

DIAGNOSIS OF *TWACHA VIKARA* W.S.R TO *LOKA PURUSHA SAMYA SIDDHANTA*

Vd. Madhavi Reshma^{*1}, Vd. Suwarna Umarkar² and Vd. Eric Mojes³

¹PG(Scholar), Dept. of Kriya Sharir, Govt. Ayurved College, Nagpur-24, India.

²Assistant Professor, Dept. of Kriya Sharir, Govt. Ayurved College, Nagpur-24, India.

³Associate Professor & H.O.D, Dept. of Kriya Sharir, Govt. Ayurved College, Nagpur-24, India.

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*Corresponding Author

Vd. Madhavi Reshma
PG(Scholar), Dept. of Kriya
Sharir, Govt. Ayurved
College, Nagpur-24, India.

ABSTRACT

Skin disease, most of time are chronic, so people seek for *Ayurvedic* treatment with the view to cure it from root. *Ayurveda* helps in curing it because it acts on its root cause. It cures not only affected part but also helps in nourishing body to make it susceptible to the diseases. *Ayurveda* is a medical system which works through its fundamental principles known as '*Siddhanta*'. This *Siddhanta*'s plays a vital role during diagnosis and treating a sicker through *Ayurveda*. Nowadays many of *Ayurvedic* Physician don't make use of it and have kept them only in books, therefore the expected results are insufficient for curing

the disease thoroughly. One of such *Siddhanta* is- *Loka Purusha Samya Siddhanta* which has tremendous potential in establishing relation between similarities in universe and human body. Application of this *Siddhanta* helps in diagnosis of *Twacha Vikara* (Skin Disease) which would further help in treating them. As right diagnosis can lead to right treatment delivering glory to *Ayurveda* worldwide.

KEYWORDS: *Siddhanta* is- *Loka Purusha Samya Siddhanta*, *Twacha Vikara*.

INTRODUCTION

Skin is the largest organ of the body which is visible by naked eye. Skin disease is marked by its variety and visibility. Skin disorder may result from any systemic disease and it may be helpful not only in diagnosis but also in further appropriate management. The most important methods of medical examination for skin diseases are visual inspection and palpation. The recent development of biochemical and immune system examination methods has made

diagnosis more accurate. However, naked-eye inspection and palpation are always the most important in acquiring information on the nature of skin lesions, including their distribution, form, color and shape. In Ayurveda, *Trividha Parikshan Paddhati* was described by *Acharya Charaka and Sushruta* i.e. *Darshan, Sparshan and Prashna*. By using this 'Darshan' *Parikshan Paddhati* referring *Loka Purusha Samya Siddhanta* can help in the diagnosis and management of skin disorders.

AIM

To evaluate the role of *Loka Purusha Samya Siddhanta* in diagnosis of *Twacha Vikara*.

OBJECTIVES

1. To enlighten *Loka Purusha Samya Siddhanta* w.s.r to *Twacha Vikara*
2. To correlate various *Kushtha* types with Modern Skin disorders.
3. To enhance importance of diagnosis w.s.r to *Dosha* Dominance.

MATERIALS

All Authentic *Ayurvedic* Texts like *Bruhatrayee* and *Laghutrayee* were used. For modern skin disorders Google searches were done.

METHODOLOGY

Loka Purusha Saamya Siddhanta^[1]

Acharya Charaka has mentioned this *Siddhanta* in *Sharirasthana* stating that universe resembles the constituents of human body and vice-a-versa. It resembles not only normal but abnormalities too. This resemblance was observed by *Ayurvedacharya's* and they have mentioned it at many places for diagnosis or identification of the disease which are difficult to diagnose. This *Siddhanta* helps in pursuing the thing in simple manner.

Diagnosis of *Twacha Vikara* with the application of *Loka Purusha Samya Siddhanta*

1. *Kaapala Kushtha*^[2]

When the lesion appears blackish-red like an earthen pot, the skin lesions are scattered throughout the body and are raised (having the appearance of multiple scattered pieces of a broken earthen pot) is known as *Kapaala Kushtha*; this is difficult to treat. Same type of lesions are found in **lepra reaction**, in which are dry, coarse and thin skin lesions with marked pricking pain is seen.



Kapaala Kushtha (Lepra Reaction)

2. *Udumbara Kushtha*^[2]

Udumbara Kushtha lesion is associated with pain redness, burning and itching sensation is surrounded by tawny hairs and appears (red) like a ripe *Udumbara* (*Ficus racemosa*).

