

Effect of *Vamana Karma*, *Triphala Kashaya* and *Dehigetadi Lepa* in treatment of *Kitibha* (Psoriasis) - A case study

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Abstract:

Kitibha is a type of *Kushta Roga* occurred by vitiation of *Vata* and *Kapha Dosha*. The features of the *Kitibha Roga* fairly resembles psoriasis. Psoriasis is a non-contagious, autoimmune, and papulo-squamous disorder. Acharyas prescribed *Vamana Karma* as one of the therapeutic measures in treatment of *Kushta (Kitibha)*. It helps to eliminate vitiated *Dosha*, especially vitiated *Kapha Dosha*, through *Urdhava Bhaga*. *Wagapul Madanaphala Yoga* is used in *Vamana Karma* in treatment of *Kitibha*(psoriasis) with effective results by Sri Lankan traditional physicians. *Triphala Kashaya* and paste of *Dehigetadi Lepa* and are also indicated in treatment of *Kitibha* with successful results. Since no scientific study has been conducted to evaluate effects of these treatments, the present case study was undertaken. A 35 year old male with a 2 years history of psoriasis was treated with *Vamana Karma* using *Wagapul Madanaphala Yoga* followed by oral administration of *Triphala Kashaya* and external application of *Dehigetadi Lepa* for a period of fourteen days. Before conduction of *Vamana Karma*, patient was subjected to *Snehana* (oleation) by giving ghee in progressive doses and *Swedana* (fomentation) with steam using *Sarvang Vashpa Swedan Yantra* (steam cabinet). The response to the treatment was recorded and therapeutic effects were evaluated through symptomatic relief. *Daha* (burning sensation) and *Srava* (pinpointbleeding) were completely relieved after *Vamana Karma*. Other symptoms were completely or partially relieved after entire treatment. It is concluded that *Vamana Karma* followed by oral administration of *Triphala Kashaya* and external application of *Dehigetadi Lepa* are effective in treatment of *Kitibha* (psoriasis).

Key words: *Kitibha*, Psoriasis, *Vamana Karma*, *Wagapul Madanaphala Yoga*, *Triphala Kashaya*, *Dehigetadi Lepa*

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Introduction:

Kitibha is a type of *Kushta Roga* which is mentioned in Ayurvedic authentic texts such as Charaka Samhita and Madava Nidana.^[1,2] It is a *Vata Kapha* predominant skin disorder with involvement of *Rasa* and *Rakta Dathu*. *Kitibha* can be correlated with psoriasis. Psoriasis is a persistent long-lasting (chronic) disease. It can occur at any age and is most common in the age group 50–69.^[3] Although psoriasis occurs worldwide, its prevalence varies considerably. In the USA, approximately 2% of the population is affected. High rates of psoriasis have been reported in people of the Faroe Islands, where one study found 2.8% of the population to be affected. The prevalence of psoriasis is low in certain ethnic groups such as the Japanese and may be absent in aboriginal Australians and Indians from South America.^[4]

In Ayurveda, *Vamana Karma*, is described as one of the therapeutic measures used in treatment of *Kushta Roga* predominant with vitiation of *Kapha Dosha*.^[5] Conduction of *Vamana Karma* using *Wagapul Madanaphala Yoga* is widely practiced in Ayurveda Teaching Hospital, Borella, Sri Lanka to treat various ailments including *Kitibha* (psoriasis) with excellent results. Dr. Nandani Karunarathne, retired medical officer, Ayurveda Teaching Hospital, Borella used *Triphala Kashaya* and *Dehigetadi Lepa* to treat patients suffering from *Kitibha* effectively. So far, no known scientific study has been conducted to evaluate the effect of *Vamana Karma* followed by internal administration of

Triphala Kashaya along with external application of *Dehigetadi Lepa* in treatment of *Kitibha*. Therefore, the present study was conducted

Case Report:

A 35 year old male, who attended the Outdoor Patient Department of Ayurveda Teaching Hospital, Borella, Sri Lanka seeking treatment for a skin disease was selected and admitted to the Panchakarma ward. He is a welder for the last 5 years and before that he worked in United Arab Emirates for 7 years. He has no family history of psoriasis. He had a 2- year history of progressively increasing scaling, itching, bleeding when itching and burning sensation in the affected areas of scalp, calves, lumbar region and the chest. At the beginning, he had few black colour patches on the chest with itching and scaling and then gradually it spread to other areas of the body. Selected Patient was thoroughly examined; especially the skin, nails and scalp. He was diagnosed as to be suffering from *Kitibha*(psoriasis). Severities of the symptoms were recorded using a specially prepared proforma. Effects of the treatment were evaluated based on reduction of symptoms. The grading scale of the clinical features are given below

Grading Scale of symptoms:01. *Daha* (burning sensation)

Nil = 0 = No burning sensation

Mild = 1 = Occasional burning sensation

Moderate = 2 = Intermittent burning sensation

Severe = 3 = Frequent burning sensation

Very Severe = 4 = Always burning sensation disturbing sleep and other activities.

02. *Kandu* (itching sensation)

Nil = 0 = No itching sensation

Mild = 1 = Occasional itching sensation

Moderate = 2 = Intermittent itching sensation

Severe = 3 = Frequent itching sensation

Very Severe = 4 = Always itching sensation disturbing sleep and other activities.

03. *Shyavam* (blackish brown colour)

Nil = 0 = Normal Skin colour

Mild = 1 = Near to normal but very slight blackish brown colour in the skin.

Moderate = 2 = Slight blackish brown colour in the skin.

Severe = 3 = Blackish brown colour in the skin

Very Severe = 4 = Dark blackish brown colour in the skin

04. *Aruna Varna* (pinkish red colour)

Nil = 0 = Normal Skin colour

Mild = 1 = Near to normal but very slight pinkish red colour in the skin

Moderate = 2 = Slight pinkish red colour in the skin.

Severe = 3 = Pinkish red colour in the skin.

Very Severe = 4 = Dark pinkish red colour in the skin.

05. *Kina* (dry scaling)

Nil = 0 = No dry scaling

Mild = 1 = Dry Scaling off once in 15-21 days

Moderate = 2 = Dry Scaling off once in 7-15 days

Severe = 3 = Dry Scaling off once in 4-6 days

Very Severe = 4 = Dry Scaling off once in 1-3 days

06. *Khara Sparsha* (roughness in plaques)

Nil = 0 = No roughness in plaques

Mild = 1 = Slight roughness in plaques

Moderate = 2 = Mild roughness in plaques

Severe = 3 = Moderate roughness in plaques

Very Severe = 4 = Severe roughness in plaques

07. *Ruksha* (dryness)

Nil = 0 = No lines appear on skin when scrubbing

Mild = 1 = Faint lines appears on skin when scrubbing and disappears quickly

Moderate = 2 = Marked line appears on skin when scrubbing and disappears within one minute

Severe = 3 = Excessive dryness with itching.

Very Severe = 4 = Severe dryness with itching

08. *Aswedam* (lack of sweating)

- Nil = 0 = Normal sweating
- Mild = 1 = Moderate sweating
- Moderate = 2 = Mild sweating.
- Severe = 3 = Slight sweating.
- Very Severe = 4 = No sweating

09. *Vruttham* (round well demarcated patches)

- Nil = 0 = No demarcated patches.
- Mild = 1 = Slightly demarcated patches
- Moderate = 2 = Demarcated patches
- Severe = 3 = Well demarcated patches
- Very Severe = 4 = Very well demarcated patches

10. *Srava* (pin point bleeding)

- Nil = 0 = No bleeding
- Mild = 1 = Occasional bleeding
- Moderate = 2 = Intermittent bleeding
- Severe = 3 = Often bleeding
- Very Severe = 4 = Always bleeding

11. *Ghana* (thickness of plaques)

- Nil = 0 = No thickness in the lesion
- Mild = 1 = Slight thickness in the lesion
- Moderate = 2 = Mild thickness in the lesion
- Severe = 3 = Moderate thickness in the lesion
- Very Severe = 4 = Severe thickness in the lesion

12. *Vruddhi* (elevated plaques)

- Nil = 0 = No elevation
- Mild = 1 = Slight elevation that cannot be felt
- Moderate = 2 = Slight elevation that can be felt
- Severe = 3 = Mild elevation
- Very Severe = 4 = Moderate elevation

The patient was treated with *Vamana Karma* followed by oral administration of *Triphala Kashaya* and external application of *Dehigetadi Lepa* for 14 days. The total duration of the treatment is 23 days. Treatment plan is given below (Table1).

