

## **KUSHTHA SAPTAK AND ITS RELEVANCE IN THE MANAGEMENT OF KUSHTHA ROGA**

**Bhavana Mawar<sup>\*1</sup>, R. K. Yadava<sup>2</sup> and Raja Ram Mahto<sup>3</sup>**

<sup>1</sup>MD Scholar, <sup>2</sup>Associate Professor and HOD and <sup>3</sup>Assistant Professor

Department of Kayachikitsa, All India Institute of Ayurveda, New Delhi.

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### **\*Corresponding Author**

**Dr. Bhavana Mawar**

MD Scholar, Department of  
Kayachikitsa, All India  
Institute of Ayurveda, New  
Delhi.

### **ABSTRACT**

The presented review article includes the discussion about the role of Kushtha saptak dravya sangrah (pathological factors affecting the etipathogenesis in dermatological disorders in Ayurveda) and its relevance in the Management of Kushtha roga (Skin Disorders). Twak (Skin) is just like a mirror reflection, it reveals both the normal and pathological state of an individual. and manifesting various type of inner abnormality or diseased condition. In Ayurveda, major skin diseases have been classified under the heading of Kushtha. Kushtha is one of the most chronic disorders described in Ayurveda. The etio-pathogenesis involves the Sapta Dravya sangrah (seven factors), Vata,

Pitta, Kapha, Tvacha, Rakta, Mansa and Ambu/Lasika, which are responsible for manifestation of a wide range of dermatological disorders. Acharya Charaka described the seven Dravyas, involved in the Samprapti. The vitiated Tridoshas gain momentum to vitiate Shithila Dhatus and hence the disease Kushtha gets manifested. By desolating the pathogenesis (SAMPRAPTI VIGHATANA) within Kushtha saptak we can remove the avenue for the pathogenesis, can alter the manifestation of twak vikaar and can provide its effective management.

**KEYWORDS:** Kushtha, Samprapti vighatana, Kushtha saptak, Tridoshas, Twak vikaar.

### **INTRODUCTION**

The skin is the largest organ of the body, having a surface area of 1.8 m<sup>2</sup> and measuring approximately 18% of body weight. It reveals both the normal and pathological state of an individual. Important function of skin includes protection from many physical, chemical & environmental insults, thermal regulation, energy storage, vitamin D formation, excretion of

important metabolic products and constitutes the most extensive sense organ of the body for the perception of the tactile, thermal & painful stimuli etc.<sup>[1]</sup>

Skin is an organ which represents some inner abnormalities and stress conditions within one's body. Tvak (Skin) is just like a mirror reflection and manifesting various type of inner abnormality or diseased condition. In Ayurveda, major skin diseases have been classified under the heading of Kustha. Word *Kushtha* means a pathological condition which despises the skin. Skin is an important organ of communication with the external world. It is one of the five *Gyanendriyas* which responsible for *Sparsha Gyan* or touch sensation. Majority of the dermatological disorders have been described under the umbrella of *Kushtha*.<sup>[2]</sup>

*Kushta* – The root word “*Kush*” Means which comes out from inside. According to *Amarakosa* – *Kushta* causes destruction of skin and various other parts of the body (Subsequently).

According to *Shabda Kalpa Druma* – *Kushta* is caused due to vitiation of *Rakta* and eats away bodily parts. *Kushtha Roga* is also considered as a *Papakarmaja Vyadhi* (a disease due to sinful activities) and a *Kulaja Vikara* (a hereditary disorder) in Ayurvedic system of medicine<sup>[3,4]</sup> The disease which has a spreading nature and which leads to deformity of skin in the form of discoloration is known as *Kushtha*.<sup>[5]</sup> It is a *Bahudoshavyadi* where there is vitiation of *Dosha* to a greater extent. *Kushta* is best known for its *Doshakarmaja*<sup>[6]</sup> and *Janmantaraanubandha*<sup>[7]</sup> attributes. It is enlisted under the *Rakta Pradoshaja Vikara*<sup>[8]</sup> and *Astamahagada*.<sup>[9]</sup>

## NIDANA (ETIOLOGICAL FACTORS)

The etiological factors include physical, physiological, psychological, psychosocial, hereditary and *Papakarma* (sinful activities) aspect.

