

A REVIEW ARTICLE ON VATA PREDOMINANT SKIN DISEASES IN AYURVEDA

¹*Dr. Yogesh Kumar Pandey, ²Dr. Abhilaasha Meena, ³Professor (Dr.) Manubhai Gaur and ⁴Dr. Pooja Sabharwal

¹Associate Professor, PG Department of Kayachikitsa Ch. Brahma Prakash Ayurved Charak Sansthan Khera Dabar, New Delhi-110073.

²PG Scholar, PG Department of Kayachikitsa Ch. Brahma Prakash Ayurved Charak Sansthan Khera Dabar, New Delhi-110073.

³Professor, PG Department of Kriyashareer Ch. Brahma Prakash Ayurved Charak Sansthan Khera Dabar, New Delhi-110073.

⁴Assistant Professor, PG Department of Shareer Rachna Ch. Brahma Prakash Ayurved Charak Sansthan Khera Dabar, New Delhi.

*Corresponding Author: Dr. Yogesh Kumar Pandey

Associate Professor, PG Department of Kayachikitsa Ch. Brahma Prakash Ayurved Charak Sansthan Khera Dabar, New Delhi-110073.

Article Received on 03/08/2018

Article Revised on 23/08/2018

Article Accepted on 13/09/2018

ABSTRACT

Skin functions as antimicrobial, chemical and mechanical barrier. In *Ayurveda* literature, skin diseases are described in various texts. Approximately 166 skin diseases are described in *brihatrayi*, out of which 21 are *vata* predominant skin diseases. Although, most of skin diseases are described under the *kushtha* yet description of some of other skin diseases are scattered. Compilation and critical analysis of skin diseases from *Charak samhita*, *Sushrut samhita*, *Vagbhata*, *Chakradatta*, *Sharangdhar*, *Vangsen samhita* and *Bhela samhita* is presented in this study. It is observed that basic treatment protocol is for all *vata* predominant skin diseases *snehan* (~oleation), *swedana* (~fomentation) and *snigdha upnaha* (~ununctuous poultice). All therapies (oral medicine and therapy) having properties opposite to that of *vata dosha* are useful in *vata* predominant skin diseases. Compilation of and critical study of all *vata* predominant skin diseases, emphasizes the fact that all *vata* predominant skin diseases have similar therapeutic approach. *Vata* predominant skin diseases can be properly diagnosed and treated with the help of this critical analysis.

KEYWORDS: *Vata*, skin diseases, Dermatological manifestations.

INTRODUCTION

The skin covers external surface of the body and is largest organ of body.^[1] It provides protection to the body in various ways from microbes, abrasion, heat and chemicals.^[2] Skin also contributes to thermoregulation of the body.^[3] In *Ayurveda*, *Twacha* word is used for skin. *Twacha* is derived from “*tvac*” *dhatu*, which means the ‘cover’.^[4] The origin of the *twacha* is due to the combination of *shukra* (sperm) *shonita* (ovum) in intra uterine life just like a cream on the surface of milk after boiling of the milk.^[5] According to the *Astanga Hardyam*, skin originates from *rakta dhatu* in 6th month of embryo^[6] just like a cream on the surface of milk after boiling.^[7] According to *Ayurvedic* concept every *dravya* is *Panchbhotika* in this word so *twacha* is also *panchbhutatmaka* but it is considered as *prithvi* and *vayu mahabhut* dominant *panchbhotik* organ. *Acharya Charak* has mentioned six layers of skin while *Acharya Sushrut* and *Vagabhata* mention skin to be made up of 7 layers.^[8] The seven layers of the skin are *Avabhasni*(1st layer), *Lohita*(2nd), *Shweta*(3rd), *Tamra*(4th), *Vedini*(5th), *Rhohini*(6th) and *Mamsadhara*(7th layer).^[9] *Avabhasni* is

outer most layer of skin. It is seat of the five *gyanendriyas* and is responsible for *sparsha gyan* or touch sensation. It also covers all other sense organ. *Twacha* is *bahya roga marg* (location of the disease).^[10] According to modern medicine, skin contains sweat glands, blood vessel, hair follicles, erector pilli (smooth muscle) which are responsible for proper functioning of skin. Any abnormality in them leads to skin disease. As per *Ayurvedic* literature imbalance of *tridosha* and *dhatu*s is responsible for skin disease.

Large community prevalence studies have demonstrated that between 20-30% of the population have various skin problems requiring attention.^[11] Most of skin diseases are mentally agonising and have negative impact on quality of life.

Description of skin diseases are spread over in various *samhita* in many chapters. Two broad categories in which skin diseases are mentioned as *kushtha roga* and *ksudra roga*. Other common headings wherein skin disease are mentioned as *visarpa*, *nanatmaj vyadhi*,

bahya vidhradhi, shukadosha, prmeha-pidika, granthi, apachi, arvuda, upadansh, shilipada, and shoth. Present article is a compilation and critical analysis of *vata* predominant skin diseases described in three major *ayurvedic* treatise of *Ayurveda* namely *charaka samhita* (6th century BC), *sushrut samhita* (3rd century BC), *Vagbhatta* (2nd century AD) and some other popular texts such as *Vangsan, Sharngdhar* (8th century AD) and *Cakradatta*(8th century AD).

