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AYURVEDIC MANAGEMENT OF CHRONIC PLAQUE PSORIASIS (KITIBH)- A CASE STUDY

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Abstract

Skin diseases have a significant impact on health-related quality of life, comparable to other serious medical conditions. They are among most common cause of human illness, resulting in a substantial non-fatal burden. Recent decades have seen a concerning increase in skin and subcutaneous diseases, attributed to factors such as altered lifestyles, lack of physical activity, poor hygiene, mental stress, unhealthy eating habits, and nutritional deficiencies. Ayurveda categorizes various skin diseases under the term "Kushta," which is further divided into "Mahakushta" and "Kshudra Kushta." "Kitibha Kushta," a type of Kshudra Kushta, exhibits symptoms resembling those of plaque psoriasis. Psoriasis, a chronic condition encountered frequently in clinical practice, has a widespread prevalence and often requires long-term treatment due to its recurring nature. A 50 years old male patient came in Kaya Chikitsa opd of Sir Sundarlal Hospital, BHU with

Chief Complaints:- raised, blackish patches covered with a silvery/ white scale with intense itching on B/L lower leg and elbow since 10 year.

Intervention: The patient was treated using Ayurvedic principles, including "Sanshodhana Chikitsa" through "Virechana Karma" and "Sanshamana Chikitsa" involving the use of "Mahatikta Ghrta," "Kaishore Guggulu," "Psorakot Tablet," "Patolakaturohinyadi Kashaya" and "Winsoria Oil" for external use.

Outcome: Complete remission of the all complaints of patient was observed after 3 months of treatment. **Conclusion:** This case study demonstrates the potential and usefulness of Ayurveda in the management of chronic plaque psoriasis (Kitibh Kustha).

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Introduction:-

Psoriasis is a common skin condition that is affected to 1% of the world population¹, men and women are equally² affected by it. Psoriasis is a chronic, immune-mediated, inflammatory skin disorder characterized by well-demarcated, red, scaly plaques that can occur anywhere on the body. Despite its prevalence and impact on patients' quality of life, the exact etiology of psoriasis remains unclear. Psoriasis pathogenesis involves a complex interplay between genetic predisposition, immune dysregulation, and environmental factors. Genome-wide association studies

have identified several susceptibility genes, highlighting the importance of inherited factors in disease development. Dysregulated immune responses, particularly involving T cells and cytokines such as tumor necrosis factor-alpha³ (TNF- α), interleukin-17 (IL-17)³, and interleukin-23 (IL-23)³, play a crucial role in the perpetuation of chronic inflammation and epidermal hyperproliferation in psoriasis.

In Ayurveda, "Kustha" refers to a group of skin diseases or skin disorders. When the vitiated Doshas (Vata, Pitta, Kapha) and Dushyas (Twak, Mamsa, Raktha and Lasika) become unbalanced, it results into Kushta. depending on severity, Acharyas have classified Kushta into Mahakushta and Kshudra kushta. Kitibh is mentioned in kshudra kustha by Acharya Charak and Vagbhata. It is described as Vata-kapha predominant disorder⁴. The affected skin is Shyaavam Kina (dull blackish/ash colour), Khar Sparsam and Parusham (rough and dry to the touch like a scar) , round shape and sometimes associated with a discharge⁵. There is no specific treatment in modern science rather than steroids. But in Ayurveda there is various sanshodhana and sanshaman treatment given. Kitibha kustha can be correlated to chronic plaque psoriasis. In samhitasan shodhan and sanshaman chikitsa are description for kushtha according to bala, doshaandvyadhiavastha. All acharyas emphasized on sanshodhana chikitsa due to bahu doshavastha of kushta. Acharya charaka pointed out onsan shodhanachikitsa by saying that vyadhi being treated by sanshodhana will never reoccur again. On other hand the treatment with sanshamana therapy may recur in due course of time. Because of bahu doshavastha sanshodhana is advised in kushta to remove the aggravated doshas which assists with treating the main cause of diseases. Sanshamana chikitsa and sanshodhana chikitsa are given together for better results.

Case Report

A 50 years old male patient with MRD-5319893 came in Kaya Chikitsa OPD of Sir Sundarlal Hospital BHU with complaints as raised, blackish patches covered with a silvery/ white scale with intense itching on bilateral lower leg and elbow since 10 year.