### Sannikrishta Nidana

*Saptko Dravya Sangraha* i.e. seven *Dravyas* or factors involved in the pathogenesis of *Kushtha* are considered as *Sannikrishta Nidana*. The *Sapta Dravya* includes three *Doshas* viz. *Vata*, *Pitta* and *Kapha* and four *Dushyas* viz. *Tvaka (Rasa)*, *Rakta*, *Mansa* and *Ambu or Lasika*.<sup>[10]</sup>

### Vipkrishta Nidana

Such types of etiological factors are not involved directly in the pathogenesis, but they aggravate the actual causative factor (*Sannikrishta Nidana*) and thus play an important role in pathogenesis of the disease. These are further categorized into three groups *Adibala Pravratna* or *Kulaja* (hereditary), *Poorva Janmakrata* and *Janmottarakalaja*.

### Aharaja Nidana

These Nidanas include the intake of excess *Guru* (heavy in digestion), liquid, *Snigdha Ahara*, *Mithya Ahara*, *Viruddha Ahara* etc. Taking excessive *Guru* and *Snigdha Ahara* produces *Dushti* in *Rasavaha Srotas*.<sup>[11]</sup> Acharya Charak has also described '*Gurubhojanam Durvipakakaranam*'.<sup>[12]</sup> *Guru Ahara* also leads *Dusti* of *Mamsavaha Srotas*.<sup>[13]</sup> Excessive *Drava* (liquid) leads to *Dushti* of *Raktavaha Srotas*.<sup>[14]</sup> Vitiated *Rakta* is considered an important factor involved in the etio-pathogenesis of dermatological disorders. *Ama* may generate immunological reaction which is mainstay in the etio-pathogenesis of many dermatological disorders.

### Viharaja Nidana

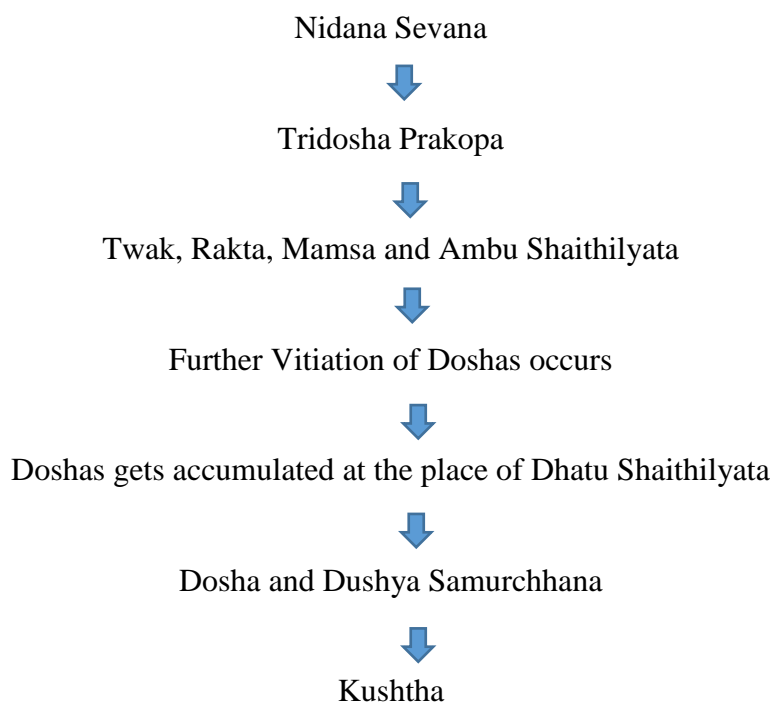
*Viharaja Nidanas* are suppression of natural urges, excessive sun exposure, exposure to air conditioned, work place contradicting with hot and humid environment, over exertion and over exercises, day sleep, late night sleep and complications of *Panchakarma* therapy.<sup>[15]</sup>

Till date several studies suggested that most of the dermatological disorders are chronic inflammatory, immunogenic and psychosomatic in nature.<sup>[16]</sup>

*Kushtha* is considered as *Sansargaja Vyadhi* (communicable or infective disease).<sup>[17]</sup>

### Pathogenesis (Samprapti) of Kushtha

Acharya Charaka described the seven *Dravyas*, involved in the *Samprapti*<sup>[18]</sup>, which are *Vata*, *Pitta*, *Kapha*, *Tvak*, *Rakta*, *Mansa* and *Lasika (Ambu)*. Charaka has emphasized the dual part played by *Nidana*, i.e. simultaneous vitiation of *Tridosha* and also *Shaithilyata* in the *Dhatus* such as *Twak*, *Rakta*, *Mansa* and *Lasika*. Thus, the vitiated *Tridoshas* gain momentum to vitiate *Shithila Dhatus* and hence the disease *Kushtha* gets manifested.<sup>[19,20]</sup>