Similar lesions are seen in **Allergic vasculitis**, an extreme reaction to a drug, infection, or foreign substance that leads to inflammation and damage to the blood vessels of the skin.



Udumbara Kushtha (Allergic vasculitis)

3. *Rushyajivha Kushtha*

It is a painful lesion which is hard and rough red at the margins and blackish in the middle and looks like the tongue of *Rushya* (white footed male antelope).^[2] Similar type of lesions found in **Melanoma**, a serious type of skin cancer. Most melanomas have a black or black-blue area. Melanoma may also appear as a new mole. It may be black, abnormal or “ugly looking”.^[3]



Rushyajivha Kushtha (Melanoma)

4. Pundarika Kushtha

That lesion which is whitish with reddish margins like the petals of a *Pundarika* (lotus) is raised and inflamed is known as *Pundarika Kushtha*.^[2] It can be correlated with **Discoid Lupus Erythematosus (DLE)**, which is a chronic skin condition of sores with inflammation and scarring favoring the face, ears and scalp and at times on other body areas. These lesions develop as a red, inflamed patch with a scaling and crusty appearance. The center areas may appear lighter in color with a rim darker than the normal skin.^[3]



Pundarika Kushtha (Discoid Lupus Erythematosus)

5. Siddhma Kushtha

A thin whitish or coppery lesion, usually situated on the chest from which (whitish) scales like flowers of a gourd fall on rubbing is known as *Siddhma Kushtha*.^[2] It can be correlated with **Psoriasis**, which is a chronic skin condition caused by an overactive immune system. Symptoms include flaking, inflammation, and thick, white, silvery or red patches of skin. There are five main types of Psoriasis: plaque, guttate, inverse, pustular and erythrodermic.^[3]



Siddhma Kushtha (Psoriasis)

6. Kaakanaka Kushtha

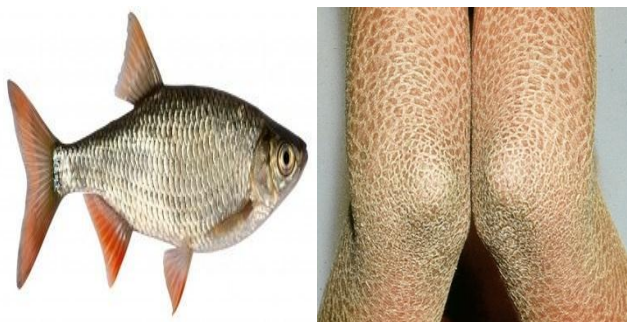
A suppurative and excessively painful lesion of the colour of a *Kaakantika* (Seeds of Gunja-*Abrus precatorius*) is seen in *Kaakanaka Kushtha*.^[2] It can be correlated with **Toxic epidermal necrolysis (TEN)**, which is a potentially life-threatening dermatologic disorder characterized by widespread erythema, necrosis and bullous detachment of the epidermis and mucous membrane.^[3]



Kaakanaka Kushtha (Toxic Epidermal Necrolysis)

7. Eka Kushtha

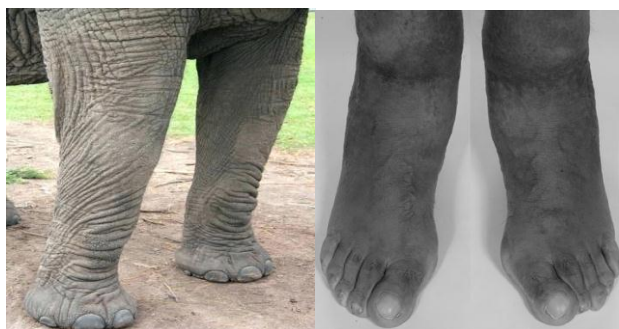
Eka Kushtha is that lesion which is broad based looks like the scales of a fish and is associated with anhidrosis.^[2] Similar lesions are seen in **Ichthyosis vulgaris**, which is a common skin disorder passed down through families that leads to dry and scaly skin.^[3]



Eka Kushtha (Ichthyosis Vulgaris)

8. Charma Kushtha

Charma Kushtha is a skin disorder in which skin becomes hard, greyish, loosely fold like that of Elephant skin.^[2] **Pachydermoperiostosis** is a rare hereditary disorder characterized by clubbing, pachydermia-thickening of the skin.



