

# A case study on the management of *Kitibha kushta* (Psoriasis) with *virechana*, *dhanyamla dhara* and *takra dhara*

## Research Article

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### Abstract

All the skin diseases in Ayurveda have been discussed under the broad heading of “*Kushta*”. *Kushta Roga* a dermatological disorders including psoriasis described as one of the most chronic disorders which is recurrent and immune mediated skin condition. It can have negative impact on physical, emotional and psychosocial status of affected person. Prevalence rate shows that it affects 1-2% of worldwide population in both the genders. This disease characterised by scaling, thickened-rough skin lesions, itching, in severe cases covers entire body. *Kitibha Kushta* is included in *Kshudra Kushta* commonly found today, having sign and symptoms similar to Plaque psoriasis. In this case study, a 49 years old male with chief complaint of *Kandu* (Itching), Powdery discharge and dry blackish brown patches over the anterior and posterior side of both legs, abdomen and upper back treated with *Shodhana Chikitsa* using *Virechana Karma*, along with *Sarvanga Dhara* (*Dhanyamala Dhara*), *Shirodhara* (*Takra dhara*) and *Samshamana Aushadhis* (Oral medicines) for 24 days. Patient recovered from the symptoms by undergoing above said treatment and there is improvement in the quality of life of the patient.

**Key Words:** *Kushta Roga*, Psoriasis, *Kitibha Kushta*, *Virechana*, *Sarvanga Dhanyamala Dhara*, *Takra Dhara*, *Samshamana Aushadi*.

### Introduction

Skin is an important organ of communication with the external world. It is one of the five *Gyanendriyas* which responsible for *Sparsha Gyana* or touch sensation. Majority of the dermatological disorders have been described under the umbrella of *Kushta*. Skin is an organ of complex physiology and any manifestation in skin should be explored in terms of general physical and mental health and also on the basis of the status of *Rasa* and *Raktha dhatus*, the physical and functional state of which is more often reflected through the skin (1). *Kushta* is a *Tridoshaja vyadhi* mentioned in Ayurveda that undergoes manifestation in the *Bahya rogamarga* (2). *Kushta* is considered a *Mahagada* due to its *durvijneya*, *sudustara* and *daruna swabhava* (3). *Kushta Roga* is also considered as a *Papakarmaja Vyadhi* (a disease due to sinful activities) and a *Kulaja Vikara* (a hereditary disorder). According to Sushruta Acharya if the person suffered from *Kushta* in his previous life and if he takes rebirth then he develops *Kushta* in his present life also so called *Poorva Janmakrata vyadhi* (4). *Kushta* is considered as *Samsargaja Vyadhi*, can spread from one person to the other (communicable or infective disease)

(5). Also, *Kushta* is one among the *Raktha Pradoshaja Vikara* (6) and *Santarpana janya vikara* (7).

The word *Kushta* means “*Kushnati sarvam vapuhu iti Kushta*” - The one which disfigures the body or makes one’s skin look disgraceful or ugly or which destroys *twak* is *Kushta* (8). The disease in which there is discolouration of skin, putrific changes (*Kushnati*) happens in skin after a long period of time, such disease is *Kushta* (9). Depending on the *Amshamsavikalpa* of *dosha- dushya*, *kushta* has been classified into 7 *Maha kushta* and 11 *Kshudra kushta* (10). *Kitibha kushta* is one of the type of the *Kshudra kushta*, which is having *Lakshanas* like *Shyava*, *Kina*, *Khara sparsha*, *Parusha*, *Ruksha pidika* and *Kandu*. *Kitibha kushta* is developed by vitiated *Vata & Kapha doshas* dominance, which are having *lakshanas* of the individual *doshas*. *Kitibha kushta* manifests due to vitiation of *Sapta dhatus*, they are *Tridosha*, *Twak*, *Rakta*, *Mamsa* and *Lasika* (11). The *samprapti* of *kushta* begins with the multitude of interactions of *tridosa* with *twak*, *rakta*, *mamsa* and *lasika* and gradually may afflict other *dhatus*, depending upon the strength of *samprapti ghataka* (12).