Acharya Sushruta described that *Doshaja* and *Karmaja Hetus* leads to aggravation of *Pitta* and *Kapha* which in turn produces *Avarana* of *Vata* and thus aggravation of *Vata*. Vitiating *Vata* enters into the *Tiryaka Siras* with two other vitiating *Doshas* and their spread leads further vitiating. Thereafter it reaches to *Bahya Rogamarga* (*Tvaka, Rakta, Mansa* and *Lasika*) and spread throughout the body, producing *Mandala* (rounded skin lesion) at the gathering site of *Doshas*. If the *Doshas* are not treated properly at this stage, they enter into the deeper *Dhatus* of the body and produce complications.<sup>[21,22]</sup>

Because of the nidana all doshas vata pitta and kapha are imbalanced if the vata dosha is prominent (above pitta and kapha) then the rasa is vitiating and it effects the skin only, (vataja kusta), if the pitta dosha is prominent (above vata and kapha) then the rakta dhatu is vitiating and this effects the blood, (pittaja kushta), if the kapha dosha is prominent (above pitta and vata) then the medas dhatu is vitiating and this effects the muscles (kaphaja kushta). When all doshas are vitiating and sapta dhatu are involved it vitiates the ambhu vaha srotas then becomes maha kusta roga. (sannipatika kushta).

### CLASSIFICATION OF KUSHTHA

The *Kushtha* is generally described as *Tridoshaja Vyadhi* but type of the *Kushtha* depends upon predominance of particular *Dosha*. Acharya Charak mentioned that *Kushtha* may be seven, eighteen or innumerable (*Aparisankhyeya*) types. But almost all authors including

Charaka divided *Kushtha* into two categories, *Mahakushtha* and *Kshudra Kushtha*, which further classified into seven types and eleven types respectively.

**Basis of classification includes**<sup>[23,24,25]</sup>

- ✚ *Dosha Arambhata*
- ✚ *Uttarottar Dhātu Anupraveshta*
- ✚ *Lakshanas* (Clinical features)
- ✚ *Chikitsa* (Treatment)

#### **On the basis of Dosha predominance**

On the basis of *Dosha* predominance *Kushtha* can be grouped into three categories.<sup>[26]</sup>

- *Vataja*
- *Pittaja* and
- *Kaphaja*

#### **On the basis of Dhātugatātva**

*Kushtha* can be classified into seven categories on the basis of penetration in the particular *Dhātu*, which is as follows.<sup>[27]</sup>

1. *Rasagata*
2. *Raktagata*
3. *Mansagata*
4. *Medagata*
5. *Asthigata*
6. *Majjagata* and
7. *Shukragata*

Clinical features of *Kushtha* according to the *Dosha* predominance are as follows:<sup>[28]</sup>

- **Vataja Kushtha** - Skin lesions are rough, dry, reddish black and associated with pain. *Vataja Kushtha* is also characterizes by stretching of skin, numbness, anhydrosis, swelling and hoarseness of voice.
- **Pittaja Kushtha** - It is associated with burning, erythema, secretions and blister formation. Also characterizes by pustulisation, removal of dead tissues from fingers, nose, ears etc. and super infections.
- **Kaphaja Kushtha** - Skin lesions are cold and dense and associated with itching, secretions, discolouration and heaviness of the body.

The clinical presentation of *Kushtha* according to the penetration in the particular *Dhatu* is summarizes as follows:<sup>[29]</sup>

- ❖ **Tvakagata or Rasagata Kushtha** - Characterizes by loss of sensation, excess sweating, mild itching, discolouration and dryness.
- ❖ **Raktagata Kushtha** - It is characterizing by numbness, goose flesh, excess sweating, itching and pus formation.
- ❖ **Mansagata Kushtha** - Characterizes by general body swelling, appearance of stable nodules, pricking pain and cracking of skin.
- ❖ **Medagata Kushtha** - *Medogata Kushtha* is associated with *Durgandha*, *Malavraddhi*, pus formation, super infection and general bodyache.
- ❖ **Asthi and Majja Gata Kushtha** - Such type of *Kushtha* is characterizes by redness of eyes, super infected ulcers and hoarseness of voice.
- ❖ **Shukragata Kushtha** - It is characterizing by deformities in fingers, reduced movement of body parts, general bodyache and appearance of fast spreading ulcers. It is also characterizing by inheritance of *Kushtha Roga* to the next generation.