OBSERVATION

In *Ayurveda*, major skin diseases have been described under *kushtha*. Literary meaning of *Kushtha* is “*kushnati vapuh eti kushtham*” which means any diseases which deforms skin is known as *kushtha*. There are two type of *kushtha*: 1. *Mahakushtha* which is further classified into seven subtypes and 2. *kshudra-kushtha* which is further classified into eleven subtypes. *Kshudr-kustha* and *Maha-kustha* term are mentioned in *Shusruta samhita*. The name of *maha-kushtha* is based on chronicity of the disease and severity of their symptoms. Less severe skin diseases are described in *kshudra-kushtha*. Remaining skin diseases are enumerated in *kshudraroga*. *Kshudraroga* is described in a separate chapter in *Shusrut samhita*. *Kshudra roga* is derived of two words i.e. *kshudra* and *roga*. *kshudra* means *alpa* or short/ small/ minor and *roga* means disease. So *kshudraroga*'s *nidan* (etiology), *lakshan* (clinical features) and *chikitsa* (treatment) are described in brief. According to *Shusruta samhita*, *kshudraroga* are 44 in number while *vagbhatta* has mentioned 36 *ksudra-rogas* Out of 44 *ksudra-rogas* described in *Shusruta samhita* 42 are skin diseases while two diseases namely *Gudabhransha* and *sannirudhgud* are not included in skin diseases. Among *ksudrarogas Paddari, Masaka, Niruddhprakash* and *Parivartika* are *vata* predominant skin diseases.

In “*Maharoga Adhyaya*” (20th chapter) of *sutrasthana* of *charak samhita*, endogenous diseases (*Nija vyadhi*) are two types; *Samayaja vyadhi*- caused by *vata, pitta* and

kapha in different combinations and *Nanatmaja vyadhi*- specific diseases caused by individual *Doshas- vata, pitta* and *kapha*. *Nanatmajvyadhi of vata dosha* are enumerated as 80 type of diseases^[12] Out of this 80 diseases, 5 are skin diseases namely *nakhabheda, vipadika, raukshya, parushya, shyam arunooava bhashta*.

Male genital organ are affected in *shukadosha* by malpractice of instruments, pastes, medicated oils and ointments. Total 18 *shukdoshas* has been described in *Sushrut Samahita*. Four among them are *vata* dominant such as *Asthila, Mridita, Sammudh pidika* and *Alaji*.

According to *Shusruta Samhita*, when *vata predominance tridoshas* vitiates to *twacha, rakta, mansa meda* in some regions of the body it produces a troublesome swelling which is bulging up rapidly, deep routed, painful, round and white. It is known as *vataja bahaya vidhradhi*.^[13] Symptoms of *vidhradhi* are similar to abscess.

Vata predominating *granthi* is called *vataja granthi*. Symptoms of *granthi* are similar to cyst. Symptoms of *Arbud* are similar to tumour. Symptoms of *Shlipad* are similar to elephantiasis. Symptoms of *Updansh* are similar to syphilis.

Visarpa is an acute inflammatory dermatological manifestation. It spreads very quickly like sank (*visarpa*) in various directions.^[14] It is characterized by clinical features such as *aashu- anunnatashopha* (quickly raised and subside), *daha* (burning sensation), *fwara* (fever) *vedana* (pain). Natures of *sphotas, pidika* (vesicles) are so specific that it is described as *agnidagdhat* (with intense burning sensation).^[15] Based on *dosha* predominance, they are seven types as per *Charak*. According to *Samhita*, it has five variants. One of type of the *visarpa* is *vataja visarpa* In terms of similarities *Visarpa* is similar to *erysipelas* and *herpes*.

Table 1: Vata predominant skin diseases in Ayurveda.

S.No.	Name of Disease	Group of Disease	Site	Clinical Features
1	<i>Kapala /Aruna</i>	<i>Maha-kushtha</i>	-	Black reddish patches like broken pieces of earthen pot with excessive pain. Dry, rough and thick to touch skin lesion.
2	<i>Parisarpah</i>	<i>Kshudra-kushtha</i>	-	Exuding pustules gradually extend over the surface of the body.
3	<i>Paddari</i> (~rhagades)	<i>Kshudra-roga</i>	Feet	Cracks in foot.
4	<i>Mashaka</i> (~Elevated mole)	<i>Kshudra-roga</i>	-	Painless, hard, slightly elevated black mole
5	<i>Niruddhprakash</i> (~phimosis)	<i>Kshudra-roga</i>	Foreskin of glans penis	Total closure of the glans penis by foreskin, blocking the free passage of urine.
6	<i>Parivatrika</i> (~paraphimosis)	<i>Kshudra-roga</i>	male genital organ	Rolling back of foreskin of penis over glans, causing pain and suppuration, caused due to masturbation like practices
7	<i>Nakhabheda</i>	<i>Vataja nanatajmak</i>	Nails	Cracking of nails
8	<i>Raukshya</i>	<i>Vataja nanatajmak</i>	All over body	Dryness
9	<i>Parushya</i>	<i>Vataja nanatajmak</i>	All over body	Harshness
10	<i>shyam Arunaava</i>	<i>Vataja nanatajmak</i>	All over body	Dusky red appearance

