

CASE STUDY

Holistic Approach in the Management of *Kitibha Kushtha*: A Case Study

Saroj Godara^{1*}, C. R. Yadav², Bhanu Pratap Singh³, Ankita Kohli¹

¹M.D. Scholar, Department of Kriya Sharir, National Institute of Ayurveda (Deemed University), Jaipur, Rajasthan, India.

²Professor and Head, Department of Kriya Sharir, National Institute of Ayurveda (Deemed University), Jaipur, Rajasthan, India.

³Assistant Professor, Department of Kriya Sharir, National Institute of Ayurveda (Deemed University), Jaipur, Rajasthan, India.

ARTICLE INFO

Article history:

Received on: 10-07-2025

Accepted on: 17-08-2025

Published on: 31-08-2025

Key words:

Kitibha Kushtha,
Psoriasis,
Shodhana Chikitsa,
Virechana Karma

ABSTRACT

Skin conditions can significantly impact both physical and emotional well-being, leading to a decreased quality of life. Factors such as altered lifestyles, lack of physical activity, poor hygiene, and mental stress commonly contribute to skin diseases. In *Ayurveda*, all skin disorders fall under the category of *Kushtha*, which is further divided into *MahaKushtha* and *Kshudra Kushtha*. Psoriasis, a chronic non-infectious inflammatory skin condition, characterized by well-defined red plaques covered with silvery scales. This condition is comparable to *Kitibha* in *Ayurveda*, as they share similar signs and symptoms. It is a subtype of *Kshudra Kushtha* primarily characterized by vitiated *Vata* and *Kapha Dosha*, exhibiting *Shyava varnata*, *Kinvat Khara Sparsha*, *Parushata*, and *Kandu*. The objective of this study is to evaluate the role of *Shodhana Chikitsa* in the management of *Kitibha Kushtha*. This case study highlights a 52-year-old male patient who visited the Kriya Sharir outpatient department at NIA Jaipur, presenting with skin lesions accompanied by intense itching on his upper and lower limbs, abdomen, and back. He was treated with *Shodhana Chikitsa* (body purification) using *Virechana Karma*. The patient experienced considerable relief from symptoms. The psoriasis area and severity index score also indicated notable improvements. *Kitibha Kushtha* can be effectively treated through the administration of shodhana therapy (virechan karma).

1. INTRODUCTION

Ayurveda, the ancient science rooted in the *Vedas*, views health as a balance of physical, mental, social, and spiritual well-being. According to Ayurvedic principles, the body consists of *Dosha*, *Dhatu*, and *Mala*, and any imbalance in these can lead to disease. As stated, “*Dosha Dhatu Mala Mulam Hi Shareeram*,” any disturbance in these elements leads to the development of disease.^[1] Specifically, *Ayurveda* teaches that the vitiation of *Rakta Dhatu* leads to *Kushtha*, a skin disorder, as described in the text “*Kushnati Shareerasya Shonitam Vikrute*.”^[2] Factors such as improper diet (*Mithyaahara*) and lifestyle (*Mithyavihara*) disturb the *TriDosha*, which, in turn, leads to the aggravation of *Rasa*, *Rakta*, *Mamsa*, and *Lasika*. These seven substances – *TriDosha*, *Rasa*, *Rakta*, *Mamsa*, and *Lasika* – are considered “*Sapta Dravya Sangraha*” – the key components involved in the pathogenesis of *Kushtha*.^[3] Each *Dosha* vitiation elicits the

different *Lakshana* in the *Twacha*. According to *Charaka Acharya*, *Kitibha Kushtha* is one of the *RaktapraDoshaja Vikara* caused by vitiation of *Vata* and *Kapha Dosha* in excess having *Lakshanas* such as *Shyava Varna* (blackish brown colour), *Kina Khara Sparsham* (rough on touch), *Parusham* (Dryness), *Ruksha Pidika* (skin eruption), and *Kandu* (itching).^[4] The principal line of treatment for *Kushtha* involves repeated *Shodhana Karma* (bio-purification therapies), aimed at eliminating the vitiated *Doshas* from the body and preventing their further aggravation or recurrence.^[5] Among the methods of *Shodhana*, *Virechana* (purgation) is particularly effective for conditions like *Rakta*-related skin diseases. This process eliminates the *Doshas* at their root.^[6] Following *Shodhan*, *Shamana* (pacification) is used to manage remaining imbalances.

In modern medicine, psoriasis is considered a genetic, immunological, and systemic disorder. It is a chronic, inflammatory skin condition marked by scaly, erythematous plaques, often found on extensor surfaces, the scalp, and nails.^[7] Psoriasis tends to relapse and remit over time, with no definitive cause or cure. Although treatments such as steroids and topical creams are commonly used, they often come

Corresponding Author:

Saroj Godara,
M.D. Scholar, Department of Kriya Sharir, National Institute of Ayurveda
(Deemed University), Jaipur, Rajasthan, India.
Email: godarasaroj2696@gmail.com

with serious side effects, including liver and kidney damage and bone marrow suppression. In contrast, *Ayurveda* offers a safer and more effective approach to managing psoriasis, addressing the root causes of the condition while minimizing harmful side effects.

