣa utklesana (increasing the doṣa) separates toxins accumulated in the patient’s body. The separated morbid doṣa are eliminated by virēcana. It helped in the removal of vitiated doṣa out of the body along with toxins at cellular level. Even though Madhyama suddhi (minimal purification) was attained, there was remarkable improvement in the patient. The separated morbid doṣa are eliminated by virēcana[25]. It helped in the removal of vitiated doṣa out of the body along with toxins at cellular level. Even though avara suddhi (minimal purification) was attained, there was remarkable improvement in the patient. It is advised to perform repeated purification in minimal quantities in skin disorders to protect prana (life) as excess elimination of doṣa can aggravate Vata doṣa (factor responsible for neurological and cognitive responses in the body) and may further deteriorate the strength of the patient[26]. On discharge along with shamanoshadi manibhadragulam[27] was given for nitya virēcana.
CONCLUSION

In present study of Kitibha kushtha, based on the sampapti (pathogenesis), Doshha hara line of treatment was adopted in the from of shaman and shodhana therapy (both internal and external purification) along with proper pathyapathyas (wholesome diet) was effective in Kitibha kushtha. We were able to stop all the allopathic medications which the patient was taking initially. Because of Ayurvedic treatment modalities helped in arresting the progression. All other associated signs and symptoms resolved completely with no signs of relapse.

Conflict of Interest

The authors declare no conflict of interest.

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