Psoriasis is one of the common skin diseases characterised by scaly papules and plaques. Onset of psoriasis is most common in the second to fourth decades of life though it can appear just after birth or in old age. A high familial occurrence of psoriasis (7% to 36%) suggests that genetic factors play a role in its aetiology. Psoriasis occurs in equal frequency in males and females. Psoriasis is a chronic disease marked by periods of remissions and exacerbations. Remissions may last for a few weeks to many years. Psoriasis is characterised by the development of erythematous, well-defined, dry,

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scaly papules and plaques of sizes ranging from a pinhead to palm-sized or larger. The scales are abundant, loose, dry and silvery white or micaceous (13).

## Case Report

A patient of 49 years aged, married male from Old Sama, Gujarat was brought to *Kayachikista* Outpatient department of Parul institute of Ayurveda on 07/04/2021 with complaints like *Kandu* (Itching), Powdery discharge and dry Blackish brown patches over the anterior and posterior side of both legs, abdomen and upper back for 2 years.

## History

Patient was healthy before two years, after that he started complaining of slight skin discoloration over the anterior aspect of calf region just below the knee joint of left leg and itching over it, gradually it increased and spread all over the abdomen, back region and both lower limbs along with itching. The patient took allopathy medications for above complaints, but he did not get satisfactory relief. So, he got admitted in our hospital. From 07/04/2021 to 30/04/2021 he underwent Ayurvedic treatment for the same and was discharged after remarkable improvement. No any family history was present regarding psoriasis or any dermatological disorders. Sleep is disturbed due to the itching and there is loss of appetite. On Examination, all vitals of the patient were within normal limit. His blood pressure was 130/90mm of Hg, Temperature 98.6 Degree Fahrenheit. No past history of Hypertension, Diabetes Mellitus or Dyslipidaemia could be elicited. All the blood investigations reports were within normal limits.

## Physical Examination

Blood pressure - 130/90mmhg.  
Pulse rate – 76 beats/min.  
Respiratory rate – 17/min.  
Temperature – 98.6° F  
Bowel – Irregular (Once in two days)  
Appetite – Decreased (Less intake of food)  
Micturition – 2-3 times/ day  
Sleep – Disturbed

## Ashtasthana Pariksha

*Nadi*(Pulse) – *Vata Pradhana kapha*  
*Mala*(Stool) - *Asamyak*  
*Mutra*(Urine) - *Samyak*  
*Jivha*(Tongue) - *Lipta*  
*Shabda*(Speech) - *Prakrita*  
*Sparsha*(Tactilation) - *Ushna*  
*Druk*(Eyes) - *Prakruta*  
*Akriti*(Anthropometry) – *Madhyama*

## Systemic Examination

- Respiratory system - on auscultation, normal sounds heard and no abnormality detected.
- Cardiovascular system - S1 S2 heard and no abnormality detected.
- Gastrointestinal system - Soft, non-tender, no organomegaly detected.

## Examination of Skin

### Inspection

- Size & shape – Large and Irregular.
- Nature of skin - Dry Blackish brown patches over the anterior and posterior side both legs, abdomen and upper back.
- Colour – Blackish brown
- Thickness – 1 mm to 1.4 mm thick
- Nature of Lesion - Blackish brown elevated lesions
- Discharge - Powdery discharge.
- Colour of Discharge – Silvery colour.

### Palpation

- Moisture- Dryness
- Temperature – Warmth to touch
- Texture – Rough

**Table 1: Clinical findings of Kitibha Kushta (11)**

<i>Shyavam/ Snigdha</i>	Blackish / dark discoloration due to vitiated <i>Vata Dosh</i> .
<i>Kharatwam</i>	Roughness to touch due to <i>Vata</i> vitiation.
<i>Parushatwam</i>	Hardness to touch is because of <i>Vata Dosh</i> .
<i>Rukshatwam</i>	Dryness of the skin is because of vitiation of <i>Vata Dosh</i> .
<i>Ugra Kandu</i>	<i>Kandu</i> is produced by the vitiated <i>Kapha Dosh</i> .

