

THE EFFECT OF KUTAKI SIDDHA GHRIT ON KITIBH KUSHTHA (PSORIASIS) –A SINGLE CASE STUDY

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ABSTRACT

Basic aim of Chikitsa is to bring Dhatu of the body in Saamya-Avastha. The two basic methods are Shodhan and Shaman. Kitibh Kushtha is a type of Kshudra Kushtha and Sukhsaadhya Vikar seen in many patients since ages.^[1] Despite the advancement in Modern medicine for treating this condition the cases of relapses still continue to persist. The dosha aadhikyata i.e. Dominant Doshas are Vata and Kapha.^[2] The Dosha Aadhikyataa i.e. presence of Dohsas abnormally in excess needs treatment with Sanshodhan Upkram e.g. Virechan, Basti etc. Since the Lakshanas of Vata were dominant in the patient, the treatment of Snehpana was given using Kutaki Siddha Ghrit. The patient had history of chronic alcohol intake, hence considering the

pitta Dosha Vikruti and It's adverse effect on Yakrut (Liver), ghrit was prepared using Kutaki, which has Proeprty of Pitta Virechan.

KEYWORDS:- Ayurveda Autoimmune Disorder, Diseases.

1) INTRODUCTION

Kushtha is a term broadly used in Ayurveda for describing various skin diseases and does just not mean Leprosy. Kitibh Kushtha, sometimes correlated with Psoriasis is a type of Kshudra Kushtha and Sukhsaadhya Vikar seen in many patients since ages. Increased proliferation of keratinocytes and endothelial cells in conjunction with APC/T cell/monocyte/macrophage inflammation leads to the distinct epidermal and vascular hyperplasia that is characteristic of lesional psoriatic skin. Despite the advancement in Modern medicine for treating this

condition, the relapse cases still continue to persist. The dosha aadhikyta i.e. Dominant Doshas are Vata and Kapha in Kitibh Kushth.

Rationale of the study

Here in this case patient 66 year old male had history of chronic alcohol intake, hence considering the Pitta Dosha Vikruti and Ras-Rakt–Maamsa Dhaatu dushti and its adverse effect on Yakrut (Liver), ghrit Kalpana prepared as per Sharangdhara Samhita^[3] using Single Drug Kutaki (Part-Mool) was used for Snehana.

2. Aim:- To evaluate the efficacy of Kutaki Siddha Ghrit in Kitibh Kushtha

a) Objective:- To Study the samprapti of Kitibh Kushtha (Psoriasis)

3. Methodology

1. A Clinical case study was conducted in IPD of the Hospital.
2. Kutaki Siddha Ghrita was given to patient Matra-20 mL (empty Stomach) for 15 days.
3. The Patient was observed during the inward stay and counseled for both Physical and mental well being.

Samprapti^[4]

Hetu Sevan(Chronic Alcohol intake, Abhishyandi Padarth(Dadhi), Guru, Snigdha (fried foods in excess), Ratrijagaran--→Tridosh Dushti--→Twak, Rakta Maamsa, Meda Sroto Dushti→Twak, (Udar, Prishtha, Kapaal) sthanikandu, Rukshta, Vaivarnya, Mandal utpatti.-→Kitibh Kushtha^[4]

Kutaki -Mode of action^[5]

1. **Rasatah:-** Tikta– works on Gunatah, Vikriti of Ras Rakta Maamsa Dhatu, Aampachak, reduces Twachagat Rukshta.
2. **Vipakatah:-** Katu works on Gunatah, Vikriti of Pachak and Bharjak Pitta, helps in eliminating Mala from Ras and Rakta dhatu reduces Kanduta, Vaivarnyata.
3. **Veerya:-** Sheet works on Ushna guna of Vikrit Pitta Dosha alleviates in Rupatah Raktim Varna and daah.
4. **Karmatah:-** Pittavirechak, Bhedaneeya, Yakrut Uttejaka, Thus improves liver function.
5. **Ghrit:-** Yogwahi, Sanskarsyaabhinirvaratan, Pitta shamaka, Varnyakara, Agni Vardhaka.

Observation

Sr. No.	Lakshana	Before Treatment	After treatment
1	Raktim Shyaav Mandal	+++	++
2	Kandu	+++	Negative
3	Twak Rukshtha	+++	+

Table showing Observation of signs and symptoms before and after the Treatment

4. RESULT

The lesions of Kitibh Kushtha were significantly reduced after Snehpaan with Kutaki Ghrith.

5. DISCUSSION

Here in this case Patient despite having more Vata prominence in the body, had aggravated Vikrut Pitta and Raktha Dhatu Dushti presence due to chronic Alcohol intake. Kutaki being Pittavirechak worked here in this patient and improved Liver function. More such trials are required to establish this treatment.

6. CONCLUSION

Snehpaana with Kutaki Ghrith has significant role in reducing the present signs and symptoms as well as preventing relapse of signs and Symptoms in Kitibh Kushtha.

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