Charma Kushtha (Pachydermoperiostosis)

9. Ajagallika

The skin disease named *Ajagallika* (*Molluscum contagiosum*) occurs in children and should be known to arise due to vitiated *Kapha* and *Vaata*. It is *Snigdha*, *Savarna* (has same colour as that of skin), *Grathita* (knotted), *Niruja* (painless) and resemble the *Mudga* (*Phaseolus radiates*).^[4] It can be correlated with **Molluscum contagiosum**, which is a viral infection of the skin or occasionally of the mucous membrane. The lesions of it are flesh coloured, dome shaped, and pearly in appearance.^[3]



Ajagallika (Molluscum contagiosum)

10. Yavaprakhya

That eruption is called *Yavaprakhya* which is produced by *Kapha* and *Vaata*, is of the shape of barley (Spindle shaped), *Kathina*, *Grathita* and *Mansa Ashritha*.^[4] Similar lesions are found in **Calcinosis Cutis**, which is a type of calcinosis in which the deposition of insoluble calcium salts in the skin.^[3]



Yavaprakhyā (Calcinosis Cutis)

11. *Vritta*

A circular swelling like a ripe *Udumbara (Ficus racemosa)* fruit with a wide opening and an intense burning sensation and arising due to Pitta, is called *Vritta*.^[4] It can be correlated with **Furuncle**, which is a deep folliculitis, infection of the hair follicle. Boils are bumpy red, pus-filled lumps around a hair follicle that are tender, warm and very painful.^[3]



Vritta (Furuncle)

12. *Kacchapika*

The knotted and hard swelling, which are five or six in number, resemble (the hump of a tortoise) and are produced due to *Kapha* and *Vaata*, should be known as *Kacchapika*.^[4] Same conditions are seen in **Neurofibromatosis** which is a group of three conditions in which tumours grow in the nervous system. Symptoms include light brown spots on the skin, freckles in the armpit and groin, small bumps within nerves and scoliosis.^[3]



Kacchapika (Neurofibromatosis)

13. Valmika

That disease is *Valmika* which is due to *Kapha*, *Pitta* and *Vaata*, which arises on the surfaces of palms and sole, in the joints of neck and in the regions above the clavicles, *Valmikavat Granthi* (is knotted like an anthill), increase slowly and in which pricking pain, saddening, burning sensation and itching occur around the openings.^[4] **Actinomycosis** is an infectious bacterial disease caused by *Actinomycoses* species. It is represented with draining sores in the skin, swelling or a hard red to reddish-purple lump on the face or upper neck.^[3]



***Valmika* (Actinomycosis)**

14. Indraviddha

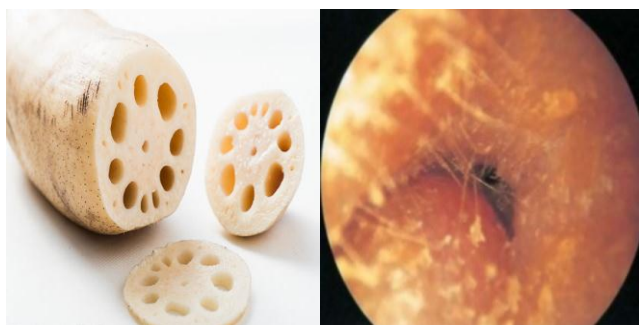
The lesions which arises due to *Vaata* and *Pitta* and is like *Padma Pushpakavarna Madhye* (full of small boils in the centre as in a lotus fruit).^[4] **Carbuncle** is a skin infection that often involves a group of hair follicles. The infected materials form a lump, called mass, which occurs deep in the skin.^[3]



***Indraviddha*(Carbuncle)**

15. Panasika

Panasika is a boil which is produced in the ear, and is extremely painful and fixed. It is due to *Vaata* and *Kapha*. It resembles the root of waterlily.^[4] **Furunculosis** is a deep infection of the hair follicle leading to abscess formation with accumulation of pus and necrotic tissue.^[3]



Panasika (Furunculosis)

16. Kadara

A swelling raised like a *Kola* (*Ziziphus mauritiana*) develops in the feet traumatized by gravel or injured by thorns etc is called as *Kadara*.^[4] Same conditions are seen in **Callosity** which is the circumscribed thickening of the keratin layer of the epidermis as a result of repeated friction or intermittent pressure. The area has reacted with hyperkeratosis.^[3]



