

## THE CONCEPT OF KUSHTA IN AYURVEDA

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### ABSTRACT

The skin is the body's largest and primary protective organ, covering its whole exterior surface and functioning as a first-order physical barrier. *Twacha*, *Twak* Or *Charma* are entities given in ayurveda for Skin. Ayurveda divides skin into seven different layers. Also in ayurveda specific information is provided about *Twacha*, such as the thickness of each skin layer, its function, and the potential vulnerability of diseases at that layer. In Ayurveda, all the skin diseases have been classified under broad heading of *Kushtha*. Acharya Vagbhata defines the *KushthaRoga* as what causes *Vaivarnya* (discoloration) and *Dushti* (vitiation) to *Twacha*. Ayurvedic texts describe two types of *Kushtha*: *Mahakushta* (Major or severe skin diseases) and *Kshudrakushta* (Minor skin diseases). *Mahakushta* is divided into seven categories, whereas *Kshudrakushta* has eleven.

**KEYWORDS-** Ayurveda, *Kushtha*, *Skin*

### INTRODUCTION

The skin is the body's first organ that comes into touch with environmental factors such as physical, chemical, and biological contaminants.<sup>[1]</sup> *Twacha* or *Charma* refers to the skin in all Ayurvedic classics.<sup>[2]</sup> It is considered *Sparshendriya's Sthana* as well as one of *Vata's* major *Sthanas*. Understanding the normal structure of the skin is required to understand the disease's overall etiopathogenesis.<sup>[3]</sup> *KushthaRoga* is a broad term in *Ayurveda* for a variety of skin ailments. The name *Kushtha* is derived from *Kushnati Vapuh*, which means "which alters the complexion of the body by extracting".<sup>[4]</sup> *Kushtha* is a compendium of numerous skin illnesses split into two groups: large (*Maha Kushtha*) and minor (*Kshudra Kushtha*). All varieties of *Kushtha* are caused by *Tridosha* vitiation, which affects the skin, blood, lymph, and muscular tissues.<sup>[5]</sup> The skin is also a sensory organ and the seat of the *Vata Dosha*. In the case of *Kushtha*, vitiated *vata* in the skin causes horripilations, numbness, and loss of touch sensibility. The seven *Mahakushta* are as follows – *Kapala*, *Audumbara Kushtha*, *Mandala kushta*, *Rsyajihva-kushta*, *Pundreekkushta*, *Sidhma Kushtha*, *Kakanakakushta*.<sup>[6]</sup>

**KUSHTA NIDAN**<sup>[7],[8],[9]</sup>

### Aharaja Nidana

- *Mithyahara Vihara* (unwholesome or improper dietary and lifestyle habits)
- *Atyaadhika Madhu, Dadhi, Snigdha Padartha Sevana*(Excessive intake of honey, curd and other oily substances)
- *Adhika Madhura, Amla, Lavana Sevana, Tila Sevana*( Excessive intake of Sweet, sour and salty food items)
- *Chilichima Matsya* along with *Dugdha*(Ingestion of *Chilichima* Fish with milk)
- *Paya Sevana* after *Amla Sevana*(having milk after sour substances)
- *Phanita*( Excessive intake of items made from sugarcane)
- *Atimatrahara*(Excessive intake of food in large quantity)etc.

### Viharaja Nidana

- *Diwaswapna*(excessive Day sleep)
- *Maithuna*(Excessive indulgence in sexual activity)
- *Vyayama*(Excessive exercises)
- *ChardiVegadharana*(Suppression of urge of vomiting)
- *Sheetodaka Sevana* after *Bhaya, Shrama, Santapa* (Intake of chilled water after just having sun exposure or hardwork or fear)

### KUSHTA PURVARUPA<sup>[7],[8],[9],[10]</sup>

1. *Aswedana* (absence of sweating): This term refers to a lack of perspiration, which can be an early indicator of abnormal skin function.
2. *Kandu* (Itching): Itching is a frequent symptom of many skin disorders and may be an early indicator of Kushtha.
3. *Rukshatvam* (Dryness): Skin dryness might indicate a moisture imbalance and is frequently an early indication of Kushtha.

**Other Potential Symptoms:** *Atiswedana* (excessive perspiration), *Parushya* (roughness), *Atishlakshnata* (excessive smoothness), *Vaivarnyam* (discolouration), and *Nistoda* (pricking pain) may all be noted.

