



MANAGEMENT OF `KITIBHA KUSTHA- A SINGLE CASE STUDY

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ABSTRACT

Skin diseases are the most frequently occurring health problem which affects people of all ages. Usually 10-15% cases present before general practitioners are pertaining to skin diseases. In present era due to altered life style, less physical exercise, poor hygiene, mental stress, eating habit, skin diseases are commonly observed. Psoriasis is one of the skin disorder which is more seen in present era due to stress and faulty lifestyle. Psoriasis has been mentioned our Ayurvedic classics as *Kitibha kushta*. The word *Kushtha* is a broad term used to describe almost all skin diseases in classical texts. *Kitibha Kushtha* is characterized by skin which is blackish brown in color, dry rough and hard to touch, black hard skin with severe itching. Due to similarity of symptoms it can be co-related with psoriasis. Psoriasis is chronic disorder which is commonly encountered in day to days clinical practice. Treatment of this disease is burning issue in today's era. This paper highlights a case study on *kitibha kushta* treated with *Ayurvedic shaman aushadhis*.

Keywords: *Kitibha kushtha*, Psoriasis, *Shaman aushadhi*, *sthanika chikitsa*

INTRODUCTION

The word "psoriasis" has originated from the greek word 'Psora' which means itch. Psoriasis is a common chronic, immune-mediated, inflammatory, proliferative, noncontagious disease of skin affecting

people who are genetically predisposed, with environmental playing a critical role in the pathogenesis. The underlying pathology is a 10 fold increase in the rate of epidermal cell proliferation and exfoliation of

nucleated cells before these form a horny layer. In psoriasis lesion consist of itchy, deep, pink to reddish, well demarcated, plaques with silvery-micaceous scaling present particularly over extensor surface.¹ The prevalence of psoriasis in our society is increasing day by day. In india the prevalence of psoriasis varies from 0.44 to 2.8%, it is twice more common in males compared to females, and most of the patients are in their third or fourth decade at the time of presentation.² Because of recurrence and unsuccessful treatment, it is still challenge to the medical fraternity.

According to Ayurveda it can be correlated with *Kitibha kushtha* which comes under Eleven *Kshudra Kushtas*. according to *Bruhatrayi*. As per *Ayurveda*, all types of *Kushtha* are considered as *Tridoshaja (Vata, pitta, kapha)*, they are caused by vitiation of all the three *Doshas* Seven *Vyadhi ghatak* are said to be responsible to manifestation of disease which are *Tridosha. Twacha, Lasika, Rakta* and *Mamsa*.³ According to *Charaka*, It is due to vitiation of *Vata & Kapha (Kitibham Prayo Vata Kaphadhikam)*. Due to vitiation of these two *dosha* the signs and symptoms of *Kitibha* are “*Syavam Kina Kharasparsam Parusham Kitibhamam Smritam*” -*Kitibha* is blackish brown in colour, rough in touch like a scar tissue, hard in touch.⁴ According to *Susruta* signs

and symptoms of *Kitibha* are “*Yat Sravi Vrittam Ghana Mugra Khandum Tat Snigdha Kushtam Kitibham Vadanti*”- in *Kitibha* the eruptions exude a kind of secretion and which are circular, thick, excessively itching, glossy and black coloured.⁵ According to *Ashtanga hridaya* the signs and symptoms of *Kitibha* are “*Ruksham Kina Kharasparsam Kandumat Parushasitam*”. This reveals in *Kitibha Kushta* manifestation, the skin is blackish brown in colour, rough in touch like a scar tissue & rigid in touch with itching.⁶

Case report

A 42 years male patient visited in Parul Ayurveda hospital, department of Kayachikitsa OPD. (OPD NO.- 21016548) on 28/07/2021.

Pradhan vedana

Blackish discolouration at back, both hands, legs and cervical region since 3 years

Itching since 3 years

Burning sensation feels since 3 years.

Scaling of skin after itching since 3 years

Dryness of skin.

Vedanavruttanta

Patient was apparently healthy before 3 year, after that developed blackish coloured skin lesion over upper and lower limb, back and cervical region associated with severe itching and scaling of skin. For these

complains he consulted allopathy doctor but couldn't get any relief from symptoms. So he consulted to Parul Ayurveda hospital for Ayurvedic treatment.

