

**RATIONAL APPROACH TO DIAGNOSIS AND MANAGEMENT OF PAITTIKA SKIN
DISEASES IN AYURVEDA: A REVIEW****^{1*}Dr. Yogesh Kumar Pandey, ²Dr. Abhilasha Jareda, ³Dr. Pooja Sabharwal and ⁴Prof. M.B. Gaur**¹Associate Professor, PG Department of Kayachikitsa, Ch. Brahm Prakash Ayurved Charak Sansthan, New Delhi-110073.²PG Scholar, PG Department of Kayachikitsa, Ch. Brahm Prakash Ayurved Charak Sansthan, New Delhi-110073.³Assistant Professor, PG Department of Rachna Shareer, Ch. Brahm Prakash Ayurved Charak, Sansthan, New Delhi-110073.⁴Professor & Head of Department, PG Department of Kriya Shareer, Ch. Brahm Prakash Ayurved Charak Sansthan, New Delhi-110073.***Corresponding Author: Dr. Yogesh Kumar Pandey**

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Article Received on 20/09/2018

Article Revised on 10/10/2018

Article Accepted on 31/10/2018

ABSTRACT

Skin functions as antimicrobial and chemical barrier, mechanical support and protects body from a number of external hazards. In *Ayurveda*, skin diseases are described in various classical texts. Cause of the skin disease is vitiation of *tridosha* and *dhatu*s. Out of total 166 skin diseases are described in *brihatrayi*, 24 are *pitta* prominent skin diseases. Although most of skin diseases are described under the *kushtha* and *shudraroga* but description of some of other skin diseases is scattered throughout *samhitas*. A compilation and critical analysis of skin diseases in *Charak samhita*, *Shusruta samhita*, *Vagbhata*, *Chakradatta*, *Sharangdhar*, *Vangsen samhita* and *Bhela samhita* is presented in this study. *Pittaja* skin diseases are *udumbar kushtha*, *vivruata*, *palita*, *kaksha* and *jala-gardabha*, *neelika*, *charma dalana*, *ati sweda*, *davathu* and *pitta dominant visarpa*, *vidhradi*, *arbuda*, *upadansha* etc. It is observed that basic therapeutic protocol is *Virechana* (~purgation), *raktmokshan* (~bloodletting) with internal use of *tikta* rasa dominant medicated ghee and *parishek* for all *pitta* dominant skin diseases. *Virechana* (elimination of *doshas* through per rectal route) and *raktmokshana* (bloodletting) are best therapies for elimination of *pitta dosha*. Ghee is the best *shaman* (pacification) treatment for all *pitta* predominant diseases. Compilation and critical analyses of the all *pitta* predominant skin diseases in this paper emphasizes the fact that all *pitta* predominant skin diseases have almost similar therapeutic approach. *Pitta* dominant skin diseases can be properly diagnosed and treated with the help of this critical analysis.

KEYWORDS: *Pitta*, *kushtha*, skin diseases, dermatological manifestations.**INTRODUCTION**

The physiology of body is mainly governed by *dosha* (body humors), *dhatu*(tissue factors) and *mala* (metabolic wastes). Three doshas are known a *vata*, *pitta* and *kapha*. *Pitta dosha* is made up of fire and water dominant *pachmahabhuta* (elements) but fire being more dominant.

In *Ayurveda*, *Twacha* word is used for skin. *Twacha* is derived from "tvac" *dhatu*, which means the 'cover'.^[1] The origin of the *twacha* result from heat generated in the process of union of *shukra* (sperm) *shonita* (ovum) in intra uterine life just like a cream on the surface of milk after cooling it post boiling.^[2] According to the *Astanga Hardyam*, The skin originates from *rakta dhatu* in 6th month of embryo^[3] by the same process.^[4] Skin formed with the help of heat of *pitta dosha*. Composition of the *rakta dhatu* (~blood) is also similar to *pitta* composition like fire and water elements. The *pitta* which is situated

in *twacha* is known as *bhrajaka pitta*. It digests the oil, ointment, medicated ghee applied over the skin. *Pitta dosha* is also responsible of skin colour and temperature. *Pitta* dominance in skin makes it more sensitive for chemicals, sun exposure and humidity. 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.^[5] Most of the skin diseases are mentally agonising and have negative impact on quality of life.

