

# Curing the Stigma of Psoriasis w.s.r.t. Kitibha Kushta in Ayurveda- An Evidence Based Approach

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## Abstract

Skin diseases are commonly observed due to altered lifestyle, lack of physical exercise, poor hygiene, mental stress and improper food habits. Kushta (Skin diseases) is divided into Maha Kushta (Major skin diseases) and Kshudra Kushta (Minor skin disease). Kitibha Kushta (Plaque Psoriasis) is included in Kshudra Kushta commonly found today, having sign and symptoms similar to Plaque psoriasis. Due to relapsing nature of Plaque psoriasis it needs long duration treatment. It is a chronic, genetically determined, inflammatory and proliferative disease characterized by dry, well-circumscribed, silvery scaling papules and plaques of various sizes with spontaneous remission, relapse and seasonal variation. Lesions distributed all over the body with silvery scales, covering loops of dilated superficial capillaries underneath which are presented as tiny bleeding points on removal of scales (Auspitz's sign).

## Biography

The Dr. Sunil Hariram Pal is a senior research fellow at the Institute of 1P.G. Scholar Kayachikitsa (Internal Medicine- Ayurveda), A.S.S. Ayurveda Mahavidyalaya, Maharashtra, India. He is in the third year of her Ph.D. and is a holder of

DST-INSPIRE fellowship. He has qualified UGC NET exam twice. As an active member of Society for Skin Care, she has been playing role as a member of Publications since 2019.