## Materials and methods

Centre of study: Parul Institute of Ayurveda Hospital IPD, Vadodara  
Simple random single case study

## Treatment Underwent

**Table 2 : Internal Medication**

Sl.No	Name of Medicine	Dose	Time	Anupana
1	<i>Patolakaturohinyadi kashyam</i>	15ml	Morning Before Food	45 ml Luke warm water
2	<i>Maha Manjishtadi Kashayam</i>	15 ml	Evening Before Food	45ml Luke warm water
3	<i>Vilwadi Gulika</i>	2 tab	2 times After Food	Luke warm water

**Table 3: Showing details of Panchakarma Procedures given to patient**

Sl.No	Procedure	Date	No of Days
1	<i>Hinguvastaka Choorna</i> 1 Tspn – twice daily before food with luke warm water	07/04/2021 - 11/04/2021	5
2	<i>Virechana</i> with <i>Gandharvahastadi Eranda Taila</i> (20 ml with Luke warm water at 6 AM)	12/04/2021 - 16/04/2021	5
3	<i>Dhanya Amla Dhara (Sarvanga)</i> After application of <i>Nalpamaradi taila</i> Externally (30 Minutes)	17/04/2021 - 23/04/2021	7

4	Takra Dhara (Siras) (30 Minutes)	24/04/2021 - 30/04/2021	7
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**Table 4: Medication prescribed on discharge for 15 days**

Sl.No	Name of Medicine	Dose	Time	Anupana
1	<i>Patola katurohinyadi kashyam</i>	15ml	Morning Before Food	45 ml Luke warm water
2	<i>Maha Manjishthadi Kashayam</i>	15 ml	Evening Before Food	45ml Luke warm water
3	<i>Vilwadi Gulika</i>	2 tab	2 times After Food Morning & Evening	Luke warm water
4	<i>Hinguvasthaka Choorna</i>	1 Tspn	12 PM Before Food	Luke warm water
4	<i>Nalpamaradi taila</i>	2 Times/day Externally		

**Assessment of Clinical Features Based on Gradation System**

**Table 5: Shyava – Discolouration of skin**

1	Normal Skin Tone	0
2	Mild Brownish Discoloration	1
3	Moderate Brownish discoloration	2
4	Severe Brownish Discoloration	3

**Table 6: Twak rookshata – Dryness of skin**

1	No line on scrubbing with nail	0
2	Faint line on scrubbing by nail	1
3	Tingling and even words can be written by nail	2
4	Excessive Rukshata leading to <i>Kandu</i> and crack formation	3

**Table 7: Parushatwam – Hardness of skin**

1	No <i>Bahalatva</i> (Hardness)	0
2	Mild hardness of the lesion	1
3	Moderate hardness of the lesion	2
4	Very thick lesions with scaling	3

**Table 8: Kinakara Sparsha – Roughness of skin**

1	Normal Skin texture	0
2	Mild rough lesions on touch	1
3	Moderate rough lesions on touch	2
4	Severe rough lesions on touch with scaling	3

**Table 9: Kandu - Itching**

1	No itching	0
2	Mild / occasional localized itching which is tolerable	1
3	Moderate generalised itching	2
4	Very severe itching disturbing sleep and other activity	3

\*Gradation of symptoms based on ‘Developing guidelines for clinical research methodology in Ayurveda’ textbook of Prof. M.S BAGHEL.

**Table 10: Showing Overall result of treatment**

Symptoms	Before Treatment	After Treatment
<i>Shyavata</i>	3	1
<i>Kharatwa</i>	2	1
<i>Parushatwa</i>	3	1
<i>Rukshatwa</i>	3	0
<i>Kandu</i>	3	0

Note – In this case study only subjective parameters were taken for assessment of treatment. Objective parameters were considered for integumentary system Examination.