Table 1: Treatment plan:

Time period	Treatment
Day 1 – 5	<i>Snehapana</i> (Orally administered ghee in progressive doses of 60ml, 120ml, 180ml, 240ml and 300ml)
Day 6	<i>Sweda Karma</i> (Before conducting <i>Sweda Karma</i> , sesame oil was applied on the body. Then <i>Swedana</i> (fomentation) with water vapour using <i>Sarvang Vashpa Swedan Yantra</i> (steam cabinet) <i>Kapha Uthkleshaka Ahara</i> was given in the night.
Day 7	Conducted <i>Vamana Karma</i> with <i>Wagapul Madanaphala Yoga</i>
Day 8-9	Followed <i>SansarjanaKrama</i> (proper diet and regimen).
Day 10-23	Administrated 120ml of <i>Triphala Kashaya</i> twice a day orally and applied the 50g of <i>Dehigetadi Lepa</i> externally on affected areas once a day

Method of preparation of drugs:

Decoction of *Triphala Kashaya* was prepared according Sri Lankan Ayurveda Pharmacopeia. [6]

Method of preparation of *Wagapul Madanaphala Yoga (VamanaAushadha)*

Sri Lankan traditional physicians prepared *Vamana Aushadha* as following method.

Equal parts of dried seeds of *Randia dumetorum* (Family: Rubiaceae; Sinhala name: *Madanaphala*), dried fruits of *Piper longum* (Family: Piperaceae; Sinhala name: *Vagapul*) and rock salt should be taken, powdered separately and mixed with bee's honey. Then this mixture should be given in the early morning on an empty stomach. Decoction prepared with dried stem of *Glycyrrhize glabra* (Family: Fabaceae; Sinhala name: *Welmee*) should be given as *Vamaopaga Dravya* to facilitate vomiting.

Method of preparation of paste of *Dehigetadi Lepa*

20g of immature fruits of *Citrus aurantifolia* (Family: Rutaceae; Sinhala name: *Dehi*), 5g of fresh rhizome of *Zingiber zerumbet* (Family: Zingiberaceae; Sinhala name: *Walinguru*), 40g of fresh leaves of *Azadirachta indica* (Family: Maliaceae; Sinhala name: *Kohomba*) and 40g of fresh rhizome of *Curcuma longa* (Family: Zingiberaceae; Sinhala name: *Kaha*) were washed thoroughly and ground with 50 ml of warm water to make a fine paste.

Procedure of *Vamana Karma*

Vamana Karma is carried out in three stages; namely *Purva Karma*, *Pradhana Karma* and *Paschat Karma*.

Purva Karma

Snigdha (oleation) and *Sweda* (fomentation) should be conducted before administering *Vamana Aushada* (emetics). The patient was made to consume *Ghrita* in progressive doses. On the 5th day *Samyak Snigdha Lakshana* (adequate symptoms of oleation) was present. On the 6th day morning, patient was fomented with steam using *Sarvanga Vashpa Swedan Yantra* (steam cabinet). In the night of 6th day, patient was given to eat *Kapha Uthklesha Ahara* (foods that aggravate *Kapha Dosh*) namely, 500ml of curd and 100g of Seer fish.

