



Ayurvedic Management of Stress Induced Psoriasis (Kitibha Kushta) -A Case Study

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Abstract: Psoriasis is a chronic, inflammatory, and hyperproliferative skin disorder. Psoriasis appears as tiny (1 to 2 cm in diameter) lesions over the upper trunk and proximal extremities. We will contrast Kitibha Kushta with it based on its clinical characteristics. About 2% of people with psoriasis have it their entire lives. Medical sciences have adopted numerous therapeutic approaches, however they come with a variety of negative effects. So in this instance, Kitibha kushta's case was successfully treated with Shodhan, Shaman, and Bahirparimarjan chikitsa. In this single-case study, a 49-year-old male patient complained of numerous little red lesions on his chest, belly, and back of his thigh, which have been accompanied by acute itching for the past four years. Shodhan and Shirodhara were used in the patient's treatment. 90% of the patient's primary and related problems were resolved, and both during and after the end of therapy, the patient's quality of life improved. Shirodhara and Chikitsa are administered following Shodhana and Shaman. The patient's symptoms were satisfactorily relieved.

Keywords: Psoriasis, Kitibha Kushta, Shodhan Chikitsa, Shirodhara, Bahirparimarjan Chikitsa

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I. INTRODUCTION

A persistent inflammatory and hyper proliferative skin condition is known as psoriasis. It is distinguished by well-defined, erythematous, scaly plaques that mostly affect the scalp, nails, and extensor surfaces.¹ In Ayurveda, it is comparable to *Kitibha Kustha*. All skin conditions are included together under the heading *Kustha*. *Mahakustha* and *Kshudra kustha* are the two subtopics that comprise *Kustha*. *Kustha* is *Tridoshaj vyadhi* and more evident in people who indulge in unhealthy lifestyles.² As per *Sushrut Samhita*, *kusthas* are *vatayukta*, *pittayukta*, *kaphayukta*, and *krimiyukta*. It can be labelled based onto the *dosha*'s dominance.³ It is a sickness that is challenging to treat since *Kustha* is *Asthamahagada Vyadhis* (octa ominous disorder)⁴ There is manifestation of symptoms by *Nidan sevana* like intake of *guru, ati snigdha aahar*, all the three *doshas* get vitiated and forms *shithilya* of the *rakta* and *mamsa* dhatu along with vitiation of the *twaka* and *ambu*. The vitiated *dushya* again vitiates the *tridosha* and it get accumulated at the place of *dhatu shaithilya*.⁵ *Kitibha kustha* develops as result of vitiation of *kapha* and *vata dosha*. It shows *kapha* and *vata* dominant symptoms like circular patches on skin, dull black color, rough, dry in touch and sometimes secretions are present.⁶ PUVA and corticosteroids are the mainstays of contemporary medical therapy for psoriasis.⁷ However, the illness keeps coming back and has severe side effects like liver and renal failure as well as bone marrow depletion. Here, Ayurveda plays a significant role; the current study is being conducted to offer a secure and efficient treatment for psoriasis. In classical text mentioned that, for *chikitsa* of the *kustha*, *shodhan* (purification) and *shaman* (pacification)⁸ Both treatments was chosen for this study's objectives. Before *snehapana* Lavangadi vati 2 tab before food given for 3 days for *agnideepan*. *Snehapana* was completed the *Pancha tiktaka Grita* is given in (Table no.6). Due to the fact that it contains *Bhallataka*, which is described under *Kusthaghna Mahakashaya*. *snehapana* given in increasing quantity of 30ml, 60ml, 90ml and 120ml along with *pathya* of *laghu ahara*, Luke warm water intake. For external *snehan* *Marichyadi taila* was used and *Sarvanga swedan* done with *Dashamoola kwath*. On the day of *virechan* *Ichhabhedhi rasa* 2 tab given with the *triphala kwath* in the morning. After the *virechan karma*, 5 days *sansarjan krama* given. As stress is the main causative factor in this case, *Shirodhara* procedure is planned with *Jatamansi phanta* to reduce stress and insomnia. *Gandhaka Rasayana* 2 tablet twice daily, *Sukoshnajaalaas Anupana* and *Mahamanjishthadi kwath* 20 ml twice daily with 20 ml of warm water, along with external application of *Dermafax ointment* twice a day after bathing. *Brahmi vati* 2 tab at night with Luke warm water (Table no.9 and 10). The patient has received advice from *Pathyapathy* and *Nidana Parivarjan*.

