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Study of Ayurvedic management and *Pathyapathya* of *Kushtha* (skin diseases)

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ABSTRACT

The principle of treatment is three-fold in Ayurveda as *Nidana Parivarjana*, *Apakarshana* (*Shodhana*) and *Prakriti Vighata*, this treatment given by *Charaka* in *Krimi* chapter. This treatment is given on the basis of *Rogabala*, *Rugnabala*, *Kala*, *Vayu*, *Agni*, etc. Among the *Pancha Shodhana*, *Vamana*, *Virechana*, *Nasya* and *Raktamokshana* are indicated in the *Kushtha*. *Vamana* is to be applied in the treatment of *Kapha* predominant *Kushtha*, *Virechana* and *Raktamokshana* in the treatment of *Pitta* predominant *Kushtha*. After *Shodhana Shamana Chikitsa* is indicated to subside the remaining *Doshas*. In present life style when people do not have enough time from their busy schedule for *Shodhana* therapy in such cases *Shamana* therapy is to be advised. *Charaka* has described *Shamana* therapy with *Tikta* and *Kashaya Dravyas*.

Key words: *Kushtha Chikitsa*, *Shamana*, *Shodhana*, *Panchakarma*.

INTRODUCTION

In *Kushtha Chikitsa Nidana* are main causative factors to increase the disease because *Samprapti* starts by *Nidana*. Therefore, first step for management is to avoid the *Nidana*. It stops the further progression of the disease by restricting vitiation of *Doshas*. Also *Apakarshana* (*Shodhana*) therapy which aims at the radical removal of the causative morbid factors of somatic disease is called as *Samshodhana*.^[1] *Vamana*, *Virechana*, and *Raktamokshana* are indicated in the *Kushtha*. *Vamana* is to be applied in the treatment of *Kapha* predominant *Kushtha*, *Virechana* and

Raktamokshana in the treatment of *Pitta* predominant *Kushtha*. *Acharya Vagbhatta* says that *Kushtha Rogi* should be given *Snehapana* in the stage of *Purvarupa Avastha*. *Swedana* is generally done by *Nadi Sweda* or *Bashpa Sweda*. This procedure liquefies the *Doshas*. *Kushtha* is *Tridoshaja Vyadhi*. Therefore, first prominent *Doshas* should be treated and then *Anubandhya Dosh* should be treated, *Acharya Charaka* also says in *Vata* dominance *Ghrita Pana*, in *Kapha* dominance *Vamana* and in *Pitta* dominance *Virechana* and *Raktamokshana* are to be carried out. According to *Harit*, when the morbid *Doshas* are rarer potent, the patient should be treated with *Shodhana*. For this purpose *Raktamokshana* is to be done at every six months. *Virechana* is to be given at every one month. *Vamana* is to be given at every 15th day.^[2] *Acharya Charaka* says in *Vata Dosh* *Pradhan Kushtha* first give *Virechana*, *Niruha Basti* and then give *Anuvasana Basti* of *Madhuphaladi Siddha Taila*.^[3] *Sushruta* have described to perform *Shiravedha* from five main superficial veins.^[4] *Charaka* have advised *Siravedha* by classical instrument *Alabu Shring* etc.^[5] *Nasya* is used in *Krimi*, *Kushtha* and *Kapha Vikara*, *Nasya* is also indicated. The *Nasya* is prepared with rock salt, *Danti*, black pepper and fruit

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of *Pongamia pinnata* and of *Embelia ribes*. After *Nasya*, *Charaka* described that *Dhumpana* with *Shirovirechana* drugs are mentioned. They may be used collectively or singly for *Dhumpana*, in the cases where *Krimi* or parasites are located in the head as well as in the case of leucoderma. Also in initial stages *Shamana* therapy is very useful in treatment of *Kushtha*. After completing the *Shodhana* karma, *Shamana Chikitsa* is indicated to subside the remaining *Doshas*. In present life style when people do not have enough time from their busy schedule for *Shodhana* therapy in such cases *Shamana* therapy is to be advised. *Charaka* has described *Shamana* therapy with *Tikta* and *Kashaya Dravyas*. In practice external application are ideally be applied when the patient of *Kushtha* has satisfactorily undergone the purificatory procedure and whose vitiated blood is removed from the lesions. External application of anti-*Kushtha* drugs will be effective in the disease. *Sushruta* has suggested *Shodhana Lepa* for the management of *Twakagata Kushtha*.

