



ISSN 2456-3110

Vol 9 · Issue 12

December 2024

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Maharshi Charaka
Ayurveda

Indexed

Role of Ayurveda in *Kushtha*: A Literary Review

Archana Suhas Wadkar¹, Mayuri Mangesh Dange²

¹Associate Professor, Dept. of Panchakarma, Hon. Shri. Annasaheb Dange Ayurved Medical College, Post Graduate & Research Center, Ashta, Sangli, Maharashtra, India.

²Post Graduate Scholar, Dept. of Panchakarma, Hon. Shri. Annasaheb Dange Ayurved Medical College, Post Graduate & Research Center, Ashta, Sangli, Maharashtra, India.

ABSTRACT

Skin the outer covering of the body and is the largest organ of the body. The skin acts as protective barrier against physical, chemical and biological external agent. Skin disorders are among the most common health issues seen in clinical practice. *Kushtha* is a broad term which covers almost all the skin disease in *Ayurveda*. *Kushtha* is one of the dermatological disorders mentioned in all ancient Ayurvedic texts and it develops mutilation in the skin and develops deformity in the skin structures. *Rakta Dusti* is the main cause of *Twak Vikaras* with vitiation of *Tridosha*, *Rasa*, *Mamsa*, *Ambu*. Abnormal interaction of vitiated doshas with *Rasadi* tissues causes abnormal complexion of the skin and produces the deformity of tissues. Incompatible diet and activities associated with sinful activities leads to development of *Kushtha*. *Sushruta* was the first one who clearly described that *Kushtha* caused by one or more abnormalities in the genome, especially a condition that is present from birth (congenital) and it is passed down from the parents' genes. There are two main categories of *Kushtha* mentioned i.e., *Mahakushtha* and *Kshudrakushtha* depending on the *Dhatugatavastha* (involvement of the tissues) and signs and symptoms of the diseases. *Acharyas* have mentioned *Shodhana* and *Shaman Chikitsa* in *Kushtha*, especially *Panchakarma* therapy.

Key words: Ayurveda, *Kushtha*, Skin Diseases, Panchakarma

INTRODUCTION

According to *Amarakosha*, the etymology of the word *Kushtha* is derived from the root '*Kush*' which means that comes from the inner part. The meaning can be understood by the appearance of affected *Twacha* because of the vitiation in the factors like *Rakta*, *Lasika*, *Ambu* and *Tridoshas* of the body. Skin the outer covering of the body and is the largest part of the body. The skin acts as anatomical barrier from physical,

chemical and biological external agent. Skin is the mirror that reflects both external and internal pathology in the body which give better clue for diagnosis. Skin health is very important because it is the mirror of good health or maintains of body. Nowadays increasing stress due to change in lifestyle or regimen, working hours it will leads to stress, lack of sleep, *Strotodushti* which causative factor for skin disease. In present days, people have changed their life style that played an important role in *Raktadushti* and *Dosha Vrudhhi*, which lead to skin diseases especially *Kushtha*.^[1] Now a day's skin diseases are very common. Skin diseases are common at any age of the individual but they are particularly frequent in the elderly. *Ayurveda* has given importance to skin disease and reference of *Kushtha* can found since Vedic period. All the skin disease in *Ayurveda* has been under the heading of *Kushtha*. According to Ayurvedic classics, *Kushtha* is due to *Tridoshaja* manifestation. *Kushtha* mentioned in *Ashta Mahagad* i.e., difficult to treat by *Acharya Charaka*. There are two types of *Kushtha* described in *Ayurvedic* classics, *Mahakushtha* and

Address for correspondence:

Dr. Mayuri Mangesh Dange

Post Graduate Scholar, Dept. of Panchakarma, Hon. Shri. Annasaheb Dange Ayurved Medical College, Post Graduate & Research Center, Ashta, Sangli, Maharashtra, India.

