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CHIEF EDITOR – PRAMOD PRAKASHRAO TANDALE

"Concept of psychological factor in kitibha Kushthaw.s.r. to psoriasis"

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Abstract-

The objectives of the present article includes to discuss psychological concept of Kitibha. Most of the Ayurvedic texts categories the KushthaRoga into two groups ie.Mahakushtha and Kshudrakushtha and kitibha is one of the type of Kshudrakushtha.Kushtha is most cronic disorder. Basic Ayurvedic texts like Charaka, Sushruta, and Vagbhata have explained Kitibha in detail.

Ayurveda described a wide range of etiological factors for dermatological disorder including its ManasBhava. AcharyaCharaka, the author of foremost Ayurvedic classic on internal medicine, the CharakaSamhita clearly mentioned that there is a strong relationship exists between Tvacha (skin) and Mann(psyche/ mind) . Therefore, more than a cosmetic nuisance the skin disorder lead to different psychological ailments which impair the quality of life in the patients.

The etio- pathogenesis involves ManasHetu and the Sapta Dravya (seven factors) ,Vata, Pitta, Kapha, Tvacha, Rakta, Mansa and Ambu/ Lasika .Which are responsible for manifestation of a wide range of dermatological disorders.

key word - kitibhkushtha, ManasHetu , psoriasis.

Aim and objectives-

- 1)To discuss ManasHetu(psychological factor) in kitibhKushtha.
- 2)Review Of literature for KitibhaKushtha and psoriasis.

Introduction:

Word kushtha means a pathological condition which despises the skin. Skin is an important organ of communication with the external world. It is one of the five Gyanendriyas which responsible for SparshaGyan or touch sensation. Majority of the dermatological disorders have been descibed under the umbrella of Kushtha.⁽¹⁾Kushtha are further classified into Mahakushtha and kshudrakushtha . According to Charakakitibh is VataKapha⁽²⁾ predominant and according to Sushruta it is Pitta⁽³⁾ predominant kshudrakushtha. KitibhaKushtha is characterized by patches which are blackish brown in color, rough and coarse in nature , exudative .round , thick along with severe itching.⁽⁴⁾

Most of the dermatological disorders like psoriasis are mentally agonising and have negative impact on quality of life. Here it is important to remember the citation of AcharyaCharaka regarding the relationship between the Tvacha and Mann. Tvacha is considered as 'ChetahSamvayi' ie. the skin has an eternal relationship with Mann. Therefore, more than a cosmetic nuisance, dermatological disorders produce anxiety, depression and other psychological problem that affect the

quality of life . Patiints of skin disorders always experience physical, emotional and socioeconomic embarrassment in the society, which further leads to aggravation of symptoms of existung disease. ⁽⁵⁾

Ayurveda is the science and art of healing that deals with all aspects of an individual. In Ayurveda ,psychological factors have been given equal importance as physical and physiological factors in the etiopathogenesis of various . ^(6,7)

Nidana(Etiological factors)-

Ayurvedic system of medicine describe a wide range of etological factors for dermatological disorders . The etiological factors include physical , physiological , psychological , psycosocial , hereditary and papakarma . These can be classified into SannikrishthaNidana and VipkrishthaNidna as follow-

1)**SannikrishtaNidan**SaptokoDravyaSangrahaie seven Dravyas or factors involved in the pathogenesis of kushtha are considerd as SannikrishtaNidan . The SaptaDravya includes three Doshas viz. Vata ,Pitta, and Kapha and four Dushyas viz. Tvaka(Rasa), Rakta ,Mansa and Ambu or Laska. ⁽⁸⁾

2) **VipkrishthaNidana**:-Such type of etiological factors are not involved directly in the pathigenesis , but the aggravate the actual causative factors (SannikrishtaNidan) and thus play an important role in pathigenesis of the disease. These are further categorizes into three groups AdibalaPravrutta or Kulaja ,PoorvaJanmakruta and Janmottarkalja .

JANMOTTARKALAJA: The etiological factors in present life can be categorized into three groups, Aharaja (diet and dietetic patterns), Viharaja (life style related) and Mansika (Psychological) .

Mansika Nidan :-

Ayurveda described several factors like Chinta (worry)Shoka(sorrow),Bhaya (fear), abusing deities and teachers ,different type of sinful activites and other forms of anti rituals and anti-social activities which have a negative impact on the psyche / mind this negative impact on mind leads to stress which in turn directly or indirectly plays a major role in the manifestation and or aggravation of dermatological disorders. ⁽⁹⁾

Pathogenesis of Kushtha :-

Different type of Hetus (etiological factors) leads to vitiation of Doshas which spread throughout the body and vitiate Dhatus and thus help in the manifestation of kushthaRoga. ⁽¹⁰⁾ The whole process is known as SampraptiAcharyaCharaka describe the seven Dravyas , involved in the Samprapti ⁽¹¹⁾ ,which are Vata,Pitta,Kapha,Tvacha,Rakta.Mansa and Lasika (Ambu). Charaka regarding the relation of Tvacha and Manas ,Tvacha is described as "ChetahSamvayi" ie the Tvacha has an eternal relation with Manas (psyche or mind). ⁽¹²⁾

Samprapti of KitibhaKushtha with manasaHetu:-

Rasavaha Srotas Sthana - is Tvaka. Causes of RasavahaSrotusDusti are Krodh ,Chinta, etc. Mansikabhava are responsible for RasavahaSrotasDusti .

And because of this MansikaDoshaVata,Pitta,Kaphadoshas are vitiated. Further vitiation of Doshas occurs .Doshas gets accumulated at the place of DhatuShaithilyata .Dosh and

DushyaSamurchhana .Thereafter vitiated Doshas reaches to BahyaRogamarga and spread throughout the body, producing Mandala at the gathering site of Doshas .^(13,14)

Conclusion:-

Kushtha is one of the oldest disease of mankind . It is described one of the most cronic disease in Ayurvedic system of medicine .Ayurveda describe a wide range of dermatological disorders including its classification ,etio-pathigenesis ,clinical presentatio. Skin is an important organ of communication with the external world ,seat of Sparshanendriya (organ responsible for touch sensation) and has an eternal relationship with mann. Therefore ,any type of psychosocial stress , directly or indirectly responsible for the manifestation and exacerbation of Kitibhkushtha (psoriasis)

In the present era stress and altered immunity are the major factors involved in the manifestation of a wide range of KitibhaKushtha /psoriasis.

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