

**RATIONAL APPROACH TO DIAGNOSIS AND MANAGEMENT OF KAPHA
PREDOMINANT SKIN DISEASES IN AYURVEDA: A REVIEW**¹*Dr. Yogesh Kumar Pandey, ²Dr. Abhilasha Jareda, ³Prof. M. B. Gaur and ⁴Dr. Pooja Sabharwal¹Associate Professor, PG Department of Kayachikitsa, Ch. Brahm Prakash Ayurved Charak Sansthan, Khera Dabar, New Delhi-43.²PG Scholar, PG Department of Kayachikitsa, Ch. Brahm Prakash Ayurved Charak Sansthan, Khera Dabar, New Delhi-43.³Professor, PG Department of Kriya Shareer, Ch. Brahm Prakash Ayurved Charak Sansthan, Khera Dabar, New Delhi-43.⁴Assistant Professor, PG Department of Rachna Shareer, Ch. Brahm Prakash Ayurved Charak Sansthan, Khera Dabar, New Delhi-43.***Corresponding Author: Dr. Yogesh Kumar Pandey**

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ABSTRACT

Skin is outermost covering of the body. Its functions as antimicrobial and chemical barrier, and protects body from a number of external hazards. In *Ayurveda*, skin diseases are described in various texts. Cause of the skin disease is vitiation of *tridosha* (three corporeal humors) and *dhatu*s (tissue factors) in *ayurvedic* text. Out of one hundred sixty six skin diseases are described in *brihatrayi*, twenty five are *kapha* prominent skin diseases. While most of skin diseases are described under the *kushtha* and *kshudraroga*, description of some of other skin diseases is scattered. A compilation and critical analysis of all *kaphaja* skin diseases from *Charak samhita*, *Shusruta samhita* and *Vagbhata*, is presented in this study. It is observed that basic treatment protocol is *swedana* (~fomentation), *vamana* (~emesis) and *ruksha upnaha* (~poultice application) and *raktamokshana* (~bloodletting) for all *kapha* predominant skin diseases. *Vamana* (elimination of doshas through the mouth) is specifically indicated in *kaphaja* diseases. *Go-mutra*, *ushana virya* (hot potency) and bitter, Pungent taste dominant herbs are mainly use for pacification treatment for aggravate *kapha dosha*.

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

The skin covers the external surface of the body and is the largest organ of body.^[1] It provides protection to the body in various ways from microbes, abrasion, heat and chemicals.^[2]

In *Ayurveda*, *Twacha* word is used for skin. *Twacha* is derived from "tvac" *dhatu*, which means 'cover'.^[3] 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.^[4] According to the *Astanga Hardyam*, The skin originates from *rakta dhatu* in 6th month of embryo^[5] by the same process.^[6] *Acharya Charak* has considered the six layers of skin but *Acharya Sushrut* and *Vagabhata* said that the skin is made up of 7 layers.^[7] The seven layers of the skin are *Avabhasni*(1st layer), *Lohita*(2nd), *Shweta*(3rd), *Tamra*(4th), *Vedini*(5th), *Rohini*(6th) and *Mamsadhara*(7th layer).^[8] *Avabhasni* is the outer most layer of the 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).^[9]

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* (corporeal humours) and *dhatu*s(tissue factors) is responsible for skin disease. *Doshas* are three fundamental energies in our body and are known as *vata*, *pitta* and *kapha*.

Large community prevalence studies have demonstrated that between 20-30% of the population have various skin problems requiring attention.^[10] Most of the 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*, *arvuda*, *upadansh*, *shilipada* and *shoth*. Present article is a compilation and critical analyses of the *kapha* predominant skin diseases described in three major *ayurvedic* texts namely *charaka samhita* (6th century BC), *sushrut samhita* (3rd century BC), *Vagbhata* (2nd century AD).

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 the skin is known as *kushtha*. There are two type of *kushtha*; first is *Mahakushtha*, which is further classified into seven subtypes and second *kshudra-kushtha* is further classified into eleven subtypes. *Kshudra-kushtha* and *Maha-kushtha* term are mentioned in *Shusruta samhita*. The nomenclature *maha-kushtha* is based on chronicity of the disease and severity of their symptoms. Less severe skin diseases are described as *kshudra-kushtha*.