Purva vedanavruttant

No K/C/O- DM and HTN

Kauthumbika vruttant

All family members are said to be healthy

Vyaktigata vruttant

Ahara- Mixed (nonveg, once in a week)

Vihara:

- Addiction- Alcohol, Tobacco
- Bowel habit- 2 times/day hard stool passed on pressure
- Sleep- Sound

- Urine- 4- 5 times/day, 1-2 times/night

Occupational history

Nature of work- standing working hours- 6 to 8 hours

General examination

Gait- Normal

Decubitus- Sitting

Faces- Normal

Pallor – Absent

Icterus- Absent

Cynosis- Absent

Oedema- Absent

Clubbing – Absent

Lymph nodes- Not palpable

Vital examination

Pulse rate	80/min
Respiratory rate	22/min
Heart rate	84/min
Blood pressure	140/80 mmhg
Temp.	98.6 ⁰

Ashtavidha pariksha

Nadi	Vatapitta, 80/min
Mala	2 times/day
Mutra	4-5 times/day, 1-2 times/night
Jihwa	Sama
Shabda	Prakruta
Sparsh	Parush sparsha
Drika	Prakrut
Aakriti	Madhyam

Rogi pariksha

Prakruti	Pittavata
Vikruti	Madhyama
Sara	Madhyama
Samhanana	Madhyama
Satwa	Madhyama
Satmya	Madhyama
Aaharshakti	Madhyama
Vyayamshakti	Madhyama
Pramana	Madhyama
Vaya	Madhyama

Systemic examination

1. Locomotory system - on inspection, blackish discolouration

on upper and lower limb, no any other deformity

2. Respiratory system- B/L Lungs fields clear

3. **Cardiovascular system-** s_1s_2 heard, no added sound
4. **Central nervous system-** conscious and oriented about date, time and place

Local examination

Candle grease sign was positive.

Darshana- Dry cracked skin, small scaling spots

Sparsha- Thick and dry

Prashna- Itching and burning sensation

Nidana

Aahara- nonveg food and oily, spicy food

Manasika bhav- *krodha* and stress due to family problem.

Provisional diagnosis- *Kitibha kushtha*

Differential diagnosis-

Eka kushtha- There will be a *mahavastu* (Large lesion)

Sidhma kushtha - There will be *shweta*(Whitish), *Tamra*(Coppery) lesion. *Tanu*(Thin)

Kitibha kushtha - There will be *shyavata*(Blackish brown in colour) *kina*, *khara sparsha*(Rough in touch like scar tissue), *Parushata*(Hard in touch)

