

A Review on the disease KUSHTHA and its relation with modern Skin Disease

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Abstract

Skin is the largest organ of human body. Skin is a shield which protects us from various external invasions. Skin diseases are the most common health problems worldwide. Skin disease occurs about 20-30% of general population. Changes in skin color may be due to homeostatic imbalances in the body.

Many inter-related factors affect health of the skin, including nutrition, hygiene, circulation, age, immunity, genetic traits, psychological state and drugs. All the skin diseases in Ayurveda have been discussed under the broad headings of Kushtha. Which are further categorized into Maha Kushtha and Kshudra Kushtha. In this article, it is tried to make a probable comparison between the types of Kushtha in Ayurvedic literature and variety of skin disorder in Modern medical science based on the closed resemblance of Signs & Symptoms.

Keywords : Skin disorders, Mahakushtha, Kshudrakushtha, Lakshanas.

Introduction

The word Kushtha is derived from Kushnati vapuh meaning that which alters complexion of body by extracting. It is a chronic disease which presents with ugly texture and altered tactile perceptions of the skin. It is combined product of ectoderm as well as of mesoderm. According to Acharya Charaka, All the types of kushtha are caused due to vitiation of tridosha with involvement of skin, blood, lymph and muscular issue.

Kushtha is often translated in English as leprosy, which is not correct because of absence of Mycobacterium leprae, though the appearance of skin lesions of mahakushtha resemble leprosy.

In this article, classical details of types of Kushta are studied elaborately along with its modern corresponding skin diseases.

- EtiologyPathogenic factors
- Types of Kushtha

- Lakshanas of Maha Kushtha and Kshudra Kushtha
- Modern skin disorder with their Sign & Symptoms

Etiology:

Aharaja Nidan^[1]

Viruddha annapana , excessive intake of guru, snigdha , drava, new grains, curds, fish, salty and sour food items , black grams, radish, food prepared from flour paste, sesame, milk and jaggery products.

Viharaja Nidan

Excessive exercise and exposure to heat after taking the heavy meal. Restraining natural urges like vomiting , Entering into cold water immediately after one is afflicted with Bhaya, Shrama and Santapa. Indulging in food and other habits which have been restricted during the phase of Panchakarma.

Sexual intercourse immediately after taking food, sleeping during day time, insulting peers like brahmin / guru .

Pathogenic Factors:

The vitiated three doshas- vata, pitta, kapha along with impaired tvak, rakta, mamsa and ambu (lasika) together constitute seven essential entities which play role in pathogenesis of kushtha. Kushtha can be classified into seven mahakushtha (major skin disorders) and eleven kshudrakushtha (eleven minor skin disorders). Single dosha cannot cause kushtha on its own i.e. kushtha is not an nanatmaja (disease caused by single specific dosha) disease.

Types of Kushtha:

Mahakushtha: 1- Kapala, 2- Udumbhara, 3- Mandala, 4- Rshyajihwa, 5- Pundarika, 6- Sidhmaand, 7- Kakanaka.

Kshudrakushtha: 1- Ekakushtha, 2- Charmakhya, 3- Kitibha, 4- Vaipadika, 5- Alasaka, 6- Dadru, 7- Charmadala, 8- Pama, 9- Visphota, 10- Shataru, 11- Vicharchika

Mahakushtha [2]	MAHAKUSHTHA	LAKSHANAS	SKIN DISORDER
	SIGN & SYMPTOM	SDIAGRAM	

1- Kapala

Krishnaarunavarna, Similar to broken piece of earthen pot(Kapala), Ruksha Parusha, Tanu, Bahu toda (Dosha- Vata) Tuberculoid leprosy Raised erythematous border & atrophic center, hypo pigmented macule Thick Dry skin, Severe Pain

2- Udumbara

Similar to Pakwa Udumbara Phala Ragaparita, Lomapijara (hair on the patch become brown) Daha,Kandu,Ruja (Dosha- Pitta) Vasculitis

Flat red/palpable purpura Dark spots Intense itching

3- Mandala

Shwetakravarna Mandalakar pidika Utsanna,Sthira, Sthiyana(ghana) (Dosha- Kapha) Tinea Variant Circular ring shape Pale macules, Reddish papules Defined and raised

4- Rishyajihwa

Raktaparyanta Antahshyava (red in edges and brown inside) Resembles the tongue of Rshya (a type of deer with blue testicles), Karkasha, Vedana (Dosha- Vata-Pitta) Lichen planus Purplish, flat bumps most often in inner forearm, wrist or ankle Itching Blisters break to form scabs or crusts Painful sores in mouth

5- Pundarika

Shwetakraparyantaresembles Pundarikadala (lotus petal) Utseda Daha (Dosha- Pitta-Kapha) Discoid Lupus Erythematous Lighter in center with rim darker edges Elevated Burning sensation, itchy, tender

6- Sidhma

Shwetatamravarna resembles Alabupushpavarna Tanu (Dosha- Vata- Kapha) Plaque Psoriasis silvery scales Bleeding or cracking of plaques Intense Itching

7- Kakanaka

Resembles Gunjavarna Apakam , Teevavedana (Dosha- Tridosha) Squamous cell Carcinoma

Erythematous infiltrated painful Keratotic nodule that may ulcerate

Management (Chikitsa):

- Nidanparivarjana [3]
- Bahyaparimarjana chikitsa (Lepa)
- Antahparimarjana chikitsa (Aushadh sevana)

Kushthnashaka yog :

Churna : - Mustadi churna

- Kushthadi churna

- Triphaladi churna Kwatha: - Patoladi kwatha Lepa: - Sidhmadi lepa

- Kushthadi lepa Ghrita: -Mahatikta

- Mahakhadir ghrita Taila: -Kushthadi taila

- Kanakakshiri taila

- Asava : - Madyasava
- Arista : - Kanakabindu arista

Conclusion

All the skin diseases in Ayurveda have been discussed under the broad headings of Kustha. According to Acharya Charaka, Kushtha Roga cannot occur without the vitiation of Tridoshas. Acharya Vagbhata has defined the Kushta Roga as that which causes Vaivarnya and Dushti to the Twacha.

For proper diagnostic approach of the disease, lesions are classified into various groups and named in a scientific way. The dermatological disorders as mentioned in Ayurveda are highlighted here with modern science.

Since the disease manifestation starts from the nidana, first line of treatment should be Nidana parivarjana. It stops in the further progression of the diseases by restricting the vitiation of the doshas. Kushtha is tridoshajanya vyadhi, therefore first predominant doshas should be treated and then anubandha doshas.

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