E-mail: dangemayuri9@gmail.com

Submission Date: 13/11/2024 Accepted Date: 25/12/2024

Access this article online

Quick Response Code



Website: www.jaims.in

DOI: 10.21760/jaims.9.12.26

Kshudrakushtha. *Mahakushtha* is subdivided into seven and *Kshudrakushtha* into eleven types.^[2]

Nirukti of Kushtha

- कुष्णाति निःशेषेण विलेखनम् करोति अंग् प्रत्यगांनि इति कुष्म् । (सिद्धान्त कौमुदी)
- त्वचः कुर्वन्ति वैवर्ण्यं दुष्टाः कुष्मुशन्ति तत् ।
कालेनोपेक्षितं यस्मत्सर्वं कृष्णाति तद्वपुः ॥ (अ.ह.नि. 14/3)
- त्वचः सप्त प्रकि प्रकिर्तीताः ॥ (शा.सं.पू.खं.अ.5/1)

The difference between *Maha Kushtha* & *Kshudra Kushtha*

SN	Maha Kushtha	Kshudra Kushtha
1.	Bahudoshā	Alpadoshā
2.	Bahu Lakshana	Alpa Lakshana
3.	Excessive pain	Less pain
4.	Penetrates deeper <i>Dhatu</i> rapidly	Less tendency to penetrate deeper <i>Dhatu</i> s
5.	Mahat Chikitsa	Alpa Chikitsa
6.	Chronic	Less Chronic
7.	Loss of function of skin like anesthesia	Less functional deformity of skin
8.	Excessive morphological changes with deformity	Less morphological changes with minimal skin residual changes

Nidanpanchak

Kushtha Nidana^[3]

Aharaja Nidana: Mithyahara Vihara, Adhika Madhu, Dadhi, Snigdha Padartha Sevana, Adhika Madhura, Amla, Lavana Sevana, Tila Sevana, Chilichima Matsya along with Dugdha, Paya Sevana after Amla Sevana, Phanita, Atimatrachara.

Viharaja Nidana: Diwaswapna, Maithuna, Vyayama, Vyavaya after Ahitasana, Chardi Vegadharana, Sheetodaka Sevana after Bhaya, Shrama, Santapa.

Poorvarupa of Kushtha:^[4]

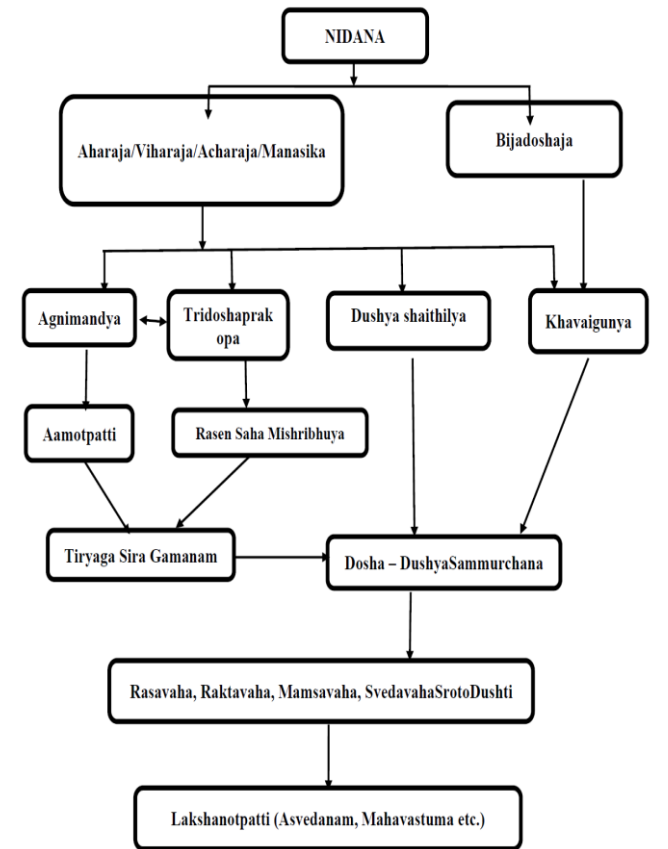
Poorvarupa of *Kushtha* are loss of touch sensation, Excessive or no perspiration, Deranged complexion, Appearance of rashes, Horripilation, itching, Piercing

pain, Excretion, Exhaustion, Excessive pain in wounds with their quick origin and delayed healing, burning sensation and benumbed organs, these are the prodromal symptoms of *Kushtha*.