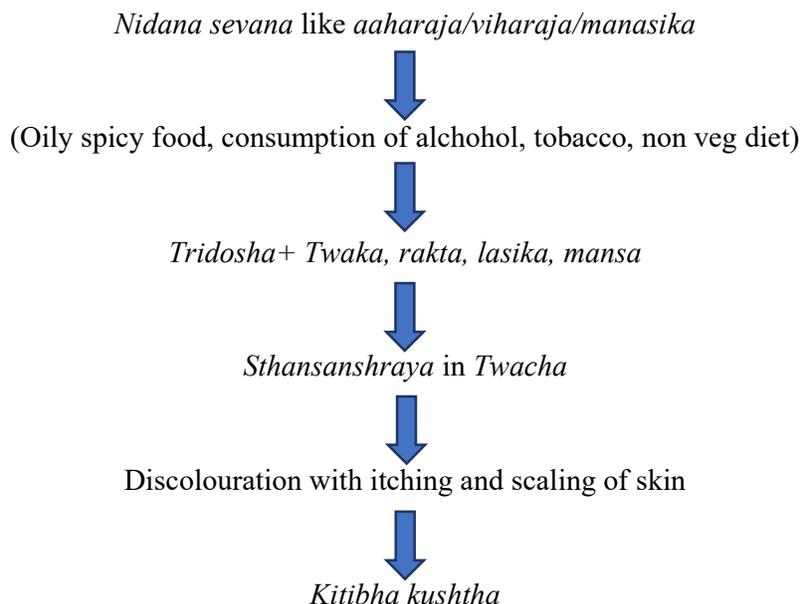
Diagnosis- *Kitibha kushtha*

Prognosis- *Kruchhsadhya*

Samprapti ghataka

<i>Dosha</i>	<i>Tridosha</i>
<i>Dushya</i>	<i>Twaka, Rakta, Mansa, Lasika</i>
<i>Srotas</i>	<i>Rasavaha, Raktavaha</i>
<i>Srotodushti prakara</i>	<i>Sanga</i>
<i>Rogamarga</i>	<i>Bahya</i>
<i>Udbhava sthana</i>	<i>Amashaya</i>
<i>Vyakta sthan</i>	<i>Twacha</i>
<i>Aama</i>	<i>Sama</i>
<i>Agni</i>	<i>Jatharagnijanya</i>
<i>Roga swabhava</i>	<i>Chirkari</i>

Samprapti



Treatment

28/07/2021 to 3/08/2021	1) <i>Agnitundi vati</i> 1 tablet TID 2) <i>Avipattikara churna</i> 1 tsp at night with warm water 3) <i>Chandraprabha vati</i> 1 tablet TID 4) <i>Krimikuthara rasa</i> 1 tablet TID
3/08/2021 to 11/8/2021	1) <i>Avipattikara churna</i> 1 tsp at night with warm water 2) <i>Chandraprabha vati</i> 1 tablet TID 3) <i>Krimikuthara rasa</i> 1 tablet TID 4) <i>Mahamanjishthadi kwatha</i> 30ml TID 5) <i>Gandhaka rasayana</i> 1 tablet TID
11/08/2021 to 1/09/2021	1) <i>Avipattikara churna</i> 1 tsp at night with warm water 2) <i>Chandraprabha vati</i> 1 tablet TID 3) <i>Krimikuthara rasa</i> 1 tablet TID 4) <i>Mahamanjishthadi kwatha</i> 30ml TID 5) <i>Gandhaka rasayana</i> 1 tablet TID 6) <i>Karanja taila</i> for L/A
1/09/2021 to 15/09/2021	1) <i>Avipattikara churna</i> 1 tsp at night with warm water 2) <i>Chandraprabha vati</i> 1 tablet TID 3) <i>Krimikuthara rasa</i> 1 tablet TID 4) <i>Mahamanjishthadi kwatha</i> 30ml TID 5) <i>Gandhaka rasayana</i> 1 tablet TID 6) <i>Karanja taila</i> for L/A 7) <i>Aarogyavardhini vati</i> 1 tablet TID
15/9/2021 to 22/09/2021	Repeat same treatment
22/09/2021 to 6/10/2021	1) <i>Avipattikara churna</i> 1 tsp at night with warm water 2) <i>Chandraprabha vati</i> 1 tablet TID 3) <i>Krimikuthara rasa</i> 1 tablet TID 4) <i>Mahamanjishthadi kwatha</i> 30ml TID 5) <i>Gandhaka rasayana</i> 1 tablet TID 6) <i>Karanja taila</i> for L/A 7) <i>Aarogyavardhini vati</i> 1 tablet TID 8) <i>Vidangarishtha & khadirarishtha</i> 2 tsp each with half glass plain water 3 times a day 9) <i>Tab.patoladi kasaya</i> 1 tablet TID
6/10/2021 to 13/10/2021	Repeat same treatment
13/10/2021 to 20/10/2021	Repeat same treatment
20/10/2021 to 15/11/2021	Repeat same treatment
15/11/2021 to 1/12/2021	Repeat same treatment
1/12/2021 to 8/12/2021	Repeat same treatment

OBSERVATION AND RESULTS:

The improvement of the patient was assessed on the basis of PASI score.⁷

BEFORE TREATMENT

Plaque Characteristic	Lesion Score	Head	Upper limb	Trunk	Lower limb
Erythema	0=None	2	3	3	4
Induration	1=Slight	1	1	2	2
Scaling	2=Moderate	2	2	2	2
	3=Severe				
	4=very severe				
Lesion score sum(A)		5	6	7	8
Percentage area affected	Area score	Head	Upper limb	Trunk	Lower limb
Limbs	0=0%	2	4	1	5
Area score (B)	1=1%-9%				
(Degree of involvement as a percentage for each body region affected)	2=10%-29%				
	3=30%-49%				
	4=50-69%				
	5=70-89%				
	6=90-100%				
Multiplication of lesion score sum (A) by area score (B) for each body region to give 4 individual subtotals (C)					
Subtotal I		10	24	7	40
Multiplying each of subtotals I by amount of body surface area represented by that region, i.e x0.1 for head, x0.2 for upper body, x0.3 for trunk and 0.4 for lower limbs					
Body surface area		X 0.1	X 0.2	X 0.3	X0.4
Totals (D)		1	4.8	2.1	16
Adding together each of the score for each body region to give the final PASI score					
PASI SCORE		23.9			



AFTER TREATMENT

Plaque Characteristic	Lesion Score	Head	Upper limb	Trunk	Lower limb
Erythema	0=None	1	1	1	1
Induration	1=Slight	1	1	0	1
Scaling	2=Moderate	0	0	0	0
	3=Severe				
	4=very severe				
Lesion score sum(A)		2	2	1	2
Percentage area affected	Area score	Head	Upper limb	Trunk	Lower limb
Limbs	0=0%	2	4	0	5
Area score (B) (Degree of involvement as a percentage for each body region affected)	1=1%-9% 2=10%-29% 3=30%-49% 4=50-69% 5=70-89% 6=90-100%				
Multiplication of lesion score sum (A) by area score (B) for each body region to give 4 individual subtotals (C)					
Subtotal I		4	8	0	10
Multiplying each of subtotals I by amount of body surface area represented by that region, i.e x0.1 for head, x0.2 for upper body, x0.3 for trunk and 0.4 for lower limbs					
Body surface area		X0.1	X0.2	X0.3	X0.4
Totals (D)		0.4	1.6	0	4
Adding together each of the score for each body region to give the final PASI score					
PASI SCORE		6			



Features	BT	AT
Colour	Blackish	Reduced
Itching	Severe	Absent
Lesion size	Big and harder	Reduced
Lesion number	More	Decreased
PASI score	23.9	6
Depression	Present	Normal
Scaling	Present	Absent

Pathya- Apathya

Pathya- Aahara- Laghu aahara, Tikta rasayukta aahara, Purana dhanya, Mudga, Patol, Yava, Shashtik shali, Godhuma

Pathya- vihara- Snana, Shubhvastra dharana, Taila abhyanga, Yoga, Dhyana
Apathya Aahara- Tila taila, Dhadhi, Madhya sevana, Mansa, Matsya sevana

Apathya Ahara- Vegavidharana, Adhika vyayama

Discussion

Agni deepan chikitsa :

For Agni deepana we selected *Agnitundi vati*. As the name suggests Agni means Digestive fire, hence the one which improves Digestive fire. It contains *Shudhdha parad* (Purified Mercury), *Shudhdha gandhaka* (Purified sulphur), *Ajamoda* (*Trachyspermum roxburghinum*), *Haritaki* (*Terminalia chebula*), *Bhibhitaki* (*Terminalia bellirica*), *Amalaki* (*Emblica officinalis*), *Sarjikshara*, *Yavakshara*, *Chitraka* (*Plumbago zeylanica*), *Saindhava lavana*, *Sauvarchala lavana*, *Samrudra lavana*, *Jiraka* (*Cuminum cyminum*), *Vidanga* (*Emblica ribes*), *Vishamushti* (Purified *strychnos nuxvomica*) and *Jambira swarasa* (Lemon juice) for trituration.⁸

Agnitundi vati is useful in kapha and Vatapradhan diseases. *Agnitundi vati* is an excellent drug of choice in Agnimandya and diseases caused by Mandagni. It contains drugs like *Vatsanabha* and *Vishamushti* having *Vyavayi* and *Vikashi* guna and *Kajjali* being *Yogvahi* and *Sarvarogahara* it enhances the potency of drug and give immediate effect. *Kshara* promotes *Dipana* and *Pachana* and do *Ksharana* of *Kapha* and corrects the formation of *Pitta*. *Jirak*, *Ajmoda*, *Vidanga*,

