

## Ayurvedic Management of (KitibhaKushtha)Scalp Psoriasis: A Case Study

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**ABSTRACT-** Twacha word is used for skin. Twacha is derived from “tvac” dhatu, which means the „cover“. As per Ayurvedic literature imbalance of tridosha and dhatus is responsible for skin disease. Description of skin diseases are spread over in various samhita in many chapters. Importantly, psoriasis tends to run a chronic course with remissions and exacerbations. Successful management is dependent on a number of factors including patient education, choice of therapeutics, and adherence to treatment course. There is large number of drugs of herbal and mineral origin mentioned in Ayurvedic texts, regarding the treatment of Kitibha(scalp psoriasis). This paper throw lights on a case study of KitibhaKushta (Scalp Psoriasis) treated with the Ayurvedic principles.

### I. INTRODUCTION-

KushthaisthegeneraltermusedinAyurvedatodenotediseasesofskin.Skinistheprotectiveorgan of the body and reflects the health of the individual. According to Ayurveda, three humors: Vata, Pitta and Kapha are responsible for health and disease depending on their equilibrium and imbalance state of the body. Imbalance condition of body tissues is known as “Disease” and equilibrium is called as “Health” according to Caraka sutra chapter9/3,Carakasharirachapter6/18<sup>[1]</sup>.Psoriasisisa chronicinflammatorydisordercharacterizedbywell-demarcated, red scaling, slightly raised bumps (papules) plaques with thick silver-white scale.<sup>[2]</sup>Psoriasis is both a physically and psychologically debilitating disease, impacting on quality of life similar to any other disease.<sup>[3]</sup>. Psoriasis classically appears on the elbows and knees, but it can affect any part of the skin. The scalp is also characteristically affected in many people. Like psoriasis anywhere on the

body,scalp

plaquesproduceexcessscaleandcanitch.Ofthoseaffectedbypsoriasis,upto80%willhave involvement of the scalp.<sup>[4]</sup>Scalp psoriasis may occur in isolation or in conjunction with other forms of psoriasis. Scalp psoriasis is characterized by red, thickened plaques with silver-white scale, either contained within the hairline, or extending onto the forehead, ears, and posterior neck.<sup>[5]</sup>Although this is commonlyreversiblewithappropriatetreatment,increasingevidencelinksscarringalopeciawithchronic, relapsing episodes of the disease.<sup>[6]</sup>Unlike the PASI, which evaluates disease severity on four distinct body surface areas, these indexes take into account erythema, induration, and desquamation of disease affecting the scalp only. Severe disease can cause a loss of scalp hair, which usually will return if the disease can be controlled. Scalp psoriasis somewhat difficult to treat when the scalp is covered with hair sufficient to act a barrier to the application of topicalmedications.

### ❖ CaseReport-

A30yearsoldmalepatientpresentedwithreddisherythromatousplagueoverhead,havingcomplaint ofitchingandburningsensationovertherecomestoour dermatologyunitofGovt.DhanwantariAyurvedicCollege Ujjain on 4/1/2021 having OPD No. 167. Having itching, mainly over frontal and occipital region ofscalp.

**On history-** patient had above complaints since 2 years. Patient took modern medicine but get only temporary relief. Severity of symptoms increased day by days, so he came for our hospital for Ayurvedic treatment

**Past history of Illness:** No history of Diabetes, Hypertension or any metabolic disorders.

### Personal History:

- Prakriti: Vata-Kaphaja
- Ahara: Mixed
- Vyavasaya: student
- Vyasana: Tea-coffee 4 times aday
- Nidra: Sound
- Vihara: Diwasvapna for 1 hr after taking meals. RatriJagarana
- Mala: Once/day
- Mutra: 4-5 times/day

### Examination (Asta-SthanaPareeksha):

- Nadi: 74bpm
- Mala: once/day, Saama
- Mutra: 4-5times/day
- Jihwa:saam
- Shabda:Prakruta
- Sparsha: Anushna-Sheeta
- Drik: Prakruta
- Akriti: madhyam

### Treatment –

#### ❖ Internalmedication

1. Tab. having ingredients as Gandhakrasayana + Navkashay Guggul + Khadirashtakam + Mangista extract + Anantmool extract + Nimbaextract
2. A combination of- HaritakiChurna 1 gm +GandhakRasayan 250 mg +KaishoreGugglu 250 mg +SanjiviniVati 250 mg  
Twice a day with anupan as per patient's convenience
3. PanchtiktaGhrit 2 tea spoon with luke warm milk/tea/water on emptystomach.
4. SwadishtvirechanChurna 1 TSP with luke warm water after meal everynight.