Kushtha Samprapti:^[1]

वातादयस्त्रयो दुष्टास्त्वग्रक्तं मांसमम्बु च। दूषयन्ति स कुष्ठानां सप्तको द्रव्यसङ्ग्रहः ॥

अतः कुष्ठानि जायन्ते सप्त चैकादशैव च । न चैकदोषजं किञ्चित् कुष्ठं समुपलभ्यते ॥ (च.चि.7/9,10)



Sadhyasadyata^[5]

Sadhyasadyata of the *Kushtha* is explained in *Ayurvedic* classics. Before explaining *Chikitsa*, *Acharyas* have briefed about the condition of *Sadhya* and *Asadyata* of the *Roga*, thus it gives a comprehensive hint to the physicians for treatment.

Chikitsa of Kushtha^[6]

The skin diseases are easily not curable and require patience to take medication for longer duration. *Kushtha* is *Tridoshajanya Vyadhi*, therefore first

predominant *Doshas* should be treated and then *Anubhandha Doshas*.

वातोत्तरेषु सर्पिर्वमनं श्लेष्मोत्तरेषु कुष्ठेषु । पित्तोत्तरेषु मोक्षो रक्तस्य विरेचनं चाग्रे ॥ (च.चि.7/39)

In the *Kushtha* as predominant in *Vata* intake of ghee is recommended. Similarly, emesis in those predominant in *Kapha* and purgation followed by blood-letting in those predominant in *Pitta* is recommended.

Panchakarma in Kushtha

- 1. Abhyanga:**^[7] In *Kushtha* 1) *Kushthadi Taila*, 2) *Shwetakarveerpallavadi Taila*, 3) *Tikteskhvakvadi Taila*, 4) *Kanakakshiri Taila*, 5) *Sarshapa Taila*, *Karanja Taila*, *Kshadirsar Taila*, *Mahakhadira Ghrita* are used for the *Abhyanga* purpose, 6) In *Kushtha* having burning sensation *Abhyanga* should be done with *Tikta Ghrit*, *Shatdhauta Ghrit*, *Sahastradhauta Ghrit* and oils prepared with *Lal-Chandana*, *Madhuka*, *Prapaundarika*, *Utpala*.
- 2. Udvartana:**^[8] 1) *Kushtha*, *Arka*, *Tuttha*, *Katphala*, seeds of *Mulaka*, *Rohini*, *Katuka*, *Indrayava*, *Utpala*, *Musta*, *Bruhati*, *Karveera*, *Kasis*, *Chakramarda*, *Nimba*, *Patha*, *Duralabha*, *Chitaka*, *Vidanga*, seeds of *Alabu*, *Kampillaka*, *Sarshapa*, *Vacha*, *Daruharidra* this formulation used for *Udvartana*. 2) The *Ashwamar* (kaner) is used as *Udvartana* purpose.
- 3. Vaman/Virechana:** In *Kushtha*, the emetic and purgative formulations said in the *Kapha Pradhanta* and in *Pitta Pradhanta* respectively. *Virechana* is to be done at every one month and *Vamana* is to be given every 15 days

Vaman Dravya in *Kushtha*:^[9] In *Kushtha* located in upper part when the heart is excited by *Dosas*, the patient should be vomited by administering *Indrayava*, *Madanaphala*, *Madhuka* and *Patola* (leaves) mixed with *Nimba* juice. In *Kushthas*, *Sheetarasa*, *Pakwarasa* (types of vinegar), honey and *Madhuka* are recommended for emesis.

Virechanadravya in *Kushtha*:^[10] In *Kushtha*, *Trivruttha*, *Danti* and *Triphala* are used for purgation.