As per patients detailed history patient had complaint of raised, redish patches with silvery/white scales with intense itching on B/L elbow 10 years ago, it was gradual in onset and progressive in nature, patient took medication for but don't get any significant results. Gradually the patches spread on B/L lower leg and hand and thickness of patches increased and slowly turns to blackish. Gradually severity of itching increased with a scaling of patches. Patient had no history of Hypertension, thyroid dysfunction, diabetic mellites.

Skin examination-

Lesions appear bilaterally symmetrically on bilateral Elbow, hand and leg, lesions were raised, well-defined, blackish patches of skin covered with silvery-white scales. These plaques can vary in size and shape. the presence of thick, white or silvery scales on the surface of the plaques. Clear, demarcated borders between the affected skin and surrounding healthy skin.

Treatment

Patient was advised for Sanshodhana (virechana) and after that Sanshaman therapy (oral medication) for 3months was given

Virechana procedure-

1. Deepan pachana- by chitrakadi vati 500mg before food twice a day for 5 days.
2. Snehapana –til tail for 7 days with increasing quantity
3. Viram din -2 days, Sarvang Snehana with neem tail followed by SarvangaBashpa Swedana for 10mins
4. Virechak Yoga – (aaragvadh + kutaki+ haritak+ nishoth)- 100ml kwath + 20ml erand tail
5. Vegiki – 16 vega, Antiki – Kaphant,Laingik –Udar laghavta ,Shiro laghavata, Vatanulomana,
6. Samsarjana Kram – 5 days.

Sr. no	Karma	Formulation	Dose, Frequency and Time	Duration
1	Deepana Pachana	Chitrakadi vati	500mg before food twice a day for 5 days	3/12/2022 to 7/12/2022
2	Snehapana	Til tail	30ml	8/12/2022

			At 6.30 am with luke warm water	
			60 ml	9/12/2022
			At 6:30am with luke warm water	
			90 ml	10/12/2022
			At 6:40am with luke warm water	
			120 ml	11/12/2022
			At 6:30am with luke warm water	
			150 ml	12/12/2022
			At 6:20am with luke warm water	
			180 ml	13/12/2022
			At 6:30am with luke warm water	
			210 ml	14/12/2022
			At 6:30am with luke warm water	
3	Sarvanga Abhyanga	neem taila	Between 9am to 10am for minimum 10 minute for 3 days	15/12/2022 to 17/12/2022
4	Sarvanga Swedana	Dashmoola Kwatha	Between 9am to 10 am for minimum 10 minute for 3 days	15/12/2022 to 17/12/2022
5	Virechak Yoga	Kwath of (aaragwadh+ kutaki+haritaki+ nishoth) + 20ml erand tail	At 9.30 am	On 17/12/2022
6	Sansarjan kram	-	-	17/12/2022 to 21/12/2022

Sansaman drugs

date	Treatment
22/12/2022 to 21/1/2023	1- Cap Mahatikita gritam 2 cap early morning empty stomach 2- Kaishore guggulu – 500mg three times a day 3- Patolakaturohinyadi kashaya - 20ml+20ml water two times day 4- Tab psorakot 2tab twice a day 5- Winsoria oil local application two times a day
22/1/2023 To 20/2/2023	1- Cap Mahatikita gritam 2 cap early morning empty stomach 2- Kaishore guggulu – 500mg three times a day 3- Patolakaturohinyadi kashaya - 20ml+20ml water two times day 4- Tab psorakot 2tab twice a day 5- Winsoria oil local application two times a day
21/2/2023 To 26/3/2023	1- Cap Mahatikita gritam 2 cap early morning empty stomach 2- Kaishore guggulu – 500mg three times a day 3- Winsoria oil local application two times a day

Observation:-

	BEFORE TREATMENT	AFTER VIRECHANA	FOLLOW UP-1	FOLLOW UP-2	FOLLOW UP-3
Thickness	UL-3 LL-4	UL- 1 LL- 2	UL-0 LL-1	UL-0 LL-0	UL-0 LL-0
Scaling	UL-2 LL-3	UL-0 LL-0	UL-0 LL-0	UL-0 LL-0	UL-0 LL-0
Erythema	UL-0 LL-0	UL-0 LL-0	UL-0 LL-0	UL-0 LL-0	UL-0 LL-0

Thinkness scaling and erythema grading was done as per PASI.

