

Skin Disorders

# आरोग्यमंदिर

पत्रिका

AROGYAMANDIR PATRIKA



## EDITORIAL

July 2007

An attempt was made in April 2007 to present the Shree Dhootapapeshwar publication Arogyamandir Patrika Digestive Disorders, in a new and different manner and format.

We are truly overwhelmed by the enthusiasm and open mindness with which it has been welcomed. It is an example of your deep trust and sense of belonging towards Ayurved and Shree Dhootapapeshwar institutions.



We tried and will continue to try our best to put in our publications, as much as we can in the given circumstances. However, if there are lacunas, please do let us know.

Alongwith this Arogyamandir Patrika, you will find a Response Form. We will be grateful if you could fill in the same and make it reach us through the person or system that has delivered this Arogyamandir Patrika to you.

We are sure the responses received from you will help us as the guiding lights in coming times to make the published literature useful for the upcoming Ayurvedic Physicians who are taking Ayurved, the science of life from India beyond the frontiers of our great motherland.

Waiting earnestly for your reactions.

Yours sincerely,  
Vd. Shailesh Nadkarni

The word Twacha has been derived from 'त्वच् संवरणे' which means the one 'that covers body from all sides'. Hence the organ which covers the entire body from all sides is called Twacha i.e. Skin.

Skin is a vital organ of human body. Sparshanendriya is situated in skin which gives knowledge of touch (Sparsha). It not only protects internal organs of body from changes in temperature but it also helps maintain the temperature of the body. In addition, it also exhibits the colour, complexion & luster of the body. Since Ancient times, healthy skin was always a prime factor for which various scientific treatments & methods were advised. Therefore, due to loss in skin luster or due to skin disorders in particular, life becomes miserable because of social & psychological stigma attached to it.

In today's Modern world, maintaining health of skin has been given prime importance. Due to climatic changes, improper diet and lifestyle, excessive or improper use of cosmetics and such other factors the skin becomes unhealthy. Therefore, in this 'Arogyamandir Patrika' issue on Skin Disorders, we are elaborately discussing the causes, symptoms, general treatment of most common skin disorders as well as means for maintaining healthy skin.

## Twacha Vikar

Ayurved denotes all skin diseases in general as "Kushtha". However, we find many skin disorders, mentioned elsewhere e.g. in Kshudraroga like Arunshika, Visphota, Kaksha, Mukhadushika etc. not being mentioned in "Kushtha".

कुष्णाति वपुः इति कुष्ठम् । मा.नि.

As per this description from Madhav Nidan, the disease in which vitiated Doshas destroy the tissues of the skin i.e. Dhatu, Upadhatu & produces discolouration & putrefaction forming Kotha is known as Kushtha. Ayurveda classifies "Kushtha" in "Ashta Mahagada" (Eight Maharoga i.e. complicated diseases, that are not easy to cure) as the dreaded ones that make life miserable or painful.



Sushrutacharya has described 'Kushtha' as Sankramak or Aupasargik Roga.

प्रसंगात् गात्रसंस्पर्शात् .....। सु.नि.

Some of the diseases catagorised under Kushtha are contagious or transmitted due to touching, sharing the bed, eating in same vessel, wearing same clothes or through exhalation of air (Sushrutacharya).

## Anatomy of the skin as per Ayurveda

### Twak Sharir

It is utmost necessary to understand the generation and development of skin & Dosha, Dhatu, Mala in relation with it for understanding the anatomy of the skin.

...तत्र सप्तो त्वचोसृजः ।

पच्यमानात्प्रजायन्ते क्षीरात् सन्तानिका इव । अ. ह. शा. ३

As per this aphorism, the body is composed of Pancha-Mahabhuta i.e. Five elements and during the process of dhatu formation, specially of Raktadhatu, skin is developed in seven layers just as the cream is formed over the milk.

According to Ayurved, skin is anatomically divided into six layers. Charakacharya has mentioned these layers as

षट् त्वचः ।

Sushrutacharya has described skin as being composed of 7 layers, the seventh being the Mansadhara Twacha.

Charakacharya, however, without mentioning the seventh layer of the skin has considered Arshadi Vyadhis as those of Mansadhatu.