- 4. Nasya:**^[11] Snuff prepared with rock salt, *Danti*, *Marica*, *Phanijjaka*, *Pippali*, *Karañja* (fruit) and *Vidanga* destroys worms, *Kushtha* and disorders of *Kapha*.
- 5. Dhumpana:**^[12] The evacuative smoking said in *Sutrasthana*, *Shweta*, *Jyotishmati*, *Hartal*, *Manhshila*, *Agar*, *Tejpatra* should be used, it alleviates worms, *Kushtha* and *Kilasa* located in head.
- 6. Raktamokshan:**^[13] The diseased spots which are stable, hard and patchy should be fomented by means of stone-slab and tubes and thereafter rubbed with a brush. In this way, the morbidity of blood should be removed. Such spot may also be fomented with the bundle of meat of marshy and aquatic animals slightly heated and then scraped with a sharp instrument so that blood comes out or for this purpose horn or bottle gourd may also be applied. In case of minor disorder, the spot should be scarified or leeches should be applied for evacuation of (impure) blood. The medicaments applied externally exhibit quick effect after the impurity of blood is eliminated and thus the seat of morbidity is evacuated.
- 7. Asthapana Basti:**^[14] the patient of *Kushtha* should be given non-unctuous enema prepared from *Dāruharidrā*, *Bṛhati*, *Uśīra*, *Patola*, *Nimba*, *Madana*, *Āragvadha*, *Indrayava* and *Musta* mixed with unctuous substance. e.g. *Rasnadi Basti*,^[15] *Madhutailika Basti*.^[16]
- 8. Anuvasana Basti:**^[17] After purgation and non-unctuous enema the patient having aggravation of *Vata* should be administered unctuous enema, if necessary, with unctuous substance prepared with *Madana*, *Madhuka*, *Nimba*, *Kuṭaja* and *Patola*. e.g. *Vidangadi Taila*.^[18]
- 9. Lepa:**^[19] 1) *Kushthanashaklepa* :- *Ela*, *Kushtha*, *Daruharidra*, *Satapuṣpa*, *Chitraka*, *Vidanga*, *Rasanjana* and *Haritaki* - all powdered together make a good paste for *Kushtha*. 2) *Mamsyadi Lepa* :- The paste prepared of *Mamsi*, *Marica*, *Salt*, *Haridra*, *Tagara*, *Snuhi*, soot, cow's urine and bile, alkali of *Palasa* destroys *Kushtha*. 3) *Kushthadi Lepa*

:i) *Kushtha*, seeds of *Karanja* and *Chakramarda* make a *Lepa* for *Kushtha*. ii) Seeds of *Cakramarda*, rock salt, *Rasanjana*, *Kapittha*, *Lodhra* make a paste for *Kushtha*. 4) *Kushthahar* four *Lepa*:- i) Bark of *Shirish* ii) Flower of cotten plant iii) Leaves of *Aragvadh* iv) Leaves of *Kakmachi*, make a four types of *Lepa* for *Kushtha*. 5) *Kushthaharlep*a: Paste of *Lodhra*, paste of *Dhataki* flowers, paste of *Indrayava*, paste of seeds of *Karanja*, paste of leaves of *Malati* make a good pate and used as *Lepa* for *Kushtha*.

Samshaman Chikitsa^[20]

After completing the *Shodhana Karma*, *Shamana Chikitsa* is indicated to pacify the remaining *Doshas*. *Shamana Aushadhi* is more effective, when it is administered after *Samshodhana*.

1. *Kwatha*: *Aragvadhadi Kwatha*, *Manjishthadi Kwatha*, *Atarushadi Kwatha*, *Bibhitakadi Kwatha*
2. *Churna*: *Panchanimbachurna*, *Saptasamoyoga*, *Panchnimbadi Churna*.
3. *Rasayog*: *Talakeshwar Ras*, *Mahatalkeshwar Ras*, *Rasmanikya Ras*, *Kushthakuthar Ras*.
4. *Vati*: *Vajravati*, *Amrutabhallatakam Vati*.
5. *Guggula*: *Amruta Guggula*, *Ekavishantiko Guggula*, *Panchtiktaghrita Guggula*.
6. *Ghrita*: *Tiktaka Ghrit*, *Mahatiktaka Ghrita*, *Mahakhadiraka Ghrita*,
7. *Asavaarishta*: *Khadirarishta*, *Madhvasav*, *Kanakabindu Arishta*, *Triphalasav*.