AIMS AND OBJECTIVE

1. To review the management of *Kushtha* in Ayurveda
2. To review the *Pathyapathya* mentioned in *Kushtha Chikitsa*.

Shodhana in Kushtha^[6]

- In *Vata* prominent *Kushtha* - *Sarpipana*,
- In *Sleshma* prominent *Kushtha* - *Vamana*,
- In *Pitta* prominent *Kushtha* - *Virechana* and *Raktamokṣaṇa* are mentioned. It is first the line of treatment of *Kushtha* given by Ayurvedic texts.

The patient with *Bahu-Doṣa* should be subjected repeatedly to the *Samshodhana* taking care to preserve his strength and vitality. *Sushrut Samhita* described a typical *Shodhana* procedures in *Kushtha Chikitsa* as below,^[7]

- *Vamana* is subjected at after every 15 days
- *Virechana* is subjected at after every 30 days

- *Raktamokṣana* is subjected at after every 6 months
- *Nasya* is subjected at after every 3 nights of duration in *Kushtha*.

Selection of medicines for Shodhana Chikitsa

According to *Charaka Samhita* some special chief drugs for *Shodhana Karma* in *Kushtha Chikitsa* are described below.^[8]

1. Drugs for Vamana Karma in Kushtha Chikitsa

- *Indrayava*
- *Madanaphala*
- *Yaṣṭimadhu*
- *Paṭola*
- *Nimba*

2. Drugs for Virechana Karma in Kushtha Chikitsa^[9]

- *Triphala*
- *Trivṛtta*
- *Danti*

3. Drugs for Asthapana Basti For Kushtha Chikitsa^[10]

- *Darvi*
- *Bṛhati*
- *Paṭola*
- *Picumarda*
- *Kṛtamala*
- *Indrayava*
- *Musta*
- *Sneha*

4. Drugs for Anuvasana Basti for Kushtha Chikitsa

After *Virechana*, if there is *Vata* increase, and if the patient is eligible for *Basti*. Then *Anuvasana Basti* is administered with *Sneha* processed with below mentioned drugs.

- *Madanaphala*
- *Madhuka*

- *Nimba*

- *Kuṭaja*

- *Paṭola*

5. Drugs for Shiro Virechana for Kushtha Chikitsa

- *Saidhava*

- *Danti*

- *Madhuka*

- *Phañijjaka*

- *Pippali*

- *Karanjaphala*

- *Viḍanga*

6. Measure for Raktamokṣaṇa for Kushtha Chikitsa

- In *Alpa (Kṣudra) Kushtha - Praccchana Karma*

- In *Mahati (Maha) Kushtha - Siravyadhana*

Shamana Chikitsa:^[11] Shamana Chikitsa is given for two specific purposes,

- To subside *Doṣas* in the patients who are unable or contraindicated for *Shodhana Karma*.

- To subside the remaining *Doṣas* after *Shodhana Karma*.

Selection of medicines for Shamana Chikitsa

Abhyantar Shamana Kalpa

- **Svarasa:** *Guḍuchi Svarasa, Dhatriyadi Svarasa, Khadira Rasa.*

- **Kwatha:** *Paṭolamuladi, Khadiradi, Mustadi, Darvyadi, Nishadi, Vṛukṣakadi, Navakasaya, Dhatriyadi, Rajavṛuksadipachana, Manjiṣṭhadi, Manjiṣṭhadyo Mahakaṣaya, Triphaladipachana Kaṣaya.*