Kadara (Callosity-Corn)

17. Yuvana Pidika

Skin lesions appearing in the adolescents, disfiguring their face, looking like the prickles of *Shalmali* (*Salmalia malabarica*) arising due to *Kapha*, *Vaata* and *Rakta* are known as *Yuvana Pidika*.^[4] It can be correlated with **Acne** which occurs mostly during adolescence and often continues into adulthood. Typical features of Acne include: Seborrhea (Scaly red skin), comedones (black heads and whiteheads), papules (Pinheads), Pustules (Pimples) and nodules (Large papules).^[3]

***Yuvana Pidika (Acne)*****18. Padminikantaka**

A circular, pale, itching patch of thorny projections is like the thorns of *Padmini (Nelumbo nucifera)*. It is due to vitiation of *Kapha* and *Vaata*.^[4] **Lichen Spinulosus** is a rare, idiopathic dermatosis characterized by follicular keratotic that are grouped into large patches. Affected areas were symmetrically distributed and involved the extensor surfaces of the arms and legs, back, chest, face and neck. Lesions were characterized by round or oval, 2 to 6 cm plaques composed of grouped punctuate, “thorny” 1 to 3mm, follicular keratotic papules.^[3]

***Padminikantaka (Lichen Spinulosus)*****19. Mashaka**

A painless, fixed, black, elevated nodule, resembling *Masha (Vigna Mungo)* seen in any part of the body is called *Mashaka*.^[4] It is due to *Vaata*. **Moles** are growth on the skin that are usually brown or black. Moles can appear anywhere on the skin, alone or in groups. Moles occur when cells in the skin grow in a cluster instead of being spread throughout the skin.^[3]



Mashaka (Mole)

20. Tilakaalaka

The black and painless spots of the size of sesamum seeds on the same level as the skin are known as *Tilakaalaka*. These are due to drying up of the *Kapha* due to *Vaata* and *Pitta*.^[4]

Freckles are the clusters of concentrated melanin which are most often visible on people with a fair complexion. A freckle is also called as ‘*ephelis*’. Freckles do not have an increased number of melanin producing cells (melanocytes).^[3]



Tilakaalaka (Freckles)

DISCUSSION

1. Approach of Loka Purusha Samya Siddhanta w.s.r to Twacha Vikara

- For Diagnosis Purpose**

Resemblance of *Lokagata Bhava* with the *Twacha Vikara Lakshana* is the basic principle for applying this *Siddhanta* in diagnosis of *Twach Vikara*. It works with the help of *Darshana Pariksha* and *Upmana Pramana*. At one glance an *Ayurvedic* practitioner can name the disease if he has knowledge of this *Siddhanta*.

- For Treatment Purpose**

Resembling *Lokagata Bhava* has been used to treat disease for example-use of *Shalamaki Kantaka* (*Salmalia malabarica*) is very popular in *Yuvana Pidika* externally. So such type of Research work should be done considering the Pharmacopeia of drugs.

2. Diagnosis of *Twacha Vikara* according to *Dosha*^[6]

We have seen the application of *Loka-Purusha Samya Siddhanta* in diagnosis of *Twacha Vikara*, but what about the skin disease for which resemblance has not been mentioned. In such conditions we should Diagnose the vitiated *Dosha* by evaluating the *Hetu's* and *Lakshana's*, and treat it as per the treatment mentioned in *Samhita's*. *Lakshana's* seen in *Twacha Vikara* due to Dominance of *Dosha's* are as follows-

- **Vaata Dominance-** Dryness, Atrophy, Pricking pain, Aching, Contraction, Dilatation, Hardness, Roughness, Horripilation, Dusky red Coloration.
- **Pitta Dominance-** Burning, redness, Exudation, Suppuration, Smell-raw meat, Softening, Sloughing.
- **Kapha Dominance-** Whiteness, Coldness, Pruritus, Elevation, Heaviness, Infective, Softening.

CONCLUSION

1. Application of *Loka Purusha Samya Siddhanta* helps in diagnosis at one glance with help of *Darshana Pariksha*.
2. Further for detailed diagnosis and for treatment detail history taking should be done to evaluate the vitiated *Dosha* with the help of *Hetu* and *Lakshana's*.
3. There can be number of Skin disease due to permutation and combinations of the vitiated *Dosha*. So for their diagnosis, *Lakshana's* mentioned in *Dosha* dominance of skin disorders should be considered ^[6]

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