



A CRITICAL REVIEW ON KSHUDRAKUSHTHA WITH SPECIAL REFERENCE TO KUSHTHA

^{1*}Dr. Swapnaja Chandrakant Survase and ²Dr. Govind Bhanudasrao Langote

^{1*}Assistant Professor In Rognidan Avum Vikruti Vidnyan Department At. Ramrao Patil Ayurved Medical College, Purna. Dist- Parbhani, Maharashtra.

²Assistant Professor In Panchkarma Department At. Ramrao Patil Ayurved Medical College, Purna. Dist- Parbhani, Maharashtra.

***Corresponding Author: Dr. Swapnaja Chandrakant Survase**

Assistant Professor In Rognidan Avum Vikruti Vidnyan Department At. Ramrao Patil Ayurved Medical College, Purna. Dist- Parbhani, Maharashtra.

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INTRODUCTION

Ayurveda the eternal science of life is arousing an earnest interest in the minds of medical professionals, researchers and the people alike. The evident reason is the wealth of medical knowledge and experiential wisdom compiled in the ayurved texts which in today's stressful life, is clearly the need of the hour.

Ayurveda emphasizes on consuming healthy and nutritious diet. Diet is considered to be a vital for a human body as it provides the basic nutrients. Food is consumed for nourishment of the tissue which are under constant wear and tear and are required or replenished by the nutrition supplied through food. The balance diet consists of six major groups of nutrients: protein, carbohydrate, fats, minerals, vitamins and water. Nutrition can be adequate or inadequate depending on whether the food essential nutrients are in proper proportion or not. Unfortunately, in the modern era, the concept of Hita Ahara, which has a great influence on one's health, is being ignored.

In Ayurvedic classics, the word KUSHTHA represents all the skin disorders. According to Tridosha therapy of Ayurveda, unhygienic and irregular dieting affects Vata, Pitta and Kapha, which in turn affect the skin and cause Kushtha or skin disorder. With a surface area of 2 sq. meters and accounting for 16-20% of the total body weight, "skin" is the largest and first visible organ of the body, which plays a key role in determining the beauty and personality of an individual. Such an important organ is destroyed in the disease Kushtha. The later group, i.e. Kshudra Kushtha, has 11 varieties according to Charaka Samhita, the leading Ayurvedic classic: i) Ekkushtha ii) Charma Kushtha iii) Kitibha iv) Vipadika v) Alasaka vi) Dadru vii) Charmadal viii) Pama ix) Vlsphota x) Vicharchika xi) Shataru Kushtha. Out of the above mentioned eleven Kshudra Kushthas, Charaka, Sushruta, and Vagbhata, all the authorities have mentioned Vicharchika Kushtha in their classification. If we go through the modern dermatology literature, we find that Eczema bears the nearest similarity to the clinical features of Vicharchika, which is the most prevalent. Though mortality is significant, the loss of

man power and unstained physical, psychological and social sufferings are frustrating to the individual affected by this disease. The extra burden on the economy of the family also can not be neglected in the developing countries like India.

कुष्ठं दिग्भोगाणां ॥ च.सु. २५-४०

Charaka has already stated the persistent and chronic nature of Kushthastating that it is leading amongst chronic and persistent disorders.

भ्रियते यदि कुष्ठेन पुनर्जातोऽपि गच्छति । नातः कष्टतरो रोगो यथा कुष्ठं प्रकीर्तितम् सू.नि. ५-३१

Sushruta also said its severity and chronicity, saying that there is no other disease as troublesome as Kushtha because it never quits the affected individual even when he dies and gets birth again. The importance of nutrition throughout the life is not refuted. After all, we must eat to live; however, the significance of nutrition at specific times for growth, development, and ageing is becoming increasingly appreciated.

MATERIAL AND METHODS

CONCEPTUAL REVIEW

REVIEW OF KSHUDRAKUSHTHA.

Kushtha' is a broadly used term in Ayurveda which comprises nearly all the skin diseases. It can be termed as a syndrome of varying symptoms, mainly affecting the normal colour and physiology of the skin. It can hamper all the systems of the body as the duration prolongs. According to Charaka, there are two main types of Kushtha: Maha-Kushtha and Khudra-Kushtha. Maha Kushtha is again divided into seven subtypes and Kshudra-Kushtha has eleven subtypes.