They are as follows:

1. Udakdhara Avabhasini	Charak Sushrut	External layer that contains watery substance or lymph. That reflects the complexion as Gaura or Shyama. Site for Sidhma & Padmakantak
2. Asrugdhara Lohita	Charak Sushrut	It contains blood capillaries. Site for Tilakalak, Nyaccha, Vyanga
3. Sidhmakilasa Sambhavadhishthana Shweta	Charak Sushrut	Site for manifestation of Sidhma, Kilasa, Charmadala, Ajagalli & Mashaka
4. Dadrukushtha Sambhavadhishthana Tamra	Charak Sushrut	Site for manifestation of Dadru & Kushtha
5. Alaji Vidradhi Sambhavadhishthana Vedini	Charak Sushrut	Kushtha, Visarpa, Alaji and Vidradhi are manifested in this layer
6. यस्यां छिन्नायां ताम्यत्यन्ध इव च तमः प्रविशति च या .. Rohini	Charak Sushrut	Granthi, Apachi, Arbuda, Shleepada, Galaganda are produced in this layer. When it is damaged or excised the person experiences trembling and darkness in front of eyes
7. Mansadhara	Sushrut	Bhagandar, Vidradhi, Arsharoga are developed in this layer

### As per Modern science Skin is developed by TWO layers

1. External layer (Epidermis) 2. Internal layer (Dermis)  
Just below Dermis is situated superficial fascia, hypodermis, subcutaneous layer and still below is deep fascia, epimysium of muscles.

### 1) External layer - Epidermis

This layer protects the entire body from bacteria or infection, stroke, water or chemicals. If it develops ulcers or cuts then it regenerates quickly.

When this layer becomes dead it sheds off to germinate new skin tissues. Nails, hair and sweat glands are also developed in this layer.

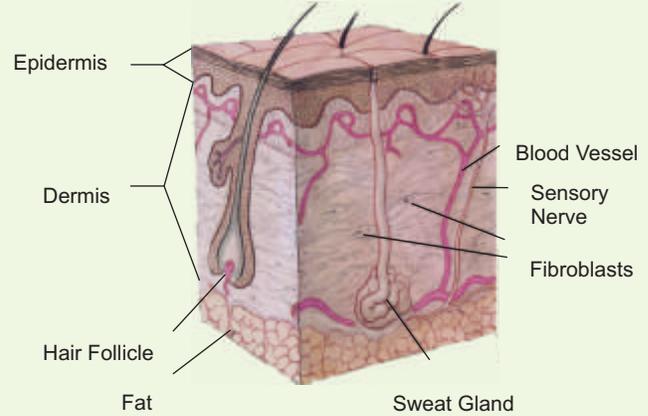
### 2) Internal layer: Dermis

Blood vessels that nourish external skin in terms of Rasa and Rakta are present in this layer.

Both external and internal layer have nerves.

### Superficial fascia:

It is made up of connective tissue and fatty tissue that helps in protection of body. This layer regulates body temperature.



### Prakrut Twacha (Qualities of Healthy Skin):

तत्र स्निग्धश्लक्ष्णमृदु प्रसन्नसूक्ष्माल्प गंभीर सुकुमार लोमा

सप्रभेव च त्वक् त्वकसारणाम् । च.वि. ८

Individuals having optimum levels of Rasadhatu are called as Rasa-Sara or Twak-Sara. Their skin exhibits luster and is characterized by qualities like Snigdha (Glossy), Shlakshna (Smooth), Mrudu (Soft), Prasanna (Clear), Sookshma (fine), with less yet deep rooted and tender hair.

Since Rasa dhatu is also associated with Rakta & Mamsadhatu, it is imperative that while mentioning qualities of healthy and excellent skin, the qualities of Raktasara and Mamsasara are also included.

Therefore, taking into consideration Rakta & Mamsa Sarata, healthy skin is one that has luster, appears glossy, fair, pinkish in colour, firm, dazzling in appearance, and possessing natural elasticity.

### Skin Colour :

According to Ayurved normal skin colours are "Krushna" (black), "Shyama" (dark), "Shyamavadatt" (mixture of dark and pale red) and "Avadatta" (Gaura). In addition to these, persons with "Atigaura" (excessively fair) & "Atikrushna" (very black) complexion are termed as "Nindita" i.e. censurable or undesirable;- indicating as abnormal.

Mahabhuta is also mentioned as the predominant force in deciding the formation of body complexion.

As per Sootra from Charak Samhita, combination of Apa, Teja and Akash Mahabhuta develops "Avadatta" i.e. Gaura Varna (fair) complexion and combination of Pruthvi & Vayu develops "Krushna Varna" (black complexion) and combination of all Mahabhutas develops "Shyama Varna" (dark complexion).

Vagbhattacharya stressed the importance of Shukra dhatu or quality of Shukra in the formation of body complexion. Quality of Shukra is represented by its colour.

Colour of Shukra	Likely colour of the offspring
White like Ghrutamanda	Gaura Varna (Whitish yellow)
Colour of Honey	Shyava Varna (Dark)
Oily like Taila	Krushna Varna (Black)

The complexion of offspring also depends on the diet and mental condition of its mother during pregnancy.