	<i>Bhasata</i>			
11	<i>Ashthilika</i>	<i>Shukadosha</i>	male genital organ	Bullas appear due to use of the marking nut or other poison for local application.
12	<i>Mrdita</i>	<i>Shukadosha</i>	male genital organ	Swelling caused by massaging
13	<i>Sammuda pidika</i>	<i>Shukadosha</i>	male genital organ	Severe Swelling when squeezed by hand
14	<i>Vattik vidradhi</i>	<i>Bahya vidradhi</i> (abscess)	-	Abscess - black or light red color, hard, swelling with severe pain. Secretion - Thin watery liquid
15	<i>Vatika granthi</i>	<i>Granthi</i> (cyst)	-	Black small size Cyst associated with characteristic pain. Shape-like smooth bladder When it breaks open, pure blood is discharged .
16	<i>Sira granthi</i>	<i>Granthi</i> (cyst)	-	<i>Vayu</i> aggravated due to excessive exercises afflicts the sires or vein (pooling and collection of blood at one place), dries them up and cause narrowing with severe pain and movable cyst .
17	<i>Vataj Arbud</i>	<i>Arbud</i> (tumors)	-	Large size of black cyst associated with characteristic pain Shape-smooth bladder Discharged- pure blood , when it breaks open
18	<i>Vataj upadansh</i>	<i>Upadansh</i> (syphilis)	Genital area	Roughness, bursting or cracking, numbness and swelling of the affected part with varied short of pain
19	<i>Vata shilipad</i>	<i>Shlipada</i> (elephantiasis)	leg, arm, ear, nose, lips, eyelid	Symptoms- swollen part assume a black color , rough, hard to the touch a sort of spasmodic pain without any apparent reason which largely begins to crack.
21	<i>Vataja visarpa</i>	<i>Visarpa</i>	-	The part where disease spreads looks blackish or reddish it is a swelling with intense pain like cutting, contraction. If not treated, it gives rise to quick-bursting , small, blackish or reddish eruptions with thin clear, reddish and scanty discharge . Other associated symptoms are fever, giddiness, burning sensation on the affected areas, body ache, cramps, shivering, and cough, feeling as if crawling of ants on the body, retention of flatus, urine and stool.
22	<i>Vataj shoth</i>	<i>Shoth</i>	-	Moveable swelling, Color- black Pain- such as pricking, tingling, cutting Swelling increasing and subsiding quickly

Kapala is *vata* predominance *Maha kushtha* described by *acharya charak*. *Parisarpah* is *vata* predominance *kshudra-kushtha*. According to *sushrut*, *Aruna* is *vata* predominance *maha-kushtha* but its clinical manifestation is similar to *kapala kushtha* so *kapala* and *Aruna* may be considered as one.

According to *Ayurvedic* texts, properties of *vata dosha* are dryness, coldness, lightness, minuteness or, mobility, roughness, non-sliminess and instability.^[16] Pain is aggravated due to *vata dosha*. *Vata dosha* gets aggravated due to use of diet and activities that are similar to properties of *vata* in high amount for a long time. When this aggravated *vata* vitiates into skin, then skin disease is produced. It is also called *vata* predominance *kushtha* disease. *Vata* predominance *kushtha* disease is characterised by dryness, roughness,

pricking pain, pain and starching pain present in effected skin lesions, contraction of skin, hardness, horripiltion, coarseness and reddish-black colour of the effected skin lesion due to aggravated *vata dosha*.^[17] According to *Bhela samhita*, *vata* predominant *kushtha* is characterised by dry reddish- black patches in colour and pricking pain is present in these patches.^[18]

Whatever be the *vata* predominance skin diseases, all of them show symptoms of *vata dosha* for example in *kapala kushtha*, reddish-black colour of the skin lesion, dryness and excessive pain. Some characters of *vata dosha* like cracking of skin and nail, dryness and harshness which are known as *Paddari*, *Nakhhbed*, *Rukshya* and *Parushya* skin disease respectively. Symptoms of the *Vata* predominant *vidradhi* are red-blackish abscess in colour, sever pain of various due to

visham properties of *vata dosha*. *Vata* predominant *Vidhradi*(abscess), *Granthi*(cyst) and *Aarbud*(tumour) have similarity in colour, pain and other symptoms due to aggravated *vata dosha*. Apart from it, moveable swelling appears due to *chala guna* of *vata dosha* in *vataj shoth*. Symptoms of *Upadansh* are cracks and roughness due to *ruksha guna* of *vata dosha*. Symptoms of *shlipad* are black swollen in colour, roughness due to aggravation of *vata dosha*.

But some *vata* predominant skin disease show special symptoms other than *vata dosha* due to involvement of other vitiated *doshas* and *dhatu*s such as *parisarp kshudrakushtha*, and *sira granthi*. In other *vataj* skin disease like *shuka dosha*, massaging and squeezing of male genital organ causes vitiation of *vata dosha*. As a result of massaging, swelling of the involved skin occurs and pain occurs due to aggravated *vata*.

If exposure to causative factors continue even after the manifested *mardita shukdosha*; then it lead to one of more severe form called as *sammudha Shuka dosha*.