Chitrak etc helps to reduces the *Guruta*, *Mrtsnatva* of *Kapha*. *Jambir nimbu*, which are excellent appetizer by its *Tikshna* guna, *Amla rasa* and *Amla vipaka*, helps to *Pitta utpadana* and enhances *Dipana* and *Pachana*.⁹

For *Nitya virechana*

Virechana pacify the morbid *Pitta* and help to carry out its function normally, hence helping the skin lesions to heal¹⁰. *Nitya Virechana* removes the toxic materials from the body and provides purification of the body at two level: (1) gross level, where various organs and systems of the body are thoroughly cleansed, cardiovascular level and gastrointestinal tract, and (2) cellular level, where the purification and cleansing of the body is produced at cell membrane and molecules. Gut absorption improves considerably and metabolism is also corrected.¹¹

*Avipattikara churna*¹² given as *Nitya virecana*.

Avipattikar churna, a polyherbal Ayurvedic formulation which is popular for the treatment of peptic ulcer, is composed of fourteen different ingredients, which include: *Shunthi* (*Zingiber officinale*), *Maricha* (*Piper nigrum*), *Pippali* (*Piper longum*), *Haritaki* (*Terminalia chebula*), *Vibhitaka* (*Terminalia bellerica*), *Aamalaki* (*Emblica officinalis*), *Musta* (*Cyperus rotundus*), *Vida Lavana* (salt),

Vidanga (*Embelia ribes*), *Ela* (*Amomum subulatum*), *Patra* (*Cinnamomum tamala*), *Lavanga* (*Syzgium aromaticum*), *Trivrit* (*Operculina terpepethum*) and *Sharkara* (Sugar candy)¹²

Avipattikar Churna has *Mrudu Virechaka* (mild laxative), *Deepan*, and *Pachan* properties. It causes removal of aggravated *Doshas*, corrects *Agnimandya*, and thereby removes *Strotorodha*.¹³

Krimikuthara rasa- It contents *Karpura* (*Cinnamomum camphora*), *Indrayava* (*Holarrhena antidysentrica*), *Ajamoda* (*Trachyspermum roxburghinum*), *Trayamana* (*Gentiana kurroo*), *Vidanga* (*Embelia ribes*), *Shudhdha Hingul* (Purified cinnabar), *Shudhdha Vatsnabha* (Purified *aconitum ferox*), *Nagakesara* (*Mesua ferrea*), *Palasha* (*Butea monosperma*), *Vijaya* (*Bhanga*- *Cannabis sativa*, quantity sufficient for grinding for one day), *Brahmi* (*Bacopa monnieri*- Juice quantity sufficient for grinding). This drugs are having *Ushna* and *Teekshna guna* which is helpful in alleviating vitiated *Vata* and *Kapha doshas*¹⁴. *Krimikuthara rasa* have deworming action so it is helpful detoxifying the body. It promotes the biological membrane against oxidative stress. Inhibits the growth of bacteria. Clears the airways and stimulate the cell mediated immune mechanism.¹⁵

Vidangarishta- It contents *Vidanga* (*Embelia ribes*), *Granthika*- *Pippali moola*

(*Piper longum*), *Kutaja* (*Holarrhena antidysentrica*), *Patha* (*Cyclea peltata*), *Elavaluka* (*Prunus cerasus*), *Dhatri* (*Emblica officinalis*), *Dhataki* (*Woodfordia fruticose*), *Twaka* (*Cinnamomum tamala*), *Ela* (*Elettaria cardamomum*), *Priyangu* (*Callicarpa macrophylla*), *Kanchnara* (*Bauhinia variegata*), *Lodhra* (*Symplocos racemosa*), *Shunthi* (*Ginger officinale*), *Marich* (*Piper nigrum*), *Pippali* (*Piper longum*). These are *Vata kaphahara* and *Kruminashaka* because *Laghu*, *Ushna* and *Teekshna Guna*. It also does *Srotoshodhana*, *rasa* and *Rakta shodhana*.¹⁶ it has antibacterial and antihelmentic activity.¹⁷