Pathya-Apathya^[21]

Pathya Sevana along with medicine will help in easy and speedy recovery of the disease. *Pathya* - *Laghu Anna*, *Tikta Shaka*, *Bhallataka*, *Triphala*, *Nimbayukta Anna* and *Ghrita*, *Purana Dhanya*, *Jangala Mamsa*, *Mudga*, *Patola*. For *Pana*, *Snana* and *Parisheka Khadira Kashaya* is advised.

Apathya - According to *Acharya Sushruta*, *Mamsa*, *Vasa*, *Dugdha*, *Dadhi*, *Taila*, *Kulatha*, *Masha*, *Nishpava*, *Ikshu*, *Amla*, *Virudha Ahara*, *Adhyasana*, *Ajeerna*, *Vidahi* and *Abhishyandi* are said as *Varjya*. *Acharya*

Charaka says *Guru*, *Amla*, *Payas*, *Dadhi*, *Anupamamsa*, *Matsya*, *Guda*, *Tila* as *Apathya*.

DISCUSSION

Dermatological disorders described in modern medicine many be compared to *Kushtha Roga*. It is considered as one of the most chronic disorders which is very difficult to cure. Dietetic, behavioral, environmental, genetic, and immunologic factors appear to play an important role in the pathogenesis of *Kushtha Roga*. *Nidanpanchak* of the *Kushtha* are helpful for proper diagnosis, prognosis, and treatment of the disease *Kushtha*.

CONCLUSION

Kushtha one of the most chronic diseases in *Ayurveda*. In the present era, stress and altered immunity are the major factors responsible for the manifestation of a wide range of dermatological disorders. *Ayurveda* plays important role to prevent skin disorders by *Samshodhan* and *Samshaman Chikitsa*.

REFERENCES

1. Tripathi B. *Charak Samhita of Agnivesha*, *Charak Chandrika Hindi Commentary*. Part 2. Varanasi: Chaukambha Surbharti Prakashan; 2002. *Chikitsasthana*, *Kushtha Chikitsa adhyaya 7*; Shlok No.9,10. p. 301.
2. Tripathi B. *Charak Samhita of Agnivesha*, *Charak Chandrika Hindi Commentary*. Part 2. Varanasi: Chaukambha Surbharti Prakashan; 2002. *Chikitsasthana*, *Kushtha Chikitsa adhyaya 7*; Shlok No.13. p. 302.
3. Tripathi B. *Charak Samhita of Agnivesha*, *Charak Chandrika Hindi Commentary*. Part 2. Varanasi: Chaukambha Surbharti Prakashan; 2002. *Chikitsasthana*, *Kushtha Chikitsa adhyaya 7*; Shlok No.4,5,6,7,8. p. 300.
4. Tripathi B. *Charak Samhita of Agnivesha*, *Charak Chandrika Hindi Commentary*. Part 2. Varanasi: Chaukambha Surbharti Prakashan; 2002. *Chikitsasthana*, *Kushtha Chikitsa adhyaya 7*; Shlok No.11. p. 302.
5. Tripathi B. *Charak Samhita of Agnivesha*, *Charak Chandrika Hindi Commentary*. Part 2. Varanasi: Chaukambha Surbharti Prakashan; 2002. *Chikitsasthana*, *Kushtha Chikitsa adhyaya 7*; Shlok No.37,38. p. 307.
6. Tripathi B. *Charak Samhita of Agnivesha*, *Charak Chandrika Hindi Commentary*. Part 2. Varanasi: Chaukambha Surbharti Prakashan; 2002. *Chikitsasthana*, *Kushtha Chikitsa adhyaya 7*; Shlok No.39. p. 307.

