

## **Role of *Deha Prakriti* and *Manasa Prakriti* in the manifestation of *Kitibha Kustha* (Psoriasis) – A case control survey study**

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### **Abstract:**

The detailed knowledge of the prakriti mentioned in samhita which covers the applied knowledge of curative, practical utility, clinical importance, and need. According to ayurveda all skin disease are mentioned in *kushthaadhyaya*. According to *acharya charak*, there are 7 types of *Mahakushtha* and 11 types of *kshudrakushtha*. *Kitibha kushtha* described under the

*kshudra kushtha*. *Kitibha kushtha* compared with psoriasis because sign and symptoms of both are similar. Here an attempt has been made to find out the correlation of *Deha Prakriti* and *Manas Prakriti* along with the manifestation of *Kitibha kushtha*. This topic has been selected with which is to be assessed by an analytical observational study. **Aim and Objectives:** Evaluation of correlation of *Deha prakriti* and *Manas prakriti* in the manifestation of *Kitibha Kushtha* (Psoriasis). To determine the associations of *Deha Prakriti* and *Manas prakriti* in the manifestation of *Kitibha Kushtha*. **Methodology:** This is a Case Control study, the cases and controls are taken as a 1:1 ratio. Questionnaires administered by an interviewer are used to survey the *Deha prakriti* and *Manas Prakriti* in the manifestation of *Kitibha Kushtha* in different *Prakriti*. **Results**— Observation will be noted & presented in the form of tables. **Discussion:** The aim of Ayurveda is to maintain the health of healthy person. And cure the disease. Assessment of *prakriti* gives knowledge about the causative factors of the psoriasis.

**Keywords:** *Kitibha Kushtha, Deha Prakriti, Manas Prakriti, Khudrakushtha, Psoriasis.*

## Background

In today's world there is much change in lifestyle and it leads to lifestyle disorders like diabetes, hypertension, hypothyroidism, skin disease like psoriasis, respiratory diseases like bronchial asthma etc. Among these diseases psoriasis is found widely in society. It is also compared with the *kitibha kushtha* because sign and symptoms of psoriasis and *kitibha kushtha* are similar.

According to Ayurveda all skin diseases are mentioned in *kushtha adhyaya*. According to *Acharya Charak*, there are 7 types of *Mahakushtha* and 11 types of *kshudrakushtha*.<sup>(1)</sup> *Kitibha kushtha* is described under the *kshudra kushtha*. According to *Acharya Sushruta* it comes under *Aupasargik roga*. *Kushtha* leads to subsequent destruction of skin and various other connected parts of the body. *Kushtha* is caused due to vitiation of *raktavaha srotas*. Vitiated *tridosha* and *rakta, mamsa, ambu* and *twak* together 7 essential factors cause the pathogenesis of *kushtha*. *Shyava, Kina, Khara, sparsha, Parusha, Ruksha, pidika* and *Kandua* these are the *lakshanas* of the *kitibha kushtha*.<sup>(2)</sup>

*Kitibha kushtha* is *Vata* and *Kapha* dosha pradhan having the *lakshanas* of the same. *Kushtha* with dominant of *vata-kapha* and single *dosha* dominant *kushtha* are easy to treat, whereas *vata, pitta* and *kapha* are *krichrasadhya* in nature.<sup>(3)</sup>

Mostly *kitabha kushtha* is compared with the psoriasis. Psoriasis is a chronic skin disease having symptoms of dry, red patches which are covered with scale. And these are non-infectious inflammatory. Size of Lesion varies from few millimeter to several centimeter; main causative factors for psoriasis are stress and change in lifestyle.

*Prakriti* means indication of special characteristics due to majority of *Doshas* (*Vata*, *Pitta* and *Kapha* the functional component of body).<sup>(4)</sup> By knowing the *Prakriti* one can find about the strength of a person to action with lifestyle diseases as person having balanced in *Prakriti* is said to be having good immunity and strength. Imbalance of dosha greatly increases the risk of lifestyle diseases. By following proper *Dinacharya*, *Rutucharya* mentioned in *Ayurveda samhita* one can maintain normal functioning of *Dosha* related with specific *Prakriti*.

*Prakriti* and lifestyle are natural events as well as it occurs necessarily. All the physiological processes are controlled by tridosha i.e. *Vata*, *Pitta* and *Kapha*<sup>(5)</sup> thus by the predominant *Dosha* is a particular type of *Prakriti*. *Sattva*, *Rajas* and *Tamas* are 3 types of *Manas Prakriti*.<sup>(6)</sup> Increasing in *Rajasika* and *Tamasika guna*, leads to contributory factors for unwell health. *Rajas* and *Tamas gunas* are decreased by the meditation. Hence to increase the *Sattva Guna* of *Manas Prakriti*, meditation may be a very effective tool.

