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 Dosha in the body either by pathological condition or dietetic mis management.
Keywords: Kitibha Kushtha, 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 diseases Kitibha Kushtha 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 Kushtha 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 Kushtha is described as one of the most chronic disorders (Maha-gada) by Acharya Sushruta. Among different types of Kushtha Kitibha Kushtha is described as one with symptoms like Shyaavam Kina (The lesion are Blashish brown/ Ash Color), Khar Sparsam (rough on the touch just like the scar of wound), Parusham (Hard and dry in nature) Kitibha Kushtha is predominantly caused by vitiated duo Kapha and Vata. The common initial site of occurrence of psoriasis such as scalp, knees & earlobes & other places of joints are pertaining to the Shhana of Vata Dosha. Here we studied the just below the ankle joint. As per our Samhitas Kushtha is a Bahudosha Avastha vyadhi in this repeated Shodhana Karma is indicated. Specially in Kapha dominated Kushtha (Kitibha Kushtha) Vaman is indicated.

In the present study a patient of Kitibha Kushtha 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 Kushtha.

Effect of Indigenous Gomutra in the Treatment of Twak Roga

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 Amuloman, 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. 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); bioenhancer, antibiotic, antifungal, anticancer properties are particularly mentioned in those patents. It has Fungicidal and Bio-fungicidal in effect.

Case Report

This study is the perfect case study of Ayurvedic management of a case of Kitibha Kushtha (Psoriasis). A 37 year old male patient with chief compliant of plaque over ankle region and just below the knee with powdery discharge, Itching over the affected region (Kandu), Burning sensation (Daha), Discoloration (Vaivarna) 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

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- 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 Snehan with Panchatikta ghrita\textsuperscript{11} and Bahya Snehan with Marichyadi Taila\textsuperscript{12}

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

B) Selected external Ayurvedic Drugs-
Drug: Bahya Snehan 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\textsuperscript{13}- 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 Ghata on the basis of Shastra.
Dosh: Kapha & Vata Pradhana

Dusyha: 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 Snehan is recommended in the primary stage if different types of Kustha\textsuperscript{14}. Snehana is the important process of Poorva Karma that decides the whole outcome of Shodhana\textsuperscript{15}. Snehana enables body soft, provides Snigdhatwa, and liquefies dosha & increase Kledatava in the body\textsuperscript{16}. 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\textsuperscript{17}. After that the administration of Abhyantara Snehan (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 & Pancha Shakti of patient. The maximum quantity of consumed Snehapana 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\textsuperscript{18}.

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, Mash, Butter, Mishri & Milk that promotes production of Kapha\textsuperscript{19}. 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\textsuperscript{20}. 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 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 (Randita 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 nauseating & 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: Ayurveda define its own observation tools for proper Vaman there are Vaigiki, Maniki, Antiki, Laingiki purifications are as follows-

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

In this procedure an output of 6.8 litre of content in 9 Vegas (emetics). It shows the “Uttam Shuddhi Lakshana”22. The whole procedure completed in the duration of 80 minute. After the Antiki observed then Dhupamana (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- Score23
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:

<table>
<thead>
<tr>
<th>S.N.</th>
<th>Response</th>
<th>Grade in Numeric</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>No response</td>
<td>0</td>
</tr>
<tr>
<td>2.</td>
<td>Slight Good</td>
<td>1</td>
</tr>
<tr>
<td>3.</td>
<td>Good</td>
<td>2</td>
</tr>
<tr>
<td>4.</td>
<td>Very Good</td>
<td>3</td>
</tr>
<tr>
<td>5.</td>
<td>Excellent</td>
<td>4</td>
</tr>
</tbody>
</table>
Table 1: Table showing the Dose, Route, Kala and Anupana of Abhyantara Snehapana during Poorva Karma.

<table>
<thead>
<tr>
<th>S.N.</th>
<th>Name of Abhyantara Sneha</th>
<th>Route</th>
<th>Matra (ml)</th>
<th>Kaala</th>
<th>Anupana</th>
</tr>
</thead>
</table>

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

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

Table 3: Intervention-

<table>
<thead>
<tr>
<th>Procedure</th>
<th>Intervention</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aama-Pachan/Agni Deepan with Ajamodadi Choorna</td>
<td>3 gms Three times in a Day with Lukewarm water before meal up to first 3 days</td>
</tr>
<tr>
<td>Poorva Karma</td>
<td>1. Sthani Abhyanga with Marichyadi Taila 2. Mridu Swedana with lukewarm water</td>
</tr>
<tr>
<td>Pradhana Karma</td>
<td>Vamana Karma</td>
</tr>
<tr>
<td>Paschat Karma</td>
<td>Follow the Ashta Maha Dosha Kara Varjya Vishayas upto the Parihara Kaala. 2. Appropriate Sansarjana Karma of 7 days</td>
</tr>
<tr>
<td>Kaala</td>
<td>Pratah Kaal (Morning)</td>
</tr>
<tr>
<td>Duration of Therapy</td>
<td>3+15 days</td>
</tr>
<tr>
<td>Shamana Aoushadhi</td>
<td>Indigenous Gomutra Ark 10ml with equal amount of water morning and evening empty stomach</td>
</tr>
<tr>
<td>Follow UP</td>
<td>1st- After 7 days (After complete procedure including Sansarjana Karma) 2nd- After 10 days</td>
</tr>
<tr>
<td>Total Study Duration</td>
<td>35 days</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>S.N.</th>
<th>Sign &amp; Symptoms</th>
<th>Before Treatment</th>
<th>1st follow up</th>
<th>2nd follow up</th>
<th>After treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Plaque over ankle region</td>
<td>Prominent (4)</td>
<td>Slight reduced (3)</td>
<td>Reduced (1)</td>
<td>3</td>
</tr>
<tr>
<td>2</td>
<td>Powdery discharge</td>
<td>Regular (3)</td>
<td>Diminished(1)</td>
<td>No discharge (0)</td>
<td>4</td>
</tr>
<tr>
<td>3</td>
<td>Blackish spot</td>
<td>Darken (3)</td>
<td>Lighter(2)</td>
<td>Light (1)</td>
<td>3</td>
</tr>
<tr>
<td>4</td>
<td>Itching &amp; burning sensation</td>
<td>At High (3)</td>
<td>About to finished (1)</td>
<td>No (0)</td>
<td>4</td>
</tr>
</tbody>
</table>
**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 **Kushta**, his mother is taking regular medicament of **Kushta**. 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 **Kushta** 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.

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