Diet of mother	Likely colour of offspring
Sweet food	Gaura Varna
Mixed diet	Shyava Varna
Excessive Tikta & Vidahi Anna	Krushna Varna

While stating relation of doshas, Bhrajak Pitta plays a vital role. It is mainly sited in lustrous skin and makes it (skin) radiate. Its functions are: production of normal & abnormal skin colour, maintenance of the luster or complexion of the skin and maintenance of normal temperature of the body. Bhrajak Pitta plays an important function in digestion & absorption of Abhyanga (oil massage), Ubatana, Lepa (pastes or packs for local application) into the body through the skin (Su. Sha). Twacha or skin- being the Sparshanendriya with presence of Vayu or Vatadosha - needs regular Abhyanga i.e oil massage for getting protection. ■

### Causative Factors of Twachavikar (Skin Diseases)



#### Diet

- Viruddhahara, Contradictory food such as eating milk & fruits, curd & fish together
- Excessive intake of liquid or heavy to digest, uncooked or half cooked food
- Intake of excess food, toxic food, stale food, preserved food, oily food, salty & sour food
- Intake of curds, fish, potato, Udad, Til, Starchy food, Milk & Jaggery in excess
- Eating of Jau (barley), Kodo alongwith milk, curd, buttermilk, Kulattha, Udad, Atasi & Kusumbha & Unctuous substances

#### Vihar

- Excessive exercise after food intake
- Exposure to heat and fire
- Sleeping during day time
- Taking cold bath when afflicted with fear, exhaustion & grief
- Excessive sexual indulgence after having food
- Improper use of Panchakarma
- Suppression of natural urges
- Insensible behaviour like insulting learned people, Brahmin, Teachers, Saints & sins performed in this life or past life

**Krumi** - Worm infestation

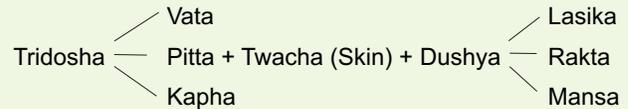
**Vanshaj** - Hereditary factors like parents who are affected with Kushtha

### Upasarga (Contact)

Close contact such as eating from the same platter or vessel, sharing the bed, using same clothes with persons having contagious skin diseases.

According to modern medicine, skin diseases are developed due to allergy and fungal or bacterial infections. The causes or etiology of some skin diseases is still not known.

Kushtha or skin disease, gets developed due to vitiation of following Dosha, Dushya.



### Common Symptoms of skin diseases

- Roughness or excessive unctuousness (oiliness) of skin
- Discolouration, Burning sensation, Itching, Numbness or pricking pain
- Production of rash, wounds etc. which remains for longer duration
- Non-healing ulcers or wounds
- Tingling sensation
- Excessive perspiration or lack of perspiration

### Treatment -

• "Shodhan" Chikitsa or purificatory procedures are very important in the treatment of Kushtha. External applications along with internal medicines, are to be included in treatment.

- Nidan Parivarjan
- Shodhan-Vaman, Virechan, Raktamokshan
- Shaman-Aushadhi, Anna, Vihar,
- Kaphaghna, Kledanashak, Tikta, Kashaya & Twachya drugs
- External application - Lepa, Taila, Pratisaran ■

Anubhoota Yashasvi Chikitsa from Late Guruvarya Ganeshshastri Joshi Parivar:

For extremely dry itching -

Tankan Lahee + Amalaki Choorna + Sour Curds

## Examination in Skin disorders

Skin can be said to be the mirror of the human body. Therefore in Ashtavidha Pareeksha, examination of Sparshanendriya i.e. Skin is termed as the most important. In case of skin diseases, local examination at the site of skin as well as other general physical & systemic examination is also necessary. Skin disorders can also get developed due to some other diseases.

The Trividha Pareeksha i.e. Darshan (Inspection), Sparshan (Palpation) as well as Prashna Pareeksha are needed to be performed.