2. CASE PRESENTATION

A 52-year-old male patient visited the *Kriya Sharir* outpatient department (OPD) at the National Institute of Ayurveda, Jaipur. He had been asymptomatic until a year ago, when he began developing small blackish lesions on his left lower limb. These lesions gradually spread to the right limb and eventually to his entire body, accompanied by severe itching and bleeding after scratching. Despite receiving allopathic treatment for some time, he did not experience any relief, prompted him to seek further management at the *Kriya Sharir* OPD.

2.1. Past History

- No history of diabetes mellitus, hypertension, or any other systemic disorders
- Known case of thyroid dysfunction, specifically hyperthyroidism
- No known history of drug allergies.

2.2. Family History

The patient's father had a history of similar skin lesions.

2.3. Treatment History

The patient had undergone allopathic treatment for approximately 6 months for his skin lesions; however, no significant improvement was observed.

2.4. Personal History

- Appetite: Decreased
- Sleep: Disturbed (due to itching)
- Bowel habits: Regular and satisfactory
- Bladder habits: Normal.

2.5. Clinical Findings

The patient appeared significantly depressed due to his current condition. On examination (O/E): Multiple blackish, thickened skin lesions were observed, predominantly distributed over the upper and lower limbs, as well as other parts of the body. The lesions were associated with severe itching, scaling, and, at times, pain and bleeding following scratching.

2.6. Laboratory Investigations

Mentioned in table 1 below.

2.6.1. Samprapti ghataka

- *Dosha - TriDosha*
- *Dushya - Rasa, Rakta, Mamsa, Lasika*
- *Ama - Jathar agni janya ama*
- *Agni - Jathar agni maandhya*
- *Srotas - Rasavaha, Raktavaha*
- *Srotodushhti prakar - Sanga*
- *Rogamarga - Bahya*
- *Udhhbhava sthana - Amashaya*
- *Vyaktisthana - Twacha*
- *Roga swabhav - Chirakari*
- *Sadhyasadyatva - Sadhya.*

2.6.2. Samprapti^[8]

The samprapti of disease are described in fig 1 below

2.7. Treatment Plan

1. *Deepana - Pachana*
2. *Snehapana*
3. *Abhyanga* and *Swedana*
4. *Virechana*
5. *Samsarja Krama.*

2.8. Treatment Schedule

Mentioned in table 2 below.

3. RESULTS

Before treatment, the patient exhibited Krishna Varna (blackish) lesions with severe Kandu (itching) and Daha (burning sensation), along with large and numerous lesions showing Rukshata (scaling). After Shodhana, there was a marked improvement: the Varna became lighter, Kandu and Daha were significantly reduced, lesion size and number decreased, and scaling disappeared. The PASI score improved from 8.5 to 3.2, indicating substantial reduction in disease severity. The results are shown in before and after treatment in table 3 and pictures below.

4. DISCUSSION

Based on the *Nidana* and *Lakshanas*, treatments such as *Deepana*, *Pachana*, *Vatanulomana*, and *Virechana* were administered in Ayurvedic management.

4.1. Probable Mode of Action

- *Virechana* is a procedure that can be comfortably performed and yields good results in treating *Kushtha Roga*, which is characterized by an excess of *Dosha (BahuDoshavastha)*.
- Before performing *Shodhana*, it is essential to first carry out *Amapachana* to normalize the *Agni*, which is accomplished through *Deepana* and *Pachana*.
- Both *Snehana* and *Swedana* assist in loosening the *Dosha* and moving them from the *Shakha* (peripheral areas) to the *Koshtha* (central part of the body).
- The *Virechana* medicine spreads throughout the body at a cellular level due to its *Vyavayi Guna*, facilitating quick absorption. Its *Vikasi Guna* softens and loosens the *Dosha* that contribute to *Dhatu Shaithilya*.
- Due to *Ushna guna*, *Dosha sanghata* is liquefied. *Tiksha guna* is responsible for producing *Chedana* of *Dosha* which is already softened due to *Snehana* and *Swedana* so the liquefied *Doshas* are dragged to the *Koshtha* and eliminated out of the body.

5. CONCLUSION

This case study serves as documented evidence of the successful management of *kitibha Kushtha* through *shodhana chikitsa*. *Shodhana* plays a key role in *bahuDoshavastha*, as emphasized by *Acharya Sushruta*, who highlights the significance of repeated *shodhana* in such conditions of *Kushtha*. Since *Kushtha vyadhi* has a tendency to recur, *nidana parivarjana* should be practiced alongside the treatment.

6. ACKNOWLEDGMENTS

Nil.

7. AUTHORS' CONTRIBUTIONS

All the authors contributed equally in design and execution of the article.

