

## A MANAGEMENT OF KITIBHA KUSTHA (PSORIASIS) BY SHODHANA CHIKITSA (THERAPEUTIC EMESIS-VAMAN) FOLLOWED BY SHAMAN CHIKITSA (GOMUTRA): A CASE STUDY

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### ABSTRACT

A 37 years old male with clinical sign and symptoms of unstructured, slightly raised dry blackish colour scar like lesions with rough in touch and typical extensor distribution diagnosed as *Kitibha Kustha* (Psoriasis). As per our Ayurveda *Samhitas* *Shodhan Chikitsa* is more effective in such type of condition. Patient is treated by giving a *Panchakarma Treatment* (Bio-Purification Therapy) in this *Poorva Karma* (*Snehana- Bahya & Abhyantara*) and *Pradhana Karma* (*Madanphala Vaman Karma*) in which vitiated *Doshas* are expelled through mouth (*Urdhvamarga*). After the *Vamana Karma* for restoration *Sansarjan Karma* is also done. The patient vomited 9 times a total content of 6.8 litre against 5.5 litre of input. At the end of *Vaman*, *Pitta Dosa* is presents in vomited (*Pittant Vaman*). After *Vaman Karma* patient felt remarkable relief from itching, scaling and gradual reduction of blackishness. The *Madanphala Vaman Karma* (therapeutic emesis) is a safe Ayurveda *Panchakarma* protocol to eliminate the accumulated *Kapha Dosh*a in the body either by pathological condition or dietetic mis management.

**Keywords:** Kitibha Kustha, Shodhan, Shamana, Bio-purification, Indigenous Gomutra Ark, Vamana

## INTRODUCTION

In the modern era there is so much scientific and medical success, but our lifestyle led us to many diseases. Among those disease *Kitibha Kustha* is very common in the society. Usually 15-18% causes present before general practitioner are preferring to skin disease. The sign & symptom of the *Kitibha Kustha* is similar to Psoriasis. In the contemporary medical science, there is no definite curative treatment of Psoriasis which includes steroid treatment but when patient take steroid for long time it causes various disease/disorder. In Ayurveda *Kustha* is described as one of the most chronic disorders (*Maha-gada*) by Acharya *Sushruta*<sup>1</sup>. Among different types of *Kustha* *Kitibha Kustha* is described as one with symptoms like *Shyaavam Kina* (The lesion are Blackish brown/ Ash Color), *Khar Sparsam* (rough on the touch just like the scar of wound), *Parusham* (Hard and dry in nature)<sup>2</sup> *Kitibha Kustha* is predominantly caused by vitiated duo *Kapha and Vata*<sup>3</sup>. The common initial site of occurrence of psoriasis such as scalp, knees & earlobes & other places of joints are pertaining to the *Sthana* of *Vata Dosha*. Here we studied the just below the ankle joint. As per our *Samhitas* *Kustha* is a *Bahudosha Avastha* vyadhi in this repeated *Shodhana Karma* is indicated<sup>3</sup>. Specially in *Kapha* dominated *Kustha (Kitibha Kustha) Vaman* is indicated<sup>4</sup>.

In the present study a patient of *Kitibha Kustha* was selected. A patient was treated with *Vamana Karma* followed by *Shamana Chikitsa* with Indigenous *Gomutra Ark*. Results was observed and noted according to clinical sign & symptoms. Patients followed up after (Complete procedure) 7 days and again 10 days. The overall effect of treatment was found to be most effective and presents clinical sign and symptoms are subsided. It was concluded that therapeutic emesis (*Vamana*) with *Shamana Chikitsa* with Indigenous *Gomutra Ark* is beneficial in treating *Kitibha Kustha*.