Prognosis: *Vata* predominant skin diseases are easily curable if it is not compounded with vitiation of other.

Treatment

In *kushtha* disease, first of all predominant *dosha* should be treated. After that, other *doshas* can be treated.^[19]

Skin disease is treated with medicated *ghrit pana*^[20] with predominance of *tikta* (pungent) and *kashaya* (astringent) drugs in taste.^[21]

Ayurveda give special importance on three fold therapeutic management of the disease viz. *Samshodhana*(~bio-purification), *Samshamana*(~pacification) and *Nidana parivarjana* (avoiding causative factors) for all types of disease including skin diseases.

s.no.	Disease	Treatment	Specification
1.	<i>vataja kushtha</i>	Shodhan therapy ^[22] (~bio-purification)	<i>Triphaladi ghrit, Panchkita ghrit gugglu, Mahakhadir ghrit</i>
		1. <i>Sneha pana</i> (~lubrication)	
		2. <i>Virechan</i> (~purgation)	<i>trivata, danti, triphala powder</i>
		3. <i>Niruh basti</i>	<i>daruharida, patol, nimb and paror, mainphal, Amaltas, indra jao and nagarmotha.</i>
		4. <i>Anuvasan basti</i> ^[23]	<i>Madanphal, nimb, patola, black seed oil</i>
		Shaman (~pacification) treatment	<i>Triphaladi ghrit</i> ^[24] , <i>Tiktakshwakadi tail</i> ^[25] , <i>Mahakhadir ghrit.</i> ^[26]
2.	<i>Paddari</i> ^[27] (~Rhagades)	<i>Sirabhedan</i> (bloodletting)	
		<i>Snigdha lepa</i> (massage)	Wax, fatty oil and marrow, extract of Sal tree (<i>rala</i>), <i>yavakshar</i> and ochre (<i>gerika</i>).
		<i>Swedana</i> (steam)	
3.	<i>Parivartika</i> ^[28]	1. <i>Snighdh lepa</i>	Lukewarm ghee
		2. <i>Swedana</i>	
		3. <i>Upanaha</i> (poultice application)	<i>Upanaha</i> is a type of paste, which is made of herbal powders, oil/ghee and fermented liquids.
		4. <i>Anuvasan basti</i>	<i>Madanphal, nimb, patola, black seed oil</i>
4.	<i>Nirudhprakasha</i> ^[29]	<i>Parisheka</i>	<i>Parishek</i> is medicated lukewarm liquid. This is to be poured over the desired part or whole body. Its provide benefits of both <i>snehana</i> and <i>swedana</i> together. <i>Chakra taila</i> may be used for this purpose.
		Both side open iron/shellac/ wood tube should be lubricated with butter introduced into urethra.	
5.	<i>Masak</i> ^[30]	Excision. Burn the affected area with fire or alkali after excision.	
6.	<i>Asthilika</i> ^[31]	<i>Raktamokshana</i> (bloodletting)	
7.	<i>Mardita</i> ^[32]	1. <i>Parishek</i>	<i>Bala</i> oil may be used for this purpose.
		2. <i>Upanaha</i>	Oil of <i>madhur</i> (sweet in taste) drugs such as <i>mulathi, jeevaka, jeevanti</i> .
8.	<i>Sammudapidika</i> ^[33]	1. <i>Raktamokshana</i>	<i>Jalawka</i> (leach)
		2. Local application	Ghee and honey
9.	<i>Bahya vataj vidhradi</i> ^[34]	Treatment of the non-suppurated abscess is similar to the <i>vataja shotha</i> .	
		1. Local application	oil, ghee, fat and marrow mixed with <i>vataghan</i> drugs (lukewarm from thick <i>lepa</i>)

