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# Effect of *Ikshu Rasa Basti* in *Kitibha Kushta* (Psoriasis) in Children - A Case Study

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## ABSTRACT

Skin is the largest organ in a human body. Dermatological problems are diagnosed by Paediatricians on a daily basis. Psoriasis is one of the most common dermatologic diseases, affecting about 1 to 2% of the world's population. Most of the skin diseases in Ayurveda have been mentioned under the title of *Kushta* which have *Saptakodravya sangraha*. *Kitibha Kushta* is one of the chronic conditions, which requires repeated *shodhana* and *shamana chikitsa*. Newer approaches are to be sought to have a quicker and better healing of lesions and also to prevent its recurrence. This paper highlights the effect of *Ikshu rasa basti* in a case of *Kitibha kushta* (Psoriasis).

**Key Words** *Kitibha kushta, Psoriasis, Shodhana chikitsa, Ikshu rasa basti*

## INTRODUCTION

Skin is the largest organ of the body which is vulnerable to environmental changes<sup>1</sup>. Dermatological problems are diagnosed by Paediatricians on a daily basis and it comprises of around one-quarter of a busy out-patient clinic<sup>1</sup>. Psoriasis is one of the most common dermatologic diseases, affecting about 1 to 2 % of the world's population<sup>3</sup>. Some of the predisposing factors are lack of physical exercise, poor hygiene, mental stress and improper food habits<sup>4</sup>. Skin diseases are considered as *Twak vikara* in Ayurveda, *Kushta* being one among them and known to have seven *dhatu*s namely *Tridosha, Lasika, Rakta, Mamsa and Medha*<sup>5</sup>.

*Kitibha kushta* is one among the *Kshudra Kushta* which is relapsing in nature.

A 15 years old boy visited OPD with primary complaints of scaling of skin all over the body including scalp since 8-10 years, associated with itching on and off. Apparently, patient was healthy 8-10 years ago and gradually experienced severe itching over right waist with scaling of skin. Scales later appeared over the trunk, upper limbs, lower limbs and scalp. His condition aggravated during the past 5-6 months, for which he was hospitalized and subjected to *shodhana* (purification) treatment.

### Clinical findings:

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- *Shyava/Krishna varna* (blackish discoloration of the skin): Present.
- *Kinakara sparsha* (rough to touch): Present.
- *Parusham* (hard to touch): Present.
- *Ruksham* (dryness of skin): Present.
- *Kandu* (itching over lesions): Present (Figure 1)



Figure 1 (Before treatment)

### Skin examination:

#### • Inspection

##### Morphology:

- Lesions: dry, covered with silvery scales and plaques.
- Shape of skin lesion: irregular to oval.
- Colour of skin lesion: Blackish and greyish.
- Borders: Sharply defined and well demarcated.

Distribution: Symmetrical, present over scalp, upper limb, lower limb, trunk and lumbo-sacral region.

Arrangement: Disseminate, coalesced.

#### • Palpation

- Auspitz's sign: Positive.
- Kobner's phenomenon: Positive.

## TREATMENT

### Shodana chikitsa:

#### Virechana

##### Purva karma:

- *Deepana pachana* was done with Chitrakadi vati.
- *Snehapana* with Tiktaka Ghrita.
- *Sarvanga abhyanga* with Dinesha Valyadi Tailam, *Bashpa sweda* with Panchavalkala kwatha.

*Pradhana karma*: Virechana was administered with Trivrit leha + Triphala kashaya.

*Pashchat karma*: *Samsarjana karma* for 3 days.

#### Kala Basti

*Anuvasana basti* with Aragwadha mahatiktaka ghrita.

*Niruha basti* (Ikshurasa niruha basti):

Makshika

Lavana

Sneha - Aragwadha mahatiktaka ghrita

Kalka - Sariva+Manjista+Shatapushpa + Sharkara

Kwatha - Panchavalkala kwatha

Avapa dravya - Goksheera + Ikshu rasa.