#### **Kushta Lakshana according to Ayurveda<sup>[30,31]</sup>**

- *Vatika: Rookshyam, Sosha, Toda, Sula, Sankocha, Parushyam, Kharabhava, Harsha, Syava, Arunam.*
- *Paittika: Daha, Raga, Parisrava, Paka, Visragandha, Kleda, Angapatanam.*
- *Kaphaja: Shwaityam, Shaityam, Kandū, Sthairyam, Utsedha, Gourava, Sneha, Kleda, Jantubhirbhakshanam.*
- *Twak: Toda, Vaivarnyam, Rukshatwa.*
- *Rakta: Sweda, Swapa, Swayathu.*
- *Mamsa: Sphota in pani and pada, Kledatwa in joints.*
- *Medas: Kounyam and gatikshaya in angas, dalana of angas.*
- *Asthi & Majja: Nasa bhanga, Netra raga, Swarakshaya, Krimis in kshatas.*
- *Sukra: Swadara paktya badhanam.*

#### **SADHYATA / ASADHYATA (PROGNOSIS)**

The *Kushtha* having involvement of single *Dosha*, *Vata-Kapha* predominant *Kushtha* and *Rasagata*, *Raktagata* and *Mansagata Kushtha* is easily curable. *Pitta-Kapha*, *Vata-Pitta* predominant *Kushtha* and *Medagata Kushtha* have some bad prognosis and are difficult to cure. The *Kushtha Roga* with involvement of all three *Doshas*, the patient is weak and having

thirst & burning, associated with *Krimi* and *Asthi*, *Majja* and *Shukragata Kushtha* have very bad prognosis and are incurable.<sup>[32,33]</sup>

## MANAGEMENT

### Clinician approach to CHIKITSA

- Dosha chikitsa –(vatakapha, kapha, vata, pitta)
- Dushya chikitsa-(rasa rakta prasaadan)
- Avastha anusaar chikitsa- saama, niraam/naveen, jeerna
- Vyadhi pratyaneek chikitsa
- Manobala vardhak chikitsa
- Rasayan-naimittik

Ayurveda emphasizes on three fold therapeutic management of the diseases viz; Samshodhana (biopurification), Samshamana (pacification) and Nidana Parivarjana (avoiding causative factors) for almost all types of disorders including dermatological disorders.<sup>[34]</sup>

More than a hundred drugs are prescribed for Kushtha i.e. Skin diseases in Ayurveda. The selection of appropriate drug and estimation of effectiveness is important. Several drugs prescribed for KUSTHAS deserve a systematic classification to explore maximum therapeutic benefits. It will also be helpful to understand their mode of action a bit rationally.

To rectify this approach classification of drugs grouped basing on the responsive pathological components of KUSTHA. The second stage of classification is a new attempt. The way of desolating the pathogenesis (SAMPRAPTI VIGHATANA).

Each drug mentioned by Bhavamisra have been considered to decide the responsive DUSYAS. If a drug is indicated in JVARA, it is understood that the drug can influence RASA DHATU, one among the 4 DUSYAS involved in KUSTHA pathogenesis, i.e RASA (TVAK), RAKTA; MAMSA & LASIKA.

Now Here Is A Classification And Collection Of Drugs We Can Use According To The Kushtha Saptak Involvement In The Pathogenesis Of Kushtha Disease.<sup>[35]</sup>

❖ **The drugs which completely cure and have the capacity to reform the 4 Dusyas i.e RASA (TWAK): RAKTA: MAMSA and Lasika of KUSTHA pathogenesis**

(Arjuna, Bakuci, Brhami, Devadaru, Dhataki, Duralaba Guggulu, Haritaki, Indrayana, Jatamansi, Kakamaci, Kampillaka, Karanja, Katuki, Khadira, Kustha, Lasuna, Mandukaparni, Manjista, Mesa Sringi, Nimba, Pippali, Haridra, Vijaya Sara).