**Effect of Indigenous Gomutra in the Treatment of Twak Roga<sup>5,6</sup>-**

In *Ayurveda Samhitas* i.e (*Charak, Sushruta and Vagbhata*) has described *Asta Mutra Varg* with their

indication, formulation and properties. *Gomutra* is scientifically proven to act as an immunomodulator along with its antibacterial activity. As per our *Samhitas Gomutra* is a *Vata Anuloman, Pitta Karshan* and *Kapha Shaman* in nature. Acharya *Bhavprakash* define *Gomutra* is *Vishaghna* and *Rasayan* which can rejuvenate even old person and purify blood and cures all type of skin disease. *Gomutra* contains a various organic and inorganic substances like *Nitrogen, Sulphur, Sodium, Mangnese, salts* and etc<sup>7</sup>. Hence the consumption of *Gomutra* is used to maintain the balance of these substance and cures various disease like Skin disease. Medicinal properties of *Gomutra* has been granted by *U.S as patents (No 6,896,907 and 6,410,059)*<sup>8</sup>; bioenhancer, antibiotic, antifungal, anticancer properties are particularly mentioned in those patents<sup>9</sup>. It has Fungicidal and Bio-fungicidal in effect<sup>10</sup>.

### Case Report

This study is the perfect case study of Ayurvedic management of a case of *Kitibha Kustha* (Psoriasis). A 37 year old male patient with chief complaint of plaque over ankle region and just below the knee with powdery discharge, Itching over the affected region (*Kandu*), Burning sensation (*Daha*), Discoloration (*Vaivarnya*) and associated symptom with mood swing and constipation since two year.

**History of present illness** - The patient has been complaining plaque over ankle region with powdery discharge, blackish spot and itching & burning sensation. Patient was also psychological upset since last 1 year. He had used various local and oral allopathic medications. But there was no relief. Even local use of soaps and creams were worsening the psoriasis. Hence, he came to my centre.

**Past History**- Not significant

**Personal History:**

**Occupation:** Banker.

**Bad Habits:** NO.

**Astavidha Pareeksha (O/E):**

- *Nadi* (Pulse) = 70/min.
- *Mala* (Stool) = *Vibandha*

- *Mutra* (Urine) = Normal.
- *Jeeva* (Tounge) = Saam.
- *Agni* = Madhyam
- *Shabda* (Speech) = Normal.
- *Sparsha* (Skin) = Khar, Raktawarniya.
- *Druka* (Eyes) = Normal.
- *Akruti* = Madhyama.
- *Bala* = Madhyama.
- *Raktachap* (B.P) = 130/80 mm/Hg.

**Treatment plan-** Patient was treated on the basic line of treatment of Ayurveda in the OPD.

**A) Selected Internal Ayurvedic Drugs-**

Table no 1- *Purva Karma – Aam Pachana /Agni Deepan* (3gm twice a day) *Abhyantar Snehapan* with *Panchatikta ghrita*<sup>11</sup> and *Bahya Snehana* with *Marichayadi Taila*<sup>12</sup>

Duration: first 03 days for *Agni Deepan* & 7 days for *Abhyantara* and *Bahya Snehapan*

**B) Selected external Ayurvedic Drugs-**

Drug: *Bahya Snehana* with *Marichyadi taila*. The *Taila* was applied on the whole body.

Duration: Daily duration of *Poorvakarma*

**C) Selected Internal Ayurvedic Drugs for Vaman**

Drugs- *Dugdha* (2 litre), *Yashtimadhu Phanta* (3 litre), *Madanphala Choorna* (4gm), *Vacha Choorna* (2gm) it is administered on the day of *Vaman*.

**D) Selected Internal Ayurvedic Drugs for Shamana**

**Chikitsa by Gomutra**<sup>13</sup>- Indigenous non septic *Gomutra* collected from the Cattle farm of Chhattisgarh Kamdhenu Vishwavidyalay, Durg under the observation Veterinary Expert of the University and prepared a *Gomutra Ark* in the Laboratory.