### Examination of Skin

#### Darshan (Inspection)

1. Colour of skin - Normal / Pale White / Yellow / Black / Red
2. Valiyukta (wrinkled) / Shlakshna (smooth) skin
3. Romotpatti (Distribution & production of hair)
4. Development of Visfota (Pustules) / Rash / Ulcers  
Their - Colour, Size, Number
5. Edges of ulcers or wounds - elevated / un-elevated
6. Srava (Discharge) - Watery / Sticky / Pus / Blood  
Smell of discharge  
Colour of discharge
7. Nails - Short / Thin / Big / Thick  
Dry brittle / smooth
8. Hair - Colour  
- Hair fall / Excessive growth of hair / hair growth on unwanted sites

#### Sparshan (Palpation)

- Touch of skin - Cold / Warm - Soft / Hard, Dry / Unctuous
- Loss of sensation / Tingling sensation
  - Lack of sweat or less perspiration / Excessive perspiration

#### Prashna Pareeksha

1. Itching on the skin
2. Burning sensation on the skin
3. Production of wounds / ulcers- Time ,Period ,Site Repeatedly / Occasionally
4. Papules / Pustules - Production, Nature, Description
5. Pain over Papules / Pustules or wounds

#### General / Systemic examination

Mala (Stools), Mootra (Urine), Jihva (Tongue), Agni (Appetite), Sthoulya (Obesity), Krumi (Worms), Samata / Niramata



#### Vanga Bhasma

- Most efficacious, standardized, safe and potent Bhasma prepared with Paradmarit method
- Effective in Sravi Kushtha with Kledanashak action
- Useful in Pama, Vicharchika &

#### Amayik Prayog-

- Vicharchika (Sravi)- Vanga Bhasma + Amrutadi Guggul  
Kushtha - Vanga Bhasma + Arogyavardhani  
Pama - Vanga Bhasma + Gandhak Rasayan

## Pathyapathya in Skin Disorders

In skin disorders Pathyapathya plays an extremely important role. Therefore, diet regimen should be followed strictly.

#### Ahara -

##### Pathya

Easily digestible food, bitter food, old grains, Wheat, Jwar, Bajra, Rice are used old ones (at least one year old produce). Pulses like Moong, Masur, Mataka, Tur Dal, Turmeric, Ginger, Onion, Draksha (Grapes), Mango, Pomegranate, Lemon, Cucumber, Chicken or meat, milk, cow ghee

##### Apathya

New grains, Stale food, Salty things, Brinjal, Udad, Soya, Green vegetables, Mooli (Radish), Garlic, Singhada, Aravi, Kamalgatta, Sabudana, Pineapple, Orange, Litchi, Strawberry, Banana, Custard Apple, Fish, Dry fish or meat, Pork, Curd and Lassi.

#### Vihara -

##### Pathya

Application of Besan (gram flour) and Turmeric instead of soap, Oil massage and Lepa.

##### Apathya

Excessive use or application of soaps, lotions or creams with chemical ingredients, bathing with hot or cold water at the same time, awakening at night, suppression of natural urges.

### Is it not essential to think of this?

It is observed that whenever an individual suffers from skin diseases he will report to a medical practitioner. A prescription that has a *Malaha* i.e. an ointment suggested in it is given to the patient at his own insistence. This is because the patient thinks and expects that ointment will facilitate faster relief.

However, the application or use of *Malaha* without achieving proper *Koshthashuddhi* or internal purification will actually increase the disease as per the Sootra of Ashtanga Hrudaya.

इति दोषे विजितेऽन्तस्त्वक्स्थे शमनं बहिः प्रलेपादि हितम् ।

तीक्ष्णालेपोक्तिलप्टं कुष्ठं हि विवृद्धिमेति मलिने देहे ॥ अ.हृ. चि. १९/५४

Is it not therefore essential for us the Ayurvedic physicians - to think on the scientific lines before prescribing *Malaha* to confirm the *Koshthashuddhi* of the patient?



#### Gandhak Rasayan

- Best remedy of Twachavikar with Kusthaghna, Vishaghna, Jantughna & Pittashamak properties
- Effective in skin disorders by purifying blood
- Useful in Pama, Vicharchika, Upadansha, Vatarakta, Sheetapitta,

#### Amayik Prayog

- Papules on skin - Gandhak Rasayan + Chandrakala Rasa  
Pama - Gandhak Rasayan + Khadirarishta +  
(Shushka / Sravi) Externally Lepa  
Vicharchika - Gandhak Rasayan + Amrutadi Guggul + Mahamanjishtadi Kadha

## Shwitra (Leucoderma or Vitiligo)

The disease, in which white patches are developed on skin or discolouration of skin takes place, is known as Shwitra or Vitiligo. As per Modern Science, when Melanin- the pigment



necessary for colour of skin- is not produced the disorder is either Hypomelanosis or Pigmentary. In Shwitra there is vitiation of Rakta, Mamsa, Meda & Twacha.

### Causes

- All causative factors of Kushtha
- Deep & Chronic ulcers or burning of skin

### Symptoms

- Discolouration (of lighter shade) of skin or white patches on skin which spread slowly without any pain
- Burning sensation gets aggravated in Summer

### Prognosis of Shwitra

Shwitra, which has black hairs, non- intermingled patches of discolouration and is treated within one year & not caused due to burns is Sadhya (Curable)

Shwitra with white hair, thick / big patches, intermingled, chronic or existing for more than one year and the one developed due to burning, extensively spread over body and over private parts, lips and hands is Asadhya (Incurable), even if newly manifested.