❖ **The drugs which completely cure Group effective on Three Dusyas of KUSTHA pathogenesis i.e RASA (TWAK), RAKTA, MAMSA or LASIKA**

(Apamarga, Ashwattha, Bhallataka, Bhringaraja, Chandana, Citraka, Dattura, Indrayava, Ingudi, Kakodumbara, Kalamegh, Karchura, Kirata Tikta, Kutaja, Langali, Malati, Nirgundi Padmakastha, Patha, Raktarka (Puspa), Sirisha, Swetarka (Puspa).

❖ **The drugs of complete cure Group effective on Two Dusyas of Kustha pathogenesis**

(Brhati, Damnaka, Karpura, Haridra, Sarshapa, Tulasi).

❖ **Drugs which can be used for palliation in KUSTHAS and effective on 4 DUSYAS of KUSTHA pathogenesis**

(Guduchi, Haridra, Laksha, Sinshapa).

❖ **Drugs of Palliative Group, effective on 3 DUSYAS of KUSTHA pathogenesis**

(Ashwagandha, Gandha Palasi, Lodhra, Karavira Raktarka (Latex), Shwetarka (Latex)).

❖ **Drugs of Palliative Group, effective on 2 Dusyas of Kustha pathogenesis**

(ANKOLA, APARAJITA, BRIHADELA, CHAKRAMARD, GUNJA, NAGAKESHARA, NILI, PATOLA RAJIKA, RAKTA CHANDANA, SARIVA, VANATULASI, VASA)

❖ **Drugs which can be used for Prevention of KUSTHAS and the number of DUSYAS of KUSTHA pathogenesis responsive to the drugs**

(Ashwattha, Bhringaraj, Haridrahtha, Kunduru, Lasuna, Manjista\*, Sariva, Tila, Vijayasara).

Management (Shaman chikitsa) according to the dosha's.<sup>[36]</sup>



Table no. 1.

<b>Vati-guugulu:</b> <b>Vataja</b> • Kaishora Guugulu • Amritadi Guggulu <b>Kaphaja</b> • Pancha Nimba Gulika • Svayambhuvadi Guggulu • Kaishora Guugulu • Bhallataka Vati  <b>Ghrita</b> <b>Vataja</b> • Guggulu Tiktaka Ghrita • Guduchi Ghrita • Brahmi Ghrita <b>Pittaja</b> • Mahatiktaka Ghrita • Guduchi Ghrita • Tiktaka Ghrita • Brahmi <b>Kaphaja</b> • Guggulu Tiktaka Ghrita • Varunadi Ghrita • Patoladi Ghrita • Aragvadhadi	<b>Kashaya</b> <b>Vataja</b> • Guggulu Tiktaka • Mahtiktaka <b>Pittaja</b> • Guluchyadi • Patola Katu Rohinyadi • Patoladi • Mahtiktaka <b>Kaphja</b> • Manjishtadi • Panchatikta • Aragvadhadi • Patoladi • Nimbadi <b>External</b> <b>Vataja</b> • Jeevantyadi • Rasottamadi Lepam • Mahatiktaka <b>Pittaja</b> • Durvadi Taila • Mahatiktaka • Shatadhouta Ghrita • Nygrodhadi Lepa <b>Kaphaja</b> • Gandhaka malahara • Rasottamadi Lepam • Sindhooradi Lepam • Marichyadi Taila • Somaraji Taila • Edagajadi • Manashiladi	<b>Asava Arishta</b> • <b>Vataja</b> • Panchatikta Kadha • <b>Pittaja</b> • Chandanasava • Usheerasava • Sarivadyasava • <b>Kaphaja</b> • Nimbarishta
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## CONCLUSION

*Kushtha* is one of the oldest known diseases to mankind. It is described as one of the most chronic disease in Ayurvedic system of medicine. Ayurveda described a wide range of dermatological disorders including its classification, etio-pathogenesis, clinical presentation, prevention and management. The above mentioned single drugs and preparations according to dosha's and dhatu's can be used in the management of *Kushtha* at the level of involvement of *Kushtha* saptak dravya's. accordingly, So we can think over it now that we can manage *Kushtha* with some modification in *Kushtha* Saptak. So this is mentioned here that there is a big role of *Kushtha* saptak dravya sangrah (pathological factors affecting the etipathogenesis

in dermatological disorders in Ayurveda) and its relevance in the Management of Kushtha roga (Skin Disorders).

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