The detailed knowledge of the *prakriti* mentioned in *Samhita* which covers the applied knowledge of curative, practical utility, clinical importance, and need. In *Brihatryi* concept of *prakriti* is mentioned in detail to know about the exact *prakriti*. *Acharaya* mentioned the different kinds of characteristics features on their respective *guna*. The *prakriti* assessment is important to find the accurate diagnosis and to avoid further complications of disease in terms of vitiated *dosha*. *Prakriti* is also determined on *agni*, *kosh*<sup>(7)</sup> of an individual person, so by analyzing *agni* of an individual, *Anupana* and dosage can be planned. With the help of *prakriti parikshan* prognosis of the disease can be discovered.

Psoriasis is the most common dermatologic disease of the skin affecting up to 2.5% of world population. In India 0.8% population is suffering from psoriasis.<sup>(8)</sup> Psychological stress is one of the major causative factors in the aggravation of the disease. The reported prevalence of psoriasis in countries ranges between 0.09% to 11.4%. Chronicity of the disease makes the entire body ugly and develops deformity.<sup>(9-10)</sup> The present study was focused to observe prevalence of *Kitibha Kustha* in different *Prakriti*.

*Prakriti* is a notable basic concept of Ayurveda due to faulty dietary habits and disturbed emotional state, skin diseases are increasing day by day in all over the world. *Prakriti* analysis survey is indeed for generation of awareness regarding their *Prakriti* and suitable diet with *Manasa chikitsa* (psychotherapy) in the patients of *Kitibha Kustha*. This is necessarily done to avoid complications and destructive changes in the body. A Case control study helps to establish the causal bond between the disease and its etiological factor and also reveals the relative predominance among them. So, a case control approach always aims at what is the provoking factor in a diseased person as well as preventive or protective factors in healthy individuals. Hence, the present study has been selected to find out the influence of *Deha Prakriti* and *Manasa Prakriti* in the manifestation of *Kitibha kushtha*.

Though many research works on *Deha prakriti*, *Manas prakriti*<sup>(11)</sup> and *kitibha kushtha*<sup>(12)</sup> found individually. But till date, no work has been carried out on *Deha Prakriti*, *Manasa Prakriti* and its manifestation with the *Kitibha kushtha*. Here is an attempt has been made to find out the correlation of *Deha Prakriti* and *Manas Prakriti* along with the manifestation of *Kitibha kushtha*. This topic has been selected with which is to be assessed by an analytical observational study i.e. A Case-Control Study.

### Previous works done:

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## Research gap

Though many research works on Deha prakriti, Manas prakriti and kitibha kushtha found individually. But till date, no work has been carried out on Deha Prakriti, Manasa Prakriti and its manifestation with the Kitibha kushtha. Here is an attempt has been made to find out the cor-relation of Deha Prakriti and Manas Prakriti along with the manifestation of Kitibha kushtha .This topic has been selected with which is to be assessed by an analytical observational study i.e. A Case-Control Study.

## Research Question:

Is there any correlation of *Deha Prakriti* and *Manas Prakriti* in the manifestation of *Kitibha Kustha*(Psoriasis)?

## Hypothesis

### Null Hypothesis (H<sub>0</sub>):

There is no correlation of *Deha Prakriti* and *Manasa Prakriti* in the manifestation of *Kitibha Kustha* (Psoriasis.)

### **Alternate Hypothesis (H1):**

There is correlation of *Deha Prakriti* and *Manasa Prakriti* in the manifestation of *Kitibha Kuhstha* (Psoriasis)

### **Aim:**

Evaluation of correlation of Deha prakriti and Manas prakriti in the manifestation of Kitibha Kushtha (Psoriasis)

### **Objectives:**

1. To determine the associations of Deha Prakriti in the manifestation of *Kitibha Kushtha*.
2. To determine the associations of Manas Prakriti in the manifestation of *Kitibha Kushtha*.
3. To create awareness in the population regarding *Kitibha Kushtha* and its relation with *Deha and Manas Prakriti*.

## **MATERIAL AND METHODS**

### **Source of Data**

Data will be collected in Mahatma Gandhi Ayurved College, Hospital & Research Centre, Salod(H), Wardha district by personal interviews.

**Type of Study:** Observational study

**Study Design:** Case Control study

**Study Duration – 2 years**

**Place of Work**

Mahatma Gandhi Ayurved College, Hospital & Research Centre, Salod (H), Wardha

**Sampling procedure:**

- All the subjects will be personally interviewed on the basis of questionnaire.
- Questionnaires administered by an interviewer are used to survey the *Deha prakriti* and *Manas Prakriti* in the manifestation of *Kitibha Kushtha* in different *Prakriti*.
- Before interviewing the informed consent of the subject will be taken.