**Materials and Methods:**

**Place of study-** Aayu Care Ayurved and Panchakarma Clinic, Raipur Chhattisgarh

**Type of study-** Simple random single case study

**Shamana Chikitsa Aoushadhi** - Selected on the basis of their effect to pacifying *Vridha Dosha* in *Kitibha Kustha* and potency to relieve signs and symptoms of *Kitibha Kustha*. In this study *Gomutra Ark* 10ml with equal amount of water is administered morning and evening empty stomach.

**Samprapti Ghatak** on the basis of *Shastra*.

*Dosh:* *Kapha* & *Vata Pradhana*

*Dushya:* *Rasa, Rakta.*

*Adhishtana:* *Twaka.*

**Plan for schedule**

Before the process of *Shodhana* evaluation of *Agni Bala* is very important. When the *Uttam Agni Bala* is presence the outcome of *Shodhana* is the best. In this primary process I used the *Azamodadi Choorna* 3gm thrice a day with *Sukhoshna Jala* (Lukewarm water) three times a day in the period of 3 days. According to *Samhitas Snehapan* is recommended in the primary stage if different types of *Kustha*<sup>14</sup>. *Snehana* is the important process of *Poorva Karma* that decides the whole outcome of *Shodhana*<sup>15</sup>. *Snehana* enables body soft, provides *Snigdhatwa*, and liquefies *dosha* & increase *Kledatava* in the body<sup>16</sup>. It works like an agent who merge the *Dosha* and to pulls them from *Shakha to Kostha*. With the help of ample *Snehana*, *shodhana* will be splendid & by this proper protocol *Dhatusamyata* is achieved<sup>17</sup>. After that the administration of *Abhyantara Snehapan (Panchatikta Ghrita)* was started with an initial dose of 30 ml at *Pratah Kaala* on first day and goes on increasing to 90 ml, 120 ml, 180ml, 230 ml, 280ml & 320 ml for 7 days successively. After *Snehapan*, *Sukhushna Jala* is given in order to cleanse the mouth & for proper digestion of *Sneha*. Patient is advised not to sleep during daytime & when he feels thirst warm water is given for drinking. Next day onwards, the quantity of *Ghrita* is increased depending on *Agni Bala* & *Pachan Shakti* of patient. The maximum quantity of consumed *Snehapaana* on last day is 320 ml. Patient is advised to take hot water fomentation for 2 consecutive days to get *Mrudu Sweda*. The process of *Swedana* is contraindicated in the *Kushtha*<sup>18</sup>.

After the proper *Snehapana* 1 day of rest day (*Vishranta Kaala*) patient is subjected to undergo *Vaman Karma*. A day before of *Vaman Karma*, ask the patient to intake a *Kapha Utkleshak* food like Curd, Masha, Butter, *Mishri* & Milk that promotes production of *Kapha*<sup>19</sup>. In the day of *Vamana Karma* examine the pulse, blood pressure and respiration etc. During *Kapha Kaala* i.e. 7 A.M. the patient is subjected to local *Abhyanga* with *Marichyadi Taila* and provided *Mrudu Swedana* before starting the process<sup>20</sup>. The

*Vaman* is the process of *Panchakarma* in which the *Kapha Doshas* which are accumulated in the body are effectively removed. A patient who have high extent of imbalance of *Kapha Dosha* are given this type of treatment, which is effectively eliminate them from body. Vitiated *Doshas* (Bio-toxins) are eliminated through the upper gastrointestinal tract i.e. through mouth. The objective of *Vaman* therapy is to include vomiting in the person to get rid of mucus that causes excess *Kapha*. *Madanphala* is said to be the best therapeutic emetic agent. Milk is used as a medium *Vamanpaga*<sup>21</sup>(which facilitates the *Vaman*.)

