

## ROLE OF GILOY (GUDUCHI) IN KITABH KUSHATH (PSORIASIS)

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## ABSTRACTS

Number of skin disease increased markedly nowadays because of changed work culture, heavy workload, faulty food habits, lack of exercise, & changing life style & increasing pollution. Psoriasis is one the most dreadful dermatological condition. All the skin diseases in *Ayurveda* have been discussed under the broad heading of “*Kustha*”. Psoriasis is a proliferative autoimmune skin disease which is affecting 2% of worldwide population. This disease characterised by scaling, thickened-rough skin lesions, itching, in severe cases covers entire body. Modern medical science treats psoriasis with Psoralen and Ultraviolet therapy (PUVA). But the disease has high recurrence rate and the modern medications have serious side effects like liver failure, renal failure, and bone marrow depletion etc. Here, *Ayurveda* treatment is under taken to provide safe and effective remedy for psoriasis. *Kitibha kustha* is considered as one of the *Kshudra Kustha*. *Tinospora cordifolia* (Guduchi or Amrita) is an important drug of Ayurvedic System of Medicine and mentioned in various classical texts for the treatment of diseases such as jaundice, fever, diabetes and skin disease etc.

**KEYWORDS:** Kitabha Kushath, Kshudra, Guduchi.

## AIM AND OBJECTIVE

**Aim-** Aim is to review role of giloy (gudduchi) in kitabha kushath**Objective**

1. To review literature of kitabh kushath.
2. To review role of giloy in kitabh kushath.

## INTRODUCTION

*Ayurveda* has given some codes and conducts of life which everyone should follow to be healthy physically and mentally, but nowadays life style is changed. Now we are in 21st century, people have changed their life style as per so called western life style. These all factors play important role in *Raktadushti* and *Dosha Vrudhhi*, Which leads to skin diseases especially *Kustha*. Among all skin diseases, ‘Psoriasis’ is a very distressing disease both for the patients and physicians because of its pathogenic mechanism. All the skin diseases in *Ayurveda* have been discussed under the broad heading of “*Kustha*”. Which are further divided into *Mahakustha* and *Ksudra Kustha*. *Kitibha kustha* is considered as one of the *Kshudra Kustha*.<sup>[1]</sup>

Ayurvedic classics have considered each type of *Kustha* to be a *Tridosaja* manifestation. Their Doshik identity

can be established on the basis of dominance of *Dosha* in the *Samprapti*. Thus *Kitibhakustha* is *Vata-Kaphaja*.<sup>[2]</sup> phenomenon.

This disease characterised by brownish coloured scaling, thickened-rough skin lesions, in severe cases covers entire body. As per *Ayurveda*, these symptoms are closely similar to symptoms of *Kitibhakustha*, as its symptoms are *Shyavam*, *Kinakaraspharsha* and *Parusha*.<sup>[3]</sup> closely resembles with symptoms of Psoriasis.

**Kustha**

**1. Charaka Samhita:** Acharya Charaka has described the *Kustha* in detail with long range of skin diseases with their etiology, Pathogenesis & specific classification under the heading of *Kustha*. Acharya Charaka has mentioned eightentypes of *Kustha*.

These have been classified under seven *Maha Kustha* & eleven *Kshudra Kustha* in *Nidana* & *chikitsasthana*.<sup>[4]</sup>

**2. Sushruta Samhita:** Acharya Sushruta clearly described *Anuvamshika* (Hereditary) and *Krimija* (infectious) *Nidanas* as a causative factor for *Kustha*. *Kustha* has been also included in list of *Aupasargika Roga*, which may spread From one person to another. In *Nidana sthana* Acharya Sushruta has explained the *Dhatugatatva* or *Uttarotar dhatupravesha* of *Kustha Roga*. The unique concept is also found in *Sushruta* by

giving the two chapters Of treatment (*Chikitsa*) i.e. *Kushtha Chikitsa* & *Maha Kushtha Chikitsa*.<sup>[5]</sup>

**Table 1: Causes of *Kushtha Roga* in Tabular Form.**

<i>Acharaja Hetu</i>	<i>Ca.Sa.</i>	<i>Su.Sa</i>	<i>A.S</i>	<i>.A.H.6</i>	<i>M.N. 7</i>	<i>B.P8</i>
Papa Karma	+	+	+	+	+	+
Vipra Guru Tiraskara	+	-	-	+		
Sadhu Ninda	-	-	+	+	-	-
Killing the virtuous persons.	+	+	-	-		
Use of money & material acquired by unfair means	-	-	+	+	-	-

#### ***Laxanas of Kitibha***

*Kitibha* type of *kushta* is characterized as follows:

1. It is blackish brown in color;
2. It is rough in touch like a scar tissue; and
3. It is hard to touch.

*Kitibhakushta* has dry skin; rough, and hard, creating sound on scratching, hard and black. That which is discharging, round, dense, severely itching and oily black is known as *kitibha*.