1.1 Relationship between chinta (stress) and kitibha kushta (Psoriasis)

Kushta vyadhi has several causes, one of which is *bahya chinta* (stress). Stress is known as *chinta* (dhatu kshyakarak).⁹ The *vata prakop* has *chinta* (stress) as its cause. *Vyana Vayu Prakop* is a result of it. A *pittakrakop* may also result from it occasionally. *Rasavahasrotas dushti*¹⁰ which can produce *aam*, is primarily caused by *chinta*. Amplified by *prakrupit vyana vayu*, this *aam* can be produced and distributed throughout the entire body. They are all accountable for producing *Kitibha kushta* (Psoriasis).

1.2 Case report

A 49 yrs old male patient came to OPD with chief complaints of scaly, thickened silvery lesion on the back and back region of the thigh with on-off severe itching and burning sensation since 4 years. He is also suffering from the insomnia since 4 yrs.

1.3 History of present illness

The onset of disease was with the lower back and back of the thigh which was 4 years back. Initially there was whitish discoloration & the elevation of patch in the skin. With severe itching. For which patient took allopathic medicines including steroids for 2 years, he is also having insomnia due to stress, for that he is taking allopathic medicines since 4 years. patient consumes Excessive intake of curd, fish and salty food, *guru aahar* regularly, *Ajirna shana* (consumption of food before previously taken food is not digested.) patient was irregular with intake of medicine and it worsens the patient condition. So, he came to OPD for the treatment.

1.4 Clinical findings

- Silvery skin lesions with scaly appearance on lower back & spreading towards upper back.
- Severe Itching.
- Powdery discharge.

1.5 Personal history

Ahar: Curd, fish, Rice, cold drinks

Vihar: Ratri jagaran, travelling,

Nidra: Anidra (disturbed sleep)

Vyasan: Alcohol, Tobacco

Vyayam: Ativyayam

Table No: I – Examination

Physical examination	Asthavidha Pariksha	Dasha vidha pariksha
Pulse: 84/min	Nadi :Vata kaphaj	Prakriti: Vatapradhan kapanubadhi
BP: 138/ 88mm of hg	Jivha: Coated	Vikriti: Twaka
RS: Clear	Mala: Baddhata	Satmya: Dadhi
CVS: S1 S2 heard clearly	Mutra: 4-5time/day	Sara: Asthisara
P/A: Soft	Saprsha: Ruksha	Aharshakti: Manda
Skin examination: Candle grease sign was positive.	Aakruti: madhyam	Samhanana: Madhyam
	Shabda: Spastha	Samhanana: Madhyam
	Druk: Sthir	Praman: Madhyam
		Vaya (Avastha): Madhyam
		Vyayamshakti: Heena

Asthavidha pariksha, Dashavidha pariksha and systemic examination are mentioned in Table no. I.