- **Churna:** *Mustadi, Triphaladi, Laksadi, Bhunimbadi, Avalgubija, Tiladi, Vaguji, Somarajyadi, Viḍangadi, Pancha Nimba.*

- **Guṭika:** *Saptasama Guṭika, Chandrashakaladi Vaṭaka, Nishadi Vaṭika, Viḍangadi Pinḍi, Haridradi Vaṭika, Viḍangadi Vaṭika.*

- **Ghrita:** *Tiktaṣaṭapalaka Ghrita Yoga, Mahatiktaka Ghrita, Mahakhadira Ghrita Yoga, Nishadi Ghrita, Vajraka Ghrita, Mahavajraka Ghrita, Danti Ghrita.*

- **Asava-Ariṣṭa:** *Madhyasava, Triphalasava, Kanakabindvariṣṭa, Karanjariṣṭa, Nimbariṣṭa, Khadirariṣṭa.*

- **Avaleha:** *Sitadi Avaleha, Dhatriyodavleha, Bakuchyadivaleha, Saptasamo Avleha, Bhunimbadyodavaleha, AmṛtaBhallataka, Maha Bhallataka, Panchanimbaavaleha.*

- **Guggulu:** *Panchatikta Ghrita Guggulu, Ekavimshatiko Guggulu, Svayambhuva Guggulu.*

- **Rasayaṇa:** *Tuvaraka, Bhallataka, Bakuchi, Chitrakamula, Shilajita, Khadiranidarharasa.*

- **Rasauṣadha:** *Lelitaka (gandhaka) with Amalakisvarasa together with Madhu, Svarṇa, Makṣikabhasma is taken together with Go-mutra, Gandhaka Rasayaṇa, Arogyavardhini, Rasamaṇikyā, Talakeshvarasa, Suvārṇakṣiri Rasa, Sarvangasundari Vaṭi, Galitakishtharirasa.*

- **Other Yoga:** *Kuṭajadi Siddha Haritaki, Mañibhadrayoga, Lelitakavasaprayoga, Khadiradi Yoga, Bhallataka Vardhamana, Panchanimba, Auṣṭrakṣira Yoga, Tilabakuchyoryoga, Koshataki Yoga, Kanchuki Yoga, Saladiniryasa Prayoga, Gavedhuka Makushtha Prayoga.*

Bahya Shamana Kalpa

- **Pralepa:** *Eladi Pralepa, Chitrakadi Pralepa, Mamsyadi Pralepa, Trapvadi Pralepa, Phalgvadi Pralepa, Durvadi Pralepa, Sarjadi Pralepa, Chakramardabijadi Pralepa, Gajapuriṣaksarapa Kwavalguja, Gopittadi Pralepa.*

- **Lepa:** *Marichadi Lepa, Vayasjanghadi Lepa, Karvira Lepa, Shvetakaravira Lepa, Manaḥshiladhyaṣṭanga Lepa, Bhagottaradhatryadi Lepa, Viḍangadi Lepa, Viḍangaidagajadi Lepa, Gṛhadhumadi Lepa, Bhallatakadi Lepa, ManaḥShilamayurapitta Lepa.*

- **Taila (For Abhyanga):** *Shvetakaraviradhya Taila, Tiktakṣvaku Taila, Kanakakṣiri Taila, Jivantyadi Ghritataila, Vajraka Taila, Maha Vajraka Taila,*

Sikthakadi Taila, Kuṣṭhadi Taila, Aragvadhadya Taila, Tṛṇaka Taila, Mahatṛṇaka Taila, Svalpamarichadhya Taila, Bṛhatamarichadya Taila, Svalpasinduradya Taila, Mahasinduradya Taila, Adityapaka Taila, Durvadya Taila, Pṛthvisara Taila, Somaraji Taila, Arka Taila.

- **Snana:** Siddharthakasnana, Triphala Siddhajala, Dhavadigomutrpariṣeka etc.