		2. <i>Upanaha</i>	<i>kakolyadi gan</i> , rock salt, <i>sneha</i> (oil, ghee, marrow and fat) and <i>kanji</i> (fermented liquid)
		3. <i>Swedan</i>	Milk and boil rich water
		4. <i>Raktamokshana</i>	Incision
		Treatment of the suppurated abscess	
		1. Incision	
		2. Wash the wound	<i>brihat panchmool</i>
		3. <i>Ropana</i>	drained abscess is filled by medicated oil (<i>bhadradarvadi gan</i> , <i>mulathi</i> plus salt mixed oil)
10.	Vataj shotha (~inflammation)	Treatment of the <i>vataja shoth</i> is similar to the non-suppurated <i>vataj bahya vidhradi</i> . <i>Trivat sneha pana</i> or Castrol oil is administrated orally for 15 days to 30 days. ^[35]	
11.	Vataj bahya Granthi ^[36]	1. Local application	<i>hinsra</i> , <i>kutaki</i> , <i>giloya</i> , <i>bharnagi</i> , <i>Aralu</i> , <i>sahijan</i> , <i>musali</i> and <i>gojivah</i> .
		2. <i>Swadana</i>	<i>Nadi sweda</i>
		<i>Upanaha</i>	<i>kakolyadi gan</i> , rock salt, <i>sneha</i> (oil, ghee, marrow and fat) and <i>kanji</i> (fermented liquid)
		Note: after this treatment if cyst is non supportive then excision should be done and when bleeding is stopped, should be burn to be prevent from recurrence. ^[37]	
		Treatment of the suppurated cyst is similar to the suppurated abscess.	
12.	Vataj Arbud ^[38]	1. <i>Upanaha</i>	<i>kushmanda</i> , <i>eravaruka</i> , <i>nariyala</i> , <i>chironji</i> , seeds of Castrol and water, milk, ghee and oil.
		2. <i>Swedan</i>	<i>Nadi sweda</i>
		3. <i>Raktamokshan</i>	<i>Singarbha</i> (horn)
		4. <i>Sneha pana</i>	<i>trivat sneha pana</i> made by decoction of <i>vata shamak</i> drugs with milk, ghee, oil
13.	Vataj bahya visarpa	1. <i>Sneha pana</i> ^[39]	<i>tikta ghee</i> , <i>mahatikt ghrit</i> , <i>trayamana ghrit</i>
		2. Local application ^[40]	<i>Soya</i> , <i>musta</i> , <i>varahakanda</i> , <i>dhaniya</i> , <i>devdaru</i> , <i>sahajana</i> , <i>kutha</i>
14.	Vataj Upadansh ^[41]	1. <i>Snehan</i>	Barley + Wheat + Castrol oil
		2. <i>Swedan</i>	<i>Parisheka</i> with the help of <i>vataghan</i> drugs.
		3. <i>Raktamokshana</i>	<i>Shirabhedan</i> (puncture) or <i>jalawka</i> (leach)
15.	Vataj shilipad ^[42]	1. <i>Snehan</i>	<i>Trivat sneha</i> with <i>sunthi</i> mixed milk.
		2. <i>Swedan</i>	<i>Nadi swedana</i>
		3. <i>Raktamokshan</i>	<i>Shirabhedan</i> (puncturing)
		4. <i>Niruh basti</i>	Administration of Castrol oil with urine of cow for one month
		5. <i>Daha karm</i>	With the help of <i>jamvoshthadi</i>
Note: According to <i>Astanga Hrdayam</i> , treatment of the <i>vataja shilipad</i> is similar to the <i>susrut samhita</i> . But rout of administration of cow urine mixed Castrol oil is different. In <i>Astanga Hrdayam</i> , the administrative rout of this drug is orally. ^[43]			

Kakolyadigan: *kakoli*, *ksheerkakoli*, *jeevaka*, *rishbhaka mugadaparni*, *mashaparni*, *meda mahameda*, *giloya*, *kakadasinghi*, *vanshlochana*, *padamakantha*, *swet kamal*, *draksha*, *hridi*, *vridhhi*, *jeevanti* and *mulathi*.^[44]

Brihat panchmool: *bilva*, *anganimanth*, *shyonak*, *patala* and *gambhari*.^[45]

Samshaman (~pacification)

S. no.	Yoga	Contains of yoga	Dose	Reference
1.	<i>Triphaladi ghrit</i>	<i>triphala</i> , bark of <i>nimb</i> , leave of <i>paror</i> , <i>manjishtha</i> , <i>kutaki</i> , <i>vacha</i> , <i>haldi</i>	~6 ml BD before meal with lukewarm water	<i>Charak samhita kushthachikitsam</i> 7/101: 265.
2.	<i>Mahakhadir ghrit</i>	<i>khadir</i> , bark of <i>nimb</i> , <i>karanj</i> , <i>veta</i> , <i>pittpapada</i> , <i>aruda</i> , <i>vidang</i> , <i>haldi</i> , <i>daruhaldi</i> , <i>guduchi</i> , <i>triphala</i> , <i>Amaltasa</i> , <i>swet nishoth</i>		<i>Charak samhita kushthachikitsam</i> 7/156: 271.
3.	<i>Panchkita ghrit gugglu</i>	<i>nimb</i> , leaves of <i>patola</i> , <i>kateri</i> , <i>giloya</i> , <i>adusa</i> , cow ghee		<i>Vangasan samhita kushtha-roga-</i>

				<i>dhikar/182-185:507</i>
4	<i>Mulakabeejadi lepa</i>	<i>seed of muli and mustard, haridra, seed of paved, gandhviroja, trikatu, vidang, kutha, gomutra</i>	Local application	<i>Chakradatta kushthachikitsa 50/34: 384</i>
5	<i>Avalgujadi lepa</i>	<i>avalguj fruit gu-mutra</i>		<i>Bhela samhita kushtha chikitsitam 6/64: 340</i>
6	<i>Tiktakshwakadi tail</i>	<i>tikt loki seeds, blue tutiya, kharpar tutiya, gorochan, haldi, daruhaldi, errand root, indrayan fruit, chitrak, murva, kasisa, vayvidang, kutaki.</i>		<i>Charak samhita kushthachikitsam 7/110: 265.</i>
7	<i>Meshshrgiyadi tail</i>	<i>medshringi, gokshur, kakajangha, giloya, tiltail</i>	Both	<i>Vangasan samhita kushtha-roga-dhikar/217:509</i>
8	<i>Vatakushtha har tail/ ghee</i>	<i>Giloya, manjishtha, eranda, meshshringi, gambhari, shyonaka, agnimantha, bilaba, patala, shalparni, pranshpanni, badi kantakari, chhoti kanatkari, gokshura,</i>	Both	<i>Astanga Hrdayam Kushtha-chikitsa 19/1: 552</i>