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

bahya vidhradhi, shukadosha, prmeha-pidika, granthi, apachi, arbuda, upadansh, shilipada, and shoth. Present article is a compilation and critical analysis of the *pitta* predominant skin diseases described in three major *ayurvedic* treatise of *Ayurveda* namely *charaka samhita* (6th century BC), *Shusruta samhita samhita* (3rd century BC), *Vagbhata* (2nd century AD) and some other popular texts such as *Vangsan samhita, Sharngdhar samhita* (8th century AD) and *Chakradatta* (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 disease which deforms or disfigures the skin is known as *kushtha*. The *kushtha* is generally described as *tridoshaja vyadhi* (arising due to vitiation of all the three corporeal humors) but types of the *kushtha* depend upon predominance of particular *dosha*. There are two type of *kushtha*; *Mahakushtha* & *kshudrakushtha*. *Mahakushtha* is further classified into seven subtypes and *kshudr-kushtha* is further classified into eleven subtypes. The term *mahakushtha* implies chronicity of the disease and severity of their symptoms. Less severe skin diseases are described in *kshudra-kushtha*. *Udumbar* is *pitta* predominant *mahakushtha*.

Remaining skin diseases are enumerated in *kshudraroga* which 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 numbers while *vagbhata* has mentioned 36 *ksudra-rogas*. Out of these, *rudhgud* is not skin disease so 35 *kshudrrogas* are skin diseases. Out of 44 *ksudra-rogas* described in *Shusruta samhita* 42 are skin diseases while two diseases namely *Gudabhransha* and *sannirudhgud* may not be included in skin diseases. Among *ksudrarogas* *Vivrutaa, palita, kaksha* and *Jala-gardabha* are *Pitta* predominance diseases. But according to *Vagbhata*, *kaksha roga* is *vata-pitta* dominant skin disease.^[6]

In *Maharoga Adhyaya* (20th chapter) of *sutrasthana* of *charak samhita*, endogenous diseases (*Nija vyadhi*) are two type; *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 *Pitta dosha* are enumerated as 40 types of diseases.^[7] Out of this 40 diseases, 12 are skin diseases namely *neelika, haaridratva, haritatva, charma dalana, rakta mandala, rakta vishota, twag vadarana, twak daha, ati sweda, amsa dadha, davathu and daha*.^[8]

According to *Shusruta samhita*, when *Pitta predominance tridoshas* vitiates *twacha, rakta, mansa, meda* in some regions of body it produces a troublesome swelling which is bulging up rapidly, deep routed, painful and round. It is known as *Pittaja bahaya vidhradhi*.^[9] Abscess is pus-filled painful swelling so symptoms of *vidhradhi* symptoms are akin to abscess.

Round knot like swelling is called *granthi*.^[10] Symptoms of *granthi* are similar to cyst which is a fluid filled sac. *Pitta* predominant *granthi* is called *Pittaja granthi*. Round immovable deep seated and non-suppurating painless swelling is called *Arbuda*.^[11] Symptoms of *Arbud* are similar to tumour. Tumour is a swelling of a part of the body without inflammation, caused by an abnormal growth of tissue. 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.^[12] It is characterized by clinical features such as *aashu- anunnatashopha* (aggravating and subsiding quickly), *daha* (burning sensation), *jawara* (fever), *vedana* (pain). Nature of *sphota, pidika* (vesicles) are so specific that it is described as *agnidagdavat* (likewise intense burning sensation).^[13] Based on *dosha* predominance, they are seven types as per *charak*. According to *Sushrit Samhita*, it has five variants. One type of the *visarpa* is *pittaja visarpa*. In terms of similarities *visarpa* is similar to erysipelas and herpes.

Total one hundred sixty six skin diseases described in *brihatrayi*. Out of these one hundred sixty six skin diseases, twenty four are *Pitta* prominent skin diseases. (See in the table no 1).

Table 1: Identification of all Pittaja skin diseases in Ayurveda.