**Discussion**

In this case report a patient with *Kandu* (Itching), Powderly discharge and dry blackish brown patches over the anterior and posterior side of both legs, abdomen and upper back with a history of 2 years. Patient’s *Agni* was in *Avara avstha* and had irregular diet pattern, excessive use of alcohol, smoking, frequent and excessive intake of non-vegetarian food resulted into *Kitiba kushta* (Psoriasis). After proper examination and diagnosis, the patient was successfully treated with classical Ayurvedic principles i.e. *Shodhana* (detoxification) and *Shamana chikitsa* (palliative treatment). *Acharya Charaka* gave the precise *Chikista Sutra* for *Kushta*. The *Shodhana* and *Shamana chikitsa* are described in *Samhitas* for the management of *Kushta* (14). The first and foremost important part of Ayurvedic management is to correct *Agni*. So *Deepana-Pachana* is to be done as the *Poorva karma* (preliminary measures) of *Shodhana Chikista* (15). For that *Hinguvasthaka Choorna* was used, it was given for 3 days. After *Virechana*, *Sarvangadhara* with *Dhanya amla* and *Takra dhara* was done.

**Deepana – Pachana**

The medicine will act in the body like *Amrita* (nectar) when there is *Niramavastha*. Thus, it is necessary to attain such a state before administration of *Virechana* drugs to get maximum benefit. *Deepana* and *Pachana* drugs help to achieve such state. The outcome of the medicine which has administered in *Ama* state is compared to the extraction of juice from *Amla Phala* (Unripped fruit) (16).

*Hinguvasthaka Choorna* was given as *Deepana - Pachana dravya* to enhance digestive fire and to digest the *Ama*. *Hinguvasthaka choorna* is a very common Ayurvedic medicine for the management of digestive disorder and metabolic disorders. It is mentioned under the treatment of *Gulma roga*, *Ajeerna*, *Agnimandya* etc. *Hinguvasthaka choorna* contains *Shunthi*, *Pippali*, *Maricha*, *Jeeraka*, *Shudha hingu* having *Deepana* properties so it can be used in *Agnimandya*. By the virtue of its *Ushna guna*, it is a *Deepana*, *Pachana* and *Vata Anulomana* in action. Due to its *Ushna guna* it also acts as a *Sothahara* drug (17).

*Maricha* regulates the secretion of juices in the digestive system and helps in curing indigestion and gastrointestinal ulcers (18). *Hingu* is *Vedanaasthapana dravya* *Deepana*, *Pachana* and *Mootrajanana*. As it



contains Sulphur it is very useful in reducing *Kandu*. It also acts as *krimighna* (19).

### Virechana

*Virechana* is the procedure which expelled out the *Doshas* through *Adhomarga* i.e., *Guda*. This *Karma* mainly aims to eliminate *Pitta doshas*. After *Virechana* Therapy, the person gets purity of channels of circulation, clarity of the sense organs, lightness of the body, increase in energy, promoting power of digestion and metabolism, freedom from diseases and expulsion of faeces (20).

Most of the *Kushta* comes under the heading of *Raktapradoshaja vyadhis*. *Pitta* is the mala of *Rakta*. So, there is *Avinabhava Sambandha* between *Rakta* and *pitta*. When excessive amount of *Pitta* is expelled out from the body it helps to purify the *Rakta* also, and cures the *Raktapradoshaja vikaras* like *Kushta*. *Virechana karma* has got specific action on *Sapthadravyas (Rasa, Rakta, Lasika, Udaka, Kapha, Pitta etc)* and on *Vata* also, which are prime factors in causation of skin disorders. Hence *Virechana* is the best *Shodhana karma* in *Kushta* and to prevent reoccurrences (21). The medicine used for *Virechana* is *Gandharvahastadi Eranda Tailam*.