8. FUNDING

Nil.

9. ETHICAL APPROVALS

This study does not require ethical clearance as it is a case study.

10. CONFLICTS OF INTEREST

Nil.

11. DATA AVAILABILITY

This is an original manuscript and all data are available for only review purposes from principal investigators.

12. PUBLISHERS NOTE

This journal remains neutral with regard to jurisdictional claims in published institutional affiliation.

REFERENCES

1. Acharya VY, editor. Sushrut, sushrut samhita, with nibandhasangraha of dalhanacharya and nyayachandrika panjika of gayadasacharya.

2. Acharya VY, editor. Agnivesha, charaka samhita, with Ayurveda dipika commentary by chakrapani. Sutra Sthana. 13th Chapter Verse 22. New Delhi: Chaukhamba Publication; 2018.
3. Joshi YG. Charak samhita, chikitsasthana, Kushtha chikitsa adhyay shlok 9. New Delhi: Vaidyamintran Prakashan; 2005. p. 190.
4. Acharya VY. Agnivesha, charaka samhita, with Ayurveda dipika commentary by chakrapani, chikitsa sthana. 7th Chapter Verse 22. New Delhi: Chaukhamba Publication; 2018.
5. Acharya VY. Agnivesha, charaka samhita, with Ayurveda dipika commentary by chakrapani, sutra sthana. 16th Chapter Verse 20. New Delhi: Chaukhamba Publication; 2018.
6. Acharya VY. Agnivesha, charaka samhita, with Ayurveda dipika commentary by chakrapani, chikitsa sthana. 7th Chapter Verse 39. New Delhi: Chaukhamba Publication; 2018.
7. Zaidi Z, Lanigan SW. Immune system of the skin. In: Dermatology in clinical practice. London: Springer Verlag Ltd., 2010. p. 185.
8. Sharma RK, Dash B. English Translation on charak samhita of agnivesha's, chikitsasthana, Kushthachikitsa. Chapter 7, Shlok 4. Varanasi: Chowkhamba Sanskrit Series Office; 2014. p. 323.

How to cite this article:

Godara S, Yadav CR, Singh BP, Kohli A. Holistic Approach in the Management of *Kitibha Kushtha*: A Case Study. IRJAY. [online] 2025;8(8);26-30.

Available from: <https://irjay.com>

DOI link- <https://doi.org/10.48165/IRJAY.2025.80805>

Table 1: Laboratory investigation

Test	Result	Unit
Complete blood count		
Total RBC	3.19×10 ⁶	/μL
Hemoglobin	9.8	g/dL
Differential leukocyte count		
Lymphocytes	9.3	%
Eosinophils	14.2	%
Erythrocyte sedimentation rate	38	mm/h
Renal function test		
Urea	11.1	mg/dL
Serum creatinine	0.73	mg/dL
Thyroid function test		
T3	1.24	ng/mL
T4	4.99	μg/dL
TSH	3.48	μIU/mL

RBC: Red blood cell

Table 2: Treatment schedule

Date	Treatment	Medicine/procedure
10 September 24 to 13 September 24	<i>Deepan - Pachana</i>	<i>Panchkol churna</i> 5 g BD BF
14 September 24 to 17 September 24	<i>Snehpana</i>	<i>Panchtikrit Ghrit</i> D1–30 mL; D2–70 mL D3–100 mL; D4–130 mL
18 September 24 to 21 September 24	<i>Abhyanga Swedana</i>	<i>Abhyanga</i> by <i>Dashmool taila</i> followed by <i>Petisweda</i> .
21 September 24	<i>Pradhan karma – Virechana</i>	80 g of <i>Trivrut Avaleha</i> Total vega – 16 vega+3 upvega
21 September 24 to 25 September 24	<i>Samsarjana krama</i>	Advised for 5 days.

Table 3: Effect of treatment

Features	Before treatment	After treatment
Color	Blackish	Reduced
Itching	Severe	Reduced
Burning sensation	Severe	Reduced
Lesion size	Larger	Decreased
Lesion number	More	Decreased
Scaling	Present	Absent
PASI	8.5	3.2

PASI: Psoriasis area and severity index

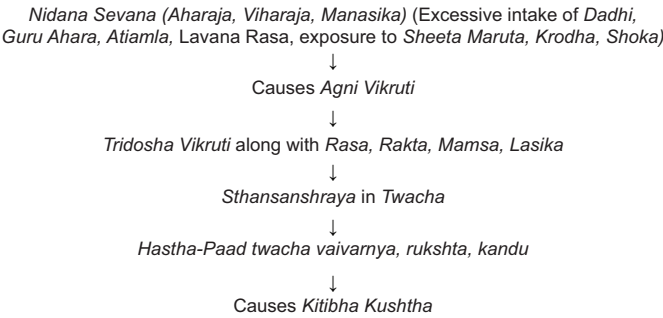


Figure 1: The samprapti of disease

Before Treatment

After Treatment