**Vaman management:** On the day of *Vaman* after *Abhyang & Swedana*, patient is asked to drink *Akantha* Cow milk (as much as he can consume). Patient consumed 2 liters of cow milk at first instance. After that *Vamak* medicine (Considering the body weight of patient) which contains *Madanphala Churna (Randia dumetorum)* 4gm, *Vacha Churna (Acorus calamus)*

2gm, *Saindhav (Rock salt)* 1gm and honey 35ml is get mixed together and administered with lukewarm water. After administering *Vamak* medicine waited for 25 minutes for self-induction of *Dosha* elimination by *Vaman*. This duration is for facilitating the *Dosha* movement. The onset of perspiration on forehead indicates liquefaction of *Dosha* & horrification indicates that the *Dosha* are dislodging from their seat of stagnation, abdominal distention indicates that the *Dosha* have reached the stomach. This act is followed by nausea & salivation that conforms the upward movement of *Dosha*. Spontaneous vomiting was started within 10 minutes. Just after the first *Vegas* ask the patient to continue intake the *Yastimadhu Phanta* of approx. 3 litre followed by the 500 ml of *Sandhav Jala*. At the end of procedure, it is observed that *Pittant Vaman* done. The proper *Vaman* symptoms were noted by observing the vomitus.

**Inference/observations:** Ayurved define its own observation tools for proper *Vaman* there are *Vaigiki, Maniki, Antiki, Laingiki* purifications are as follows-

S.N.	Summary of Procedure	Observation
1.	<i>Vaigaki</i> (Numbers of Vomit)	9
2.	<i>Maniki</i> (Measurment in Litre)	Input- 5.5 litre (2 litre Cow Milk, 3 litre <i>Yastimahu Phanta</i> , 500 ml <i>Saindhav</i> ) Output- 6.8 litre
3.	<i>Antki</i> (Inference)	<i>Pittant Vaman</i>
4.	<i>Laingiki</i> (Final symptoms)	No bleeding and unwanted was observed

In this procedure an output of 6.8 litre of content in 9 *Vegas* (emetics). It shows the “*Uttam Shuddhi Lakshana*”<sup>22</sup>. The whole procedure completed in the duration of 80 minute. After the *Antiki* observed then *Dhumapana* (therapeutic smoke inhalation) is given to the patient. Patient felt relaxed, lightness in whole body, remarkable relief from itching & gradual reduction of lesion as shown in figure (compared to figure one of before treatment).

#### Grading- Score<sup>23</sup>

Within the area, the severity is estimated by clinical signs: Severity parameters are measured on a scale of 0 to 4, from none to maximum. Here we observed an area just below the ankle joint. In this area scored by itself, and then the four scores are combined. In this section, the percent of area of skin involved, is estimated and then transformed into a grade from 0 to 4:

S.N.	Response	Grade in Numeric
1.	No response	0
2.	Slight Good	1
3.	Good	2
4.	Very Good	3
5.	Excellent	4

**Table 1:** Table showing the Dose, Route, Kala and Anupana of Abhyantara Snehapana during Poorva Karma.

S.N.	Name of Abhyantara Sneha	Route	Matra (ml)	Kaala	Anupana
1	Panchatikta Ghrita	Oral	Pratham(1) Divas- 30 Dwitiya(2) Divas- 90 Tritiya(3) Divas- 120 Chaturth(4) Divas- 180 Pancham(5)Divas- 230 Shastham(6)Divas- 280 Saptam(7) Divas- 320	Pratah Kaala	Sukhoshna Jala

**Table 2:** Showing ingredients of external preparations with their properties used in Poorva Karma and Padhana Karma.

S.N.	Name of Medicine	Latin name	Dose	Properties
1.	Marichayadi Taila (Bahya Snehana)	-	Till complete Snehana approx 300ml/ day	Raktashodhak, Vranropak, Twachya, useful in skin disease. Dardru, Shwitra, Kushtha.
2.	Madanphala Choorna	Randia dumetorum	4gm	Vamanopag
3.	Vacha Choorna	Acorus calamus	2gm	Vamanopag
4.	Yastimadhu Phanta	Glycyrrhiza glabra	3 litre	Vamanopag
5.	Sandhav	Rock salt	1gm	Abhisyadi, Shodhak
6.	Cow-Milk	-	2litre	Vamanopag
7.	Honey	-	35ml	Abhisyadi,Shodhak