**Sample size (Including sample size calculation):**

Considering the time limit and bounded to essential criteria for Case-Control study, the cases and controls are taken as a 1:1 ratio.

Cases (*Kitibha Kushtha*) = 60

Controls (healthy volunteers) = 60

**Data collection tools and process:-****Criteria for the selection of healthy volunteers (Controls):**

- Healthy volunteers from the periphery of wardha with in age 18-60ys.
- Healthy individuals who are not suffering from any type of acute or chronic illness.

**Criteria for selection of (Cases):**

- Patients suffering from *kitibha Kustha* and who are willing to participate
- Patients having the age between 18-60 years irrespective of genders.
- Newly diagnosed patients of Psoriasis.
- Patient having classical signs and symptoms of Psoriasis.

**Exclusion criteria for Cases–**

- Patient having age less than 18 yrs and more than 60 yrs
- Patient having other co-existing skin diseases such as urticaria and eczema are excluded.
- Patients with psoriasis having signs and symptoms more than 1 yr.
- Patients who are suffering from any acute chronic illness.

**Exclusion criteria for controls-**

- Patient having age less than 18 years and who are suffer any type of acute chronic illness.



**Assessment Criteria:****Subjective Criterion *Kitibha Kushtha*:-****Symptoms**

- Shyava varna (Blackish brown colored lesion)
- Kina khara Sparsha (rough in touch/scaly)
- Parushatva(hard)
- Ruksha pidika(dry vesicle)
- Ugra Kandu(Intense itching)

**Dignostic Subjective criteria of psoriasis**

Plaque elevation	0 - no plaque elevation above the normal skin 1 - minimal plaque elevation, Approx. 0.25mm 2 - mild plaque elevation, Approx. 0.5 mm 3 - moderate plaque elevation, Approx. 0.75mm 4 - marked plaque elevation, Approx. 1 mm 5 - severe plaque elevation, > 1.25 mm
Erythema	0 - no evidence of erythema, hyperpigmentation may be present 1-faint erythema 2- light red colouration 3- moderate red colouration 4- bright red colouration 5 - dusky to deep red colouration
scaling	0 - no evidence of scale 1 - minimal; occasional fine scale over < 5% of the lesion 2 - mild; fine-scale predominates 3 - moderate; coarse-scale predominates 4 - marked; thick, non-tenacious scale predominates 5 - severe; very thick tenacious scale predominates
Average score	0 = clear, 1 = nearly clear, 2 = mild, 3 = moderate, 4 = severe and 5 = very severe



**Investigations:-NA****Method of data collection Selection of subjects**

The patients were selected from IPD (In Patient Department) and OPD (Out Patient Department) of MGARCH, Wardha. Written informed consent will be taken after offering sufficient explanations about the purpose and benefits of the study. Healthy volunteers will be selected from the periphery of Wardha. All the subjects will directly interview in their local language by a single person (research scholar). A detailed history will be taken based on the specially designed *Deha-Prakriti* and *Manasa-Prakriti* proforma. In addition to this, in the case of a patient detailed history of the disease about *Kitibha Kushtha* (~Psoriasis) will be questioned.

**Assessment of *Prakriti***

A special research proforma has been developed to assess *Deha Prakriti* and *Manas Prakriti*

**Data Analyssis (statistical methods): -**

Detailed history will be taken on specially prepared research proforma and fill record for statistical study. The statistical analysis will be done by using statistical tools.

**Observation and results:**

Observation will be noted & presented in the form of tables. Stastical analysis will be done.

**Discussion:**

The aim of Ayurveda is to maintaining the health of healthy person. And cure the disease. Assesment of *prakriti* gives knowledge about the causative factors of the psoriasis. Control study helps to establish the covalant bond between the disease and its etiological factor and also reveals the realative predominance among them. So, a case control approach always aims at what is the provoking factor in a diseased person as well as preventive or protective factors in healthy individuals.

**Conclusions:**

By *prakriti* assessment, prevention of progression of the psoriasis can be achieved. This study helps to establish the covalent bond between the disease and its etiological factor between psoriasis and its etiological factors, and also reveals the relative predominance of dosha among them.

### Scope and Implications of the proposed study:

- The present study provides an updated quantification of the the growing public health burden of psoriasis in wardha region.
- This kind of study would further help in prevention of progression of the psoriasis

### Ethical consideration:

After obtaining ethical clearance from IEC study will be started.

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