S. No.	Name of Disease	Group of Disease	Site	Clinical Features
1	<i>Udumbar</i>	<i>Maha-kushtha</i>	Anywhere on body	Reddish nodules appear with excessive brownish hair , burning pain and itching. Its looks like ripe fruit of cluster fig tree. ^[14-15]
2	<i>Pattik bahaya vidradhi</i>	<i>Bahya vidradhi</i>	Anywhere on body	Abscess looks like a ripe fruit of cluster fig tree. Fever and burning sensation is present in abscess. Discharge is yellowish. ^[16]
3	<i>Vivruata (~bullous pemphigoid)</i>	<i>Kshudra - roga</i>	Anywhere on body	Tense bulla and eruptions (open blisters) with severe burning sensation. Bulla color is similar to the ripe fruit of cluster fig tree and surrounding area is inflamed. ^[17-18]
4	<i>Jala-gardabha (~lymphangitis)</i>	<i>Kshudra-roga</i>	Anywhere on body	Suppurated swelling spreads like herpes. ^[19,20]
5	<i>Kaksha (~Herpes zoster)</i>	<i>Kshudra-roga</i>	Arm, later part of trunk and axilla	Reddish Black painful vesicular eruption. ^[21,22]
6	<i>Palita (~premature grey of hair)</i>	<i>Kshudra-roga</i>	Hairs	Graying of hairs ^[23]
7	<i>Pittaja visarpa</i>	<i>Visarpa</i>	-	The part where the disease spreads becomes either coppery, green-yellowish, reddish-black or bluish in color. This space becomes full pustules along with swelling . Burning sensation and breaking pain are present in affected area. These pustules suppurate very quickly. Other associated symptoms are fever, thirst, faint, confusion, vomiting, and excessive sweating. ^[24]
8	<i>Neelika</i>	<i>Pittaja nanatajmak</i>	Anywhere on body	Blue moles
8	<i>Haaridratva</i>	<i>Pittaja nanatajmak</i>	All over body	Yellowish
9	<i>Haritatva</i>	<i>Pittaja nanatajmak</i>	Skin, eyes	Greenish and yellowish
10	<i>Rakta Mandala</i>	<i>Pittaja nanatajmak</i>	Anywhere on body	Red wheals
11	<i>Rakta visphota</i>	<i>Pittaja nanatajmak</i>	All over body	Red vesicles
12	<i>Twagavadarana</i>	<i>Pittaja nanatajmak</i>	All over body	Cracking of skin
13	<i>Charma daalana</i>	<i>Pittaja nanatajmak</i>	All over body	Itching of skin
14	<i>Tvak Daaha</i>	<i>Pittaja nanatajmak</i>	All over body	Burning sensation in skin
15	<i>Ati sweda</i>	<i>Pittaja nanatajmak</i>	All over body	Excessive sweating
16	<i>Amsa dadha</i>	<i>Pittaja nanatajmak</i>	Shoulder	Burning sensation
17	<i>Davathu</i>	<i>Pittaja nanatajmak</i>	In sense organs	Boiling
18	<i>Daha</i>	<i>Pittaja nanatajmak</i>	All over body	Burning
20	<i>Pittaj granthi</i>	<i>Granthi (cyst)</i>	Anywhere on body	This cyst has burning and sucking Pain. It is red yellowish in color, forms pus quickly and exudes a flow of extremely hot blood on bursting. ^[25,26]
21	<i>Pittaj Arbud</i>	<i>Arbud</i>	Anywhere on body	A tumor whose symptoms are similar to the <i>pittaj granthi.</i> ^[27]
22	<i>Pitta upadansh</i>	<i>Upadansh (~syphilis)</i>	Male genital organ	Swollen resembles a ripe fruit of cluster fig tree (red- yellowish) with fever, burning and sucking pain, forms pus quickly. Sometime wounds appear on penis. ^[28]
23	<i>Pittaj shilipad</i>	<i>Shlipada (elephantiasis)</i>	leg, arm, ear, nose, lips,	Swollen part becomes soft with yellowish hue and is often accompanied with fever

			eyelid	and burning sensation. ^[29,30]
24	<i>Pittaj shoth</i>	<i>Sotha</i> (swelling)	Anywhere on body	Swelling color- yellow reddish with coppery hair. Swelling increase and subside quickly. Foul smell present. Other symptoms- fever, burning sensation, diarrhea. ^[31]

Table 2: Various type of cutaneous lesions with their represent diseases as per Ayurveda.

Skin lesion	Description	Example
Nodule	Elevated palpable lesion >1cm in diameter with greater depth than its height or width.	<i>Udumbar kushtha</i>
Vesicle	Elevation with clear fluid lesion <0.5 cm in diameter.	<i>Kaksha shudraroga</i>
Bulla	Large vesicle, >0.5	<i>Vivrutaa, Davathu</i>
Pustule	Papule with pus.	<i>Visarpa, Rakta vishotha</i>
Wheal	Erythematous, edematous, itchy lesion	<i>Rakta mandala</i>
Cyst	Nodule with fluid	<i>Granthi</i>

Prognosis: *Pitta* predominant skin disease is easily curable if it is not compounded with vitiation of other.

