



## DRAVYA PRAYOGA IN EKA KUSHTA AND KITIBHA

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### Abstract

The Skin is the largest among the organs of the body and provides an immediate barrier between the internal tissues and environment. Skin protects the body from the effects of temperature and chemical and microbial attack. Skin has a great cosmetic importance. The disorders of skin greatly affects the mental and physical state of a human being. Among the various disorders of the skin Psoriasis has prime importance and has raised challenges for medical fraternity. According to the Ayurvedic science the skin disorders are mentioned under the term Kushta. There are 18 types of Kushta. Among them Eka kushta and Kitibha which are mentioned under Kshudra Kushtas have similarities with the symptoms of Psoriasis. There are various treatment modalities mentioned for Psoriasis. This paper reviews some of the single drug remedies mentioned for the treatment of Eka kushta and Kitibha in various Ayurvedic classics and nighantus.

**Keywords:** *Eka Kushta, Kitibha*, Psoriasis, Single drugs

### Introduction

Skin diseases are the most frequently occurring health problem which affects people of all ages. Usually 10-15% cases present before general practitioners are pertaining to skin diseases. Due to altered life style, lack of physical exercise, unhygienic, mental stress, over eating, skin diseases are commonly observed. Psoriasis is one of the skin disorder which has more often being seen during these days due to stress and faulty lifestyle. Psoriasis has been mentioned under two names in our Ayurvedic classics as Eka kushta and Kitibha.

The disease which causes disfiguration of the body is termed as Kushta. In ayurveda the term Kushta has been given to all the skin disorders mainly Kushta. In the classics Kushta has been classified as Maha kushtas and Kshudra kushta. Maha kushtas are 7 in number and Kshudra Kushtas are 11 in number. Eka kushta and kitibha have been mentioned under the 11 types of Kshudra Kushtas. Both have been mentioned to be due to Vata Kapha predominance.<sup>1</sup>

### Nidanas

- The causes for Kushta in general can only be taken for Eka kushta and Kitibha
- Shokha, Chinta, Ratri jagarana, excessive intake of curds, excessive intake of Katu rasa dravyas.

<b>Eka kushta</b>	<b>Kitibha</b>
Aswedana (Loss of perspiration)	shyava (Blackish)
Maha vastu (spreads along a large surface)	Kina khara sparsha (Rough)
Matsya shakalopamam (resembles skin of fish)	Ughra Kandu (Severe itching)
Vata Kaphaja	Vata Kaphaja

## Samprapti

Over indulgence in Nidana leads to the vitiation of the tridoshas. The vitiated Vata take vitiated Pitta and Kapha through the tiryak gami siras causing vitiation of Twak, Mamsa,Rakta and Lasika which ultimately leads to Kushta.

## Samprapti Ghatakas

Dosha	Vata kapha
Dhatu	Twak, Rakta,Mamsa, Lasika
Srotas	Rasavaha,Raktavaha,Mamsavaha
Adhistana	Twak
Srotodusti	Vimarga gamana
Agni	Mandya
Udbhava sthana	Rasa and Rakta
Vyakta sthana	Twak

## Modern Correlation

- Psoriasis is a auto immune , non infectious , chronic inflammatory skin disorder where altered keratinisation of epidermal cells takes place with well defined erythematous lesion and silver plaques with a predilection for extensor surface and scalp and a chronic fluctuating course.

Signs and symptoms of psoriasis may include the following:

- Worsening of a long-term erythematous scaly area
- Sudden onset of many small areas of scaly redness
- Recent streptococcal throat infection, viral infection, immunization, use of antimalarial drug, or trauma
- Pain (especially in erythrodermic psoriasis and in some cases of traumatized plaques or in the joints affected by psoriatic arthritis)
- Pruritus (especially in eruptive, guttate psoriasis)
- Afebrile (except in pustular or erythrodermic psoriasis, in which the patient may have high fever)
- Dystrophic nails, which may resemble onychomycosis
- Long-term, steroid-responsive rash with recent presentation of joint pain
- Joint pain (psoriatic arthritis) without any visible skin findings
- Conjunctivitis or blepharitis

## Dravya Prayoga In Eka Kushta And Kitibha

- As in both Eka Kushta and Kitibha, the doshas involved are Vata and Kapha, the line of treatment should be to treat these two Doshas.
- While mentioning about the line of treatment Charaka has mentioned that in Vata predominant Kushta snehana should be done and Kaphaja Kushta Vamana should be done.
- As these two disorders are Vata Kaphaja disorders snehana followed by vamana would be beneficial.
- Charaka has mentioned specific drugs for vamana like Kutaja, Madana phala, Madhuka,Patola and Nimba.