Table no 2: Hetu of Kitibha Kustha(Psoriasis) ¹¹	
Hetu	Causative factor
<ul style="list-style-type: none"> Dadhi, matsya and lavana, guru aahar sevan Vegadharana Ativyayam 	Intake of curd, Fish, Salt and heavy to digest food Suppression of natural urges Excessive exercise Excessive sweating Psychological factors like stress, anger, fear
Ati sweda pravriti	
<ul style="list-style-type: none"> Atichinta, Atikrodha, Bhaya 	

Table no. 3: Comparison in kitibha kustha and psoriasis. ¹²	
Kitibha kushta	Psoriasis
Shyava /snigdha	Erythematous lesion turn too
Krishna varna	black in chronic case
Kharatvam	Candle grease sign –Positive
Parushatvam	Abnorml hardning is observed in chronic case
Rukshatvam	Scales are hard to touch
Ugra kandu	Severe itching

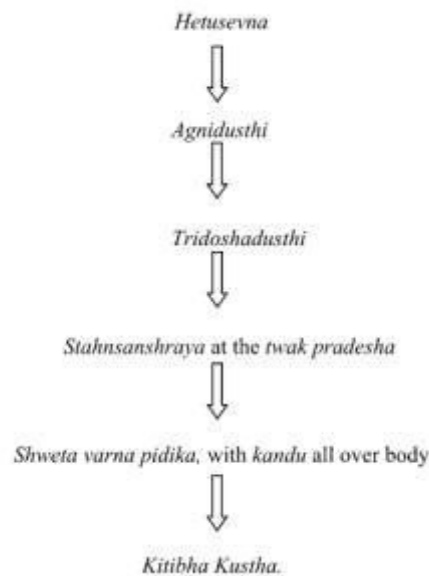
In this table no.3 Psoriasis and Kitibha kushta are compared on the basis of external appearance of lesion.

1.6 Samprapti Ghatakas

Dosha- Tridoshas Roga marga: Bahya
 Dushya- Twaka, Rakta, Mamsa, Lasika Udhbhavsthan: Amashaya
 Ama- Jatharagni janyak ama. Vyaktasthan: Twacha
 Agni- Jatharagni Rog swabhav: Chirkari
 Strotas -Rasawaha, Raktavaha Srotodushti prakara: Sanga
 Sadhya Sadhyata: Sadhya

1.7 SAMPRAPTI

Hetusevna
 Agnidusti
 Tridoshadusti
 Stahnsanshraya at the twak pradesha
 Shweta varna pidika, with kandu all over body
 Kitibha Kustha.



Samprapti flow chart

Table no 4 : Differential Diagnosis					
	Kitibha	Alasak	Dadru	Pama	Vicharchika
Varna	Shyava	Rakta	Rakta	Shweta	Shyava
Strava	-	-	-	-	++
Dosha	VK	VK	PK	PK	K

*V= Vata, P= Pitta, K= Kapha

Table no 4: Assesment of clinical features:		
<i>Kitibha Kustha</i>	<i>Psoriasis</i> ¹⁵	
<i>Charak</i> ¹³	<i>Sushrut</i> ¹⁴	
<i>Shyava varna</i>	<i>Krishna Varna</i>	Erythematous plaques
<i>Khara sparsha</i>	<i>Snigdha Sparsha</i>	silvery scales
<i>Parusjha (kathor)</i>	<i>Srava, Vritta Ghana,</i>	
<i>Ugra kandu</i>	<i>Ugra Kandu</i>	Severe itching

1.8 CHIKISTA

1.8.1 Treatment Plan

Treatment is given to patient in Following heads

- Agnideepan
- Shodhanchikitsa
- Shaman chikitsa

Table no 5: Agnideepan chikitsa:				
Date	Preparation	Dose	Kala	Anupan
29/04/2022 to 01/05/2022	Lavangadi Vati	2tab	Apan kala	With luke warm water

Table no 6: Shodhan chikitsa-					
Virechan					
Date	Treatment		Medicine		Procedure
02/05/2022	Snehapana		Panchatikta ghrita		30ml
03/05/2022					60ml
04/05/2022					90ml
05/05/2022					120ml
06/05/2022	Abhyanga and swedana		Marichyadi taila for sarvanga snehan		
Dashamoola kwath for nadi swedana					
07/05/2022					
08/05/2022	Virechana		Icchabhedi rasa + Triphala kwath 8 am morning		
Total virechan vega- 13					
	08/05/2022	09/05/2022	10/05/2022	11/05/2022	12/05/2022
Morning	Virechan Procedure	Peya	Vilepi	Soup with Ghee	Mansa rasa with ghee or oil
Evening	Peya	Vilepi	Soup without ghee	Mansarasawithout ghee or oil	Normal diet
Sansarjana krama					