Pradhana Karma

On the morning of 7th day one liter of fresh milk was given to drink. Then the sesame oil was applied on the body and fomented using boluses containing leaves of *Vitex negundo* (Family: Verbenaceae, Sinhala name: *Nika*) and *Pavetta indica* (Family: Rubiaceae; Sinhala name: *Pavatta*). Then the patient was made to sit on a chair facing eastward and physician stood facing northward. *Vamana Aushada* prepared with *Randia dumetorum* (*Madanaphala*), *Piper longum* (*Thippili*), rock salt and bee's honey was given to the patient. When the urge to vomit (*Vamana Vega*) arises, decoction of *Glycyrrhize glabra* (*Welmee*) was given to facilitate vomiting. Symptoms of urge to vomiting are *Lomaharsha* (horripilation), *Sweda Pradhurbava* (appearance of sweat), *Kukshi Adhmapa* (flatulence) and *Hrllasa*

(nausea).^[7] The volume of intake of decoction of *Glycyrrhize glabra* and the volume of vomitus were measured and recorded. Drinking of decoction of *Glycyrrhize glabra* was continued till *Pitta Dharshana* (bile is expelled with vomitus).

Paschat Karma

After completion of *VamanaKarma*, *PaschatKarma*; namely *Gandusha* and *Dhumapana* were carried out.^[8] Then the patient was made to rest followed by

Samsarjana Karma (diet and regimen) as described in Ayurveda texts.^[9] Authentic texts advised to follow *Samsarjana Krama* for a period of seven days.^[10] In the present study, patient followed *Samsarjana Krama* for only three days as mentioned in Ayurveda Panchakarma Therapy by RH Singh.^[11]

The patient was advised visit OPD clinic for further treatment after discharging from the hospital and to avoid exposure to heat.

Observations:



Fig 1: Scalp- Before treatment



Fig 2: After *VamanaKarma*



Fig 3: After complete treatment



Fig 4: Leg- Before treatment



Fig 5: After *Vamana Karma*



Fig 6: After complete treatment

Results:

Therapeutic effects were evaluated through symptomatic relief in the patient. *Daha* (burning sensation) and *Srava* (pinpoint bleeding) were completely relieved (100%) after *Vamana Karma*. *Kina* (dry scaling), *Kandu* (itching sensation) of back and legs, *Shyava Varna* (blackish brown colour), *Aruna Varna* (pinkish red colour) and *Ruksha* (dryness) in legs, *Khara sparsha* (roughness in plaques), *Vruddhi* (elevation of plaques) and *Ghana* (thickness of plaques) in scalp and legs were completely relieved (100%) after entire treatment. It was observed 50% relief in *Aswedam* (lack of sweating) after *Vamana Karma* and 75%

relief after entire treatment. *Aruna Varna* (pinkish red colour), *Shyava Varna* (blackish brown colour) of scalp and *Khara Sparsha* (roughness) in plaques of back were not reduced after *Vamana Karma*. *Vruddhi* (elevation of plaques) was reduced by 50% after *Vamana Karma* and complete relief was observed only in elevated plaques in scalp and legs after whole treatment. *Shyava Varna* (blackish brown colour), *Ruksham* (dryness), *Vruddhi* (elevation of plaques) in back were relieved to a certain extent (33.3% to 50%) after *Vamana Karma* and remained further unchanged after whole treatment (Table 2)

Table 2 Percentage of reduction of symptoms:

Clinical Features	Area	Before Treatment	After <i>Vamana Karma</i>		After whole treatment	
		Grade	Grade	Percentage of relief	Grade	Percentage of relief
<i>Daha</i>	Scalp	3	0	100%	0	100%
	Back	3	0	100%	0	100%
	Legs	3	0	100%	0	100%
<i>Kandu</i>	Scalp	4	3	25%	2	50%
	Back	4	3	25%	0	100%
	Legs	4	3	25%	0	100%
<i>Shyava Varna</i>	Scalp	2	2	0%	1	50%
	Back	3	2	33.3%	2	33.3%
	Legs	4	3	33.3%	0	100%
<i>Aruna Varna</i>	Scalp	3	3	0%	0	100%
	Back	3	3	0%	1	66.7%
	Legs	3	3	0%	0	100%
<i>Kina</i>	Scalp	4	3	25%	0	100%
	Back	4	3	25%	0	100%
	Legs	4	3	25%	0	100%