*Gandharvahastadi Eranda taila* has *Gandharvahastadi kashaya* as *Drava dravya*, ingredients of *Gandharvahastadi kashaya* as *Kalka dravya* and *Eranda taila* as the *Taila* base. *Eranda* is the chief ingredient of *Gandharvahastadi Eranda taila*. *Eranda* has *Snigdha, Sukhsma* and *Teekshna* properties does *Srotoshodhana*. The preparation contains seven more ingredients of which most of them possess *Ushna veerya, Madhura rasa* and *Madhura vipaka*, with which it becomes more potent for pacifying *Vata dosha*. Most of the drugs in this *Taila* are *Vata Kaphahara* in action. In brief the *Dosha karma* are *Vata Kaphahara* and *Vatanulomana, Deepana* as *Agnikarma, Mala shodhana* as *Malakarma* and *Sookshma Srotogami* as *Srotokarma* (22).

### Dhanyamla Sarvanga dhara

*Dhara* (flow) is pouring of fluids like decoction, medicated oil, medicated milk, Medicated butter milk, water etc over the body/head continuously in rhythm from a specific height for specific period (23). *Sarvanga dhara* is done with *Dhanya Amla* for 7 days after the application of *Nalpamaradi taila* over the whole body.

*Dhanyamla dhara* means stream pouring of liquids obtained by fermenting cereals and other herbal medicines over the body of patient. It is a type of *Drava sweda*. *Dhanyamla sarvanga dhara* contains properties like *Laghu* (light), *Snigdha* (slimy), *Teekshana* (pungent), *Sheetasparsha* and *Ushna veerya*. The therapy is very effective in *Kapha-vata* predominant conditions. Therefore, *Dhanyamla* is effectively used for *Vataja, Kaphaja* or *Vata Kapha Samsarjana Janya* diseases. As *Dhanyamla* is having attributes similar to *Pitta Doshha* it may not good for the conditions of vitiated *Pitta Doshha* or *Rakta Dhatu*. Due to these properties its actions like analgesic, Anti-inflammatory and digestive properties

at cellular level of ingredients are beneficial in the management of inflammatory conditions (24).

*Nalpamaradi Taila* is a classical formula to lighten complexion as well as soften, nourish, and repair skin. *Nalpamara* means four *Vriksha Twak* viz *Nyagrodha, Udumbara, Asvatha* and *Plakska*. It is indicated in *Pama, Kandu, Pidaka, Kushta* and *Visarpa*. Application of *Nalpamaradi taila* followed by *Dhara* would take care of *Shotha* (inflammation) and *Daha* (burning sensation) as it contains *Ksheerivriksha Drayva* which are *Kashaya rasa pradhana, Pitta* and *Kaphahara* (25). It contains tannins as their main chemical constituents which inhibit bacterial growth. The oil given for local application act as physical barrier (emollients type) also (26).

### Method of preparation of Dhanyamla

Several recipes of preparing *Dhanyamla* have been found in authentic texts. *Sahasra Yoga* describes the formula of *Dhanyamla* (27). Although recent authors and researches have been followed the formula of *Sahasra Yoga* there are some variations in the quantity. It is advised to prepare *Dhanyamla* on an auspicious day after determining ideal time and stellar constellation.

**Table no. 10: Showing Ingredients of Dhanyamla and quantities**

Sl. No	Dravya	Botanical name	Quantity
1	Tandula	<i>Oryza sativa</i> Linn	10 Prastha (7,680g appr. 7kg)
2	Pruthuka	Pressed form of <i>Oryza sativa</i>	10 Prastha (7,680g appr. 7kg)
3	Kulattha	<i>Macrotyloma uniflorum</i>	40 Pala (1920 g)
4	Laja	Puffed form of <i>Oryza sativa</i>	40 Pala (1920 g)
5	Kangubeeja	<i>Panicum sumatrense</i>	1 Adhaka (appr. 3000g)
6	Kodrava	<i>Paspalum scrobiculatum</i> Linn	4 Prastha (appr. 3000g)
7	Nagara	<i>Zingiber officinale</i> Roscoe	2 Prastha (appr. 1500g)
8	Danthatasatha	<i>Citrus aurantifolia</i> swingle	4 Prastha (appr. 3000g)
9	Deepyaka	<i>Trachyspermum involucreatum</i>	8 Kudava (appr. 1500g)

