

A SUCCESSFUL TREATMENT OF SHIRO KITIBHA (SCALP PSORIASIS) BY
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ABSTRACT

All skin conditions are coming under the umbrella of kushta roga. Kitibha kushta is a variety of Kshudra kushta It is a variety of Kshudra Kushta with dominancy of Vata and Kapha Doshas. Kustha is one of the commonly affected illnesses to mankind. It has been mentioned in nearly all the Sthanas of Charaka Samhita, which shows the prime importance in the diseases affecting human being. 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). Patient OPD nu – KC/1615 was suffering from Shiro Kitibha (Scalp psoriasis) treated with Mahatiktaka Ghrita, Kaisore Guggulu & Arogyavardhini Vati. Patient got significant result after the complete Treatment.

KEYWORDS: Ayurvedic Shaman therapy, Shiro kitibha, Scalp psoriasis, Psoriasis.**INTRODUCTION**

Psoriasis is a common, chronic, non-communicable skin disease with no clear cause or cure. Skin is the mirror which reflects the harmony of internal functions of the body. Any change in skin color disturbs the patient both mentally and physically. The negative impact of this condition on people's lives can be immense. Psoriasis affects people of all ages, and in all countries. It is uncommon under the age of 5 years. More than 50% of patients present before the age of 30 years. The reported prevalence of Psoriasis in countries ranges between 0.09% and 11.43%.^[1] Psoriasis is considered as a genetic, immunological and systemic disorder. Generally, there is a clinical manifestations like Psoriatic arthritis, Psoriatic Pustules and psoriatic erythroderma as well as some cases of psoriasis palmoplantaris and inverse psoriasis are to be considered as severe. The scalp is one of the most commonly affected region in psoriasis. However, due of difficulties with the administration of medication, scalp psoriasis can be challenging to cure. Patient's quality of life must be improved with effective treatment plans for scalp psoriasis. In Ayurveda all the skin disease are broadly classified under the concept of Kushta which is divided into Mahakushta and Kshudrakushta. Kitibha Kushta is

one among Kshudra Kustas where the signs and symptoms of which simulates with that of Plaque psoriasis. Kitibha Kusta having symptoms like Shyava Varna (discoloration), Kinakhara Sparsha (rough in touch/scaly), Parushatva (hard), Ruksha (dry).^[2] Every Kusta manifests due to dearrangement of seven factors like Vata, Pitta, Kapha, Twak (skin), Rakta (blood), Mamsa (Muscle and Lasika (lymphatic system)).^[3] Mahatiktaka Ghrit, Kaisore Guggulu & Arogyavardhini are indicate in Shiro Kitibha (Scalp psoriasis) So Scalp Psoriasis is treated with Mahatiktaka Ghrita, Kaisore Guggulu & Arogyavardhini Vati.

CASE REPORT

A patient ABC, Aged 17 years, male had come to OPD of Kayachikitsa Govt Ayurveda college Rewa, OPD nu KC/1615 was complaining of blackish brown, rough and whitish scaly multiple lesions associated with itching over Scalp since 6 months. History Patient was said to be normal 1 years back. Noticed with blackish brown, rough and whitish scaly lesions associated with itching. Took symptomatic treatment with the Allopathic treatment medications, Patient got relief during treatment but after withdraw allopathic medicine symptoms of scalp psoriasis again, Patient came first time 15/01/24 and took

Ayurvedic medicine for 1 month. He visited for follow up at 17/02/24.

regarding Psoriasis or any other dermatological conditions. All the blood investigation reports were within normal limits.

Past History

Not known case of HTN or DM or any other pathological conditions. No any family history found

Personal history

▪ Appetite - Normal	▪ Bowel – irregular
▪ Micturition - regular (4-5times /day)	▪ Sleep - disturbed due to itching
▪ Addiction – No	▪ Diet - Mixed (takes non veg food thrice a week)

General examination

▪ Pallor : Absent	▪ Icterus : Absent
▪ Cyanosis : Absent	▪ Clubbing : Absent
▪ Lymph node : not palpable	▪ Oedema : Absent
▪ BP : 110/70 mmhg	▪ Pulse : 74bpm
▪ Respiratory rate : 18/min	▪ Temperature : 97°F

Ashtasthana Pariksha

▪ Nadi - Kapha vata	▪ Mala - Vibhanda
▪ Mutra – Prakruta	▪ Jihva - Alipta
▪ Drik - Prakruta	▪ Shabdha - Prakruta
▪ Sparsha - Khara sparsha	▪ Aakriti - Madhyama