#### ❖ External Application

5. ChakramardabeejChurna with takra – for local application thrice aweek
6. TriphalaChurna with Dahi - for local application thrice aweek
7. Oil having Wrightia tinctoria, Rubia cardifolia and Hemidusmus indica as chief ingredients is used for application twice aday

### Sampraptighataka-

- ❖ Dosha –Tridosha
- ❖ Dushya –Twak, Rakta, Mamsa,Lasika
- ❖ Ama-Jatharagnijanyaama

- ❖ Agni –Jataragnijanya
- ❖ Srotas –Rasavaha,Raktavaha
- ❖ Srotodushtiprakara–Sanga
- ❖ Rogamarga–Bahya
- Udhbavasthana–Amashaya
- ❖ Vyaktasthana –Twacha
- ❖ Rogaswabhaba–Chirakari
- ❖ Sadhyasadhyata–Sadhya

1. **Discussion-** As per the schedule, patient has taken medication and asked to follow diet by avoiding Lavana, Amla, TikshnaDravya, curd, spicy food, Divasvapna, Ratrijagaran etc. In the case of psoriasis, line of treatment is Bhahya and Abhyantar use of KusthaghnaDravya as per sign and symptoms of patient. The treatment schedule was started as following snehapan was given with the Panchatiktaghrit for the purposre of Abhyantarsnehan, it causes the Vatashamana. For shaman chikitsa, Tab. having ingredients as Gandhakrasayana + Navkashay Guggul + Khadirashtakam + Mangista extract + Anantmool extract + Nimba extract is given, along a combination of some herbal and rasaushadi is given for internal medication. SwadisthavirechanChurnaisgivenfornityalaghu virechan.Virechanawasadministeredtoexpelthe Dooshithadosha from theKosta

- **Panchatiktaghrit-** The ingredients of Panchatikta are tikta rasa, ruksha and laghuguna. It acts mainly on kled, meda, lasika,rakta, pitta and kapha which helps in balancing the vitiated dosha and dhatu. It has properties like Deepan, Pachan, Strotoshodhak, Raktashodhak, Raktaprasadak, Kushtaghna, Kandughna and Varnya. [7] The Ghrit has lipophilic action helps to carry drugs to the target organs, it enters to its cellular level and delivers to mitochondria and nuclear membrane. It maintains the normal texture ofskin.

- **Action of GandhakRasayan -** Gandhakrasayan acts as Kushtaghna, Kandughna ,Dahapra shaman, Raktashodhak , Vranaropak, Twachya, Krumighna. It is mainly indicated inKushtaroga. It possesses the property like antibacterial, antiviral and antimicrobial. [8] In all types of skin disorders the purified sulphur is useful for the treatment. It reduces the itching and infection.

Beneficial for the skin complexion and improves digestion. In skin diseases it can be used both internally and externally for the treatment.

- **Sanjeevni**- It contains ten ingredients - Vidanga, Sunthi, Pippali, Haritaki, Vibitaki, Amalaki, Vacha, Guduchi, ShudhaBhallataka and ShudhaVatsnabha in equal quantity with Gomutra and then mixed well.<sup>[9]</sup>This Ama Pachana causes Srotomukha Vishodhana. Drugs like Pippali, Shunthi, Vidanga, Vacha, Guduchi etc. are proved as a best Ama Pachana. So this formulation will act as Ama Pachana and Agni Deepana.
- **Kaishore guggul**- Contents of Kaishore Guggulu. Guggulu, Haritaki, Bibhataki, Amalaki, Guduchi, Shunthi, Maricha, Pippali, Vidanga, Trivrit, Danti.<sup>[10]</sup> It is known to have analgesic, anti-inflammatory activity etc. It is used in various Ayurvedic formulations. Traditionally it is used for skin disorder treatment.

- **Haritkichurna**- It effectively scavenges free radicals from the body and diminishes oxidative damage. Being a natural toner, it flushes out the toxins from the internal layers of the skin, promotes overall skin health
- **Swadisthavirechanchurna**- consist of mulethi(10%), saunf(10%), sanay(30%), mishri(40%). SwadishthaVirechanChurna is one of the ayurvedic medicine used for constipation and detoxification.
- **Chakramardabeejchurna**- Leaves, Root and Seeds of plant are used for medicinal uses in various skin diseases. The plant has been used from time immemorial in many skin ailments.

## II. RESULT-

The results observed after the treatment: Improvement in signs and symptoms of the patient. Relief was found in redness over plaque, itching, and burning sensation  
Features before and after treatment

S.No.	Features	Before Treatment	After Treatment
1.	Scaling	Present	Absent
2.	Itching	Severe	Absent
3.	Lesion area	Covered whole scalp	Diminished
4.	Color	Silvery erythematous plaque	Normal

## III. CONCLUSION-

This case study is documented evidence for the successful management of kitibhakushta (psoriasis) through shaman and shodhanchikitsa. This is the one among the relapsing type of skin diseases so patient is advised to follow pathya-apthya like ahara, vihara and vichara also.

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