Table 1: Kapha dominant major skin diseases.

S. No.	Disease Name	Dominant dosha		
		Charak	Susrut	Vagbhata
1	<i>Mandal</i>	<i>Kapha</i>	-	<i>Kapha</i>
2	<i>Pundarika</i>	<i>kapha-pitta</i>	<i>Kapha</i>	<i>kapha-pitta</i>
3	<i>Dadru</i>	<i>kapha-pitta</i>	<i>Kapha</i>	<i>kapha-pitta</i>
4	<i>Arushaka</i>	-	<i>Kapha</i>	-
5	<i>Sidhma</i>	<i>vata-kapha</i>	<i>Kapha</i>	<i>vata-kapha</i>
6	<i>Rakasa</i>	-	<i>Kapha</i>	-
7	<i>Mahakushtha</i>	-	<i>Kapha</i>	-
8	<i>Ekakushtha</i>	<i>vata-kapha</i>	<i>Kapha</i>	<i>vata-kapha</i>
9	<i>Vicharchika</i>	-	-	<i>Kapha</i>

Remaining skin diseases are enumerated in *kshudraroga*, *nanatmaja vyadhi*, *shukadosha*, *visarpa*, *bahaya vidradhi*, *bahya granthi* and *arbud*, *shilipad*, *upadansha*, *bahaya shoth*.

Kshudraroga is described in a separate chapter in *Susrut 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 *Susruta samhita*, *kshudraroga* are of forty four in number while *vagbhata* has mentioned thirty six *ksudra-rogas* Out of 44 *ksudra-rogas* described in *Susruta samhita* 42 are skin diseases while two diseases namely *Gudabhransha* and *sannirudhgud* are not included in skin diseases. Among *ksudrarogas* *Anushayi*, *Rakasa*, *Jatamani*, *Ahipootana* and *Vrashankachhu* are *kapha* predominant skin diseases. There is no description available in *Astanga Hradya* and *Astanga Sangrah* related to only *kapha* dominant *kshudra roga*.

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 *dosha*. *Nanatmajvyadhi* of *kapha dosha* are enumerated as 20 types of diseases.^[11] Out of these 20 diseases, 2 are *kaphaja* skin diseases namely *Udarda* and *Shvetaavbhasta*.^[12]

Male genital organ are affected in *shukadosha* by the malpractice of instruments, pastes, medicated oils and ointments. Eighteen *shukdoshas* are mentioned in

Sushrut Samahita. Three among them namely *sarsapika*, *grathita* and *avamantha* are *kapha* dominant.

Visarpa is an acute inflammatory dermatological manifestation. It spreads very quickly like sank (*visarpa*) in various directions.^[13] It is characterized by clinical features such as *aashu- anunnatashopha* (quickly raised and subside), *daha* (burning sensation), *jwara* (fever) *vedana* (pain). Natures of *sphotas*, *pidika* (vesicles) are so specific that it is described as *agnidagdhavat* (with intense burning sensation).^[14] Based on *dosha* predominance, they are seven types as per *Charak*. According to *Sushruta Samhita*, it has five variants. One of type of the *visarpa* is *kaphaja visarpa* In terms of similarities *Visarpa* is similar to *erysipelas* and *herpes*.

Troublesome round pus filled swelling which is bulging up rapidly is called *vidhradhi*.^[15] It is similar to abscess. Round knot like swelling is called *granthi*.^[16] Symptoms of *granthi* are similar to cyst. Cyst is a fluid filled sac. Round immovable deep seated and non suppurates 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.

Table 2: Identification of all kaphaja skin diseases.