Dashavidha Pariksha

▪ Prakriti - Pitta vata	▪ Vikriti - Kapha vata
▪ Satva - Madhyama	▪ Sathmya - Madura, Katu
▪ Ahara Shakti – Madhyama	▪ Vyayama Shakti – Madhyama
▪ Sara - Asthi	▪ Samhanana – Madhyama
▪ Agni Shakthi - Madyama	▪ Vaya - Madhyama

Samprapti Ghataka

- Dosha : Vata (Vyana Vayu), Pitta (Bhrajaka), Kapha (Kledaka)
- Dhatu : Rasa (Toda, Vaivarnya), Rakta (Sweda), Mamsa
- Upadhatu : Tvacha
- Agni : Jataragni Mandya
- Srotas : Rasa, Rakta, Mamsa
- Sroto Dusti Prakara : Sanga
- Udbhava Sthana : Amashaya
- Sancharasthana : Sarvasharira
- Adhistana : Twak, Rakta, Mamsa, Lasika
- Vyakta Sthana : Tvak
- Roga Marga : Bahya
- Swabhava : Chirakari
- Sadhyasadhyata : Krichrasadhy

Anga Pratyanga Pareeksha

Per Abdomen Examination Inspection :

shape of abdomen – distended
Umbilicus - normal,

Palpation : Soft, no tenderness, no organomegaly

Percussion : Tympanic sounds heard except the area of liver dullness

Auscultation : Sound – absent

Central Nervous System

Patient is conscious, well oriented to time, place and person.

Respiratory System

Inspection: Shape of chest - bilaterally symmetrical

Palpation: Trachea – centrally placed

Tactile vocal fremitus - Normal

Percussion : Resonant sounds heard except the cardiac dullness

Auscultation : Normal Vesicular breath sounds heard

Cardiovascular System

Inspection : No scar, no swelling

Palpation : Non tender

Percussion : Defined area of cardiac dullness

Auscultation : Apex beat felt at 5th intercostal space S1 and S2 heard, No added sounds or murmurs heard

Integumentary System Examination

Inspection Location – Scalp

Shape - circular

lesion Color - blackish white

Discharge - Absent

Palpation

Temperature - felt

Texture of lesion - rough and scaly

Tests

- Candle grease test - positive
- Auspitz sign - negative
- Koebner phenomenon - positive
- Distribution of lesion – symmetrical

Ayurvedic Shaman Therapy:

Table 1.

Sr. Nu.	Medicine Name	Dose	Time & Precaution	Anupana
1.	Mahatiktak Ghrita	10 ml	Morning Empty stomach	100 ml Luke warm milk
2.	Kaisore Guggulu	500 mg	After noon & Night After food	Luke warm water
3.	Arogyavardhini Vati	500 mg	After noon & Night After food	Luke warm water

RESULT AND OBSERVATION

Sr. Nu.	Observation	Before Treatment	After Treatment
1.	Candle grease test -	positive	Negative
2.	Koebner phenomenon -	positive	Negative
3.	Distribution of lesion	Symmetrical	Absent
4.	Itching	++++	Absent
5.	lesion Color	blackish white	Absent
6.	Tenderness	+	Absent

**DISCUSSION****Kaishore guggul**

Contents of Kaishore Guggulu. Guggulu, Haritaki, Bibhataki, Amalaki, Guduchi, Shunthi, Maricha, Pippali, Vidanga, Trivrit, Danti⁴. 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.

Arogyavardhini Vati

Kushtha Vyadhi vitiates Tridoshas and then Twaka, Mansa, Rakta and Lasika (Dravyasangrahsaptak). As we see from modern pathophysiological aspect, Kushtha is mainly caused due to Grahani Vikruti. Due to malfunctioning of Grahani, Malavrodha happens. Vata Dosha between the Grahani and Pakwashaya vitiates due to that Malavrodha and overall prokinetic and propulsive action of Grahani becomes defective. Due to this, some organic toxins formed and get absorbed resulting in

Dhatu Dushti and finally Kushtha Vyadhi. Arogyavardhini overall works on functioning of Grahani and Pakwashaya and makes it^[5] smooth and fine."

Mahathikthaka Gritham

Mahathiktaka Gritham is a harmonious unify of *Pitta* dominant herbs infused in a nourishing ghee base specifically curretted to aid relief in inflammatory changes in the skin, gut, and joints.

- Promotes skin health
- Helps relieve skin conditions
- Helps reduce inflammatory changes
- Assists proper digestive activity
- Aids relief in *Pitta dosha* aggravation

CONCLUSION

Scalp psoriasis is the krachasadhya Disease, A scalp psoriasis patient was treated with Mahatiktaka Ghritam,

Kaisore Guggulu & Arogyvardhini Vati. Patient got significant result.

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