<i>Khara sparsha</i>	Scalp	3	2	33.3%	0	100%
	Back	3	3	0%	2	33.3%
	Legs	3	1	66.7%	0	100%
<i>Ruksha</i>	Scalp	3	2	33.3%	1	66.7%
	Back	3	2	33.3%	2	33.3%
	Legs	3	2	33.3%	0	100%
<i>Asweda</i>	Scalp	4	2	50%	1	75%
	Back	4	2	50%	1	75%
	Legs	4	2	50%	1	75%
<i>Vruththam</i>	Scalp	3	2	33.3%	0	100%
	Back	3	2	33.3%	2	33.3%
	Legs	3	2	33.3%	1	66.7%
<i>Srava</i>	Scalp	4	0	100%	0	100%
	Back	4	0	100%	0	100%
	Legs	4	0	100%	0	100%
<i>Ghana</i>	Scalp	3	2	33.3%	0	100%
	Back	3	2	33.3%	1	66.7%
	Legs	3	2	33.3%	0	100%
<i>Vruddhi</i>	Scalp	4	2	50%	0	100%
	Back	4	2	50%	2	50%
	Legs	4	2	50%	0	100%

Discussion:

In Ayurveda, it is clearly mentioned that the *Vamana Karma* is the best treatment for vitiated *Kapha Dosha*. According to Charaka, *Vamana Karma* is one of the therapeutic measures which can be used in treatment of *Kitibha* (psoriasis).^[5]

Ingredients of *Wagapul Madanaphala Yoga* consists the properties such as *Madhura Rasa*, *Snigdha Guna*, *Guru Guna*, *Ushna Veerya* and *Madhura Vipaka*. Hence it is beneficial to pacify vitiated *Vata Dosha*. These ingredients also contain *Katu Rasa*, *Tikta Rasa*, *Kashaya Rasa*, *Ruksha Guna*, *Laghu Guna*, *Tikshna Guna*, *Ushna Veerya*

and *Katu Vipaka*. Therefore, it is beneficial for pacifying vitiated *Kapha Dosha*. Hence *Wagapul Madanaphala Yoga* is effective in treatment of diseases occurred by vitiation of *Vata* and *Kapha Dosha* including *Kitibha* (psoriasis).^[12]

Ingredients of *Triphala Kashaya* consists the properties such as *Madhura Rasa*, *Amla Rasa*, *Ushana Veerya* and *Madhura Vipaka*. Hence it is beneficial to pacify vitiated *Vata Dosha*. These ingredients also contain *Katu Rasa*, *Tikta Rasa*, *Kashaya Rasa*, *Ruksha Guna*, *Laghu Guna*, *Ushna Veerya* and *Katu Vipaka* and it is beneficial in pacifying vitiated *Kapha Dosha*. Therefore,

Triphala Kashaya is effective in treatment of diseases occurred by vitiation of *Vata* and *Kapha Dosha* including *Kitibha* (psoriasis).^[12] Ingredients of *Dehigetadi Lepa* contain properties such as *Madhura Rasa*, *Amla Rasa*, *Ushna Veerya* and *Madhura Vipaka*. Hence it is beneficial to pacify vitiated *Vata Dosha*. These ingredients also contain *Katu Rasa*, *Tikta Rasa*, *Kashaya Rasa*, *Ruksha Guna*, *Laghu Guna*, *Thikshna Guna*, *Ushna Veerya* and *Katu Vipaka*. Therefore, it is beneficial in pacifying vitiated *Kapha Dosha*. Since *Kitibha* is a disease originated by vitiation of *Vata* and *Kapha Dosha*, the paste of *Dehigetadi Lepa* is effective in treatment of diseases occurred by vitiation of *Vata* and *Kapha Dosha* including *Kitibha* (psoriasis).^[12]

Immuno-modulatory, Anti-ulcer, Anti-allergic, Anti-scorbutic, Anti-inflammatory, Anti-bacterial, Anti-fungal, Anti-proliferative, Analgesic activities of ingredients of *Wagapul Madanaphala Yoga*^[13-15], *Triphala Kashaya*^[16-19], and *Dehigetadi Lepa*^[20-23], are scientifically proven. Hence these treatments are beneficial in management of *Kitibha* (psoriasis)

Conclusion:

It is concluded that *Vamana Karma* followed by oral administration of *Triphala Kashaya* and external application of *Dehigetadi Lepa* are effective in treatment of *Kitibha* (Psoriasis)

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