Treatment

In *kushtha* disease, first of all predominant *dosha* should be treated followed by treatment of other *doshas*.^[32]

Skin disease is treated with medicated *ghrit* (ghee)^[33] with predominance of *tikta* (pungent) and *kashaya* (astringent) drugs in taste.^[34]

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

Shodhan (bio-purification) therapy is indicated when body accumulates excessive amount of the *doshas* (toxins) and body is unable to excrete these toxins naturally.

Samshamana (~pacification) therapy is used when there is a small amount of vitiated *doshas* in body. *Samshamana* is also used after *shodhana* therapy to mitigate for small amount of *doshas*.

In *shodhan* therapy; the principle for the management of *pitta* predominant skin disease is *virechana* (~purgation) and *raktmokshan* (~bloodletting).^[35] Local application is used on affected skin after bloodletting.^[36] *Virechan* must be repeated every month for few months depending on general condition of patient and severity of disease. Bloodletting is indicated once in 6 months.^[37]

1. *Shodhana* therapy (~bio-purification)

S.No.	Disease	Treatment	Specification
1.	<i>Udumbar kushtha</i>	<i>Snehana</i> (~lubrication)	Ghee made of bitter herbal drugs is used externally and orally. ^[38] i.e. <i>panchtikta ghrít</i>
		<i>Virechan</i> (~purgation)	<i>Trivata</i> , root of <i>danti</i> , <i>triphala</i> powder ^[39]
		<i>Raktmokshan</i> (~bloodletting)	Bloodletting with the help of Horn/ cupping/ leech ^[40] should be done after <i>swedana</i> when the patches are hard and stable.
		<i>Sneha pana</i> (~lubrication)	After the elimination of <i>doshas</i> by <i>virechan</i> and <i>Raktmookshan</i> , the patient should be given <i>sneha</i> (ghee) to drink. ^[41]
2.	<i>Pittaja nanatajmak</i>	<i>Sneha pana</i>	<i>Sheeta virya</i> (drugs with cool potency), <i>madhur</i> (sweet), <i>tikta</i> (bitter) and <i>kashaya</i> (astringent) herbs are used ^[42] i.e. <i>Tiktaghrít</i> , <i>karanjadi ghrít</i> for lubrication.
		<i>Virechana</i>	<i>Triphala</i> powder, <i>haritaki</i> powder and <i>kutaki</i> powder
3.	<i>Pittaja bahaya vidradhi</i> ^[43]	Local application	A paste of mixture of sugar, <i>mulathi</i> , <i>khasa</i> , <i>chandana</i> and <i>sariva</i> made with milk is applied on the abscess. A paste of <i>mulethi</i> , <i>Giloya</i> and black seed oil may also be applied. ^[44]
		<i>Parisheka</i> (~shower)	Decoction of <i>mulethi</i> , <i>khasa</i> , <i>chandana</i> and <i>sariva</i> . Ghee medicated with drugs of of <i>jeevniya gana</i> or <i>Nyagrodhadi gana</i> ^[45]
		<i>Raktmokshana</i>	Leech
		<i>Ropana</i> (local application for	Poultice of <i>manjistha</i> , <i>mulethi</i> , <i>khasa</i> and <i>haridra</i> mixed with milk ^[46] and butter are applied on wound after washing the wound.