Some single drug remedies mentioned in the various classics are as follows

- Pulp of Amra fruit (*Mangifera indica*) mixed with Saindhava is rubbed with water in a copper vessel. This is applied in Psoriasis.<sup>2</sup>
- Leaves of Aragvadha (*Cassia fistula*) are pounded with sour gruel and applied on the part in case of ring worm, kitibha, kustha and sidhma.<sup>2</sup>
- Oil cooked with root of Karavira (*Nerium indicum*) with gomutra destroys carmadala, sidhma and kitibha.<sup>2</sup>
- Paste of Haimavati vacha or Shweta vacha (*Iris germanica*) along with Indrayava pounded with Gomutra cures Psoriasis.<sup>2</sup>
- Seeds of Chakramarda (*Cassia tora*) impregnated with Snuhi ksheera and Gomutra dried in sun makes a good paste for Kitibha.<sup>3</sup>
- Kasamarda (*Cassia occidentalis*) mula is pasted on kanji and this paste is applied in Kitibha.<sup>3</sup> These were some single drug remedies specifically mentioned for Kitibha and Kushta.<sup>3</sup> Following are some of the single drug remedies mentioned which are mentioned commonly for kushta which could be helpful in Eka Kushta and Kitibha.<sup>3</sup>
- The root of Khadira (*Acacia catechu*) is burnt and the juice exuded is collected in a jar. This juice is taken with ghee, Amalaki (*Emblia officinalis*) swarasa and Madhu which acts rasayana and destroys kushta.<sup>3</sup>
- The patient suffering should take juice or decoction or ghee cooked with Guduchi (*Tinospora cordifolia*) every morning. This will treat all types of kushta .<sup>4</sup>
- Darvi or rasanjana (*Berberis aristata*) taken along with cow's urine checks all types of Kushta.<sup>4</sup>
- The combination of Nimba (*Azadirachta indica*) and Patola (*Tricosanthes dioica*) is efficacious in kusta of various forms.<sup>5</sup>
- Pancha Nimba churna (*Azadirachta indica*) –Nimba patra, Nimba mula, Nimba pushpa, Nimba phala and Nimba twak all should be taken in equal quantities. All these have to be powdered and stored . 2-3 g of Madhu and Ghrta – Kapha predominant Kushta. One who uses 100 nimba leaves pounded with water for an year becomes free from several types of Kushta
- Bhangra (*Cannabis sativa*) is collected on an auspicious day and powdered this should be taken along with honey and ghee, it destroys all types of Kushta.<sup>5</sup>
- In Kushta because of Kapha predominance ghrta cooked with Bhallataka (*Semecarpus anacardium*), Haritaki (*Terminalia chebula*) and Vidanga (*Embelia ribes*) is efficacious.<sup>5</sup>
- Paste of seeds of Mulaka (*Raphanus sativus*) and Bakuchi (*Psoralea corylifolia*) c pounded in Gomutra is useful for lepa.<sup>5</sup>
- Water is put within the fruit of Koshataki (*Luffa acutangula*) and kept overnight. This taken in dose of 10 ml destroys all types of kushta.<sup>5</sup>

These were some of the remedies mentioned in the classics

Other than the above mentioned therapies various drugs which have been mentioned as Kushtaghna, Kandughna can be used in the treatment of Eka kushta and Kitibha based on their action on doshas. Here is a list of drugs which can be used in the treatment.

Ankola – <i>Alangium salvifolium</i> -	Kapha Vata shamaka- its taila is beneficial in all types of kushta- it is said to be Kandughna.
Apamarga- <i>Acyranthes aspera</i>	Kapha Vata shamaka- Kandughna

Avartaki- Cassia auriculata	Kapha shamaka- Kandughna
Bakuchi-Psoralea corylifolia	KaphaVata shamaka- Kandughna- Kusthgna
Bhallataka-Semecarpus anacardium	KaphaVata shamaka- Kushtgna
Bhringaraja-Eclipta alba	Kapha Vatahara- Kushtgna

## Discussion

Psoriasis is a complex, chronic, multifactorial, inflammatory disease that involves hyperproliferation of the keratinocytes in the epidermis, with an increase in the epidermal cell turnover rate (see the image below). Environmental, genetic, and immunologic factors appear to play a role. The disease most commonly manifests on the skin of the elbows, knees, scalp, lumbosacral areas, intergluteal clefts, and glans penis. In up to 30% of patients, the joints are also affected.

Psoriasis has no cure. Treatments aim to reduce inflammation and scales, slow the growth of skin cells, and remove plaques. Psoriasis treatments fall into three categories: topical treatments, systemic medications, and light therapy.

In Ayurveda Psoriasis has been correlated with Eka Kushta and Kitibha

Both Eka Kushta and Kitibha are Vata Kaphaja. The single drug therapies and drugs mentioned are either helpful in external application or in the internal administration. As most of the drugs mentioned are in general for the treatment of kushta, we have to select the drugs which will have either vata kaphahara properties or kandughna property in the treatment of Kitibha and Eka kushta.

## Conclusion

- Looking good is an important factor in the present era and skin is one of the most important aspect which makes one look good. Skin diseased therefore have a very negative impact on a persons life. In the recent few years psoriasis has been troubling the mankind to a very great extent. Hence there is a need for effective ways to treat this dreadful disease. These therapies mentioned in the classics are very effective and have to be practiced to a great extent get rid of the skin problems specially psoriasis.

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