

AYURVEDIC MANAGEMENT OF KITIBHA KUSTHA W.S.R EXFOLIATIVE DERMATITIS: A CASE REPORTAjith Kumar¹, Chidanand Kalburgi²

¹2nd year PG Scholar, Department of Rasashastra & Bhaisajya Kalpana, KLE Shri B. M. K Ayurveda Mahavidyalaya, Belagavi, Karnataka. India

²Final year PG Scholar, Department of Kaumarabhritya, KLE Shri B. M. K Ayurveda Mahavidyalaya, Belagavi, Karnataka. India

Corresponding Author: dr.chidanandk0804@gmail.com.

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**ABSTRACT**

Kitibha Kustha is one type of *Kshoudra Kustha*, The Symptoms include *Katina*, *Shyava varna*, *Kina khara sparsha*, *Parusha*.¹ Skin diseases are caused by taking incompatible & unsuitable food, eating during indigestion, suppression of urges, faulty use of unction, etc. sinful activities & ripening of the previous deed.² Exfoliative Dermatitis (ED) is a severe cutaneous inflammatory disease involving more than 90% of the body surface. Generalized erythema, scaling, irritation, and the feeling of cold & malaise are common features. The term erythroderma is also used interchangeable irrespective of the degree of scaling. In chronic cases body hair may be shed, skin gets thickened & lichenified. Palm & sole show severe scaling & fissuring. The lymph nodes may be enlarged due to dermatopathic lymphadenopathy having rubbery consistency. Hypothermia, tachycardia, high output cardiac failure & pedal edema.³ Exfoliative dermatitis is also called Erythroderma. Exfoliative dermatitis can be an outcome of a wide variety of the following cutaneous & systemic disorders: Psoriasis (25%), Eczema (20%), Medicated drugs (15%), Other dermatological disorders (15%), Unknown (25%).⁴ Exfoliative Dermatitis may pre-run cancer or run concurrently with cancer like cutaneous T cell lymphoma, Sezary syndrome, etc.⁵ Exfoliative dermatitis causes, and classification based upon etiology. Exfoliative dermatitis (Wilson): It is a form of a red, scaly plaque on the trunk which spread to become generalized in a couple of weeks' time. Exfoliative dermatitis (Hebra): It is not too

greatly thickened, scaling is finer, and chronic cases end fatally. Epidemic Exfoliative dermatitis (Savill): It is one of the pandemics that occurs, in a few others have also been reported. A chronic cutaneous disorder characterized by follicular, conical, pinkish papules covered with scale or horny plugs with hair curled on top. These papules are usually found on the back of the fingers & hands.⁶ The etiology is unknown, but an inherited metabolic defect may be the underlying cause. Diarrhoea and pneumonia are the usual complications.⁷

Keywords: Kitibha kustha, Exfoliative dermatitis, Ayurvedic management.

INTRODUCTION

A 50yr male patient from Kundapura, Udupi, came with complaints of severe itching and powder discharge from the body specially in the back region, legs, and arms in the last 3 months. The patient was completely depressed because of this skin problem. The condition is associated with a burning sensation after itchiness and continues powder discharge from the body. There is no history of hypertension and diabetes, and there is not any significant family history related to the above-said problems.

Personal history:

Bowel: Constipation ++

Micturition: Clear

Appetite: Good

Sleep: Sound

Diet: Mixed diets

Habits: Alcoholic

On examination:

Site: Back region, both the arms, foot region

Colour: White scally

Discharge: White powder ++

Redness: Mild

Spreading: Yes

Diagnosis

In ayurveda, it comes under *Kitibha Kustha*, according to modern science they have considered it as Exfoliative dermatitis or Exfoliative psoriasis.

Details of the Treatment

| Follow-ups | Details | Treatment |
|-----------------------|---|--|
| 1 st visit | C/o severe itching, dryness, and powder discharge in the Back region, both the arms, foot region. | <ul style="list-style-type: none"> • Patola katurohinyadi Kashaya: 15ml thrice daily after food with warm water for 15 days. • Arogyavardini Vati: 1 Tablet thrice a day after food for 15days.⁸ • Aragyada Kashaya: 15ml thrice a day after food for 15days. • Mahatiktaka Gritha: 1 teaspoon 1 hour before food for 15days.⁹ • Brihath dantapaladi taila: For local application after warming the oil for 15 days. • Siddarthaka snana churna: For taking bath.¹⁰ • Advised all pathyapathya for better results. |
| 2 nd visit | Itching reduced after 6days of medication. Dryness and powder discharge were also completely reduced. No fresh complaints are seen. | <ul style="list-style-type: none"> • Haridrakhanda: 2 teaspoons with warm milk after food has been advised for 15days. • Triphala churna: 2 teaspoons with warm water before food for 5 days.¹¹ • Mahatiktaka Gritha: 1 teaspoon 1 hour before food.¹² • Brihath dantapaladi taila: For local application after warming the oil. |

Before treatment



Figure: 1
Back region



Figure: 2
Arm region

After treatment



Figure: 4
Back region



Figure: 5
Arm region

DISCUSSION

The patient complained of severe itching and powder discharge from the body specially in the back region, legs, and arms. In this condition, we can go through the above-mentioned line of treatment based on the *Doshik* involvement. There will be an involvement of *Pitta* in all types of skin manifestation but here we can see the vitiation of *Vata* and *kapha dosha* along with *Pitta dosha*, as we know that *Rukshata* is the prime symptom of *Vata dosha* and *kandu* is the main symptom of *Kapha dosha*. Here we were given the *Vata-kaphara* line of management. *Patola katurohinyadi Kashaya* which acts as *Nitya Virechaka* and balances *Pitta* and *Kapha dosha*, *Arogyavardini Vati* balances *Tridosha* and mainly helps in the treatment of *Pakvashayagatha vata*, *Argavadhadi kashaya* its helpful to treat *Kapha* and *Pitta* involvement, *Mahatiktaka Gritha* '*Gritham pithanilaharam*' it helps to reduce *kandu*, *rakta dosha*, and balances *Pitta* and *Vata*. *Brihath dantapaladi taila* for itching and dryness and skin rejuvenation, *Siddhartha snana churna* has given for *Kandu*, *Daha*, and complexion. *Haridrakhanda* for all types of skin ailments and *Triphala churna* acts as *Rasayana* and immunomodulatory action. Here we have followed the *Kushtahara* line of treatment.

CONCLUSION

An overall treatment shows effective management of *Kitibha kustha* in *Ayurveda*. Here we have undergone the *Vata Kaphahara* line of treatment. In 1st follow up we had seen 70% of the result. After 2nd follow-up, we had seen 100% of the results. Ayurvedic treatment in the case of Exfoliative dermatitis is more effective compared to the modern line of treatment without any complications.

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