1.9 Shaman Chikitsa

1. Shirodhara
2. Aushadhi

Table no 8: Shirodhara procedure		
Date	Medicine	procedure
13/05/2022	Shirodhara	Jatamansi phanta
14/05/2022		
15/05/2022		
16/05/2022		
17/05/2022		
18/05/2022		
19/05/2022		

Table no 9: Shaman Aushadhi				
Sr.no	Aushadhi Dravya	Dose	Kaala	Anupan
1.	Mahamanjisthyadi kwath	20ml	BD	20ml With Luke warm water
2.	Gandhak Rasayana	2tb	BD	With Luke warm water
3.	Dermafex Ointment	Local application	TDS	
6.	Bramhi vati	2tb	HS	With water

1.10 On Discharge Medicine

LavangadiVati for improvement of agni. GandhakRasayana for correction of the Kandu and for its raktashodhan property. Brahmi vati for reduce stress and improvement in insomenia.

Table no 10: Selection of medicine		
Medicine	Lakshana in patient	Action of the medicine
Lavangadi Vati	Less appetite Coated Tounge	Deepan Pachan
Panchatikta ghrta	KanduRukshatva	kandughna
Mahamanjisthyadi kwath	Blackish Discolouration of skin,	Varnya, KaphaPittashamak, Shothahar
Gandhak Rasayana	Daha,Blakishdisoluration	Vranaropak,Dahaprashamana
Bramhi vati	Insomenia	Nidrajanan

1.11 Pathya Apathya adviced

Pathya

: Nimba, Mudga, Jangal Pashu mansarasa, Patola, purandharga.

- Apathya: Guru Ahara, Amla dravya, Dugdha, Dadhi, Matsya, Anup Mansa, Guda and taila.

2. RESULTS

The PASI score was used to evaluate the patient's improvement.¹⁶

Table no 11: Lesion score before treatment and after 2 months.						
	Before treatment			After treatment		
	Trunk	Legs	Total	Trunk	Legs	Total
Erythema	3	2	5	0	1	1
Scaling	3	3	6	0	1	1
Thickening	3	2	5	0	1	1
Itching	4	3	7	1	1	2
Total lesion score(A)	13	10	23	1	4	5

The following lesion score occurs

- 0- None
- 1- Slight
- 2- Moderate
- 3- Severe
- 4- Very severe

Table no 12: Lesion score before treatment and after 2 months.				
Percentage area affected	Before treatment		After treatment	
	Trunk	Legs	Trunk	Legs
Area score (B)	3	2	1	1

Here is the area score:

- 0 – 0% 3 – 30% - 49%
- 1 – 1 % - 9% 4 – 50 % - 69%
- 2 – 10 % - 49% 5 -70 % - 89%

Table no 13: Subtotals				
	Before treatment		After treatment	
Subtotal (C)	Trunk	Legs	Trunk	Legs
C=A×B	39	20	1	4

Table no 14: Body surface area.				
	Before treatment		After treatment	
Body surface area	Trunk	Legs	Trunk	Legs
Total(D)	11.7	8	0.3	1.6

Multiply each of the subtotal © by amount of body surface area represented by that region, i.e., 0.1 for head and neck, 0.2 for arms, 0.3 for trunk and 0.4 for Legs and together each of the score body region to give the final PASI Score.

Table no 15: PASI Score	
Before treatment	After treatment
19.7	1.9

Table no 16: Showing results:		
Features	Before Treatment	After Treatment
Varna	Silvery	Reduced
Kandu	Severe	Absent
Lesion size	Big and larger	Reduced
Lesion number	More	Decreased
Depression	Present	Normal
Scaling	Present	Absent
PASI Score	19.7	1.9
General look	III	I



Fig: 1 Before Treatment



Fig: 2 Before Treatment



Fig: 3 After Treatment



Fig: 4 After Treatment

3. DISCUSSION

In discussion, Probable mode of action of the medicines, content of the medicine, and action of the procedure is mentioned.

