

**AN OBSERVATIONAL CASE STUDY ON AYURVEDIC TREATMENT REGIME
ON *KITIBHA KUSHTA* (PSORIASIS)**

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Kitibha kushta, identified under *Kshudra kushta* in Ayurvedic texts, closely resembles psoriasis in modern dermatology. It is mainly caused by an imbalance of *Vata* and *Kapha* doshas along with impurities in the blood. Classical signs include dryness, itching, roughness, and dark skin discoloration. This observational case study was conducted to explore the effectiveness of Ayurvedic treatments for *Kitibha kushta*, based on principles from the Charaka Samhita and Sushruta Samhita. Two patients were selected and treated with an individualized Ayurvedic approach over a period of one and half month. While *Kitibha kushta* is primarily a *Vata-Kapha* disorder, the clinical features observed in these cases indicated predominantly *Pitta* and *Rakta* involvement. Therefore, the treatment plan included both pacifying therapies for vitiated *Dosha*. This approach allowed for a more comprehensive management of the disease process. The treatment began with improving digestion and toxin removal using *Triphal guggul* decoction and *Manibadra churna* with the externally *Panchavalkala avagaha sweda* and *Pinda* oil application. This was followed by internal purification through medicated ghee intake using *Go-Ghrita* via the *Vardhamana* method till the *Samyak snigdha lakshana* present. After that *Sweda karma* such as *Nadi sweda*, and purgation with *Trivrut kashaya*. After purification, *Samana* therapies were administered, including *Arogyavardhani vati*, *Gokshuradi guggulu*, and *Chandraprabha vati*, along with local application of *Pinda taila* and *Neelyadi taila*. The outcomes showed significant improvement in skin texture, scaling, discoloration, and itching. The treatment helped in balancing the doshas and breaking the disease process, especially through *Pitta-Rakta shodhana* and calming of *Kapha-Vata*. These positive results indicate that Ayurvedic care, when properly administered, very effective in managing *Kitibha kushta*. Further research involving larger groups is recommended to strengthen evidence and expand access.

Keywords: *Kapha, Kitibha, Kshudra, Kushta, Shodhana, Sweda karma, Vata*