S.No	Name of Disease	Group of Disease	Site	Clinical Features
1	<i>Mandala</i>	<i>Maha-kushtha</i>	All over body	Reddish-white rounded, balsamic and indurate plaques attached with each other. ^[18]
2	<i>Vicharchika</i>	<i>Kshudra-kushtha</i>	In any part of body	Blackish pustule associated with itching and excessive secretion. ^[19]
3	<i>Sthularushka</i>	<i>Kshudra-kushtha</i>	Large Joints of upper & lower limbs	Thick, hard and chronic ulcer. ^[20]
4	<i>Mahakushtha</i>	<i>Kshudra-kushtha</i>	All over body	Contractions and cracks in skin with loss of sensibility to touch. ^[21]
5	<i>Pundareeka</i>	<i>Maha-kushtha</i>	In any part of body	Hypopigmented papule with red edges and burning sensation which appear as leaf of lotus
6.	<i>Dadru</i> (~Tinea corporis/ Ringworm)	<i>Kshudra-kushtha</i>	In any part of body	<i>Sa kandu</i> - itching <i>Raga</i> - redness <i>Pidaka</i> -pimples <i>Mandala udgatam</i> -circular patches with elevated edges.
7	<i>Sidhma</i> (~Tenia versicolor)	<i>Maha-kushtha</i>	Chest region (generally)	<i>Svetam, tamram</i> - white and coppery in color. <i>Tanu, Ghrustam vimuchati</i> - thin and when rubbed it emits small particle of the skin in the form of dust. <i>Alabu pushpa varna</i> - it resembles the flower of <i>alabu</i> (<i>Lagenaria siceraria</i>)
8	<i>Ek-kushtha</i> (~plaque psoriasis)	<i>Kshudra-kushtha</i>	All over body	<i>Aswedanam</i> - anhidrosis/ dry lesion <i>Mahavastum</i> - spread over large area, <i>Matsyashakalopama</i> - macules, papules or plaques covered with silvery scales
9	<i>Anushayi</i>	<i>Kshudra-roga</i>	Upper part of body	Deep seated/ mild swelling, of the skin color. Pus formation in the inner part of its. ^[22]
10	<i>Rakasa</i> (~dry eczema)	<i>Kshudra-roga</i>	Whole body	Plaque lesions associated with itching. ^[23]
11	<i>Jatumani</i> (~congenital mole/birth Mark)	<i>Kshudra-roga</i>	-	Painless, smooth, reddish plaque in round shape. It's congenital. ^[24]
12	<i>Ahipootana</i> (~napkin rash/sore buttock)	<i>Kshudra-roga</i>	Buttock region in childhood	Itching present due to lack of cleanliness, Vesicles appear after scratching. ^[25]
13	<i>Vrashanakachhu</i> (~eczema of scrotum)	<i>Kshudra-roga</i>	Scrotum in childhood	Similar to <i>Ahipootana</i> ^[26]
14	<i>Udarda</i> (~Urticaria)	<i>Kaphaja nanatajmak</i>	All over body	Highly irritating Reddish round plaque during winter ^[27] And depressed in center
15	<i>Shvetaavabhasat</i>	<i>Kaphaja nanatajmak</i>	All over body	Pallor
16	<i>Sarsapika</i>	<i>Shukadosha</i>	Male genital organ	Yellowish papules like yellow mustard seeds. ^[28]
17	<i>Grathita</i>	<i>Shukadosha</i>	Male genital organ	Feeling Full of thorns (pricking pain) in penis. ^[29]
18	<i>Avamantha</i>	<i>Shukadosha</i>	Male genital organ	Multiple large plaques and tearing on the middle part of male genital organ associated with pain and horriification. ^[30]
19	<i>Kaphaja Visarpa</i>	<i>Visarpa</i>	All over body	Whitish pustular inflammation associated with mild pain, excessive itching Onset-slow. ^[31]
20	<i>Kaphaj vidradhi</i>	<i>Bahya vidradhi</i>	In any part of body	Pale color Abscess resembling a saucer in shape, stable, having mild pain with itching and cold in touch. Onset-slow. ^[32]
21	<i>Kaphaj granthi</i>	<i>Granthi</i> (cyst)	In any part of body	Skin color cyst that is cold in touch and hard as stone, excessive itching, mild pain present. Secretion: white thick pus. Onset- slow. ^[33]

22	<i>Kaphaj Arbud</i>	<i>Arbud</i>	In any part of body	Tumor without forming pus Their other symptoms are similar to <i>kaphaja granthi</i> . ^[34]
23	<i>Kaphaj upadansh</i>	<i>Upadansh</i>	Male genital organ	The penis becomes hard swollen, glossy, itching and mild pain. ^[35]
24	<i>Kaphaj shilipad</i>	<i>Shlipada</i> (elephantiasis)	leg, arm, ear, nose, lips, eyelid	Glossy White Cutaneous horn associate with heaviness and mild pain. ^[36]
25	<i>Kaphaj shoth</i>	<i>Soth</i> (swelling)	All over body/ Any part of body	yellowish- white hard swelling associated with itching, cold in touch Other symptoms- excessive sleep, vomiting, indigestion. ^[37]

Table 3: Various type of cutaneous lesions with their representative diseases as per Ayurveda.