## RESULTS AND DISCUSSIONS

Patient has the history of excess intake of *virudda ahara* (opposite potency food - fish along with curd), *guru bojana* (heavy food), *pistanna* (food articles made out of floor- pizza, pasta, and cheese), *adhyashana* (over eating) and *divaswapna* (day sleeping).



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It leads to vitiation of *kapha-vata pradhana tridosha*



vitiated *doshas* circulating in *rasavaha, raktavaha srotas*



leading to *sthana-samshraya* in *Twak, Rakta, Mamsa* and *Lasika*



leading to *Mandala utpatti* (rounded skin lesion), *Bahukandu* (excess itching), *Rakta-krishna varna* (redish- black colour), *Khara sparsha*



*Kitibha Kusta*<sup>6</sup>

*Ekadesha sthita dosha* (Dosha situated at a place) when carried by *Vata* to various parts of the body, the disease becomes generalized. Here the *dushta Rakta* (vitiating blood) is carried to various parts of the body by *prakupita Vata* (aggravated Vata) there by leading to formation of *Matsya shakalopama* (resembles scales of fish) lesions throughout the body. Any disease which is relapsing in nature or not responding to any other treatment indicates *Rakta dusti*<sup>7</sup> and when the involvement of Pitta is present, one should also consider the involvement of *Rakta* along with it<sup>8</sup>. Vitiating doshas which have taken *ashraya* (reside) in *Rakta* won't subside by the *swadosha chikitsa* (treatment of that particular dosha) because of *Rakta prabhava* (influence of Rakta)<sup>9</sup>. Thus here treatment was targeted to eliminate *prakupita Tridosha* and also to achieve *Rakta shuddhi* (purification of Rakta)

*Shastrokta Virehana* (Classical purgative therapy) was done followed by *Ikshurasa basti* (Sugarcane juice enema)<sup>10</sup> in the form of *Kala basti*. *Snehapana* (intake of medicated ghee) followed by *Virechana* was administered on the patient. During the course of *snehapana* with *Tiktaka Ghrita*, complaints like *Kandu* and *Rookshata* over the lesions got reduced gradually. After *Virechana*, thickness of the scales and itching over the lesions reduced by 30% and no new lesions were observed (Figure 2).



Figure 2 (After virechana)

After *Virechana*, *Ikshu rasa basti* was administered. *Basti* being a best option for controlling the *Vata*, *Ikshurasa basti* advocated for *Rakta vikaras* which helps to achieve *Rakta shuddhi* and *Vata shamana*, thereby preventing the further progression of the disease<sup>10</sup>.

*Aragwadha mahatiktaka ghrita*<sup>11</sup> has drugs which are *tikta rasa pradhana* (predominant of Bitter taste) thus they help in *Rakta shodhana*



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(purification of blood) and *vrana ropana* (wound healing). In *Ikshurasa basti* –all the drugs which were used have the properties of *Rakta prasadana*. *Basti* reaches different parts i.e. *Shaaka – Raktadi dhatus* and *twak* to do *vranaropana*, *twak prasadana* (improvement in the skin quality).

On completion of the treatment, following changes were noted in the patient.

- Thick silvery scales disappeared.
- Lesions thinned out, with reduction in size by 2-3 cm.
- Itching completely reduced.
- Gradual appearance of normal skin colour and texture.
- Auspitz's sign: Negative.
- Kobner's phenomenon: Negative (Figure 3).

study presented is an evidence for the effective management of *Kitibha kushta* in children through *Ikshurasa basti*. Since *Kitibha* is relapsing in nature and in this case it was spread throughout the body, an approach was made with *Ikshurasa basti* to correct *Rakta dusthi* and *Vata dushti* which is shown to have excellent results. Thus *shodhana* followed by *basti* with *Rakta prasadaka dravyas* helps in better *vrana ropana* promoting the formation of normal skin.



Figure 3 (After Basti/treatment)

## CONCLUSION

Patient was known case of *Kitiba kushta* and seemed to be relapsing twice a year. The case



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