

4. KITIBHA (PSORIASIS)

A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Haridrā (Curcuma longa)	Cūrṇa	1 gm BD	Water	B. P. Kuṣṭha Cikitsā Prakarāṇa
2.	Khadira (Acacia catechu)	Cūrṇa	3 gm BD	Water	B. P. Kuṣṭha Cikitsā Prakarāṇa

B. Compound formulations

Sl. No.	Name of the formulation	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Mañjīṣṭhādi Kwātha	Kwātha	30 ml	Water	B. R.

			BD		Kuṣṭha Cikitsa
2.	Rasamāṇikya Rasa	Rasa	125 mg BD	Honey	B. R. Kuṣṭha Cikitsā
3.	Amṛtabhallātaka	Avaleha	10 gm BD	Luke warm Milk	B. R. Kuṣṭha Cikitsā
4.	Tiktaka Ghṛta	Ghṛta	10 gm BD	Luke warm Milk	B. R. Kuṣṭha Cikitsā
5.	Somarājī Ghṛta	Ghṛta	10 gm BD	Luke warm Milk	B. R. Kuṣṭha Cikitsā
6.	Pañcatikta Ghṛta	Ghṛta	10 gm BD	Luke warm Milk	B. R. Kuṣṭha Cikitsā
7.	Bṛhat Maricyādyā Taila	Taila	Q. S. (Extn. Appln.)	-	B. R. Kuṣṭha Cikitsā
8.	Tiktaṣaṭpala Ghṛta	Ghṛta	10 gm BD	Luke warm Milk	B. R. Kuṣṭha Cikitsā

9.	Mahākhadirādi Ghr̥ta	Ghr̥ta	10 gm BD	Luke warm Milk	B. R. Kuṣṭha Cikitsā
10.	Kāsamardādi lepa	Lepa	Q. S. Ext. Appln.	-	Y. R. Kuṣṭha Cikitsā

C. PATHYAPATHYA (Do's and Don'ts)

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Wheat, barley	Newly harvested cereals (navāna)
Pulses	Green gram (mudga), masūra	-
Fruits & vegetables	Nimba, haridrā, paṭola, bitter gourd (kāravellaka), garlic, pomegranate, nutmeg (jāyaphala), phālasā	
Others	Use of mahāmaricyādi taila, dry and bitter taste food substances, khadira, dry ginger	Incompatible food (viruddha āhāra), food with heavy, cold and unctuous properties, food causing burning

	(śuṅṭhī), black pepper, long pepper, old clarified butter, honey	sensation and obstructing the channels, curd, fish sesame, salt, sour substance, black gram(uḍada), jaggery, lisora, makoya, milk
Life style	Bathing, light exercise (alpa vyāyāma), massage	Day sleeping, suppression of natural urges, mental stress, excessive exercise

Note:

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.