### KUSHTA RUPA<sup>[10],[11],[12],[13]</sup>

#### Mahakushta (Major or severe skin diseases)

1. *Kapala* – It signifies the piece of Earthen pot  
It is the kushta, where the eruption resembles the piece of Earthen pot
2. *AudumbaraKushtha*- It signifies *pakvaundumbarphala*(ripen *Ficus racemosus* fruit)  
*AudumbaraKushtha* symptoms include burning sensations, redness, extreme itching, discolouration, erythema, and raised lesion boundaries.
3. *Mandala kushta*-It signifies the circular eruptions. It is a skin illness with symptoms such as round red spots, patches, burning feeling, and itching.
4. *Rsyajihva-kushta*–It signifies tongue of *Rushyai*.e Bear/Deer.  
*Rsyajihva-kushta* has rough, reddish edges, is brown within, feels uncomfortable, and resembles the tongue of the *rsyajihva* antelope.
5. *Pundreek kushta*- It signifies the *pundrekdalai*.e Petals of red variety of Lotus.  
*Pundrekkushta* has burning, white centre and red margins
6. In *Sidhma Kushta*, - It resembles with *AlabuPushpa*(the flower of *Lagenaria sicareria*  
the patches may be *Shweta* (hypopigmented) or *Tamra* (hyperpigmented), resembling the

appearance of Pityriasis versicolor. Additionally, lesions in *SidhmaKushta* are typically non-itchy, aligning with the clinical features of Pityriasis Versicolor.

7. *Kakanakakushta*-It resembles with color of *Kakanantika* or *Gunja* (*Abrusprecatorius*)

**Kshudrakushta**(Minor skin diseases)

There are 11 *kshudrakushta* mentioned in *Charaksamhita*, which are

1. *Eka kushta*-*Eka Kushta* is caused mostly by Kapha-Dosha vitiation. The lesions are scattered over a large area of the skin.

2. *Kitibha* - The damaged skin is quite firm and harsh to touch. The preponderance of Vata and Kapha are the causes of *Kitibha*. Here, there is a blackish-brown skin discoloration.

3. *Charmakyam* - Here, the skin resembles that of an elephant. In addition, the skin would feel exceedingly harsh to touch. A rise in the Vata and Kapha Doshas results in *Charmakyam*. The illness spreads across a large area.

4. *Dadru Mandala* - The main symptoms of *Dadru Mandala* include redness and extreme itching. *Pitta* and *Kapha* dominance is the primary cause of *Dadru Mandala Kushta*.

*5Vipadika* is caused by an elevation in both *Vata* and *Kapha* doshas. *Vipadika's* symptoms include cracked palms and intense agony.

6. *Vicharchika* is caused by *Kapha Dosha* predominance. The symptoms are itching and blackish-brown breakouts.

*7Shataru's* -most common symptom is redness around the skin with many lesions. *Pitta* and *Kapha* preponderance result in *Shataru*. The most common symptom of *Shataru* is severe pain.

8. *Sphota* - The skin around the lesion is white, and the skin above it is thin. *Pitta* and *KaphaDosha* predominance results in *Sphota*.

9. *Pama* - The major symptom of *Pama* is intense itching on the affected skin. *Pitta* and *Kapha* predominance result in *Pama Kushta*. The eruptions appear white, yellowish, red, and blackish-brown in hue.

10. *Charmadala* - Symptoms include itching, intense pain, boils, redness around the skin, and skin cracks. *Charmadala* is caused by an imbalance between *Pitta* and *Kapha*.

11. *Alasaka* - Common symptoms of *Alasaka* include itching, redness around the skin, boils, and so on. *Alasaka* is caused by the *vata* and *kapha* doshas.

**SAMPRAPTI**<sup>[14]</sup>

*Nidana Sevana* causes *Prakopa* of *Tridosha*, resulting in *Ashraya* in *Twak*, *Rakta*, *Mamsa*, and *Ambu*. This causes *Shaithalyathain* these *Dhatus* and the manifestation of *KushtaRoga*.

**SADHYASADHYATA**(PROGNOSIS)<sup>[15],[16],[17]</sup>

1. *Sadhya Kushta*(curable)- *Eka Dosholbana*, *Vata-Kapha Pradhanata*, which has only affected *Twak*, *Rakta*, and *Mamsa*, has a high possibility of recovery.

2. *Kruchra Sadhya Kushta*(Difficult to cure)- The chances of getting cured in this *Avastha* increase with considerable effort whether it is *Kapha Pitta Mishrita*, *Vata Pitta*, or simply *Pitta Dosh*.

3. *Yapya Kushta*(Palliative)- If the *Doshas* are in *Medo Dhatu* and the *Rogi* practices

appropriate *Bheshaja* and follows *Pathya*, he would be liberated from the Roga's afflictions. Once he stops the *Aushadhis* and follows *the Apathya*, *Vyadhi* is likely to relapse.

4. *Asadhya Kushata* (not curable) - If the following features such as *Sarva Lingayukta*, *Abala*, *Trushna*, *Daha*, *Santhagni*, presence of *Jantu*, *Doshas* which have attained *Asthi*, *Majja*, and *Shukra Dhatus* are considered as *AsadhyaKushta Lakshanas*.

## CONCLUSION-

In Ayurveda, skin disorders are categorised into "*KushtaRoga*". The disease *Kushta* is classified into seven major categories and eleven minor categories known as *Mahakushta* and *Kshudrakushta* respectively. It is significant since it includes a variety of skin diseases and emphasises the interdependence of physical and mental well-being in Ayurvedic theory. Understanding *KushtaRoga* is critical for developing comprehensive treatment plans that address both physical symptoms and underlying factors, such as lifestyle and mental health.

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