3.1 *Lavangadi Vati*¹⁷

Has Agnideepan and Amapachan properties which increases Agni and Digestion of Ama and excrete toxins from the body. It is mentioned under Agnimandhya Chikitsa in *Bhaishajya Ratnawali*

3.2 *Action of Snehapana Panchatikta ghrit*¹⁸

Tika rasa, ruksha, and laghu guna are the components of Panchatikta. It mostly affects the doshas and dhatus that are vitiated kled, meda, lasika, rakta, pitta, and kapha. Deepan, Pachan, Strotoshodhak, Raktashodhak, Raktaprasadak, Kushtaghna, Kandughna, and Varnya are some of its qualities. The Ghrit enters the cell at the cellular level and delivers to mitochondria and nuclear membrane, helping to convey medications to the target organs. It keeps the skin's regular texture.¹⁹

3.3 *Gandhak Rasayana*

It acts well on skin problems like Psoriasis. Gandhak Rasayan's action. Kushtaghna, Kandughna, Dahaprashaman, Raktashodhak, Vranaropak, Twachya, and Krumighna are all

embodied by Gandhak rasayan. It mostly appears in Kushta roga. It has antibacterial, antiviral, and antimicrobial properties.²⁰ Sulfur that has been refined can be used to treat many kinds of skin conditions. It lessens infection and irritation, benefits digestion and the appearance of the skin. It can be applied both internally and externally to treat skin conditions.

3.4 *Dermafix Ointment*

Its component Gul babuna (*Matricaria chamomilla* Linn.)²¹ Kampillaka (*Mallotus philipensis* Muell.-Arg)²², Daruharidra (*Berberis aristata* DC.)²³ Pashanbheda (*Bergenia saxifraga*)²⁴ contains anti-inflammatory, antibacterial, and antioxidant effects. Similar qualities are shared by Malati (*Jasminum officinale* Linn. Var.), which also contains phytosteroids.²⁵ Jivanti (*Leptadenia reticulata* W. & A.) root and leaves can be helpful in treating skin conditions.²⁶

3.5 *Bramhi vati*

For its *medhya* (nootropic) properties. *Bramhi* [bocopo maniera pannel] and its preparations have been widely tested medicine is effective in *Nidravikara* (sleep disorder) and *Manoroga* (psychotic disorders) Attributes in *bramhi vati*.²⁷ Having nootropic (*medhya*) Rejuvenating (*rasayana*), sleep inducing (*Nidrajanan*), anti-inflammatory (*shothahar*) and cardiotropic (*hrudya*) properties.

3.6 Abhyanga's action with the Marichyadi tail

The Marichyadi tail is used for abhyanga or Bahya snehana (external oleation). The majority of the dravyas in the Marichyadi tail have ushna virya, katu, tikta, and kashaya rasa qualities, which are shamans for the vata and kapha doshas. The rukshatva, kharatva, and parushata are decreased by its snigdha guna. Such assets like Raktashodhan, Kushtaghna, and Kandughna are present. Because of its Sukshmagamitva nature, tail aids in the appropriate absorption of medications by allowing them to enter tiny channels. These dravyas' Kashaya rasa aids in lowering Kleda.²⁸ Marichyadi tail possesses properties that are antiseptic, antifungal, anti-inflammatory, and immunomodulatory. These characteristics make the Marichyadi tail useful for treating *kitibha kushtha* symptoms.