	BEFORE TREATMENT	AFTER TREATMENT	FOLLOW UP-1	FOLLOW UP-2	FOLLOW UP-3
Itching ⁶	3	2	1	1	0

Table show PASI in various follow ups-

BEFORE TREATMENT	AFTER VIRECHANA	FOLLOW UP-1	FOLLOW UP-2	FOLLOW UP-3
16	4.4	1.4	0	0
Nature of plaque	Lesion score			
Erythema Itching Scaling	0 – None 1 – Slight 2 – Moderate 3 – Severe 4–Very severe			
Kandu(Itching) ⁶	No itching Itching present rarely Itching disturbing patients attention Severe itching disturbing patients sleep		0 1 2 3	

BEFORE TREATMENT



AFTER VIRECHANA



After One Month of Treatment





After two month of oral medications



After 3th month of treatment

Discussion:-

In virechana-

Deepana and Pachana medicine prepares the body for the panchkarma procedure by removing srotorodha by digesting Ama. Chitrakadi vati increases the Agni and then helps in Ama Pachana. It prepares the body for next process that is abhyantar snehapana. Snehapana in ArohanaKrama (internal oleation with increasing dose) with TilaTaila (processed sesame oil) was done till proper oleation features were achieved. The objective of the Snehapana is to ready the body for Śanshodhana Karma. This involves moving the Doshas located in the outer

tissues to the Koshtha, making them easier to be expelled out⁷. It helps in stability of vitiated Vata, purifies the body, softens and clear the gathered Malas which blocks the Srotasa. This is attained by Vriddhyā and Vishyandana Karma of Snehana. Tila tailais useful for skin diseases as it is an antioxidant because it carries vitamin E and penetrates skin easily⁸. During the process of virechana, the body fluids are manipulated for healing purposes. In this process the body fluids are removed through lower route. The gastrointestinal tract is lined by the mucous membrane which has a twin nature of absorption and secretion. The absorption nature is used for SanshamanaChikitsa and the secretory nature is used in SanshodhanaChikitsa. During the process of Virechana, cellular fluid is pour into the interstitial fluid, which is poured into the vascular compartment, from here it is poured into the Gastrointestinal tract for elimination. Thus, Virechana is aimed to create a biochemical alteration as it altered the fluid compartments of the body⁹⁻¹⁰. During this process, about 2 liter of the body fluid is drained out, which has dissolved biochemical in them. Virechana is targeted to create a biochemical alteration as it alters the fluid compartments of the body. Virechana causes significant differences in plasma levels of phosphatidylcholines, sphingomyelins and others. It's effects over the immune responses are by regulating pro- inflammatory cytokines, immunoglobulins and functional properties of T-cells¹¹.

Mahatikta Ghritam-

Medicated ghritam has administered internally for shamana (pacifying effect on dosha) purpose. It made with Tikta and Kashaya rasa dominating remedies has stated in Kushta chikitsa. It has indicated in all types of Kushta, Visarpa, Vatarakta, and Visphota¹². It delivers active pharmaceutical ingredients present in the form of various phytoconstituents, possibly by its liposomal drug delivery action¹³. It pacify pitta and kapha defects. It is specially used in various skin diseases due to its anti-inflammatory, antibacterial and antifungal properties¹³. It helps to relieve itching and burning sensation on the skin due to its cooling effect. It can reduce skin inflammation in dermatitis as well as in psoriasis¹³.

Patolakaturohinyadi Kashaya

mainingredients are, Patola (Trichosanthes dioica), Katurohini (Picroohiza kurroa), Chandana - Sandal wood (Santalum album), Madhusrava (Leptadenia reticulate), Guduchi (Tinospora cordifolia) and Patha (Cissampelo spariera). mentioned under the title of Shodhanadi gana in Astangahridaya¹⁴. It is indicated as Kushtaghna, Jwaraghna and Vishaghna¹⁴ in ayurveda classics and pacifies Kapha and Pitta doshas. It also possesses Rasaprasadana, Raktaprasadana, Amapachana and Agnideepana properties due to its Tikta rasa. Kitibh kustha is mentioned as rakhapradoshajvikar, so it is used here due to its Rasaprasadana and raktaprasadanaproperties. As per Ayurveda, the liver is an vital organ for the normal functioning of pitta dosha and raktadhatu. It enhances appetite and helps in digestion due toAmapachana and Agnivardhana characteristics.

Patola:

Trichosanthes dioica has apoptogenic, anti-inflammatory, antileishmanial, antiproliferative & antihyperlipidemic activity and laxative properties¹⁵⁻¹⁹. Guduchi: Tinospora cordifolia it has wide range of medicinal properties like anti-inflammatory, anti-oxidant, anti-allergic, anti-stress, hepatoprotective and immunomodulatory activities.²⁰ Katurohini: Pycorrhiza kurroa have two active bitter compounds, Picoside I and Picoside II. They are known for their hepatoprotective action, anti-oxidant and also against toxins²¹. Therefore, it aids to decrease redness, inflammation and acts as a natural blood cleanser by its pacifying effects on deep sited vitiated doshas of psoriasis due to above features.