Skin lesion	Description	Example
Papule	Elevated, solid lesion <1cm in diameter	<i>Sarsapika</i>
Plaque	Elevated solid confluence of papule >1cm.	<i>Jatamani, Avamantha, Udarda, Rakasa</i>
Pustule	Papule with pus.	<i>Vicharchika, Visarpa</i>
Vesicle	Elevation with clear fluid lesion <0.5 cm in diameter.	<i>Ahipputana</i>
Ulcer	Loss of epidermis and partial loss of dermis.	<i>Sthularunshaka</i>
Cyst	Nodule with fluid	<i>Granthi</i>

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

Treatment

In *kushtha* disease, first of all predominant *dosha* should be treated. After that, other *doshas* can be treated.^[38]

Skin disease is treated with medicated *ghrit pana*^[38] with predominance of *tikta* (pungent) and *kashaya* (astringent) drugs in taste.^[40]

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 done when the 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 *doshas* in the body. It's also use after *shodhana* therapy due to mitigation for small amount of *doshas*.

In *shodhan* therapy; the principle for the management of *kapha* predominant skin disease is use *vamana* (emetic) therapy at first.^[41] *vamana* repeat on every fifteen days according to patient condition and severity of disease.^[42]

Table no 4: Shodhan (~bio- purification) therapy.

S.No.	Disease	Treatment	Specification
1	<i>Kaphaja kushtha</i>	<i>Vamana</i> (~emesis)	Decoction of <i>kutaja</i> , <i>madanphala</i> , <i>mulethi</i> and leaves of <i>patol</i> mixed with the juice of <i>nimba ptra</i> . ^[43]
		<i>Nasya</i>	<i>saindhava</i> (rock salt), <i>danti</i> , <i>maricha</i> , <i>pippali</i> , fruit of <i>karanja</i> , black seed oil. ^[44]
		<i>Virechanika Dhumapana</i> ^[43] (~smoking)	<i>Varti</i> made by <i>Aprajita</i> , <i>hartala</i> , <i>meinshila</i> , <i>Agara</i> , <i>Tejapatra</i> with the help of black seed oil. ^[46]
2	<i>Sarshapika</i> ^[39]	<i>Raktamookshan</i> (~bloodletting)	Scraped with sharp instrument after that powder of the astringent trees in taste is applied on the scraped area.
		<i>Ropana</i> (healing material)	Heal the wound with the help of astringent oil in taste.
3	<i>Grathita</i> ^[40]	<i>Swedana</i> (steam)	
		<i>Upnaha</i> (Poultices)	<i>Aragvadhadi gana</i>
4	<i>Avamantha</i>	Incision	
		Anoint	When the excretion of Pus, anointed with oil cooked by <i>dhava</i> , <i>asvakarna</i> , <i>sallaki</i> and <i>tinduka</i> herbal drug. ^[49]
5	<i>kaphaj vidradhi</i> ^[41]	<i>Swedana</i>	Constantly fomented.
		<i>Upnaha</i> (poultice)	<i>Aragvadhadi gana</i>