		healing)	Pure butter cooked with <i>prapaundarika</i> , <i>manjishtha</i> , <i>yashthimadhu</i> , <i>ushira</i> , <i>padmaka</i> , <i>haritki</i> and milk may also be used.
4.	<i>Pittaja visarpa</i>	<i>Langhana and rukshana</i> ^[47]	Dieting and non-unctuous diet.
		<i>Raktmokshan</i> ^[48]	Leech therapy.
		<i>Vamana</i> ^[49] (~emetic)	Powder of <i>Madana</i> fruit with honey.
		<i>Virechana</i> ^[50,51]	Purgative ghee i.e. <i>triphala ghrit</i>
5.	<i>Pittaj bahaya granthi</i> ^[52] (~cyst)	<i>Raktmokshana</i>	Leech ^[53,54]
		<i>Parisheka</i>	Milk and plain water
		If the pus is formed, it should be removed by incision on the gland and letting pus out. After that it should be washed with the help of decoction of the bark of <i>vata</i> , <i>pippal</i> , <i>gulara</i> etc or <i>sesamum</i> and <i>yashthi madhu</i> . At last, it should be treated with the help drugs of the <i>kakoliyadi gana</i> .	
6.	<i>Pittaja bahaya Arbuda</i> ^[55]	<i>Swedana</i>	Mild fomentation on affected area.
		<i>Raktmokshan</i>	Mild bloodletting should be done by rubbing with the help of <i>udumabar</i> leaves, <i>varuna</i> leaves and <i>sehunda</i> leaves on tumor.
		<i>Upanaha</i> (~poultices)	After bloodletting, some paste should be applied on effected area. Composition of the paste is <i>Aragvadha</i> , <i>shakhotaka</i> , <i>somalata</i> and <i>nishotha</i> . Composition of another paste is <i>rala</i> , <i>priyangu</i> , <i>lodhra</i> , <i>anajana</i> and <i>mulethi</i> mixed with honey.
		<i>Virechana</i> (~purgation)	<i>Trivruta</i> , root of <i>danti</i> , <i>triphala</i> powder.
7.	<i>Pittaja baahya shotha</i> ^[56]	<i>Sneha pana</i> ^[57]	Intake of cow ghee cooked with <i>Nyagrodhadi gana</i> , or <i>tilvaka ghrit</i>
		<i>Upanaha</i>	
		<i>Tikshan Virechana</i>	<i>Trivruta</i> powder
		<i>Asthapan basti</i> (~enema)	Decoction of <i>nyagrodhadi gana</i>
8.	<i>pittaja upadansha</i> ^[58]	<i>Snehana</i>	Local application of ghee i.e. <i>Karanjadi ghrit</i> .
		<i>Swedana</i>	Mild fomentation with steam.
		<i>Raktmokshana</i>	Bloodletting on mid part of the male genital part by puncturing.
		<i>Parisheka</i> (~shower)	Ghee, milk, <i>sharbata</i> , sugarcane juice, honey are combined with water.
9.	<i>pittaja shilipada</i>	<i>Snehana</i> ^[59]	local lubrication i.e. <i>Karanjadi ghrit</i> .
		<i>Swedana</i> ^[60]	Mild fomentation with steam.
		<i>Upanaha</i> ^[61]	Poultice of <i>manjishthaadi lepa</i> .
		<i>Raktmokshana</i> ^[62-63]	puncture the vein below the ankle joint

Medicinal remedies of *pittaja shilipada* are similar to *arbuda* and *visarpa*.^[64,65] Treatment of the *vivruata*, *jaalagardabha* and *kakshaa* are similar to the *pittaja*

visarpa and if appear the wound in these disease; wash and full fill of the wound by medicated oil made by *kakolyadi gana*.^[66,67]

2. Samshamana (~pacification)

S.No.	Disease	Medicinal formulations	Contains	Dose/ Anupana
1	<i>Udumabar kushtha</i>	<i>Pitta kushthahar kashayam</i> ^[68]	<i>Mulethi</i> , <i>lodhra</i> , <i>patol</i> , <i>padmaka</i> , <i>nimba</i> , <i>rakta-chandana</i>	For bath and oral use
		<i>Mahatikta ghrita</i> ^[69]	<i>Kutaki</i> , <i>amaltasa</i> , <i>haritki</i> , <i>bibhitki</i> , <i>amala</i> , <i>ativisha</i> , <i>patha</i> , <i>nimba</i> , <i>nagarmotha</i> , <i>guduchi</i> , <i>traayamaana</i> , <i>indraayan</i> , <i>vacha</i> , <i>haridra</i> etc.	30 ml BD orally
		<i>Tiktak ghrit</i> ^[70]	<i>Patol</i> , <i>kutaki</i> , <i>daruharidra</i> , <i>patha</i> , <i>durlabha</i> , <i>trayamana</i> , <i>chirayata</i> , <i>lalachandana</i> , cow ghee	30 ml BD orally
		<i>Pitta kushthahar lepa</i> ^[71]	<i>Priyangu</i> , <i>renuka</i> , <i>indrajo</i> , <i>khasa</i> , <i>ateesa</i> , <i>raktachandana</i> , <i>kutaki</i>	Local application
2	<i>Palitta</i>	<i>Bhringraja tailam</i> ^[72]	<i>Bhringraja</i> , <i>amlaki</i> , <i>haritaki</i> , <i>bibhitak</i> , <i>sariva</i> , <i>lauha bhasma</i>	Head massage
		<i>Mahanila tail</i> ^[73]	<i>Manjishtha</i> , <i>katsareya</i> , <i>bhriignraj</i> , <i>makoya</i> , <i>mulethi</i> , <i>devdaru</i> , <i>tulsi</i> , <i>aamala</i> , <i>haritaki</i> , <i>bibhitaka</i>	Head massage