3.7 Virechan karma action²⁹

Due to their strength, the Virechan dravyas, which have qualities like Ushna, Tikshna, Sukshma, Vyavayi, and Vikasi, penetrate into all of the dhamanis and circulate throughout the sthula and sukshma strotas. Due to its Agneya guna, it then causes the dosha sanghat to liquefy. Due to the purvakarma Snehan that was performed, this *Dosha sanghat* received *chhinna* and circulated throughout the strotas without being stuck anywhere, just like honey does not stick to an oil-coated vessel. This *doshasanghat* goes toward the *koshtha* through the minuscule capillaries before arriving at the amashay. The *Jala* and *Prithvi mahabhuta*, the *purva karma*, are predominant in the *virechan* drug.

3.8 Action of Shirodhara³⁰

According to Ayurveda, shirodhara is quite effective for Vata and Pitta dosha. When the vata dosha is out of balance, it shows up as anxiety, fear, and racing thoughts. An out-of-balance Pitta dosha shows up as fury, annoyance, frustration, and judgement. Through its action and qualities, the liquid used in shirodhara is used to offset the harmful effects of the out-of-balance doshas. It calms, nourishes, and balances the doshas by applying the liquid to the forehead, scalp, and nervous system. The therapeutic liquid pouring pressure used in Dhara therapy may help to induce natural sleep by calming the mind. Corroborated by physiologic changes, including a drop in cortisol. It reduces muscle tension, brings blood pressure back to normal, and strengthens autonomic stability. Shirodhara caused numerous psychological changes that revealed lowered stress, including lowered anxiety and melancholy. Shirodhara results in a drop in plasma cortisol levels, a stress hormone. Antioxidant and anti-inflammatory properties found

in *jatamansi* can fight off free radicals and shield you from inflammation

3.9 Action of mahamajisthadi kwath³¹

Arishta (Azadirachta indica A. Juss.), Patolamula (Trichosanthes cucumerina Linn.), Katuka (Neopicrorhiza scrophulariiflora Royle ex Benth.), Bhringa (Eclipta prostrata L.), Magadha Piper, Trayanti (Gentiana kurroo Royle), and Patha (Cyclea pelt All of these medications have qualities similar to Varnya, *Kapha Pittashamak*, Shothahar (which reduces edoema), Kushtaghna (which treats skin conditions), and Vranropak (Wound healer). By virtue of Tikta (Bitter), Katu (Pungent), Kashaya Rasa (Astringent), Laghu (Light), Ruksha Guna (Rough property), and Ushna Veerya (Hot potency), the majority of medications have Kapha Pittahara or Tridoshaghna properties. *Katu Vipaka* is one such drug (Pungent post-digestive effect). Blood purification remedies include *Manjistha*, *Nimba*, *Haridra*, and *Vacha*. Other remedies include *Nimba's* Kandughna, *Haridra's* Kusthaghna, and *Vacha's* Sroto Shodhana (Channel cleanser). All of these medications follow the Samprapti Vighatana Chikitsa Siddhanta and carry out the therapeutic pharmacological action based on the innate attributes of Rasa (Taste), Guna (Properties), Veerya (Potency), *Vipaka* (Final Transformation), and Prabhava (Specific Potency) (Breaking of etiopathogenesis as a principle of treatment)

4. CONCLUSION

One type of *Kshudra Kushtha*, *Kitibha Kushtha*, and psoriasis is associated to one another. The *Kitibha Kushtha* can be successfully treated with the Shodhan (Virechan), Shaman (internal drugs), Bahirparimarjan Chikitsa (External application), and Shirodhara As shown in Table no. 17 . According to the case study mentioned above, Given that this is a single case study, it is advised that more patients be included in the research study to demonstrate the efficacy of the treatment methods. Dr. Utkarsha Khaire conceptualised and design the study, curated data and prepared original draft. Dr. Dnyanesh Joshi discussed methodology. Dr. Deepak Yadav analysed the data. Dr. Rajkumar chintala provide the needful inputs towards designing the manuscript. All authors discussed, analysed the data and thereafter approve the final version of the manuscript.

5. CONFLICT OF INTEREST

Conflict of interest declared none.

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