		<i>Vamana</i> (emesis)	Decoction of <i>kutaja</i> , <i>madanphala</i> , <i>mulathi</i> and leaves of <i>patol</i> mixed with the juice of <i>nimba ptra</i> . ^[51]
		<i>Raktamokshana</i> (bloodletting)	Elimination of the pus into the ripe abscess with the help of incision and wash with the help of decoction of <i>aragvadhya</i> .
		<i>Ropana</i> (healing material)	wound should be filled the paste of <i>haridra</i> , <i>trivrt</i> , corn flour oil and honey
6	<i>Kaphaja Visarpa</i>	<i>Lamghana</i> (Fasting therapy)	
		<i>Vamana</i> (emesis)	Decoction of <i>kutaja</i> , <i>madanphala</i> , <i>mulathi</i> and leaves of <i>patol</i> mixed with the juice of <i>nimba ptra</i> . ^[52]
		<i>Raktamokshana</i> (bloodletting)	Leech therapy. ^[53]
		<i>Virechana</i> (purgative)	Purgative ghee. ^[54]
7	<i>Kaphaja shlipada</i> ^[42]	<i>Sirabhedana</i>	Puncture on vein of the big toe.
		Local application	Paste of <i>deudaru</i> and <i>chitaka</i> .
8	<i>Kaphaja granthi</i> ^[43]	<i>Snehana</i> (~local lubrication)	<i>Aragvadhadi tail</i> (made by <i>aragvadhadi gana</i>)
		<i>Swedana</i> (fomentation)	
		<i>Vamana</i> (emesis)	Decoction of <i>madanphala</i> , <i>mulethi</i> , <i>indrajo nimb</i> . ^[57]
		<i>Virechana</i> (purgation)	<i>Trivrita</i> , <i>danti</i> , <i>triphala</i> (<i>haritaki</i> , <i>bibhitaki</i> , <i>amala</i>) ^[58]
		<i>Raktamokshana</i> (bloodletting)	Leech therapy
		<i>Mardana</i> (massage)	Gently pressed with thumb, iron and stone piece.
9	<i>Kaphaja Arbud</i> ^[44]	<i>Vamana</i>	Decoction of <i>madanphala</i> , <i>mulethi</i> , <i>indrajo nimba</i> . ^[60]
		<i>Raktamokshana</i> (blood letting)	Leech therapy
		Local application	Paste with ash of bell-metal, <i>kalihari</i> , <i>kakadanit</i> . Urine mixed with alkali. Paste of <i>jeemutaka</i> , <i>ghoshvati</i> , <i>danti</i> , <i>dravanti</i> .

Table no 5: Shamana treatments.

S.no	Disease	Yoga	Ingredient	Anupana/Dose
1	<i>Kaphaja kushtha</i>	<i>Triphaladi powder</i> ^[61]	<i>Haritki</i> , <i>bibhitaki</i> , <i>amalaki</i> , <i>kutaki</i> , <i>nimb</i> , <i>vacha</i> , <i>patol</i> , <i>haldi</i> , <i>indryava</i> , <i>chirayata</i>	Honey and ghee
		<i>Triphaladi decoction</i> ^[62]	<i>Haritki</i> , <i>bibhitaki</i> , <i>amalaki</i> , <i>kutaki</i> , <i>nimb</i> , <i>vacha</i> , <i>patol</i> , <i>haldi</i> , <i>manjishtha</i>	Internal use
2	<i>Mandal kushtha</i>	<i>Kankaksheeri oil</i> ^[63]	<i>Kankaksheeri</i> , <i>meinshila</i> , <i>danti</i> , <i>chameli</i> , <i>mustard</i> , <i>Arka</i> , <i>chitrak</i> , <i>gunja</i> , <i>tulsi</i> , <i>hartal</i> , <i>phitkari</i> , <i>kasisa rock salt</i> , <i>sajjika kshara</i>	Massage
		<i>Mandal kushthahar lepa</i>	<i>Karanja</i> , <i>devadaru</i> , <i>jatamamsi</i> , <i>kaknasi</i> , <i>mudagparni</i> mixed by the help of honey. ^[64]	Local application
		<i>Edagajadi lepa</i> ^[65]	<i>Edagaja</i> (<i>sarjarasa</i>), <i>rock salt</i> , <i>mustard</i> , <i>Vidanga</i> , <i>Kustha</i>	
		<i>Phalgavadi lepa</i> ^[66]	<i>Kathgular</i> , <i>chitrak</i> , <i>rock salt</i> , <i>go mutra</i>	
		<i>Trapyadi lepa</i> ^[67]	<i>Tin</i> , <i>Iron</i> , <i>Lead</i>	
		<i>Chitrakadi lepa</i> ^[68]	<i>Chitrak</i> , <i>Badi Elaichi</i> , <i>Adusa</i> , <i>Nishotha</i> , <i>Shunthi</i> , <i>Arka leaves</i> , <i>Palasha</i>	
3	<i>Kaphaja visarpa</i>	<i>Triphalaadi pradeha</i> ^[69]	<i>Haritki</i> , <i>bibhitaki</i> , <i>amalaki</i> , <i>ananta root</i> , <i>kaner root</i> , <i>khasa</i> , <i>lagvanti</i>	Local application
		<i>Khadiradi alepa</i> ^[70]	<i>Khadir</i> , <i>aaragvadhya</i> , <i>devdaru</i> , <i>chhativana</i> , <i>dhava</i> , <i>musta</i> , <i>cow ghee</i>	
4	<i>Kaphaja granthi</i>	<i>Dantyadi lepa</i> ^[71]	<i>Danti</i> , <i>chitrak</i> , <i>snuhi</i> , <i>madar</i> , <i>bhallatka</i> , <i>kasis</i> , <i>jiggery</i>	Local application
5	<i>Kaphaja shopha</i>	<i>Aaragvadhadi tail</i> ^[72]	Drugs of <i>Aaragvadhadi gana</i>	
		<i>Kaphaja shothahar lepa</i> ^[73]	<i>Chorak</i> (<i>Angelica glauca</i>), <i>Aguru</i> (<i>Aquilaria malaccensis</i>)	
6	<i>Dadru kushtha</i>	<i>Saindhvadi lepa</i> ^[74]	<i>Rock salt</i> , <i>Chakrmarda</i> (<i>Cassia tora</i>), <i>nagakeshara</i> (<i>Mesua ferrea</i>), <i>rasota</i> , <i>juice of kapitha</i> (<i>Limonia</i>	Local application