7. Tripathi B. Charak Samhita of Agnivesha, Charak Chandrika Hindi Commentary. Part 2. Varanasi: Chaukambha Surbharti Prakashan; 2002. Chikitsasthana, Kushtha Chikitsa adhyaya 7; Shlok No.102-104, 106, 108-110, 111-116, 119, 133. p. 320-325.
8. Tripathi B. Charak Samhita of Agnivesha, Charak Chandrika Hindi Commentary. Part 2. Varanasi: Chaukambha Surbharti Prakashan; 2002. Chikitsasthana, Kushtha Chikitsa adhyaya 7; Shlok No.102-103, 98. p. 320.
9. Tripathi B. Charak Samhita of Agnivesha, Charak Chandrika Hindi Commentary. Part 2. Varanasi: Chaukambha Surbharti Prakashan; 2002. Chikitsasthana, Kushtha Chikitsa adhyaya 7; Shlok No.43. p. 308.
10. Tripathi B. Charak Samhita of Agnivesha, Charak Chandrika Hindi Commentary. Part 2. Varanasi: Chaukambha Surbharti Prakashan; 2002. Chikitsasthana, Kushtha Chikitsa adhyaya 7; Shlok No.44. p. 308.
11. Tripathi B. Charak Samhita of Agnivesha, Charak Chandrika Hindi Commentary. Part 2. Varanasi: Chaukambha Surbharti Prakashan; 2002. Chikitsasthana, Kushtha Chikitsa adhyaya 7; Shlok No.48. p. 310.
12. Tripathi B. Charak Samhita of Agnivesha, Charak Chandrika Hindi Commentary. Part 2. Varanasi: Chaukambha Surbharti Prakashan; 2006. Sutrasthana, Matrashitiya adhyaya 5; Shlok No.26. p. 120.
13. Tripathi B. Charak Samhita of Agnivesha, Charak Chandrika Hindi Commentary. Part 2. Varanasi: Chaukambha Surbharti Prakashan; 2002. Chikitsasthana, Kushtha Chikitsa adhyaya 7; Shlok No.50,51,52. p. 310.
14. Tripathi B. Charak Samhita of Agnivesha, Charak Chandrika Hindi Commentary. Part 2. Varanasi: Chaukambha Surbharti Prakashan; 2002. Chikitsasthana, Kushtha Chikitsa adhyaya 7; Shlok No.46. p. 309.
15. Tripathi B. Charak Samhita of Agnivesha, Charak Chandrika Hindi Commentary. Part 2. Varanasi: Chaukambha Surbharti Prakashan; 2002. Siddhisthana, Basti Sutriya Siddhi adhyaya 3; Shlok No.61-64. p. 1209.
16. Tripathi B. Charak Samhita of Agnivesha, Charak Chandrika Hindi Commentary. Part 2. Varanasi: Chaukambha Surbharti Prakashan; 2002. Siddhisthana, Uttarbasti Siddhi adhyaya 12; Shlok No.13. p. 1334.
17. Tripathi B. Charak Samhita of Agnivesha, Charak Chandrika Hindi Commentary. Part 2. Varanasi: Chaukambha Surbharti Prakashan; 2002. Chikitsasthana, Kushtha Chikitsa adhyaya 7; Shlok No.47. p. 310.
18. Tripathi B. Charak Samhita of Agnivesha, Charak Chandrika Hindi Commentary. Part 2. Varanasi: Chaukambha Surbharti Prakashan; 2002. Siddhisthana, Snehavyapad Siddhi adhyaya 4; Shlok No.18-22. p. 1215.
19. Tripathi B. Charak Samhita of Agnivesha, Charak Chandrika Hindi Commentary. Part 2. Varanasi: Chaukambha Surbharti Prakashan; 2002. Chikitsasthana, Kushtha Chikitsa adhyaya 7; Shlok No.84, 87, 93, 96, 95. p. 317-319.
20. Shastri A, editor. Bhaishajyaratnavali. Varanasi: Chaukhambha Sanskrit Sansthan; 2005. p. 891-914.
21. Tripathi B. Charak Samhita of Agnivesha, Charak Chandrika Hindi Commentary. Part 2. Varanasi: Chaukambha Surbharti Prakashan; 2002. Chikitsasthana, Kushtha Chikitsa adhyaya 7; Shlok No.82-83. p. 317.

How to cite this article: Archana Suhas Wadkar, Mayuri Mangesh Dange. Role of Ayurveda in Kushtha: A Literary Review. J Ayurveda Integr Med Sci 2024;12:205-209. <http://dx.doi.org/10.21760/jaims.9.12.26>

Source of Support: Nil, **Conflict of Interest:** None declared.