All these assorted ingredients should be placed in a large earthen vessel and to this 150 litres of hot water is added. In some references it is found that these grains are tied in a clean cloth and added in to the vessel. The vessel is close with an earthen lid and sealed by wrapping clay and heated gently in moderate fire for a period of seven consequent days. On the 8th day the required quantity of the liquid should be taken out and add hot water to it. Before *Dhara* the patient is anointed with *Taila* (28).

### **Takra Dhara**

*Shirodhara* as the name suggests is formed by two different terms *Shira* (head) and *Dhara* (flow) is pouring of fluids over the head continuously in rhythm from a specific height for specific period (23). *Shirodhara* is done with medicated *Takra* for 7 days after the application of *Nalpamaradi taila* over the whole body. *Takra Dhara* is a special Ayurvedic therapy in which buttermilk is medicated. It is processed with medicinal herbs. *Takra Dhara* is useful for psoriasis, hypertension, insomnia, etc (29).

### **Probable mode of action**

*Takra* has *Pancha Rasa* except *Lavana Rasa*, *Amla Vipaka*, *Ushna Virya* & *Vata Kaphaghna* property. *Takra* has *Vata- Kaphaghna* properties & can be used locally and also internally to treat *kushta* which are *Vata Kapha* dominant. Buttermilk contains large amount of lactic acid. It is scientifically proved that lactic acid is used to moisten & lessen the appearance of thickened psoriatic scales. In *Kushta*, *Dhatu*s are involved and *Dhatu Shaithilyata* takes place due to vitiated *Doshas*. It is clear from Ayurvedic classics, that the *Dhatukshaya* will lead to *Ojo Kshaya* and also the *Ojas* is getting *Kshaya* due to *Kopa*, *Shoka*, etc which are the triggering factors of Psoriasis. Reduction in *Chittvega*, *Kopa*, *Shoka* are taking place due to *Takradhara*, which in turn overcomes the *Oja Kshaya*. It is stated in the benefits of *Takradhara* that it is best therapy for *Ojo kshaya*. *Kushta chikitsa* gives equal importance to the mental status of the patient, as it is very clearly indicating procedures and activities to enable the patient to have a calm mind. As *shirodhara* with *Takra* is said to have the aforesaid qualities to soothe the mind, this treatment was also applied (30).

### **Method of preparation of Takra for Dhara**

One and quarter *Prastha* (20 *Palas* or 960g) of a year old *Amalaki* dried under sun and also in cold night, should be taken after removing seed. This is boiled in eighteen *Kudava* (3456ml) of water and reduced to 1/6<sup>th</sup> part (576ml). Equal quantity of sour butter milk, prepared from freshly boiled cow's milk is fermented by the addition of a little sour buttermilk overnight, is added to this. This mixture is used for *Sirodhara* after anointing the head and body of the patient with *Nalpamaradi taila*. The process should be done daily for a period of 7 days. The duration of treatment as well as the time period is according to the nature of the disease and the physical condition of the patient. It is done usually for a fixed time (45 minutes to 1 hour). After the *Dhara*, the head is washed with Luke warm water. Then head should be wiped with towel and *Rasnadi choorna* is applied. Patient is advised to take rest for a period same as the period of the procedure, then to take bath (31).