Nidana parivarjana (Don't) – Salt in excessive amount, curd, jaggery, sour, oil, milk, rice food, heavy diet and diet whose aggravated *vata dosha* should be avoided.^[46,47] Direct description of *pathya-apathya* (don't and does) for skin disease are available in *Astanga Hrdayam*. According to *Astanga Hrdayam*, in skin disease patient should have diet enriched with old rice, barley, wheat, pulse like green gram/ lentils, vegetable having bitter taste.^[48]

Kushtha is *tridoshaj vyadhi*. Therefore, all *doshas* are taken into consideration and treated. But predominant *dosha* is treated first. So *vata dosha* is treated in *vata* predominant skin disease. After that, other *doshas* may be treated according to conditions. In some of skin diseases such as *Nakhbhed*, *Rukshya*, *Parushya*, only *vata dosha* is treated.

In most of the *vata* predominant skin diseases, it has been observed that basic treatment protocol is *snehana* (~lumbrication), *swedan* (~steam) and *sinighdh upanaha* because ghee, oil and steams have opposite qualities to that of *vata dosha*, which lead to balancing of aggravated *vata dosha*. Best pacification treatment in *vata* predominant skin disease is medicated ghee or oil while the best bio-purification treatment is medicated *basti* (~enema).^[49]

Parishek by lukewarm *Bala* oil has told in the treatment of *mardit shukdosha* so that *Parishek* with oil provide benefits of both *snehana* (~lumbrication) and *swedana* (~steam) together.

Main contents of the *upanaha* (pouting applications) are *vatahar* drugs, oil and fomented liquid. Fomentation agent is provides warmth and oil acts as heat barrier and simultaneously facilitates absorption of drugs. *Vatahar* drugs are easily absorbed with oil and help of the heat reduces local inflammation. it also act as a topical analgesic.

Few skin disease such as *paddari*, *Ashtila*, *sammudh piddika* and *vata bahaya vidradi*, where *Raktamokshana* (~bloodletting) is used as a main treatment modality followed by use of *sneha* (in order to prevent of aggravated *vata doaha*). *Sirabhedan* (~veno puncture) is used when skin cracked are predominantly due to aggravated of *vata dosha* or skin is thick and hard in nature.

Most of the drugs used in mitigation therapy for *vata* predominant skin disease are *ushan virya* (~potency), *madhur* (sweet), *tikta* (pungent) and *kashaya* (astringent) in taste. These ingredients balance the vitiated *vata dosh* due to *ushna virya*. And *Tikta rasa* itself is *kushthaghna* (able to cure dermatological afflictions), *vishaghna* (antidote to endogenous toxins), *kandughna* (anti-pruritic), *twak-mamsasathiarakar* (stabilizers of skin and muscles).^[50]

CONCLUSION

One hundred sixty six skin diseases are described in *bruhattryi*. There are 21 *vata* prominent skin diseases out of 166 skin diseases these are *kapal/ Arun kushtha*, *parisarpa kushra-kushtha*, *Paddari*, *Masaka*, *Niruddhprakash* and *Parivartika kshudraroga*, *Nakhabheda*, *vipadika*, *rauksya*, *parushya*, *shyam Arunaava Bhasata vataj nanatmaj*, *Ashtila*, *Mridita*, *Sammudh pidika* and *Alaji shukdosha*, *vataj bahaya vidhradhi*, *vataj granthi*, *vataj Arbud*, *vataj Shlipad* and *Updansh*, *vataj shotha* and *vataj visarp*.

All 21 *vataj* skin diseases show symptoms similar to the *vata dosha*. The characteristics of the all skin disorder also depend on the properties of *vata dosha*, different *dushyas* and *adhishthans*. Some *vata* predominant skin diseases are present with additional symptoms in addition to *vata dosha* due to involvement of vitiated other *doshas* and *dhatu*.

In most of the *vata* predominant skin diseases, it has been observed that basic treatment protocol follows

snehan (~lubrication), *swedan* (~steam), and *sinighdh upanaha* (~poultice application). Function of *parisheka* and *sinighdh upanaha* are all most similar to the *snehana* and *swedana*. Raktamokshana (~bloodletting) is describing in *paddari*, *Ashtihila*, *Sammudapidika* and *vataj bahaya vidradhi* with basic protocol of *vata* predominant skin disease. Most of the herbal compound used in mitigation therapy for *vata* predominant skin disease are *ushan virya*, *madhur* (sweet), *tikta* (pungent) and *kashaya* (astringent) predominant.

All *vata* predominant skin diseases are described according to the *dosha*, site and symptoms and these classics treatment are in tabulated form in this article so that diagnosis and classical management of the *vataja* skin disease can be approach easily.