For Raktashodhana:

Mahamanjishtadhi Kashaya – It contents *Manjishtha* (*Rubia cordifolia*), *Musta* (*Cyperus rotandus*), *Kutaja* (*Holarrhena antidysentrica*), *Guduchi* (*Tinospora cordifolia*), *Kushtha* (*Saussurea lappa*), *Nagara* (*Zingiber officinalis*), *Bharangi* (*Clerodendron serratum*), *Kshudra* (*Solanum xanthocarpum*), *Vacha* (*Acorus calamus*), *Nimba* (*Azadirachta indica*), *Haridra* (*Curcuma longa*), *Daruharidra* (*Berberis aristata*), *Haritaki* (*Terminalia chebula*), *Bhibhita* (*Terminalia bellirica*), *Amalaki* (*Emblica officinalis*), *Patola* (*Trichosanthus dioica*), *Katuki* (*Picrorrhiza kurroa*), *Murva* (*Marsdenia tenacissima*), *Vidanga* (*Embelia ribes*), *Asana*

(Prerocarpus marsupium), Chitraka (Plumbago zeylanica), Shatavari (Asparagus racemosus), Trayamana (Gentiana kurroo), Pippali (Piper longum), Vasa (Adhatoda vasica), Bhringaraja (Eclipta alba), Mahadaru (Cedrus deodara), Patha (Cyclea peltata), Khadira (Acacia catechu), Chandana (Santalum album), Trivrita (Operculina turpenthum), Varuna (Crataeva nurvala), Kiratatikta (Swertia chirata), Bakuchi (Psoralea corylifolia), Kritamala (Cassia fistula), Shankhotaka (Streblus asper), Mahanimba (Melia azadirach), Karanja (Pongamia pinnata), Ativisha (Aconitum heterophyllum), Jala (Pavonia odorata), Indravaruni (Citrullus chollocynthis), Ananta (Hemidesmus indicus), Parpata (Fumaria indica). These drugs are *Kapha Pittahara*, *Raktashodhaka*, *Vranaropaka*, *Shothaghna*, *Krumighna*. It helps to maintain healthy blood circulation. It is also works as an immune-modulator. The *Mahamanjisthadi Kwath* ingredients give strength to the working of the immune system. This used to ensure improved functioning of the liver and kidney. This helps ensure blood purification happens in a natural way. Manjistha is one of the ingredients in this medicine that has a helpful effect on the liver and the lymphatic system. This helps to purify blood in a natural way by helping expel toxins from the body. which might help in purification

of blood by removing toxins. It also has anti-inflammatory, anti-microbial properties which helpful in reducing the inflammation and enhances the healing of lesion by *Vrana ropana karma*.¹⁸

Sthanika chikitsa

Karanja taila- It contents *Karanja* (Pongamia pinnata), *Saptachada* (Alstonia scholaris), *Langli* (Gloriosa superba), *Snuhi* (Euphorbia nerifolia), *Arka* (Calotropis procera), *Chitraka* (Plumbago zeylanica), *Nisha* (Curcuma longa), *Visha* (Aconitum ferox), *Tila taila* (Oil Sesamum indicum), *Gomutra* (Cow urine). These are *Kandughna* which acts as antipruritic and also has *Ropana*, *Vishagna* and *Kustahara*. *Karanja taila* has the properties of *Teekshna guna*, *Tikta*, *Kashaya rasa* and *Ushna veerya*. By its *Teekshna guna* and *Ushna veerya* it balances *Vata* and *Kapha doshas*,¹⁹ It helps in healing of lesions, and due to *Vishagna* property it acts as anti-inflammatory by reducing the inflammations. It also acts as *Raktaprasadaka* which is good for nourishing *Rakta dhatu*. The essential oil obtained from P.pinnata leaves showed marked effect in vitro antibacterial activity against B.anthraxis and Sal. typhi. The oil was also active against B. mycoides, B.pumilus, Esch. coli, Sar. lutea, Staph. aureus, Staph. albus and Xanth. campestris. Shigella sp. proved to be resistant to the