Types of Mahakushtha

Seven types of Mahakushtha are as 1) Kapal, 2) Audumber, 3) Mandal, 4) Rushyajivha, 5) Pundarik, 6) Sidhma-Charaka (Dadru-Sushruta), 7) Kakanaka Kushtha.

NIDANPANCHAK OF KSHUDRAKUSHTHA.

Nidan (etiology), Poorvarupa (predominant signs), Rupa (Signs & Symptoms), Upashaya (Relieving factors) and Samprapti (Pathology) are the five factors of Nidanpanchak which provides details of the particular disease thus helping in the appropriate management of it.

NIDAN (ETIOLOGY) OF KSHUDRAKUSHTHA.

Various factors which cause the disease are termed as Nidan or Hetus of the particular disease. The detection and avoidance of causative factors, is a major part of the successful management of the disease.

All of the causative factors of Kushtha which are described in ancient texts may not be practiced or observed now a days, but they can give clue about the new causative factors which are practiced now a days. Following are the textual causative factors for Kushtha.

• DIETARY FACTORS

Alternate use of chilled and hot items, frequent and excessive use of honey, Phanita (precursor of jaggery), fishes, Lakucha (certain fruit), radish and certain leafy vegetables, combined consumption of milk and fishes, excessive use of certain dicot seeds or pulses like black gram & horse gram in combination with milk & other dairy products, and certain seed oils, excess consumption of oils and all other fats, frequent meals prior to digestion of earlier foods, use of recently produced grains, curd, fishes, excessive sour or salty foods, excess use of radish, Masha, high carbohydrate items, sesames, dairy products and sugarcane products, use of liquid, oily, heavy diet, alternate episodes of fasting and heavy meals, practice of Viruddha Ahara (vitiated food) can vitiate the bodily doshas and blood to cause Kushtha.

• HABITUAL FACTORS

Sleep during day time, Excessive practice of coitus, retention of urges like vomiting, stool etc, undergoing Snehapana & Panchakarmas improperly, Indulging in coitus or heavy work immediately after the Panchakarma therapy, practicing heavy work in heat immediately after heavy meals, drinking chilled water or bathing with it immediately after exposure to brightly heating sun, intermittently exposing to cold and hot environment, indulging in coitus, heavy work, or sleep in the condition of indigestion, drinking chilled water immediately after perspiration, exertion, mental trauma and in the condition of indigestion can vitiate bodily doshas and blood to cause Kushtha.

• OTHER FACTORS

1. Factors vitiating the blood – These factors are described previously on page number of this dissertation.
2. Poisonous factors – Kushtha caused due to various poisons of plant and animal origin is described by Bhela and Kashyapa.
3. Infectious factors– These are described first time by Sushruta in his Samhita. Body contact, physical relations, sharing of bed, cloths, wearing and ornaments with the diseased person can spread the disease Kushtha. The cause maybe spread of pathogens (microorganisms) through contact.
4. Psychological factors: Excess anger, grief or terror, stress, and anxiety can cause Kushtha.
5. Hereditary and genetic factors: Person may carry the disease Kushtha from his/her parents or from the other ancestors. The person carrying defective genes can also suffer from Kushtha. The sblings of the person having Shukra Dhatugata Kushtha are on high risk of developing Kushtha in their lifetime
6. Miscellaneous factors: To hate or abuse the respectable persons and teachers, to kill the respectable persons, females or cows, telling lies, wish of aquring others wealth or wife, in present life or previous life can cause the disease Kushtha.

POORVARUPA OF KSHUDRAKUSHTHA.

Poorvarupa are the premonitory signs of the disease. No separate poorvarupas of Kshudra- Kushtha Vicharchika mentioned in texts. Hence general poorvarupas of Kushtha are also applicable to it. Chakrapani states that poorvarupas of Kushtha are due to their Prabhava.

- **Poorvarupas as per Charaka:** Absence of sweating, excessive sweating, local dryness, skin softening, skin discolouration, pruritus, needling sensation, burning, local hypoesthesia, tingling sensation, local hyperthermia, heaviness of the body, edema, recurrent skin lesions, overproduction and local stasis of body wastes, delayed healing and excessive pain even in small wounds.
- **Poorvarupas as per Sushruta:** Dryness of skin, pruritus, erection of body hairs, perspiration, local hypoesthesia, deterioration of wounds, blackish discolouration of the blood.
- **Poorvarupas as per Ashtangarhidaya:** Skin softening or skin drying, perspiration, nil or scanty sweats, local discolouration, pruritus, local anaesthesia, needling sensation, formation of erythematus weals on skin, fatigue, excessive pain in wounds, early formation and delayed healing of wounds, deterioraton even in healed wounds, recurrent erection of body hair, blackening of the blood.