		<i>Kashmaryadi tail</i> ^[74]	<i>Gambhari, flower of mango, iron, ketaki, bharangi, black seed oil, amala, haritaki, bibhitak.</i>	Head massage
		<i>Manjishthadha tail</i> ^[75]	<i>Manjishtha, laxa, bijora lemon, mulathi, goat milk</i>	Head massage
		<i>Varnaka ghrit</i> ^[76]	<i>mulethi, raktachandan, mastard seed, haridra, lodhra</i>	Head massage
		<i>Bhringapushpadi lepa</i> ^[77]	<i>bhringraj and japa pushpa, bheda milk</i>	Head massage
		<i>Neema tail</i> ^[78]		Nasal drops
3	<i>Pittaja nanatajmak</i>	<i>Sheeta virya, madhur</i> (sweet), <i>tikta</i> (bitter) and <i>kashaya</i> (astringent) dominant herbal drugs are used ^[79] i.e. <i>Kakolyadi group Sarivadi pralepa, Udumbaradi lepa.</i>		<i>Parisheka Massage Ointment</i> ^[80]
4	<i>Pittaja bahaya visarpa</i>	<i>Sarivadi pralepa</i> ^[81]	<i>Anantmoola, kamal keshar, khasa, neelkamal, manjishtha, chandana, lodhra, haritki</i>	Local application
		<i>Udumbaradi lepa</i> ^[82]	<i>Udumbar bark, mulethi, kamal-keshara, neelkamala, nagakeshara, priyangu, cow ghee</i>	
		<i>Nyagrodhadi lepa</i> ^[83]	<i>Vata, soft part of banana stem, taproot of lotus</i>	
		<i>Paste of nyagrodhadi group</i>	<i>Udumbara, asvattha, plaksa, madhuka, kapitana, kakubha, amra, kosamra, corakapatra</i>	
		<i>Paste of paddhotpaladi group</i> ^[84]	<i>Padmaka, prapauddarika, vanshlochana</i>	
		<i>Mahatikta ghrita</i> ^[85]		Per Orally
5	<i>Pittaja bahaya vidradhi</i>	<i>Karanjadi ghrita</i> ^[86]	<i>Karanja, chameli, parvala, nimba, haridra, daruharidra, mulathi, kutki, priyangu, chandana, khasa and sariva</i>	Internal and local application
		<i>Pittajavidradhi lepa</i> ^[87]	<i>Mulethi, sariva, durva, lalchandan cow milk</i>	Local application
6	<i>Pittaja shotha</i>	<i>Ghee made of Nyagrodhadi gana and tilvak ghrit</i> ^[88]		Per Orally
7	<i>Pittaja shilipada</i>	<i>Manjishthadi lepa</i> ^[89]	<i>Manjishtha, mulathi, rasna, hinsra, punarnava</i>	Local application
		<i>Saureshvara ghrit</i> ^[90]	<i>Tulasi, devdaru, haritaki, aamala, bibhitak, pippali, maricha, soatha</i>	Per orally
8	<i>Pittaja upadansha</i>	<i>Upadanshar lepa</i> ^[91]	<i>Gairika, rasota, mulethi, khasa, paddhakha, chandana and lotus</i>	Local application
9	<i>Pittaja bahaya granthi</i> ^[92]	<i>Decoction of Kakolyadi gana</i>	<i>kakoli, ksheerkakoli, jeevaka, rishbhaka, mugadaparni</i>	with the addition of sugar
		<i>Pittaja granthihar lepa</i>	<i>Arjuna, vetasa, jambu, madhuka powder</i>	Local application

Kakolyadi gana: *Kakoli* (*Lilium polyphyllum*), *ksheerkakoli* (*Fritillaria roylei*), *jeevaka* (*Microstylis wallichii*), *rishbhaka* (*Microstylis ridley*), *mugadaparni* (*Vigna trilobata*), *mashaparni*, *meda* (*Polygonatum verticillatum*), *mahameda* (*Polygonatum cirrhifolium*), *giloya* (*Tinospora cordifolia*), *kakdasighi* (*Rhus succedanea*), *vanshlochana* (*Bambusa arundinacea*), *swet kamal* (*Nelumbo nucifera*), *draksha* (*Vitis vinifera*), *riddhi* (*Habenaria edeworthii*), *vridhhi* (*Habenaria intermediz*), *jivanti* (*Leptadenia reticulata*) and *mulathi* (*Glycyrrhiza glabra*).^[93]