### Treatment of Shwitra

Sanshodhan Vaman, Virechan, Raktamokshan  
 Sanshaman Antah-Parimarjan  
 Bahya Parimarjan

### For Virechan

- Kashthodumber (Kathagular) Fala Swarasa or Twak Kwath 50 ml. with mixing 20 gm. jaggery mixed with it.
- After Virechan sit in sunlight for 3 days & drink Peya (thin Gruel of rice) when thirsty.
- If Shwitra develops pustules or boils then by pricking with needle or thorn allow the patches to be drained
- Kwath of Kathagular Twak, Vijayasara, Priyangu, Saunf all in equal quantity to be consumed.  
 (Ref. Cha. Chi. 6)
- Drinking of Gomutra is also advised.

As per Dr. R.H. Singh, Ex.V.C. RAU, Jaipur, the drugs used in the treatment of Shwitra are photosensitive and their use induces melanin formation.

The drugs are; Kashthaudumber, Bakuchi, Mulak beej, Anjeer, Bhallatak, Gomutra

### Internal Medicines

Arogyavardhani, Rasamanikya, Guduchi satva, Panchatikta Ghruta Guggul, Khadirarishta, Swayambhuva Guggul, Mahamanjishthadi Kadha

### External Application

- Application of Gomootra is beneficial.
- Application of Lepa (Medicated Paste) of Bakuchi Beej, Laksha, GoroChan, Rasanjan, Souviranjan, Pippali, Lauha Bhasma all mixed and pounded together.
- Manahshiladi Lepa: Paste of Manahshila, Vidang, Kasisa
- GoroChan, Swarnakshiri, Moolatwak, Saindhav
- Paste of Bakuchi beeja pounded in Gomootra.
- Paste of Kashthodumber Twak, Bakuchi beej & Chittrak in Gomootra.

Pathyapathya : As mentioned in Kushtha. ■



### Swayambhuva Guggul

- Well known medicine of Shwitra (Vitiligo) containing "Bakuchi", excellent Shwitragnha drug
- Alleviates discharge or pus in Sravi Kushtha
- Most effective due to Gomootra Vishesh Shodhit Guggul
- Useful in Ekakushtha, Shwitra, Prameha, Arunshika, Pama

### Amayik Prayog

Shwitra - Swayambhuva Guggul + Gandhak Rasayan + Khadirarishta  
 Ekakushtha - Swayambhuva Guggul + Panchatikta Ghruta Guggul  
 Pramehajanya  
 Kshudrakushtha - Swayambhuva Guggul + Arogyavardhani + Vanga Bhasma



### Mahamanjishthadi Kadha

- Excellent Raktashodhak (blood purifier) Kwath prepared with Twachya & Raktagami drugs
- Promotes colour & complexion of skin with Raktaprasadan action
- Useful in Kushtha, Vatarakta, Upadamsha, Phirang, Shleepada

### Amayik Prayog

Kushtha - Mahamanjishthadi Kadha + Arogyavardhani  
 Kshudra Kustha - Mahamanjishthadi Kadha + Gandhak Rasayan + Amrutadi Guggul  
 Vatarakta - Mahamanjishthadi Kadha + Kaishor Guggul

## Mukhadushika - Acne

"A thing of beauty is a joy forever"...said the famous poet Keats and rightly so. Yes, Beauty is the most appreciated thing by everyone. The skin is the mirror of one's, beauty.

If it is healthy, clean and clear, it is bound to be admired. But if one is suffering from pimples or acne, then it is a cause for worry.



According to Ayurved, 'Acne' or pimples are generally called 'Mukhadushika' or 'Tarunypidaka' or 'Yuvanpitika'.

Ayurved categorises them under "Kshudraroga" category.

The diseases, which have been described with brief diagnosis, symptoms & treatment are termed as "Kshudraroga". But as their manifestation or site of manifestation being the skin, they are covered under skin disorders.

These papules or pimples generally occur during Young age or Teen age and are aptly called 'Mukhadushika' as they specifically vitiate the face.

This disorder generally seen between 16 to 25 years.

**शाल्मलीकण्टकप्रख्याः कफमारुतरक्तजाः ।**

**युवानपिडका यूनां विज्ञेया मुखदूषिकाः ।। मा.नि.**

Due to vitiation of Kapha, Vayu & Rakta, during young age there is manifestation of papules like thorns of Shalmali called pitika, that affects the face. That is the reason they are known as Acne or "Yuvanpidaka".