Significance of Poorvarupas: Knowledge of poorvarupas can initiate early control management of the Kushtha. Sushruta recommends the treatments like Vamana and Virechana during the premonitory signs of Kushtha to check the further growth of the disease.

RUPA (SYMPTOMS) OF KHUDRAKUSHTHA.

Rupa are the actual signs and symptoms of the disease which are produced by vitiating doshas in advanced stage of disease. Here are the symptoms of the individual Kshdrakushthas.

1) SYMPTOMS OF EKAKUSHTHA: Scanty or nil sweating, lesions cover gross area of the body, scaling like fish, blackish red discolouration of the body are the symptoms of Ekakushtha. Predominant Doshas are VataKapha.

2) SYMPTOMS OF CHARMAKUSHTHA: Charmakushtha has broad and thick lesions having rough texture like the skin of an elephant. Predominant Doshas are Vata-Kapha.

3) SYMPTOMS OF KITIBHAKUSHTHA: Kitibha kushtha has the multiple dense lesions which are rounded, bluish blackish red or coloured. Lesions may be dry or with secretions, may be unctus having smooth texture or dry and having rough surface like texture of the surface of wound. Severe pruritus is also the characteristic feature of Kitibha. Predominant Doshas are Vata-Kapha.

4) SYMPTOMS OF VIPADIKAKUSHTHA: Lesions of Vipadika are characteristically localized to palms and soles only. Main features are cracked pals & soles, erythematus papules, severe pain, pruritus and burning sensation. Predominant Doshas are Vata-Kapha.

5) SYMPTOMS OF ALASAKAKUSHTHA: Alasaka has erythematus papules with pruritus. Predominant Doshas are Vata-Kapha.

6) SYMPTOMS OF DADRU KUSHTHA:- Dadru Kushtha has circular lesions with erythematus papules with severe pruritus. Dadru Kushtha is mentioned under Mahakushthas by Sushruta instead of SidhmaKushtha of Charaka. Symptoms mentioned by Sushruta are elevated erythematus circular spreading lesions with intense itch. Predominant Doshas are Pitta-Kapha.

7) SYMPTOMS OF CHARMADALA KUSHTHA: Macular papules or blisters, pruritus, local tenderness, destruction of the local skin are the symptoms of Charmadala Kushtha. Predominant Doshas are Pitta-Kapha.

8) SYMPTOMS OF PAMA KUSHTHA: In Pama, reddish-bluish- white coloured- multiple- tiny-discharging pustules are formed at hands causing severe pruritus and burning sensation. If the same lesions are formed on buttocks they are called Kacchhu by Madhavakara. Predominant Doshas are Pitta-Kapha.

9) SYMPTOMS OF VISPHOTA KUSHTHA: Visphota are the bluish reddish coloured, thin walled,

multiple blisters having pain, burning sensation and tenderness. Predominant Doshas are Pitta-Kapha.

10) SYMPTOMS OF SHATARU KUSHTHA: It has multiple, reddish-blue coloured and painful ulcers/wounds. Predominant Doshas are Pitta-Kapha.

11) VIHARCHIKA KUSHTHA: Amongst above mentioned eleven Khudrakushthas, only Vicharchika Kushtha was selected for clinical study of this dissertation. Hence its signs and symptoms are described in the saperate chapter in details, in the next section of this dissertation.

1) SAMPRAPTI OF KSHUDRAKUSHTHA.

Bodily doshas start getting vitiated due the continuous indulgence in the causative factors. The process of vitiation of other bodily factors like Dhatus by circulating doshas resulting in a disease is termed as Samprapti.

Stating the significance of the knowledge of Samprapti, Indu writes “destruction of Samprapti is the prime aim of all the therapies”. Hence it is necessary to review the Samprapti of Kshudrakushtha before going to its management.

There is no separate Samprapti of Kshudrakushtha mentioned in the Samhita. Hence general Samprapti of Kushtha is applicable to Vicharchika and all other Kshudrakushthas.

