

KITIBHA

PSORIASIS



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 :

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

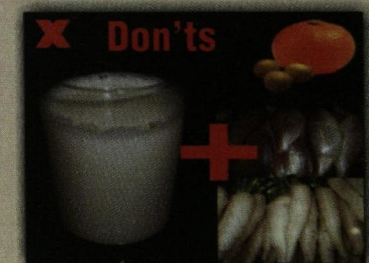
Decoctions of certain drugs like Khadira (*Acacia catechu*), Nimba (*Azadirachta indica*), Haridra (*Curcuma Longa*), Guduchi (*Tinospora Cordifolia*) Bakuch (*Psoralea corylifolia*), Tugaraka, (*Hydnocarpus wightiana*) Karanja (*Pongamia pinnata*) and Daruharidra (*Berberis aristata*) are beneficial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