Nyagrodhadi gana: *Nyagrodha* (*Shorea robusta*), *udumbara* (*Ficus racemosa*), *asvattha* (*Ficus religiosa*), *plaksa* (*Ficus lacor*), *madhuka* (*Glycyrrhiza glabra*), *kapitana* (*Albizia lebeck*), *arjun* (*Terminalia arjuna*), *amra* (*Spondias mombin*), *koshamra*, *corakapatra* (*Persicaria odorata*) and *jambu* (*Syzygium cumuni*),

priyala (*Buchanania latifolia*), *rohini* (*katphala*), *vetasa* (*Homonoria riparia*), *kadamba* (*Neolamarckia cadamba*) etc.^[94]

Paddhakadi gana: *padma* (*Kaprunus cerasoides*), *swet kamal* (*Nelumbo nucifera*), *vanshlochana* (*Bambusa arundinacea*), *guduchi* (*tinospora cordifolia*), *riddhi* (*habenaria edeworthii*), *vridhhi* (*Habenaria intermediz*), *jivanti* (*Leptadenia reticulata*), *kakdasighi* (*Rhus succedanea*).^[95]

3 Nidana varivarjana (avoiding causative factors)

Pathya (does) - rice, barley, wheat, *mudga*, *masura* seeds, bitter vegetables, desert animals meat.^[96]

Apathya (don't) - sour, salty, pungent, curds, milk, jiggery, oil, meat of animals of marshy land.^[97]

DISCUSSION

According to *Ayurvedic* texts, properties of *pitta dosha* are unctuous, hot, sharp, liquid, sour taste, fluidity, pungent.^[98] Burning pain is aggravated of *pitta dosha*. *Pitta dosha* gets aggravated by use of diet and activities that are similar to the properties of *pitta* in high amount for a long time. And when this aggravated *pitta* vitiate

into the skin then the skin disease is produced. It's also called *pitta* predominance *kushtha* disease. According to *Bhela samhita*, *pitta* predominant *kushtha* is characterised by copper- red patches or papules are arise and subside quickly and other associated symptoms are burning sensation and fever.^[99]

S. no	Disease	Skin lesion	Symptoms		Secretion
1	<i>Udumbar kushtha</i>	Nodules	Look like ripe fruit of cluster fig tree	Burning pain	Absent
2	<i>Pittaja vidradhi</i>	Abscess	Look like ripe fruit of cluster fig tree	Burning pain	Present
3	<i>Vivrutaa</i>	Bulla	Look like ripe fruit of cluster fig tree	Burning pain	Absent
4	<i>Pittaja upadansha</i>	Swollen	Look like ripe fruit of cluster fig tree	Burning pain	Pus secretion

All *pitta* predominant skin diseases are also similar to each other due to aggravation of *pitta dosha* in clinical presentation such as the formation of pus in most of diseases. Color of the lesion are red-yellow –bluish. Burning type pain is characteristic of these lesions. These lesions spread very quickly. Despite a lot of similarities in manifestations there is some variation in morphology of their lesions due to the involvement of different *dhatu* and site, such as bulla, nodules, abscess, cyst etc. Some *pitta* predominant skin disease shows some extra symptoms except *pitta dosha* due to involvement of vitiated other *doshas* and *dhatu*.

Kushtha is *tridoshaj vyadhi*. Therefore, all *doshas* are taken into consideration at time of planning the treatment. But predominant *dosha* is treated first. So *pitta dosha* is treated in *pitta* predominant skin disease. After that, other *doshas* may be treated according to conditions. In some of skin diseases such as *Neelika*, *Rakta Manda* and other *pittaja nanatajmak*, only *pitta dosha* is treated.

In most of the *pitta* predominant skin diseases, it has been observed that basic treatment protocol is *virechana* (~purgation), *raktmokshana* (~bloodletting), internally use of *tikta* rasa dominant medicated ghee and *parishek* made by decoction. The best pacification treatment in *pitta* predominant skin disease is medicated ghee while the best bio-purification treatment is *virechana*.^[100]

1. Virechana (purgation)

The location of the *pitta dosha* is between heart and umbilicus.^[101] Liver, gall bladder and small intestine also situated between heart and umbilicus therefore the place of *pitta dosha* can be called liver, gallbladder and small intestines. *Virechana* (Purgation) is best process for the purification of the small intestine so that *virechana* therapy is best in elimination of *pitta dosha*. Some of the drugs are used for *nitya virechana* (form of mitigation therapy) are *kutaki*, *indrayava*.