REFERENCE

1. Tortora G., Derrickson B., The Integumentary System. Principles of Anatomy and Physiology vol.1 (edition. 12th). John wiley & Sons, Inc. Asia. copyright Print, 2009; 5: 148.
2. Tortora G., Derrickson B., The Integumentary System. Principles of Anatomy and Physiology vol.1 (edition. 12th). John wiley & Sons, Inc. Asia. copyright Print, 2009; 5: 161.
3. Tortora G., Derrickson B., The Integumentary System. Principles of Anatomy and Physiology vol.1 (edition. 12th). John wiley & Sons, Inc. Asia. copyright Print, 2009; 5: 160.
4. Williams M.M., tvac, A Sanskrit English Dictionary. Bharatiya Granth Niketan, New Delhi. Edition, 2010: 463.
5. Shastri A., *Garbhvyakarana, Sharir Sathan*. Sushrut Samhita, Ayurvedatatva-sandipika vol.1 Chaukhambha Sanskrit, Varanasi, 2010; 4/4: 37.
6. Gupta K.A., *garbha-kranti, Sharira-sthan*. Aashtang Hrdayam, *vidyotini* hindi commentary. Chaukhambha orientalia, Varanasi, 2009; 1/57: 237.
7. Gupta K.A., *Anga-sharira, Sharira-sthan*. Aashtang Hrdayam, *vidyotini* hindi commentary. Chaukhambha orientalia, Varanasi, 2009; 3/8: 250.
8. Gupta K.A., *Anga-sharira, Sharira-sthan*. Aashtang Hrdayam, *vidyotini* hindi commentary. Chaukhambha orientalia, Varanasi, 2009; 3/8: 250.
9. Shastri A., *Garbhvyakarana, Sharir Sathan*. Sushrut Samhita, Ayurvedatatva-sandipika vol.1 Chaukhambha Sanskrit, Varanasi, 2010; 4/4: 37.
10. Sastri K., *Tristeishaniya, Sutra Sthan*. Pandeya G. (ed.), Charak Samhita, Vidhyotinitika vol. 1, Chaukhambha Sanskrit, Varanasi., 2014; 11/48: 235.
11. Khot K., Jain K.J. management of Herpes Zoster (visarpa) through Ayurveda. Ejpnr, 2016; 3(11): 263-268.
12. Sastri K., *Maharoga*. Pandeya G. (ed.), Charak Samhita, Vidhyotinitika vol. 1, Chaukhambha Sanskrit, Varanasi, 2014; 20/10: 399.
13. Shastri A., *Vidradhinam Nidanam*. Sushrut Samhita, Ayurvedatatva-sandipika vol.1 Chaukhambha Sanskrit, Varanasi, 2010; 9/4-5: 341.
14. Sastri K., *Visarp Chikitsa*. Pandeya G. (ed.), Charak Samhita, Vidhyotinitika vol. 2, Chaukhambha Sanskrit, Varanasi, 2009; 21/6: 586.
15. Sastri K., *Visarp Chikitsa*. Pandeya G. (ed.), Charak Samhita, Vidhyotinitika vol. 2, Chaukhambha Sanskrit, Varanasi, 2009; 21/20: 560.
16. Pandey K., Chaturvedi G., *Dirghjeeviteeya sutrasthan*. Charak samhita vidhotini tikka. Vol-1, Chaukhambha bhartiya Academy, 2016. 1/59.
17. Pandey K., chaturvedi G., *Vatkalakaliya, sutrasthan*. Charak samhita vidhotini tikka. Vol-1, Chaukhambha bhartiya Academy, 2016; 12/4.
18. Sastri K., *Kushtha Chikitsa*. Pandeya G. (ed.), Charak Samhita, Vidhyotinitika vol. 2, Chaukhambha Sanskrit, Varanasi, 2009; 7/34: 254.
19. Katyayana A., *kushthachikitsa*. Hindi commentary of Bhela-Samhita. Chaukhambha Surbharati Prakashan, Varanasi, 6/ 13: 162.
20. Sastri K., *Kushtha Chikitsa*. Pandeya G. (ed.), Charak Samhita, Vidhyotinitika vol. 2, Chaukhambha Sanskrit, Varanasi, 2009; 7/31-32: 253.
21. Sastri K., *Kushtha Chikitsa*. Pandeya G. (ed.), Charak Samhita, Vidhyotinitika vol. 2, Chaukhambha Sanskrit, Varanasi, 2009; 7/39: 255.
22. Sastri K., *Kushtha Chikitsa*. Pandeya G. (ed.), Charak Samhita, Vidhyotinitika vol. 2, Chaukhambha Sanskrit, Varanasi, 2009; 7/58: 258.
23. Sastri K., *Kushtha Chikitsa*. Pandeya G. (ed.), Charak Samhita, Vidhyotinitika vol. 2, Chaukhambha Sanskrit, Varanasi, 2009; 7/46-47: 256.
24. Sastri K., *Kushtha Chikitsa*. Pandeya G. (ed.), Charak Samhita, Vidhyotinitika vol. 2, Chaukhambha Sanskrit, Varanasi, 2009; 7/47: 256.
25. Sastri K., *Kushtha Chikitsa*. Pandeya G. (ed.), Charak Samhita, Vidhyotinitika vol. 2, Chaukhambha Sanskrit, Varanasi, 2009; 7/101: 265.
26. Sastri K., *Kushtha Chikitsa*. Pandeya G. (ed.), Charak Samhita, Vidhyotinitika vol. 2, Chaukhambha Sanskrit, Varanasi, 2009; 7/110: 265.
27. Sastri K., *Kushtha Chikitsa*. Pandeya G. (ed.), Charak Samhita, Vidhyotinitika vol. 2, Chaukhambha Sanskrit, Varanasi, 2009; 7/156: 271.
28. Shastri A., *kshudraroga chikitsa*. Sushrut Samhita, Ayurvedatatva-sandipika vol.1 Chaukhambha Sanskrit, Varanasi, 2010; 20/20: 117.
29. Shastri A., *kshudraroga chikitsa*. Sushrut Samhita, Ayurvedatatva-sandipika vol.1 Chaukhambha Sanskrit, Varanasi, 2010; 20/40-41: 118.
30. Shastri A., *kshudraroga chikitsa*. Sushrut Samhita, Ayurvedatatva-sandipika vol.1 Chaukhambha Sanskrit, Varanasi, 2010; 20/43-45: 119.
31. Shastri A., *kshudraroga chikitsa*. Sushrut Samhita, Ayurvedatatva-sandipika vol.1 Chaukhambha Sanskrit, Varanasi, 2010; 20/32: 118.
32. Shastri A., *shukadosh chikitsa*. Sushrut Samhita, Ayurvedatatva-sandipika vol.1 Chaukhambha Sanskrit, Varanasi, 2010; 21/4: 120.

