

**DIFFERENTIAL DIAGNOSIS OF KANDU IN VARIOUS TWAK VIKARA (SKIN DISORDERS)****Dr. Shubhangi Masugade<sup>1\*</sup>, Dr. Jyoti Meghdambar<sup>2</sup> and Dr. S. R. Saley<sup>3</sup>**<sup>1</sup>PG (Scholar), Department of Roganidan, Government Ayurved College, Nanded.<sup>2</sup>Guide, Assistant Professor, Department of Roganidan, Government Ayurved College, Nanded.<sup>3</sup>Head of Department, Department of Roganidan, Government Ayurved College, Nanded.**\*Corresponding Author: Dr. Shubhangi Masugade**

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**ABSTRACT**

Itching or Pruritis is known as *Kandu* in *Ayurveda*. *Kandu* is not described as a separate entity, but is presented in form of *purvarupa* (prodromal symptoms) - *kasa*, *kustha* or as *rupa* (symptoms)- *kustha*, *amlapitta*, *udarda*, *asadhya lakshana* (symptoms showing bad prognosis) in our ayurvedic literature. Approximately 280 million people globally from which 4% of population suffer from itching. Itch is sensation that cause desire or reflex to scratch, which is most common sign in any skin disease. Many studies shows that itch receptors are found only in top two skin layers, epidermis and dermis. It is never felt in muscles or joints. Skin disease occurs separately like eczema, contact dermatitis or it is presented with other disease like Jaundice, Diabetes when that parent disease is treated *kandu* also disappears. So, *kandu* is primary sign seen in many skin disorders. Hence, when a patient approaches with *kandu* there is need of differential diagnosis from Ayurvedic point of view.

**KEYWORDS:** *Kandu*, *tvaka vikara*, differential diagnosis.**INTRODUCTION**

*Kandu* or itching is common and majority of cases have obvious and benign cause.<sup>[1]</sup> Itching is also called as Pruritis, (Latin verb) defined as an irritating sensation that arouse desire to scratch providing temporary relief.<sup>[2]</sup> This sensation is found in skin and transitional tissue (oral mucosa, anal mucosa etc).<sup>[3]</sup> As skin provides mechanical protection from environmental, itching mechanism provides protective function against irritating stimulus like insect bite or chemical irritation. To which response is seen as itching, scratching or rubbing the infected areas. Pruritis can cause sleep deprivation, which results in fatigue, depression and suicidal tendency.<sup>[4]</sup> Thus along with external or environmental causes *kandu* or pruritis is also seen as a manifestation of other systemic disorders. Knowing the pathophysiology of itch, in modern science it is poorly understood.<sup>[5]</sup>

**AIM:** To study the differential diagnosis of *kandu* in *tvacha vikara* (Skin disorders).**OBJECTIVE:** To access *kandu* in various skin disorders from ayurvedic point of view by doshas.**MATERIAL AND METHOD**

*Kandu* is seen as *lakshana* in many diseases, so the cause of *kandu* should be analysed, underlying pathology is in directly skin disorder or in systemic disorders should be known to simplify further management. Itching always

does not evoke underlying skin disease, but protect skin from different mechanical injuries.

*Tridosha* is described as basic elements in *ayurveda*. Without these understanding of pathology of *vyadhis* is impossible.

तत्र रूक्षः लघु शीत खर सूक्ष्म चल अनिलः ।

अ. ह. सू. १/११

Firstly, vitiation of *vata* cause extreme *rukshata* (dryness), *kharata* (roughness) in body increases. This causes loss of natural moisture of skin, which leads to irritation of skin and cause *kandu*. This *vataja* type of *kandu* in all types of skin disorder that is associated with neurology and degenerative changes. Like Xerosis – this word comes from word *xero* which means dry. Dry skin is especially seen in older adults. Dry skin is also known as winter itch or *asteatosis*.<sup>[6]</sup> This kind of itching is generally caused due to environmental factors such as cold climate, frequent bathing, malnutrition.<sup>[7]</sup> Incidence of dry skin increases with age and all individual over the age of 60 years have same degree of dry skin. Also in ayurvedic literature, predominance of *vata dosha* in older age is mentioned.

पित्तम् सस्नेह तीक्ष्ण उष्णं लघू विस्त्रं सरं द्रवम् ॥

अ. ह. सू. १/ ११

Among patients of Cholestasis, itching is present in 80-100%. Pruritis associated to jaundice is common and is poorly understood, for this biliary drainage is said to be effective management.<sup>[8]</sup> For cause of *kamala pitta dosha* is responsible. For aggravation of *pitta katu*, *amla*, *lavana rasa*, *ushna*, *vidahi ahara*, *upavasa*, *dadhi*, *shukta*, *atapa sevana*, *grisma rutu* is responsible. *Tikshna* and *ushna guna* of *pitta* works for digestion. Here *draya guna* is less in comparison to *ushna guna*. *Pitta* can be explained in *drava pitta* and *adrava pitta* form.

*Drava pitta* – When water content of *pitta* is high, it work same as vitiated *kapha*. Increasing amount of *dravatva* leads to decrease in *ushna guna* of *pitta* and digestion activities of *pitta* is hampered. Leading to *agnimandya* and the cycle continues. This increase in fluidity leads to *kandu*.

*Adrava pitta* – If *ushna guna* of *pitta* is increased, *drava guna* decreases which result in shrinkage of cell due to imbalance in *guna* of *pitta*. As a result, metabolism decrease and cell damage occurs. Death of cell and debris increase (excessive dryness). This condition leads to *kandu*.

स्निग्धः शीतो गुरुः मन्दः श्लक्ष्णो मृत्स्नः स्थिरः कफः ॥

अ. ह. सू. १/ १२

Vitiation of *kapha* is main cause related to itch, increase in *kapha* is directly proportional to *kandu*. Cause of *kapha* vitiation is *guru*, *madhur*, *ati snigdha ahara*, *ati nidra*, *avyavayam*. Increase in fluidity leads to *gauravta* in body. Which leads to stagnation of unwanted material in body. Causes *agnimandya* at cellular level, formation of *ama* (toxins), enters in circulation. Sticky nature of *kapha* causes blockage in small strotas (channels). therefore, there is decrease in supply of nutrients, essential elements i.e. less oxygen supply and accumulation of fluid at cellular level causes odema. All this phenomenon leads to lowering in defence mechanism of cell. Atmosphere of frequent infection is created showing damp condition in that part of body which attracts bacteria, fungi and facilitates their growth. Such type of *kandu* is seen in diabetic pruritis. Itching is diabetes is found due to yeast infection or other infection, poor blood circulation.<sup>[9]</sup>

## DISCUSSION

There are various diseases which causes skin disorders, their pathophysiology or differential diagnosis of those disease is not exactly understood. With the help of *dosha* and their *guna* i.e. taking into consideration each *karma* of *guna* pathophysiology can be understood which will facilitate further management.

## CONCLUSION

*Vata*, *Pitta* and *Kapha* these three *doshas* are responsible for inducing *kandu* in different manner. Their *guna* and further stages of *samprapti* is responsible for differential diagnosis of skin disorder.

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