			<i>acidissima</i>)	
		Swanksheeri lepa ^[75]	Swanksheeri, aaragvadha, shirisha, neema, rala, sala tree	
7	Mahakushtha	Churna kriya ^[76]	Powder and decoction of salasaradi gana+ decoction of Aragvadhadi gana	Internal use
8	Kaphaja vidhradi	Aragvadhadi decoction ^[77]	Aragvadhadi gana	Local application
9	Kaphaja visarpa	Varunadi kwath	Drugs of varunadi gana ^[61]	Internal use
		Ajagandhadi lepa ^[79]	Vana-tulsi, aswgandha, nishotha, manjishtha, shatavari, ajashrngi, go-mutra	Local application
		Triphaladi pradeha ^[80]	Haritki, bibhitaki, amla, lajvanti, kanera, sariva, khasa, kamala	
		Khadiradi pradeha ^[81]	Kattha, motha, aragvadha, dhava, piyavasa, devdaru, chhativana	
10	Kaphaja granthi	Kantakari lepa ^[82]	Kantakari, Aaragvadha, rakta gunja, madar, bharngu, karanja, madana-phala, ingudi, katutumbi	Local application
		Dantyadi lepa ^[83]	Danti, chitaka, shunda, madar, bhallatak, kasis, jiggery	
11	Kaphaja upadansha	Salaswakarnadi lepa ^[84]	Sala, ashwkarna, ajakarna, dhava, sura oil	Local application use in hot form
		Bringrajadi lepa ^[85]	Bhringraja, haritaki, bibhitaki, amla, danti, tamr bhasm, loha bhasm	
12	Kaphaja shilipada		Paste of Devdaru and chitrak ^[62]	Local application
			Paste of mustard ^[63]	
		Vidangadi tai ^[88]	Vidanga, marich, madar, sotha, chitrak, devdaru, alooa, black salt, rock salt, sea salt.	Internal use
		Haritki paste ^[89]	use with one of Ashata mutra (hasti mutra, aja mutra, mahisha mutra, ushra mutra, avi mutra, Ashwa mutra, khara mutra, go mutra) ^[64]	Internal use
13	Ahiputana & Vrashankachhu	Patoladi ghrita ^[91]	Patol leaves, haritki, bibhitaki, amla, rasota and ghee of cow	Internal use
		Triphaladi kashayam ^[92]	Haritki, bibhitaki, amla, bera, khadira	Use for wound healing
		Kasisadi lepa ^[93]	Kasisa, gorochana, tuthya, hartala, rasanjan, rock salt kanji	Local application
14	Kaphaja shotha	Aragvadhadi ghrit ^[94]	Aaragvadhadi gana, ghee of cow	Internal use
		Vyoshadi churn ^[95]	Sotha, pipali, maricha, nishotha, kutaki, iron bhasm,	Internal use with triphala juice.
		Gudaadraka ^[96]	Use jaggery and ginger paste in equal amount (~5gm)	Internal use
		Chitrak ghrit ^[97]	Chitrak paste, go ghrit	Internal use
			Internal use of jaggery and haritaki powder in the same amount. ^[98]	
		Internal use of haritaki powder with cow urine. ^[99]		