### Symptoms

- Development of papules on face, cheek, nose & other exposed parts of body
- Redness, Burning or itching, Pain at the site of papules
- Comedones which get infected resulting in pustules, cysts, nodules and scars

### Treatment

In the treatment of Acne it is most important to co-opt internal medicine with external application. It is also very necessary to strictly follow the diet regimen (Pathyapathya).

### Internal Medicines

Arogyavardhani, Gandhak Rasayan

Triphala Choorna, Mahamanjishthadi Kadha

### External Application

#### Lepa

Application of medicated paste of following ingredients is highly beneficial.

Shalmali Kantik, Lodhra, Chandan, Vala, Koshtha, Haridra, Manjishtha, Kachora, Leaves of Jamun, Vata (Banyan) or Mango, Goat milk, Khus-Khus (Poshtadana), Jayaphala.

The application of Lepa is used for medicinal as well as cosmetic purpose. Lepa is the treatment of Bhrajak Pitta. Lepa works as Doshahar, Vishahar & Varnya.

#### Lepas are of 3 types.

##### 1.Pralepa 2.Pradeha 3.Alepa

**1, Pralepa** - Lepa or paste when applied cold is called as Pralepa. Pralepa should be applied on smooth skin where no ulcers or papules are present. The paste should always be thin and should be kept moist. The ingredient mainly used is Raktachandan which can be applied with milk, water, Durva Swarasa or rice water.

**2. Pradeha** - Lepa or paste which is applied warm is called Pradeha. It should always be allowed to dry completely. The paste in Pradeha is thick. It cleanses the wounds and helps them heal.

**3. Alepa** - Alepa is the Lepa which has its thickness that is thicker than Pralepa and thinner than Pradeha. The paste in Alepa is neither too thick nor too thin. It can be applied either cold or warm.

### Suvarna Bhasma

कुष्ठं ज्वरं हन्ति ..... । (र.चं)

स्वर्णं ..... कान्तिं विधत्ते ततोः । (आ.प्र.)

Useful in Kushtha, being an excellent Rakta Prasadak & Kantivardhak. Specially useful in chronic skin disorders & for Apunarbhav Chikitsa



### Amrutadi Guggul

- The most effective Guggulkalpa in Twacha vikar with Pittaghna & Raktagata doshapachan action
- Useful in Pama, Mandal, Vicharchika, Sravi Kushtha, Pittanubandhi Kushtha

### Amayik Prayog

- Vicharchika (Sravi) - Amrutadi Guggul + Arogyavardhani + Khadirarishta
- Pama, Mandal - Amrutadi Guggul + Gandhak Rasayan + External application of Lepa
- Vatarakta - Amrutadi Guggul + Amrutarishta

### Arogyavardhani

- Doshapachak, Klednashak action in all types of skin disorders.
- Useful in various symptoms of skin diseases like skin discolouration, loss of sensation, excessive perspiration, horripilation, papules, pustules on skin, itching etc.

### Amayik Prayog

- Sravi Tvachavikar - Arogyavardhani + Gandhak Rasayan + Mahamanjishthadi Kadha
- Shwitra - Arogyavardhani + Swayambhuva Guggul
- Jeerna Twakroga - Arogyavardhani + Amrutadi Guggul + Vanga Bhasma
- Vicharchika - Arogyavardhani + Amrutadi Guggul + Mahamanjishthadi Kadha



## Kshudrakushtha

According to Ayurved certain common skin diseases such as Pama, Vicharchika, Ekakushtha, Kitibha have been classified under Kshudrakushtha. The Ayurvedic line of treatment makes it easy to understand these diseases and their treatment. Though, there are various synonyms or meanings of one particular word we have used the one which is most common and accepted by the physicians.

### Ekakushtha

"Psoriasis", as the name given by Modern Science is on rise during these days. When patients suffering from Psoriasis don't get relief from other pathies, they usually turn to Ayurvedic treatment.

According to some Ayurvedic physicians, "Mandal Kushtha" which is classified under "Mahakushtha" can be termed as



Psoriasis whereas certain other physicians consider "Ekakushtha" or "Kitibha" from Kshudra Kushtha as Psoriasis.

अस्वेदं मत्स्यशकलसन्निभं । एककुष्ठं अ. ह.

अस्वेदनं महावास्तु यन्मत्स्यशकलोपमम् । तदेककुष्ठं । च. चि. । ७

In Psoriasis there is well circumscribed papule which is erythematous, has dry plaques with silvery grey coloured scales. These scales are shed off in large quantity when scratched. But the severe itching may develop into wounds/ulcers. Mandal Kushtha is characterized as white & red in colour, stable, compact, unctuous and circular in shape with elevated patches. The patches are matted with each other. Many a scholars consider Mandal to be a form of Psoriasis due to its appearance.