### **Manjishtadi Kashayam**

*Manjishtadi Kashayam* is a very famous Ayurvedic medicine used in *Kushta*. This medicine is mainly indicated in *Kapala kushta*, *Vakaraktha*, *Pama* and *Raktha mandala*. It is effective blood purifier used

in skin diseases, itching, abscess, gout arthritis, varicose ulcer. *Manjishta* also possess of anti-inflammatory, anti-microbial, antiulcer, anti-viral and wound healing properties. *Manjishtadi kashayam* which is potent enough for *Kushta* and also has *Rakta shodhana* properties was given for the *Sheshadosha Shamana*. All the drugs are of *Laghu* and *Ruksha Guna* except *Guduchi* which is *Guru* and *Snigdha* therefore, *Kledashosha* is done effectively by the *Kwatha*. All the drugs are of *Tikta* and *Kashaya rasa*. So, *Ama pachana*, *Agnidipana*, *kleda Shoshana*, *pitta* and *Kapha Shamana* was expected so that *Rakta Prasadana* action is effectively carried out. All the drugs have their actions targeted mainly on *Rasa*, *Rakta* and *Mamsa dhatu*. These three are the main components of *Kushta Samprapti* (32).

### **Patola Katurohinyadi Kashayam**

*Patola Katurohinyadi Kashayam* is used commonly in the treatment of skin diseases. This medicine is prepared from the herbs in *Patoladi gana* of *Ashtanga Hrudaya*. The main ingredients are *Patola* (*Trichosanthes dioica*), *Katurohini* (*Picroohiza kurroa*), *Chandana* - Sandal wood (*Santalum album*), *Madhusrava* (*Leptadenia reticulata*), *Guduchi* (*Tinospora cordiafolia*) and *Patha* (*Cissampelo spariera*). It is one of the very potent Ayurvedic medicine indicated in *Kamala*, *Kushta*, *Visha*, *Chardi*, *Jwara* etc. It is widely used in the treatment of skin diseases involving itching, pigmentation and burning sensation (33).

### **Vilwadi Gulika**

*Vilwadi Gulika* is an ayurvedic antiviral and anti-bacterial tablet indicated to treat poisonous infections, insect, and rodent bites. This combination makes it a powerful *Vata* and *Kapha* balancer. It is also very effective in *Vishuchika*, *Ajeerna*, *Garavisha* and *Jwara*. *Vilwadi gulika* contains *Bilwa*, *Surasa*, *Karanja*, *Natam*, *Surahwam*, *Harithaki*, *Vibeethaki*, *Amalaki*, *Shunti*, *Maricha*, *Pippali*, *Haridra*, *Daruharidra* which are processed in goat's urine. It is *Tiktha* and *Katu* in *Rasa*, *Laghu* and *Ruksha* in *Guna* and *Ushna* in *virya* with *Kaphavathahara* and *Vishaghna* property. On the basis of the above facts it was presumed that this drug will be effective to cure *Dushivishajanya kushta*. *Dushivisha* is a transformed stage of *Sthavara*, *jangama* and *Garavisha* which becomes less potent, slow acting and has tendency to stay in the body for a longer period. It is given to remove toxic materials from the body due to the antimicrobial immunomodulatory and anti-inflammatory activity (34).

### **Conclusion**

Psoriasis can be correlated with *Kitibha Kushta*, type of *Kshudra Kushta* which is developed by vitiated *Vata* & *Kapha doshas* dominance. This case study demonstrates the successful management of *Kitibha Kushta* treated with the *Shodhana (Virechana)*, *Shamana* (Internal medications) and *Bahirparimarjana Chikitsa* (External application). *Dhanyamla dhara* and

*Takra dhara* were used here which gave excellent results to the patient from symptoms like Itching, Powdery discharge and Discolouration of skin. *Viruddha ahara* and *vihara* is one of the major causes of *kushta roga*. It means, prevention from diseases can be done at *nidana* level, i.e. *Nidana parivarjana*. *Pathyapathya* seems to play an important role in curing of this disease. So, along with treatment it should be given proper weightage. This is one among the relapsing type of skin disease, so patient is advised to follow *Pathya apathya* like *Ahara*, *Vihara*, *Achara* and *Vichara*. On the basis of this case study it can be concluded that *Virechana* and *Shamana* treatment along with *Dhanyamla dhara* and *Takra dhara* was effective in the management of *Kitibha Kushta*.

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