Note- The treatment of the Anushayi is similar to the kaphaja vidradhi.

Effected area of the *Jatumadi* skin disease should be treated with caustic alkali or fire often.

Ahiputana and *Vrashanakachhu*: it's should be treated after purifying the breast milk of mother with the help of medicated ghee made by leaves of *patol*, *triphala*, *rasanjan*. Decoction of *triphala*, *kola* and *khadira* are used for healing of this wound.

Aaragvadhadi gana: *Aaragvadha* (cassia fistula), *madanaphal* (randia dumetorum), *supari* (Areca catechu), *patha* (Cissampelos pareira), *patala* (Stereospermum suaveolens), *murva* (marsdenia tenacissima), *indrayava* (Holarrhena antidysenterica),

nimb (Azadirachta indica), *saptapani* (Alstonia scholaris), *giloya* (Tinospora cordifolia), *chitraka* (Plumbago zeylanica), bitter gourd, *chirata* (Swertia chirata), *patola* (Trichosanthes dioica), *putikaranja* (holoptelea intergrifolia), *karanja* (Milletia pinnata), *kakajangha* (Asparagus racemosus).^[100]

Varunadi gana: *varun* (crataeva nurvala), *piyawasa* (barleria prionitis), *sahajana* (moringa oleifera), *jayanti* (Sesbania seaban), *puti karanja* (milletia pinnata), *murava* (marsdenia tenacissima), *agnimantha* (Clerodendrum phlomidis), *seireyaka* (barleria prionitis), *bimbi* (Coccinia indica), *vasuka* (Calotropis gigantean), *apamarga* (Achyranthes aspera), *chitraka* (Plumbago

zeylanica), *shatavari* (*Asparagus racemosus*), *bilva* (*Aegle marmelos*), *kusha* (*Desmostachya bipinnata*), *kateri* (*Solanum xanthocarpum*), *kakadasinghi* (*Pistacia integerrima*).^[101]

3 *Nidana varivarjana* (avoiding causative factors)

Pathya (does) - rice, barley, wheat, *mudga*, *masura* seeds, bitter vegetables, desert animals meat^[102]

Apathya (don't) - sour, salty, pungent, curds, milk, jiggery, oil, meat of animals of marshy land^[103]

According to *Ayurvedic* texts, properties of *kapha dosha* are heaviness, cold, softness, sweet taste, stability and lubrication.^[104] The form of *kapha dosha* is whitish.^[105] *kapha dosha* gets aggravated by use of diet and activities that are similar to the properties of *kapha* in high amount for a long time. And when this aggravated *kapha* vitiate into the skin, skin disease is produced. It's also called *kapha* predominant *kushtha* disease. According to *Bhela samhita*, *kapha* predominant *kushtha* is characterised by pale colour glossy rashes, heaviness in these rashes and cover the large area or multiple rashes appear.^[106]

Table no 6: Description of *Kapha* predominant skin diseases.

S.no.	Disease	skin lesion	lesion Colour	Other symptoms	Secretion
1	<i>Kaphaja shotha</i>	Swelling	Yellowish- White	Hardness in lesion, excessive itching, cold in touch, mild pain Onset- slow	Absent
2	<i>Kaphaja upadansh</i>	Small swollen	Skin colour	Hardness in lesion, Excessive itching, mild pain	Absent
3	<i>Kaphaja granthi</i>	Cyst	Skin colour	Hardness in lesion, excessive itching, cold in touch, mild pain Onset- slow	White thick pus
4	<i>Kaphaja Arbud</i>	Tumour	Skin colour	Hardness in lesion, excessive itching, cold in touch, mild pain Onset- slow	Absent
5	<i>Kaphaja bahaya Vidradhi</i>	Abscess	Pale	Excessive itching, cold in touch, mild pain Onset- slow	White thick pus
6	<i>Kaphaja Visarp</i>	Pustule	Whitish	Excessive itching, mild pain Onset- slow	Mild pus