2. Raktmookshan (bloodletting)

Raktamokshan is the best purification process for blood cleansing and detoxification. The qualities of *rakta dhatu* are very similar to the *pitta dosha*. According to all *ayurveda acharya*, *pitta* is mala (waste) part of *rakta dhatu*; which has originated from the *rakta dhatu* therefore *raktmokshana* therapy is useful for aggravated *pitta dosha*.

3. Bitter taste dominant medicated ghee

These diseases arise due to aggravation of *pitta dosha* which should be balanced by the medicines with opposite to its inherent qualities. *Madhur* (sweet), *tikta* (bitter), *kashaya* (astringent) *rasa* and *Sheeta virya* are opposite quality of *pitta doshas*. As per *ayurvedic* texts, ghee is the best pacification treatment for *pitta dosha*. *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)^[102] and *kashaya rasa* is *raktashodhak* (blood purification). Therefore, bitter- astringent ghee is mainly used in *pitta* predominant skin disorders. *Sneha pana* (ghee per orally) is administered before and after purification. After the elimination of *doshas* by *virechan* and *Raktmookshan*, the patient should be given *sneha* to drink, because *vata* get aggravated and the patient become weak after the elimination therapy.^[103]

Drugs mentioned in table 3 can be used in *pitta* dominant skin diseases.

Table 3: Mitigation drugs of pitta skin diseases.

S. no.	Drug	Latin name	Rasa (taste)	Virya
1	Rakta chandan	<i>Pterocarpus santalinus</i>	Madhur (sweet), tikta (bitter)	Sheeta
2	Sweta sariva	<i>Hemidesmus indicus</i>	Tikta	Sheeta
3	Khasa	<i>Chrysopogon zizanioides</i>	Tikta	Sheeta
4	Priyangu	<i>Aglaia elaeagnoidea</i>	Kashaya (astringent)	Sheeta
5	Nimb	<i>Azadirachta indica</i>	Tikta	Sheeta
6	Manjishtha	<i>Rubia cordifolia</i>	Madhu, tikta, kashaya	Ushana
7	Mulathi	<i>Glycyrrhiza glabra</i>	Madhu	Sheeta
8	Giloya	<i>Tinospora cardifolia</i>	Tikta, kashaya	Ushana
9	Mahua	<i>Madhuca longifolia</i>	Madhu, kashaya	sheeta
10	Hribera/sugandhabala	<i>Pavonia odorata</i>		Sheeta
11	Gambhari	<i>Gmelia Arborea</i>	Madhu, tikta, kashaya	Ushana

CONCLUSION

One hundred sixty six skin diseases are described in *bruhattryi*. There are twenty four pitta prominent skin diseases. These are *udumabar kushtha*, *vivrutaa*, *palita*, *kaksha* and *jala-gardabha kshudraroga*, *neelika*, *haaridratva*, *haritativa*, *charma dalana*, *rakta mandala*, *rakta vishota*, *twag vadarana*, *twak daha*, *ati sweda*, *amsa dadha*, *davathu* and *daha pitta nanatmaja twak roga* and *pitta predominant visarpa*, *vidhradi*, *granthi*, *arbuda*, *upadansha*, *shilipada*, *shotha*.

All twenty four *pittaja* skin diseases show symptoms similar to the *pitta dosha* such as red- yellow rashes, burning sensation etc. The specific characteristics of the all skin disorder depend on extent of vitiation of properties of *pitta dosha*, various *dushyas* (tissue factors) and *adhishtans* (site). Some *pitta* predominant skin diseases are present with additional symptoms in addition to *pitta dosha* due to involvement of vitiated *doshas* and *dhatu* such as abscess, nodules, bulla, pustules, swelling.

In most of the *pitta* predominant skin diseases, it has been observed that basic treatment protocol is administration of *virechana* (~purgation), *raktmokshana* (~bloodletting), *tikta / kashaya rasa* dominant medicated ghee. *Raktmokshana* and *virechana* are prime therapies in elimination of aggravated *pitta dosha*. Most of the herbal compounds used in mitigation therapy for *pitta* predominant skin disease are *sheeta virya* (potently cold), *madhur* (sweet), *tikta* (bitter) and *kashaya* (astringent) dominant.

All *pitta* 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 *pittaja* skin disease can be approached easily.

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