#### ***Chikitsa (Principle Treatment of Kushtha)***

*Acharya Charaka* has mentioned that all the *Kushthas* are caused by *Tridosha*, so the Treatment is to be carried out according to the predominance of *Dosha*. The predominately vitiated *Dosha* should be treated.

First and the treatment of the other subordinate *Dosha* should be undertaken afterwards.

The first line of treatment for all diseases is *Nidana Parivarjana*. In our classical text, detail description is available regarding the treatment of *Kushtha*. The principal line of treatment of *Kushtha* has been classified into

Two groups;<sup>[9]</sup>

1. *Samshodhana Chikitsa*
2. *Samshamana Chikitsa*

#### **DRUG REVIEW**



*Tinospora cordifolia* (Guduchi or Amrita) is an important drug of Ayurvedic System of Medicine and mentioned in various classical texts for the treatment of diseases such as jaundice, fever, diabetes and skin disease etc 10.

**Botanical name** – *Tinospora cordifolia* Wall.Ex Seringe.

**Family:** Menispermaceae.

The single drug Guduchi has been used in this trial in powdered form. *Guduchi* (*Tinospora cordifolia*), also



known as *amrita*, is one of the most valued herbs in the Ayurvedic pharmacy. Guduchi's role as an adaptogen, a potent herb that increases the body's resistance to stress, anxiety, and illness. The shrub is native to India, and its roots, stems, and leaves are used for healing.

**Giloy – medicinal properties** – Rasa – Taste – *Kashaya* (Astringent), *Tikta* (Bitter).

*Vipaka* – Taste conversion after digestion – *Madhura* – sweet.

*Guna* – qualities – *Laghu* – Light to digest, *Snigdha* Oily, Unctuous. *Veerya* – Potency – *Ushna* – Hot

**Effect on Tridosha** – *Doshatrayahara* – Balances *Tridoshas* – *Vata*, *Pitta* and *Kapha*.

*Amrit* contains the bitter, pungent, and astringent tastes. Although it's traditionally used to remove accumulated *Pitta*, *guduchi* can balance all the *doshas*.

**Chemical constituents:** The stem and leaves contain Tinosporine, Tinosporide, Corditolide, Tinosporin, Tinosporic acid, Corditol & Tinosporol. Berberillin & a crystalline compound have also been reported. Leaves are rich in calcium and phosphorus.

**Giloy uses:** *Guduchi* is best to cause astringent effect, promoting digestion, alleviating *Vata*, *Kapha*, constipation and *Raktapitta* (bleeding disorders)

**Other uses:** *Rasayani*, *Sangrahini*, *Balya*, *Agnideepani*, *Amahara*, *Trut hara*, *Dahahara*, *Mehahara*, *Kasahara*, *Paunduhara*, *kamala*, *Kushta*, *vatasrajvara*, *Krimihara*, *Vamihara*, *Prameha*, *Shwasa kasa*, *Arsha*, *Krichra*, *Hrudya*, *Hrudroga*, *Chakshushya*- *Vayasthapana*, *Vrushya*

" पि बे द्वा षट्पलं सर्पिरभयां वा प्रयो जये त् ।

त्रिफला याः कषा यं वा गुडूच्या रसमे व वा ॥"

- (चरकसंहिता)

" पि प्लला मधु सं मि क्ष गुडूची स्वरसं पि बे त ।

जी र्णा ज्वर कफ प्लहि का सा रो चक ना शनम् ॥ "

-( भैषज्य रत्नावली )

" गुडूची कटुका ति क्ता स्वा दुपा का रसा यनी ।

सं ग्रहि णी कषा यो ष्णा लध्वी बल्या ग्नि दी पनी ॥

दो षत्रया मत् इदा हमे हका सां श्व पा ण्डुता म् ।

का मला कुष्ठवा ता स्रज्वरकृमि वमी न्हरे त् ।

प्रमे हश्वा सका सा र्शः कृच्छ्रहृद्रो गवा तनु त् ॥"

-(भा वप्रकाश निघंटू)

*Giloy/guduchi* has a lot of potential ingredients which not only showed physical as well as mental changes in patients, it reduced.

Their stress level too. *Giloy/guduchi* effect on *lakshana* of psoriasis/ *kitibha* i.e. *Daha*, *kandu* and on haematological criteria also.

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