It can be seen that *kapha* predominant skin diseases are similar to each other due to aggravation of *kapha dosha* but there is some variation in morphology of their lesions due to the involvement of different *dhatu* and site, such as plaque, pustule, abscess, cyst etc. Some *kapha* predominant skin disease show some extra symptoms other than that of *kapha dosha* due to involvement of vitiated other *doshas* and *dhatu*.

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

In most of the *kapha* predominant skin diseases, the best pacification treatment is use of specific herb with honey or animal urine while the best bio-purification treatment is *vamana*.^[107]

Vamana: internal lubrication and fomentation should be done as per requirement before emesis so that aggravated *doshas* of the body comes into the stomach. *vamana* is a process of expelled aggravated *dosha* through the upper part of body (mouth) and the place of the *kapha dosha* is

considered as the upper part of the body. *Vamaka* drugs mainly act on stomach and its foul smell is stimulates vomiting center in cerebral cortex so that aggravated *kapha dosha* in stomach could be expelled through mouth.

Raktmokshana: hard lesions such as some papules, pustule, cyst and tumour due to aggravated *kapha* is subside with bloodletting after sweating and poultice.

Drugs mentioned in table 7 can be used in *kapha* dominant skin diseases.

Table 7: Mitigation drugs of kaphaja skin diseases.

S. no.	Drug	Latin name	Taste	Potency (virya)
1	Haritaki	Terminalia chebula	Sweet, sour, pungent, bitter, astringent	Ushna
2	Bhallataka	Samecarpus anacardium	sweet, astringent	Ushna
3	Chitraka	Plumbago zeylanica	Pungent	Ushna
4	Danti	Baliospermum montanum	Pungent	Ushna
5	Arka	Calotropis procera	Sweet, bitter	Ushna
6	Aragvadha	cassia fistula	sweet	Ushna
7	Murava	marsdenia tenacissima	Sweet, bitter	Ushna
8	Saraso	Brassica compestris	pungent, bitter	Ushna
9	Karanja	Millettia pinnata	pungent	Ushna
10	Kasisa	Ferrous sulphate	Sour	Ushna
11	Animal urine	Cow or elephant urine	Salty and bitter	Ushna

CONCLUSION

One hundred sixty six skin diseases are described in *bruhatrayi*. Out of one hundred sixty six skin diseases these twenty five kapha predominant skin diseases are *mandala kushtha, mahakushtha, dadru, sthularunshika, pundareeka, ekakushtha* and *anushi, raksa, ahiputana, jatamani, vrashankachhu, udara, shvetaavabhasta kaphaja nanatmaja twak roga, sarshapika, avamanth, grathita and kapha predominant visarpa, vidhradi, granthi, arbuda, upadansha, shilipada, shotha*.

All twenty five *kaphaja* skin diseases show symptoms similar to the *kapha dosha* such as hardness, excessive itching, cold in touch, mild pain and slow progress etc. The specific characteristics of the all skin disorder depend on extent of vitiation of properties of *kapha dosha*, various *dushyas* (tissue factors) and *adhishthans* (site). Some *kapha* predominant skin diseases are present with additional symptoms in addition to *kapha dosha* due to involvement of vitiated *doshas* and *dhatu* such as abscess, nodules, bulla, pustules, swelling.

In most of the *kapha* predominant skin diseases, it has been observed that basic treatment protocol follows swedana (heat), *vamana* (~emetic), *upanaha* (*pouting*) and *raktmokshana* (~bloodletting) for hard lesions, *tikta / kashaya rasa* dominant medicated ghee. *Vamana* (emetic) is prime therapies in elimination of aggravated *kapha dosha*. Most of the herbal compounds used in mitigation therapy for *kapha* predominant skin disease are *ushana virya* (hot potently), sweet, pungent and bitter dominant.

All *kapaha* 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 *kaphaja* skin disease can be approached easily.

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