33. Shastri A., *shukadosh chikitsa*. Sushrut Samhita, Ayurvedatatva-sandipika vol.1 Chaukhambha Sanskrit, Varanasi, 2010; 21/8: 120.
34. Shastri A., *shukadosh chikitsa*. Sushrut Samhita, Ayurvedatatva-sandipika vol.1 Chaukhambha Sanskrit, Varanasi, 2010; 21/9: 121.
35. Shastri A., *vidhradi chikitsa*. Sushrut Samhita, Ayurvedatatva-sandipika vol.1 Chaukhambha Sanskrit, Varanasi, 2010; 26/4-7: 95-96.
36. Shastri A., *shopha chikitsa*. Sushrut Samhita, Ayurvedatatva-sandipika vol.1 Chaukhambha Sanskrit, Varanasi, 2010; 23/11: 130.
37. Shastri A., *granthi-Apcha-Arbud-Gand chikitsa*. Sushrut Samhita, Ayurvedatatva-sandipika vol.1 Chaukhambha Sanskrit, Varanasi, 2010; 18/5: 104.
38. Gupta K.A., *Granthi-Arbud-Shilipad-Apachi-Nadi pratishedham, Uttarsthan. Sharira-sthan. Aashtang Hrdayam, vidyotini* hindi commentary. Chaukhambha orientalia, Varanasi, 2009; 30/4: 760.
39. Shastri A., *granthi-Apcha-Arbud-Gand chikitsa*. Sushrut Samhita, Ayurvedatatva-sandipika vol.1 Chaukhambha Sanskrit, Varanasi, 2010; 18/30: 107.
40. Gupta K.A., *Visarpa chikitsa*. Aashtang Hrdayam, *vidyotini* hindi commentary. Chaukhambha orientalia, Varanasi, 2009; 18/9: 549.
41. Gupta K.A., *Visarpa Chikitsa, Vidyotani* Hindi commentary of Astana Hridayam. Chaukhambha Prakashan, Varanasi, 2009; 18/11: 549.
42. Shastri A., *vridhhi-upadansha-shilipada-chikitsa*. Sushrut Samhita, *Ayurvedatatva-sandipika* hindi commentary. Chaukhambha Sanskrit, Varanasi, 2010; 19/41-42: 113.
43. Shastri A., *vridhhi-upadansha-shilipada-chikitsa*. Sushrut Samhita, *Ayurvedatatva-sandipika* hindi commentary. Chaukhambha Sanskrit, Varanasi, 2010; 19/52-54: 114.
44. Gupta K.A., *Grantgi-Arbud-Shilipad-Apachi-Nadi Pratishedham, chikitsa sthana*, Aashtang Hrdayam, *vidyotini* hindi commentary. Chaukhambha orientalia, Varanasi, 2009; 30/8: 760.
45. Shastri A., *Dravyasangrahiya*. Sushrut Samhita, Ayurvedatatva-sandipika vol.1 Chaukhambha Sanskrit, Varanasi, 2010; 38/17: 183.
46. Shastri A., *Dravyasangrahiya*. Sushrut Samhita, Ayurvedatatva-sandipika vol.1 Chaukhambha Sanskrit, Varanasi, 2010; 38/69: 188.
47. Gupta K.A., *kushthachikitsa*, Aashtang Hrdayam, *vidyotini* hindi commentary. Chaukhambha orientalia, Varanasi, 2009; 19/26-27: 554.
48. Shastri A., *shopha chikitsa*. Sushrut Samhita, Ayurvedatatva-sandipika vol.1 Chaukhambha Sanskrit, Varanasi, 2010; 23/10: 130.
49. Gupta K.A., *kushthachikitsa*, Aashtang Hrdayam, *vidyotini* hindi commentary. Chaukhambha orientalia, Varanasi, 2009; 19/25-26: 554.
50. Gaur B.L., *Ayushakamiya, Sutrasthan*. Aashtang Hrdayam, Samvartika commentary. Vol-1. Chaukhambha orientalia, Varanasi, 2007; 1/26: 13.