Seven body factors play a key role in the pathogenesis or Samprapti of Kshudrakushtha. These are as: 1) Vata, 2) Pitta, 3) Kapha, 4) Twacha 5) Rakta 6) Mansa and 7) Lasika.

Due to causative factors all the three Doshas get vitiated at once. These Vitiated doshas circulate in all directions and vitiate the other factors i. e. twacha, Rakta, lasika and mansa causing looseness in them resulting in the disease Kushtha by Prabhava. Charaka states that all the Dushyas get vitiated at once whereas Sushruta states that skin gets vitiated first followed by Rakta, Mansa and Lasika. No Kushtha is caused due to one or two doshas but all the three Doshas are involved in the pathology of all the Kushthas.

Above mentioned seven factors produce their individual signs and symptoms as the disease Kushtha.

1) Symptoms caused by vata: Dryness, Skin Atrophy, needling sensation and other types of pains, constriction or dilatation of parts, roughening, hardening of texture of skin, recurrent erection of body hair, black/blue/redish discoloration of skin, loss of sensation, scanty sweats and hoarseness of voice are the symptoms of Kushtha, caused by Vata.

2) Symptoms caused by Pitta: Burning sensation, erythema, pus formation, discharge, bad odour, detachment of body organs, reddish discoloration

of ears, nose or eyes are the symptoms of Kushtha caused due to Pitta Dosha.

- 3) **Symptoms caused by Kapha:** Paleness of body, coldness, pruritus, chronicity, elevation of skin lesions, heaviness of the body, oiliness, formation of maggots or microorganisms, wetness and discharge are the symptoms of Kushtha caused by Kapha.
- 4) **Symptoms caused by Twacha:** Discolouration of skin, dryness of skin, cracks over skin, local hypoesthesia or anaesthesia.
- 5) **Symptoms caused by Rakta:** Discolouration of skin, appearance of erythematous weals on the skin, and pus discharge through skin lesions.
- 6) **Symptoms caused by Mansa:** Gangrene, elevated papules or pustules over skin.
- 7) **Symptoms caused by Lasika:** Pruritus, serous whitish discharge through wounds.

DISCUSSION

UPADRAVA (COMPLICATIONS) OF KSHUDRAKUSHTHA

Kushtha is a disorder which has a tendency to stay longer in the body. Consequently it has more serious complications than other diseases. Sushruta states that Kusdrakushtha has fewer complications than - Mahakushtha, hence the term Ksudrakushtha. But as the time period goes even a mild form of Kushtha can penetrate into all the seven Dhatus and can affect the whole body causing more serious complications. Thus General complications of Kushtha are also applicable to Ksudrakushtha. Hence initiating the early treatment can prevent the complications of Kshudra Kushtha like Vicharchika. Following are the complications of Kushtha:

Pus discharge, detachment of body parts, excessive Thirst, fever, Diarrhea, Burning sensation, Weakness, Anorexia, Indigestion, Increased tendency of Heredity and the most serious complication is detachment or loss of body part.

SADHYSADHYATWA (PROGNOSIS) OF KSHUDRAKUSHTHA.

Prognosis of the Kushtha depends on the type, chronicity, and the progress of the disease to the further Dhatus.

- 1) **Saddhya Kushtha:** Kushthas having only one dominant Dosha or dominant VataKapha Doshas, Kushthas occupying only Twacha or Rasa or Rakta Dhatu, Kushthas which are not chronic are curable. Also Sidhma, Vicharchika, Pama, Dadru, Kitibha, Kapala, Stularu, Mandal and Vishaj Kushthas in mentally strong patients are curable.
- 2) **Kashta-Saddhya Kushtha:** They need prolonged and rigorous management for cure. Kapha-Pitta dominant or Vata-Pitta dominant Kushthas can be cured after rigorous efforts.
- 3) **Asaddhya Kushtha:** Kushtha occupying Meda Dhatu is Yappya (can be relieved as far as treatment is continued). Pundarika, Shwitra, Rushyivha, Kakanaka, Udumber, Shatarushka, Charma, Ekakushtha, Vipadika

are noncurable Kushthas as per Bhela. Tridosha dominant Kushthas, Kushthas occupying Majja and Asthi Dhatu, Kushthas with complications like maggot formation or detachment of body parts or red eyes or aphonia are also noncurable. The Kushthas which are not relieved by Panchakarmas and having all the signs and symptoms are also noncurable.

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