oil. The essential oil from *P. pinnata* showed mild antifungal activity against keratinophilic fungi viz., *Verticillium tenuipes*, *Malbranchea pulchella*, *Keratinophyton-tereum*, and *Chrysosporium tropicum*.²⁰ Acts as antimicrobial, anthelmintic, germicidal, antipruritic, anti-inflammatory and antidiabetic. Thus, the soft and gentle massage improves blood circulation. The snigdhatas present in the taila pacifies dryness. The ingredients or the chemical composition present in the taila act as antimicrobial, antibacterial, skin dermatosis. Application of *Karanja taila* provide relief in symptoms like *Kandu*, *Rookshata*, *Twak sputana*.²¹

Shamana aushadhis

Gandhaka rasayana: it contains *Sita* (*Saccharum officinarum*), *Shuddha Gandhaka* (purified Sulphur), *Ghrutam* (Ghee), *Ela* (*Elletaria cardamomum*), *Twak* (*Cinnamomum verum*), *Patra* (*Cinnamomum tamala*), *Nagakesara* (*Mesua ferrea*), *Guduchi* (*Tinospora cordifolia*), *Pathya* (*Terminalia chebula*), *Aksha* (*Terminalia bellirica*), *Dhatri* (*Phyllanthus emblica*), *Shunti* (*Zingiber officinale*), *Bhringaraja* (*Eclipta prostrata*), *Adraka* (*Zingiber officinale*).²²

It is good for skin ailments because it is *Twachya*, *Krimighna*, *Vishghna* and *Raktashodhaka*. It has antimicrobial,

antifungal and anti-viral effect which helps in removing harmful microbes from the body. It also having *Rasayana* property, due to this property it helps to reduce the inflammation by enhancing strength and immunity of the patient. Sulphur has been associated constituent in sulphonemides, which act as antimicrobial agent. This groups of drugs have been proved its act by inhibiting folic acid metabolism in susceptible bacteria and preventing their growth. *Gandhaka rasayana* in higher concentration shows similar antifungal activity in comparison with fluconazole. Sulphonemides and fluconazole act only as antimicrobial agent and may produce side effect on the human beings but *Gandhaka rasayana* not only act as antimicrobial agent but it have other additional properties like rejuvenation and helps to promote positive health by increasing Immunity and making the body resistant against disease causing factors²³

2) Chandraprabha vati:

It contains *Gugglu* (*Commiphora mukul*), *Shilajit* (*Asphaltum*), *Sharkara* (Sugar), *Karpura* (*Cinnamomum camphora*), *Ativisha* (*Aconitum heterophyllum*), *Haridra* (*Curcuma longa*), *Vacha* (*Corus calamu*), *Musta* (*Cyperus rotundus*), *Amalaki* (*Emblica officinalis*), *Haritaki* (*Terminalia bellirica*), *Bibhitaki* (*Terminalia chebula*), *Chavya* (*Piper laba*),

Bhunimba (Andrographis paniculate), *Vidanga* (Embelia ribes), *Devdaru* (Cedrus deodara), *Dhanyaka* (Coriander sativum), *Guduchi* (Tinospora cordifolia), *Chitraka twaka* (Plumbago zeylanica), *Shunthi* (Zingiber officinalis), *Darvi* (Berberis aristata), *Maricha* (Piper nigrum), *Pippali moola* (Piper longum root), *Gaja pippali* (Piper chaba fruit), *Sarjikshara* (Sodium carbonate), *Yavakshara* (Potassium carbonate), *Saindhava lavana* (Rock salt), *Suvarchala lavan* (Sodium carbonate), *Vida lavana* (Black salt), *Swarnamakshika bhashma*, Copper pyritis), *Trivrita* (Operculina terpenanthum), *Danti moola* (Baliospermum montanum), *Twaka* (Cinnamomum zeylanicum), *Tamala patra* (Cinnamomum tamala), *Ela* (Elettaria cardamomum), *Vanshalochana* (Bambusa arundinacea), *Lauha bhashma* (Ferric ash). which is *Sheeta guna* in nature, and also having the properties like *Tridosha shamana* and *Kushtahara* (helpful in skin ailments). It also does *Balya and Rasayana kaarma* which enhances the strength and healing factors of patient.²⁴