Kaishore Guggulu-

It have Tikta Rasa, Laghu Guna, Ushna Virya and Katu Vipaka. These are responsible for following properties:- Brimhana, Kaphavatahara -Pittala, Vrishya, Lekhan, Deepana, Balya. It contains Guggul (Commiphora mukul Hook) acts as anti-inflammatory²² and has antioxidant²³ properties. Terpenoidal constituents, steroids, flavonoids, guggultetrols, lignans, sugars, and amino acids existing in Guggulu are responsible for its therapeutic actions. Haritaki (Terminalia chebula Retz) have adaptogenic²⁴, antimutagenic/ anticarcinogenic²⁵ and antioxidant²⁵ properties. Amalaki (Emblica officinalis Gaertn.) have anti-inflammatory, analgesic²⁶, cytotoxic, adaptogenic and antioxidant²⁷. Chinnaruha (Tinospora cordifolia (Willd.) Miers ex Hook) have immunosuppressant and anti-inflammatory²⁸ properties. Sunthi (Zingiber officinale Rosc.) have anti-inflammatory and analgesic²⁹ properties. Pippali (Piper longum Linn.) and Danti (Baliospermum montanum Muell-Arg) have immunomodulatory³⁰ effect. Kaishore guggulu effectively reduces inflammation and alleviates pain associated with Vatarakta by purifying the blood. Moreover, it serves as an antiallergic and antibacterial agent, contributing to its role as a blood-purifying

remedy.³¹ Hence, it aids in diminishing redness, inflammation, and serves as a natural blood purifier through its calming influence on the deeply imbalanced doshas responsible for chronic plaque psoriasis.

Psorakot Tablets-

It contains drugs like Patola, Katurohini, Madhusrava, Guduchi, Patha, Jiraka, Chandana. Patola is considered to have detoxifying and anti-inflammatory properties. It's believed to help purify the blood and support healthy skin³². Katurohini is thought to possess anti-inflammatory and antioxidant properties. It might support skin health by helping to manage inflammation and oxidative stress³³. Madhusrava is believed to have moisturizing and nourishing properties. It may help keep the skin hydrated³³. Guduchi, an immunomodulator and antioxidant in Ayurveda. It might help support overall skin health by promoting a balanced immune response and combating oxidative damage²⁸. Chandana is renowned for its soothing and cooling properties. It's often used to alleviate inflammation and irritation, making it useful for skin care³⁴. These herbs are often combined in Ayurvedic formulations to address various aspects of skin health, including inflammation, detoxification, hydration, and overall nourishment.

Winsoria Oil-

It is a proprietary remedy beneficial for conditions like psoriasis and eczema. It is formulated using coconut oil (*Cocos nucifera* [L.] Kuntze) as a base ingredient. In the context of these skin conditions, cytokines play a significant role in the progression of the disease. Coconut oil exhibits inhibitory properties against various markers of inflammation, including cytokines such as TNF- α , Interleukin 6, Interleukin 5, Interleukin 8, and interferon- γ .³⁵ Coconut oil's moisturizing and emollient properties provide relief from itchiness, dryness, and discomfort associated with chronic plaque psoriasis. Additionally, it functions as a facilitator for the penetration of other active components through the skin's protective barrier, enhancing their efficacy.³⁶ The remaining constituents of Winsoria oil, such as Vidaphala (*Wrightia tinctoria* R. Br.), Manjishta (*Rubia cordifolia* Linn.), and Sariva (*Hemidesmus indicus* R. Br.), have also been documented for their abilities to counter inflammation, address psoriatic symptoms, and modulate the immune response.^{37,38,39} The application of Winsoria oil contributed to the healing of psoriasis lesions.

Conclusion:-

This case study demonstrates the potential and effectiveness of Ayurvedic treatments in managing chronic plaque psoriasis (Kitibh Kustha). The combination of Sanshodhana Chikitsa (cleansing therapy) and Sanshaman Chikitsa (palliative therapy) was successful in achieving complete remission of psoriasis symptoms. Ayurveda offers a holistic approach to skin disorders, addressing both the symptoms and underlying imbalances in the body.

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