SUMMARY AND CONCLUSION

The present study is entitled- “The efficacy of Kustaghna Mahakasaya & Takradhara in the management of Psoriasis (Kitibha) – A clinical study.”

It is divided into following parts:

1. Introduction
2. Review of literature
3. Drug review
4. Clinical study
5. Discussion
6. Summary and Conclusion

**Introduction:**

Study introduces the subject highlighting the importance of skin diseases vis–vis Kustha in clinical practice and reveals the importance of Psoriasis and unavailability of proper management in allopathic science.

In this part of the study, we have emphasized the complete plan proposed for study followed by the review of previous work done and the importance and relevance of present study. Then aims and objectives, materials and methods and plan of study are given.

**Review of literature:** It is further divided into Ayurvedic review and modern review. Here we have discussed about the literature available in Ayurveda as well as in modern science about the disease condition.

**Anatomy and Physiology of Skin:** This section deals in detail with different aspects of Anatomy and Physiology of Skin both from Ayurvedic and Modern point of view. Ayurvedic section deals in detail the synonyms of twacha along with the formation of skin, layers of skin according to different Acharyas,

**Historical aspect of Kushtha:** It deals with the description of Kushtha starting from the Vedic period upto Sangrahakala which clearly shows the advances and clarity of the subject increasing from Vedic to Samhita and Sanghraha Kala.

**Ayurvedic review of Kushtha:** The subject gives detailed description of Kushtha starting from etymology, definition, Nidana, Purvarupa, Rupa, Classification,
Sadhyasadhyata, Upshayaanupshaya, Samprapti and Chikitsasutra of Kushtha along with Kitibha.

**Review of modern literature:** The section deals in detail with the following topics: anatomy and physiology of skin, Etymology, Definition, Introduction, History, Epidemiology, Causes, Etiology, General signs and symptoms, Mode of onset, Diagnosis, Types, Differential diagnosis, Complications, Prognosis, Effect of Psoriasis on quality of life, Pathology, Treatment, and latest facts about Psoriasis. Psoriasis is an autoimmune disorder but its exact etiology is still unknown. It is associated with Psychological break ups due to its appearance and lack of efficient treatment in modern science. As the available therapy is also associated with adverse effects like Photosensitivity, cirrhosis of liver, immune suppression, carcinogenic effect etc. so today new drugs are being developed which can act on the immune process involved in Psoriasis.

**Drug review:** The drug selected for study is Kustaghna Mahakashay for internal administration and Takradhara for external application. Kustaghna Mahakasaya contains Khadir, Amlaki, Haritaki, Bhallatak, Karavira, Jati, Haridra, Aragbodha, Vidanga and Saptaparni which are having Kushthaghna, Kandughna and rasayan properties. Almost all the drugs are having Vataka phasamak properties.

Takra contains curd and water. Whenever this Takra is applied in the process of dhara it works as tremendous stress reducing effect and also it has vata-kapha shamak properties. Takra contains Lactic acid and lactic acid hydrates the skin. Because of hydration the dryness of the skin is reduced. Hence condition like scaling, itching are reduced.

Thus in this section, constituents of trial drugs are explained in detail along with Ayurvedic properties, chemical constituents, pharmacodynamics & research works related with that particular drug.

**Clinical study:** The aims and objectives, materials and methods including selection of the patients for the study, plan of the study and criteria of assessment of results, all are explained in this part of the work.

Study was carried out on the patients diagnosed as suffering from Kitibha in the age group 10-65 irrespective of sex, religion economic status and occupation. The total
no of patient taken for study was 128 out of that 28 left. Duration of the treatment was be 45 days. The patients selected for study were divided into 2 groups as Group A and Group B. Subjective improvement in patients were explained in clinical study. All the results obtained in these groups were analyzed by statistical methods and are methodically presented in this section.

The study evoked the following findings-

1. The age of onset of this disease was high in fourth decade of life i.e. 30-40 age group (40%).
2. The male (68%) were more affected than the female.
3. Maximum number of patients belongs to middle class family (69%).
4. Non-vegetarian (86%) with incompatible food stuffs is more prone to have the disease than vegetarian (14%).
5. Maximum number of patients belongs to urban area (75%).
6. Hereditary relation was found in Kitibha is about 4%.
7. Maximum incidence was observed in patients with duration of illness more than 5 years (40%) followed by 3-5 years (30%) indicating the chronic and relapsing nature of the disease.
8. Hindus seemed to suffer from the disease more.
9. The disease psoriasis is found to aggravate during winter season in 71% of patients.
10. Psychogenic factor (30%) was found more common followed by infection and physical trauma as triggering factor in initiating psoriasis.
CONCLUSION

After the complete study which includes total 45 days, it was observed that patient obtained relief after treatment with Trial drug. Improvement of the patient based on mainly three factors i.e. itching, scaling and Erythema and it was found that indigenous drug Kusthaghna Mahaksaya was able to improve the clinical symptoms of the patient to a greater extent. The reason might be due to the antimicrobial, anti-inflammatory, anti-proliferative and Keratolytic action of the trial drug. In group B, Takradhara externally along with Kustaghna mahakasaya was introduced orally. Statistical analysis showed the improvement was more in controlling sign and symptoms especially in itching, scaling and erythema.

Further, no adverse effect was observed in any of the Patients and overall therapeutic response was highly encouraging.

Thus it can be concluded that the trial drug Kustaghna Mahakasaya and Takradhara is safe, simple, easily available cost effective therapy to relieve the agonizing patients of Psoriasis.

Further Studies Suggested-

1. The duration of the study was limited to a short period of 45 days only. During this period, there were no relapses of the responded cases. However, to claim a cure, a large number of patients should be taken and a follow up study should be undertaken for a longer period.

2. A further analysis should be done on the indigenous drug for its anti-inflammatory, analgesic and anti-pruritic activities.

3. From the study, it can be inferred that the indigenous drug Kustaghna Mahakasaya thus possess the anti-proliferative effect on the disease. Takra contain lactic acid and this lactic acid hydrates the skin and whenever skin is hydrated the process of excess proliferation of the cell is reduced. As a result there was marked reduction in itching, erythema and scaling. To confirm this effect of the treatment, a histo-pathological study is required to be taken before and after the treatment.

4. Psoriasis is an immune mediated disease affects the skin. So an attempt should be made to make the immune system perfect so that body can resist pathogens. There are many traditional methods of treating skin diseases in North-eastern part of India and these are to be established in a scientific manner.