Ekakushtha characterised by absence of perspiration with extensive localization that spreads all over the body. It resembles the scales of fish as described as Matsyashakolapama. These scaly lesions when scratched, shed off.

In the treatment of Ekakushtha, it is necessary, not only to know the causes and symptoms but also the Doshapradhanya i.e. predominance of vitiated Doshas.

For e.g. in Ekakushtha with Vata Kapha predominance, Rasamanikya and Khadir are most beneficial. But in Pitta predominant characterized by symptoms like "Daha" (Burning), the Vyadhipratyanik Kalpa Rasamanikya may not be the best one to be used.

### Symptoms -

**Local** - Inflammation of skin, Dryness, Redness / Erythematous skin - resembles scales of fish, Silvery scales shed off, Severe itching, Burning, Discharge, Absence of perspiration

**General** - Agnimandya / Loss of Appetite

**Treatment** - Tikta, Katu, Klednashak, Kaphanashak, Kanduprashaman, Raktadushtinashak & Krumighna Dravya, Panchatikta Ghruta Guggul, Arogyavardhani, Rasamanikya, Khadirarishta

## Pama (Scabies)-

सूक्ष्मा बह्वयः पिडकाः स्राववत्यः ।

पामेत्युक्ताः कण्डूमश्रः सदाहाः ।। मा. नि.

पामा श्वेत्तारूणश्यावाः कण्डूलाः पिडका भृशम् । च. चि. ७

पिटिका पामा कण्डूक्लेदरूजाधिकाः ।

सूक्ष्माः श्यावारूणा बह्वयः प्रायः स्फिक्पाणिकूर्परैः । अ. ह. नि.

Pama, a type of Kshudrakushtha is generally observed in children. It can occur in any season. It is characterized by various small eruptions which become purulent and there is more discharge. It is associated with burning and severe itching. It is a contagious disease. In this Kushtha there is vitiation of Pitta & Kapha.



Generally there are 2 types of Pama which are common.

Shushka Pama	Ardra Pama
<b>Site</b> ●All over body specially thigh, abdomen, hands ●Small eruptions of size of mustard seeds ●When break open develops Blackness ●Itching <b>Treatment</b> Virechan Erand Taila Rasa Gandhak Rasayan <b>Local</b> Bathing in sea <b>Lepa</b> Shuddha Gandhak Choorana + Coconut Oil	Hands, Legs, Whole body, thighs, back Eruptions like size of Moonga (Green Gram) or Nishpava (Dolichos) Puyotpatti - Purulent discharge Formation of scales after discharge Virechan Erand Taila, Icchabhedhi Wash with Triphala Choorana / Kadha Tankan + Gandhak + Karanj Tail

### Jasad Bhasma

यशदं परमं श्लेष्मकलासंकोचकुन्मत्तम् ।

समाख्यातं विरोषेण व्रणसंस्वारोधनम् । (र. त. १९)

Due to presence of Jasad Bhasma, Laghumalini Vasant is extremely beneficial in oozing type of skin disorders.

### Panchatikta Ghruta Guggul (Rasatantrasar)

- Most potent action as Raktashodhak, Rasapachan & Kandughna
- Effective in Raktagata Doshpachan due to Amruta Vishesh Shodhita Guggul

### Amayik Prayog

Kushtha - Panchatikta Ghruta Guggul + Gandhak Rasayan

Ekakushtha - Panchatikta Ghruta Guggul + Mahamanjishthadi Kadha + Trivanga Bhasma



## Vicharchika

**सकण्डूः पिडका श्यावा बहुस्रावा विचर्चिका । च.चि. ७/२३**

In Vicharchika, the eruptions are in large quantity, blackish brown in colour associated with itching & excessive exudation. Initially small eruptions or pustules get developed and then they spread. The spreading is not confined only to skin. There could be vitiation of Mansa & Rakta, too, which later gets exhibited in generalized symptoms.

Manifestation of Vicharchika in diabetic patients is quite common, mainly because the Dosha Dooshya has a lot in common.

Vicharchika can be considered to be of two types.