▪ **Agadaproyoga**

▪ **Ksharaproyoga**

- **Dharmikaupachara:** Aṣṭanga Hṛdaya described some ritual measure for *Kushtharogi* whose disease occurs due to *Mala* and *Papakarma* are as below;^[12]

- Vrata
- Dama
- Yama
- Seva
- Tyaga
- Dana
- Shila
- Dvija Sura Guru Puja
- Sarva Sattveshu Maitri
- Shiva, Shiva Suta, Tara, Bhaskara Aradhana.

Pathya – Apathya^[13]

The drugs and regimes which do not adversely affect the body and mind are regarded as Pathya and those, which adversely affect them, are considered as Apathya.

Pathya^[14]

- **Shuka:** Purana Dhanya, Shastika Shali, Yava, Godhuma
- **Kudanya :** Koradusha, Shyamaka, Uddhalaka
- **Shimbi :** Mudga, Adhaki, Masura.
- **Shaka :** Tikta Shaka e.g Patola.

- **Ghrita :** Medicated Ghee prepared with *Bhallataka, Triphala* and *Nimba*.
- **Mamsa :** *Jangala Mamsa* (without *Meda*).
- **Mishra :** *Mudga* mixed with *Patola*.

Apathya

- **Dravadravya :** *Dadhi, Ksheera*.
- **Ahara :** *Pistavikara, Viruddha Ahara, Navanna, Adhyashana, Ajeernashana*.
- **Shimbi :** *Kulattha, Masha, Nishpava, Tila*
- **Ikshuvarga :** *Guda, Ikshu Vikara*
- **Shaka :** *Mulaka*
- **Mamsa :** *Anupamamsa, Vasa, Oudhakamamsa*
- **Vihara :** *Diwaswapna, Vyavaya, Vegarodha, Vyayama*.

DISCUSSION

In *Dravya Chikitsa* there are main two divisions of treatment - *Shodhana Chikitsa* and *Shamana Chikitsa*. Since all three *Doṣhas* are vitiated in *Kushtha* and it has *Krichhasadhya* as well as long lasting nature, *Samshodhana* and *Samshamana* both are required in its treatment. *Shodhana Chikitsa* includes three measures viz. *Antaḥ Parimarjana*, (which includes *Vamana, Virechana, Basti, Nasya* and *Raktamokṣaṇa*). *Bahir Parimarjana* (*Lepa, Dhara, Abhyanga*) and *Shastra Praṇidhana* (*Anushastra* like *Kshar, Jaluka*). *Shamana Chikitsa* is given for two specific purposes;

- To subside *Kushtha* in the patients who are unfit or contraindicated for *Shodhana Karma*.
- To subside the remaining *Doshas* after *Shodhana Karma*.

For the treatment of *Kushtha Roga*, The selection of the drug is based upon drugs having the properties of; *Rasa, Rakta Prasadana, Rasa, Rakta Shuddhikara, Rasavaha, Raktavaha* and *Svedavaha Sroto Sodhana*.

For the treatment of *Kushtharoga*, *Shamana* therapy is based upon below mentioned drugs properties of,

- *Kushthaghna*

- *Kaṇḍughna*
- *Varṇya*
- *Koṣṭha Shuddhikara*
- *Rakta Shodhaka*
- *Rakta Prasadaka*
- *Svedajanaka*
- *Kṛmighna*
- *Vraṇa Ropaṇa*

CONCLUSION

Ayurvedic principle is based upon the nature. In ancient times the Indian scientists studied all the condition of the human body. As *Kushtha* is chronic and relapsing in nature also there is an involvement of *Tridosha* and *Twaka*, *Rakta*, *Mansa*, *Lasika* and *Kleda*, hence repeated *Shodhana* is required for *Chikitsa* of *Kushtha*. Therefore, first prominent *Doshas* should be treated and then *Anubandhya Dosh* should be treated, *Acharya Charaka* also says in *Vata* dominance *Ghrīta Pana*, in *Kapha* dominance *Vamana* and in *Pitta* dominance *Virechana* and *Raktamokshana* are to be carried out.

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