**Table 3:** Intervention-

Procedure	Intervention
Aama-Pachana/Agni Deepan with Ajamodadi Choorna	3 gms Three times in a Day with Lukewarm water before meal up to first 3 days
Poorva Karma	1. Sthanik Abhyanga with Marichyadi Taila 2. Mridu Swedana with lukewarm water
Pradhana Karma	Vamana Karma
Paschat Karma	<ul style="list-style-type: none"> <li>Follow the Ashta Maha Dosha Kara Varjya Vishayas upto the Parihara Kaala.</li> <li>Appropriate Sansarjana Karma of 7 days</li> </ul>
Kaala	Pratah Kaal (Morning)
Duration of Therapy	3+15 days
Shamana Aoushadhi	Indigenous Gomutra Ark 10ml with equal amount of water morning and evening empty stomach
Follow UP	1 <sup>st</sup> - After 7 days (After complete procedure including Sansarjana Karma) 2 <sup>nd</sup> After 10 days
Total Study Duration	35 days

**Table 4:** Table showing changes in signs and symptoms during each follow up-

S.N.	Sign & Symptoms	Before Treatment	1 <sup>st</sup> follow up	2 <sup>nd</sup> follow up	After treatment
1.	Plaque over ankle region	Prominent (4)	Slight reduced (3)	Reduced (1)	3
2.	Powdery discharge	Regular (3)	Diminished(1)	No discharge (0)	4
3.	Blackish spot	Darken (3)	Lighter(2)	Light (1)	3
4.	Itching & burning sensation	At High (3)	About to finished (1)	No (0)	4

## DISCUSSION

Patient is a banker in profession. His lifestyle was total irregular before treatment. Due to stress in his professional life he was disturbed with his bowel movement and digestion issue since last 2 years. He had severe issue of insomnia. He has a family history of *Kustha*, his mother is taking regular medicament of *Kustha*. Considering all condition, he came at my OPD and share his all issue with me and complain such type of sign and symptoms and showed me his affected ankle area. After examination of affected site its looks like a *Kitibha Kushta*. Because of patient family history of *Kustha* I was planned a treatment of *Kitibha Kushta* which resemble a Psoriasis in the contemporary medicine.

According to our Ayurveda *Samhitas Kitibha Kushta* is *Kapha* Dominant *Vataj Vyadhi*. So as per our treatise best treatment for *Kapha Dosha* is *Vaman Karma*, so firstly I planned a therapeutic emesis of patient. *Vamana* works on micro cellular level in the internal system and expel the bio-toxins from body. It is useful to maintain the equilibrium in the body. Only *Shodhana Chikitsa* is not enough to irradiate *Kitibha Kushta* from body so I was administrated a *Gomutra ark* 10 ml with *Sukhoshna Jala* at morning and evening. *Gomutra* has potency to cure all type of skin disease. Its act as *Vishaghna* and *Rasayan* also.

After the complete *Vaman* procedure included complete 7 days. After the *Sansarjan Karma* patient was continued with *Shamana Chikitsa* with *Gomutra Ark* and came for follow up after 7 days I found the very good result. (**Figure 2**) Then I asked the patient do continued *Gomutra Ark* for another 10 days. I had the best result. (**Figure 3**)

## CONCLUSION

Now a days *Kitibha Kushta* prevalence in society is increasing day by day specially in corporate and person, who have sedentary and stressed work. Irregular food habits and lifestyle propagate such type of conditions. In this case I treated patient and all the disease symptoms are subsided. But this is not enough I advised him to follow *Pathyapathya* for best result is future.



1. At OPD first time (Before Treatment)



2. First Follow up (After Sansarjan Karma)



3. Second Follow up (After Treatment)

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