Shushka Vicharchika	Sravi Vicharchika
<ul style="list-style-type: none"> <li>• Can develop in some parts or entire body</li> <li>• Skin becomes black</li> <li>• No Pus discharge</li> </ul>	<ul style="list-style-type: none"> <li>• Can develop in some parts or entire body</li> <li>• Oedema on hands/legs</li> <li>• Manifestation of eruptions</li> <li>• Excessive watery or Purulent discharge</li> <li>• Itching &amp; Burning, Spreading</li> </ul>
<p><b>Treatment</b> Manjistha Malahar for local application Cold water bath Panchatikta Ghruta Guggul</p>	<p>Virechan - Triphala, Nishottar, Indrayan Kwath</p> <ul style="list-style-type: none"> <li>• Application of warm poultice made with Kalka of Jau + Kumari Rasa &amp; Haridra</li> <li>• Triphala Choorna Dhavan application of Lepa Amrutadi Guggul, Arogyavardhani, Gandhak Rasayan, Chandraprabha Gutika, Mahamanjishthadi Kadha</li> </ul>
<p><b>Krumikuthar Rasa is beneficial in both the conditions</b></p>	

### Difference between Vicharchika & Vipadika



Vipadika is a type of Kushtha associated with cracks in palms & soles of feet accompanied with excruciating pain.

The skin over palms & soles becomes more sensitive producing burning sensation. The cracks ooze or bleed and make walking difficult, if they are on soles.

### Krumi - Cause of Skin Disorders

Krumi has been mentioned as one of the main causes in skin disorders. Infestation of Bahya (External) Krumi is caused due to lack of cleanliness of the body, which in turn, produces symptoms as itching, urticaria or pimples.

... बाह्यास्तत्र मलोद्भवा ।

द्विधा ते कोठपिडकाकण्डूगण्डान् प्रकुर्वते । मा.नि.

In case of Abhyantar krumi, Raktaja krumi are of prime importance in production of Kushtha (skin disorders)

**शोणितजानां तु खलु कुष्ठैः समानं समुत्थानम् । च. वि.**

These krumis destroy hair from head, face, other parts of the body, eye-lashes and nails. When a wound is infested with these Krumi they cause excessive sensitivity to itching, pricking pain. When they multiply they affect skin vessels, ligaments, muscles tissues and cartilages causing diseases like Kushtha, Visarpa, Pidaka, Kotha, Charmadala etc.

अतिवृद्धानां च त्वक्सिरास्नायुमांस तरुणास्थि भक्षणमिति । च. वि. ७/११

Raktaja Krumi remains in the body in the blood vessels.

**रक्तवाहिसिरा स्थानरक्तजा जन्तवोऽणवः ।**

... षट् ते कुष्ठैककर्माणः सहस्रैरसमातरः । मा.नि.

**Treatment -**

**पानाहारविधाने प्रसेचने धूपने प्रदेहे च ।**

**कृमिनाशनं विडङ्ग विशिष्यते कुष्ठहा खदिरः ।। च.चि. ७/१५९**

A person affected with Kushtha (skin diseases) should regularly use Kruminashak 'Vidanga' in food & drinks consumed by sprinkling, fumigation (Dhupana) & application of thick Lepa (Pradeha).

**खदिरः कुष्ठघ्नानां श्रेष्ठः) । च.सू. २५/४०**

As per this verse, the application of Khadir is most beneficial in Kushtha (skin disorders). Where Kushtha is associated with Krumi, use of Vidanga with Khadir is advised. In treatment of Krumi, Krumikuthar & Vidangarishta are mostly used.

### Krumikuthar Rasa

- Most beneficial kalpa in all types of krumi
- Useful in children as well as adults for skin diseases like white patches on face, pimples, acne etc.



### Amayik Prayog

- Tarunypatika - Krumikuthar + Arogyavardhani + Mahamanjishthadi Kadha
- Shwitra - Krumikuthar + Swayambhuva Guggul + Mahamanjishthadi Kadha
- Arunshika - Krumikuthar + Kaishor Guggul + Mahamanjishthadi Kadha
- Ekakushtha - Krumikuthar + Panchatikta Ghruta Guggul + Mahamanjishthadi Kadha

Patrons,

I take this opportunity to thank you for extending your whole hearted support and patronizing our products.

Being in your service for more than 125 years is in itself a testimony to the quality and effectiveness of our products. Your valuable suggestions and steady support is the most motivating factor for us.

Let us, in unison, work for the betterment of the human beings.

- **Shri. P. N. Joradar**, Sales Manager



Healing for Over 125 Years

For more details please contact:  
Health Care Services

**Shree Dhootapapeshwar Ltd.**

135, Nanubhai Desai Rd., Khetwadi, Mumbai - 400 004

Tel. No: 91-22-3003 6300 Fax: 91-22-2388 1308

e-mail: [healthcare@sdindia.com](mailto:healthcare@sdindia.com)

website: [www.sdindia.com](http://www.sdindia.com)

For the use only of a registered Medical Practitioner, Hospital or a Laboratory