



KITIBHA

PSORIASIS



Further information can be obtained from :

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CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES
 Ministry of AYUSH
 (Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy)
 Government of India

What is KITIBHA ?

The vitiated Pitta and Kapha along Vata cause KITIBHA (PSORIASIS)- a skin disease.

What are the features ?

- Reddish/blakish rounded patches of skin with silver scales and itching
- Rough or slimy and sometimes associated with exudation
- Recurrent in nature

What are the causes ?

Regular consumption of

- Incompatible food like combination of Milk and fish etc.
- Non-congenial food like Radish, Sesamum, Jaggery, new cereals etc.
- Unwholesome items like salt & sour substances
- Immediate alternate exposure to extreme hot and cold weather
- Suppressing natural urges specially of vomiting
- Performing sinful acts like insulting elders / learned and hurting others



Management through Ayurveda :

- **Tuvaraka** (*Hydnocarpus wightiana*) or **Karanja** (*Pongamia Pinnata*) oil for external application
- **Guduchi swarasa** (*Tinosproa cordifolia*), **Aragwadharishta**, **Arogya Vardhini vati**, **Khadirarishta** and **Panch tikta ghrita** for internal use



The Medication may be given after advocating the cleansing procedures i.e. Panchakarma for better results under the supervision of Ayurvedic expert.

✓ Pathya (DOs)

Prefer :

- ✓ Oil rice, wheat, barley
- ✓ Moong dal (Phaseolus bean)
- ✓ Vegetables like cucumber, snake gourd are the useful articles of diet

Decoctions of certain drugs like **Khadira** (*Acacia catechu*), **Nimba** (*Azadirachta indica*), **Haridra** (*Curcuma Longa*), **Guduchi** (*Tinospora Cordifolia*), **Bakuch** (*Psoralea corylifolia*), **Tuvaraka**, (*Hydnocarpus wightiana*) **Karanja** (*Pongamia pinnata*) and **Daruharidra** (*Berberis aristata*) are beneficial for bathing



✗ Apathya (Don'ts)

Avoid :

- ✗ Excessive use of freshly harvested grains, Radish, Curd, Jaggery, Salt, Fish
- ✗ Regular use of incompatible items
- ✗ Irregular dietary habits
- ✗ Suppressing the natural urges



CCRAS Contribution - Clinical trials :

- Revalidation of the combination of **Arogya Vardhini Vati**, **Kaishora Guggulu** - internal; **Chakramarda taila** - external use
- Development of **Nimbidin**
- Development of **777 Oil**