

A comparative study of *Panchatikta Ghrita* and *Tikta Shatpalaka Ghrita* along with *Virechana* in the management of Psoriasis (*Kitibha*)

Perera JMNP

PGDK Scholar (GWAI, Kelaniya)

Abstract

Kitibha Kusta is a form of *kshudra kusta* based on the similarities of symptoms in their description in the medical literature. Many *Ayurvedic* researchers, authors of recent and past who had worked on skin disorders have equated it to psoriasis. In *Ayurveda ghrita* is recommended not only for *shodana* but also as a *rasayana*. *Panchatikta ghrita* (PG) has been prepared according to *Sneha kalpana* procedure as per *Bhaishajya Rathnavali Kusta Adhikara*. *Charaka samhita chikitsa* (ch.vii) mentioned *Tikta shatpalaka ghrita* (TG) as a powerful oral drug for skin disorders such as psoriasis. A comparative clinical study was designed where thirty patients were selected from outdoor and indoor units in Gampaha Wickramarachchi Ayurveda Hospital on the basis of sign and symptoms of *Kitibha*. The selected patients were divided into 2 equal groups through random sampling method. (Group “A” was PG group and group “B” was TG group). After treatment, assessments of chief complaints, clinical signs and PASI Score (Psoriasis Area and Severity Index) was done according to research performa. Data were analyzed using IBM SPSS software package. According to Independent Samples Mann-Whitney U test, the chief complaints and clinical signs revealed that there is no statistically significant difference between the two groups since both the groups showed statistically significance in *Kitiba* condition. Independent Sample test PASI Score in the treatment did not show statistically significant difference between the two groups since both the groups showed statistically significance in *Kitiba* according to Independent Sample test. The overall result in the study revealed that there is no statistically significant difference between the two groups since both the groups showed statistically significant improvement to reduce *Kitibha*. Hence, the present study reveals that there is no significant difference between PG group and TG group in *Kitibha*. Therefore, the study suggests that *Panchatikta Ghrita* and *Tikta Satpalaka Ghrita* have similar actions in the case of *Kitibha*.

Keywords: *Kitibha Kusta, Kshudra Kusta, Panchatikta Ghrita, Tikta Satpalaka Ghrita*

Corresponding E-mail: nimaliperera90@gmail.com