3) We selected *Arogyavardhini vati*, - It contents *Haritaki* (Terminalia chebula), *Bibhitaki* (Terminalia bellirica), *Amalaki* (Emblica officinalis), *Shilajatu* (Asphaltum), *Gugglu* (Commiphora mukul), *Chitrakamoola* (Plumbago zeylanica), *Kutaki* (Picrorhiza kurroa),

Nimbapatra swarasa (Azadirachta indica), *Shudhdha parada* (Herbal purified mercury), *Loha bhashma* (Ash obtained from iron), *Shuddha Gandhaka* (Purified sulphur), *Abhraka bhashma* (purified mica), *Tamra bhashma* (Ash obtained from copper).²⁵ It is having anti-pruritic effect which is helpful in reducing itching. And also enhances digestive effect because of *Deepana and Pachana* properties. *Arogyavardhini vati* improves overall good health by balancing all the three *Dosha*. This is known as natural liver detoxifying and fatty liver remedy. It promotes balance and maintains the liver function as well as a healthy digestive system. *Arogyavardhini vati* is helpful in the *Shoshan* of different excess *Snigdha dravyas* present in the body. It also does the *Pachan* of *Drava* and *Kleda* and does the *Raktavardhana*.²⁶ Also helpful in detoxification body by *Malashhudhi*.

4) *Khadhirarishta*- *Khadira* (Acacia catechu), *Devdaru* (Cedrus deodara), *Bakuchi* (Psoralea corylifolia), *Darvi* (Berberis aristata), *Haritaki* (Terminalia chebula), *Vibhitaki* (Terminalia bellirica), *Amalaki* (Emblica officinalis), *Dhataki* (Woodfordia fruticosa), *Kakkola/Takkola* (Piper cubeba), *Nagakshara* (Mesua ferrea), *Jatiphala* (Myristica fragrans), *Lavanga* (Syzygium aromaticum), *Ela* (Elettaria cardamomum), *Twak*

(Cinnamomum zeylanicum), Patra (Cinnamomum tamala), Krishna/Pippali (Piper longum), Makshika (Honey), Sharkara (Sugar candy)

It is Twakprasadhaka, Raktapradhaka, Krumighna and Kandughna which is effective for most of the skin ailments.²⁷

Khadirarishta shows significant effect on antibacterial spectrum against *E. coli*, *S. aureus*, and *S. enterica* bacterial strains. The mechanism of action of *Khadirarishta* seems to be linked with the disruption of bacterial membrane permeability which leads to the smooth entry of active compounds, efflux of nucleotide material and K^+ ions. The four major marker compounds viz., gallic acid, catechin, ellagic acid, and eugenol. Study shows that *Khadirarishta* has antibacterial potency and has a vigorous effect on the bacterial cell wall and membrane permeability. This could be due to the presence of identified marker compounds in this herb-decoction based Ayurvedic traditional formulation.²⁸

It has the anti-inflammatory, anti-pruritic and anti-microbial action which helps in clearing inflammation, itching and microbes.

5) *Patoladi Kashaya* tab- It contents *Patola* (*Trichosanthes dioica*), *Amla* (*Emblia officinalis*), *Haritaki* (*Terminalia chebula*), *Vibhitaki* (*Terminalia bellirica*), *Guduchi* (*Tinospora cordifolia*), *Musta* (*Cyperus*

rotandus), *Chandana* (*Santalum album*), *Murva*, *Rohini*, *Patha* . Key ingredients also having *Kushtaghana*, *Kandughana*, *twakadosha nashana* .²⁹

CONCLUSION

The patient suffering from psoriasis was successfully treated with Ayurvedic shamana therapy. *Nidanaparivarjana* was also a necessary part of treatment. Treatment was given according to Lakshana and doshas. Drugs used in medication helps for *samprapti vighatana*. From above discussion it can conclude that these medicine are beneficial for patient. Thi case study is evidence for successful management of *Kitibha kushtha* by *Shamana* and *Sthanika chikitsa*.

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