

**SIDHMA KUSTHA AND TINEA VERSICOLOR: AN INTEGRATIVE
REVIEW OF AYURVEDIC AND MODERN PERSPECTIVES**

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ABSTRACT

Sidhma Kuṣṭha is a described in Ayurveda, predominantly caused by the vitiation of Vāta and Kapha doṣhas affecting Rasa and Rakta dhātus. It presents as whitish or discolored patches with mild itching, commonly over the chest, neck, and upper limbs. Clinically, it resembles Tinea Versicolor. Ayurvedic management includes Śhodhana, Śhamana therapies, and dietary regulation.

KEYWORDS: Kustha, Sidhma kustha, Tinea Versicolor, Malassezia, Hypopigmentation.

INTRODUCTION

This article specifically briefs about a skin condition called Tinea versicolor (Pityriasis versicolor), which is categorized under superficial fungal infections caused by yeast known as Malassezia. Its symptoms commonly occur above the thorax, mainly on the trunk area like upper limbs, trunk, and shoulders.^[1] This occurs mainly in young persons who are more exposed to hot and humid climates. In Ayurveda, skin disorders

are described under Kustha Rogas. There are 18 types of Kustha Rogas, in which Sidhma Kustha is classified under Mahakustha by Acharya Charaka,^[2] while Acharya Sushruta^[3] and Acharya Vagbhata^[4] have categorized it under Kshudra Rogas. Sidhma Kustha is considered under Rakta Dushti Vikara.^[5] Sidhma Kustha is predominantly caused by vitiation of Vata and Kapha Doshas.^{[6][7]} Lakshanas of Sidhma Kustha include Alabupushpa Sankasha, Rajoghrushtena Munchanti, Prayenaha Urasi, Tanu, Shweta, Tamra, Antahsnigdha, Apayi, and Kandū.^[8] Chikitsa of Kustha involves Shodhana, Shamana, and Bahya Chikitsa. Shodhan Chikitsa includes Vamana and Virechana. Shaman Chikitsa includes the use of different Kalpanas and Rasa Yogas. Bahya Chikitsa includes application of Lepas, Taila, and Ghrita.^[9] Proper following of Pathya and Apathya includes all lifestyle modifications.

MATERIALS AND METHODS

NIDAN

Related to Aahar

- Virodhi annapan sevan
- Dusita madya sevan
- Aanup and prasha mans sevan
- Kulthi
- Guru bhojan

Related to vihar

- Vega avrodh
- Aatap sevan
- Diwasayan
- Adhyashan
- Vaman, virechan and other panchakarma complications

Other nidan

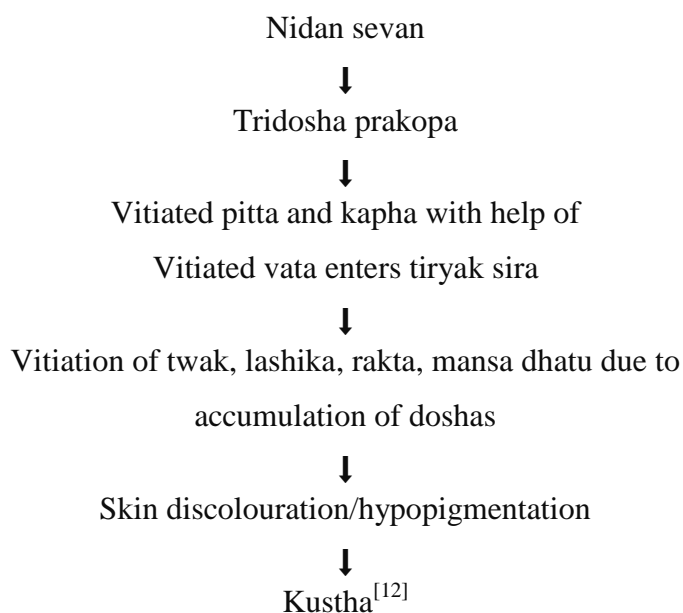
- Vipra, guru ka tiraskar
- Purva janam karma.^[10]

ETIOLOGY

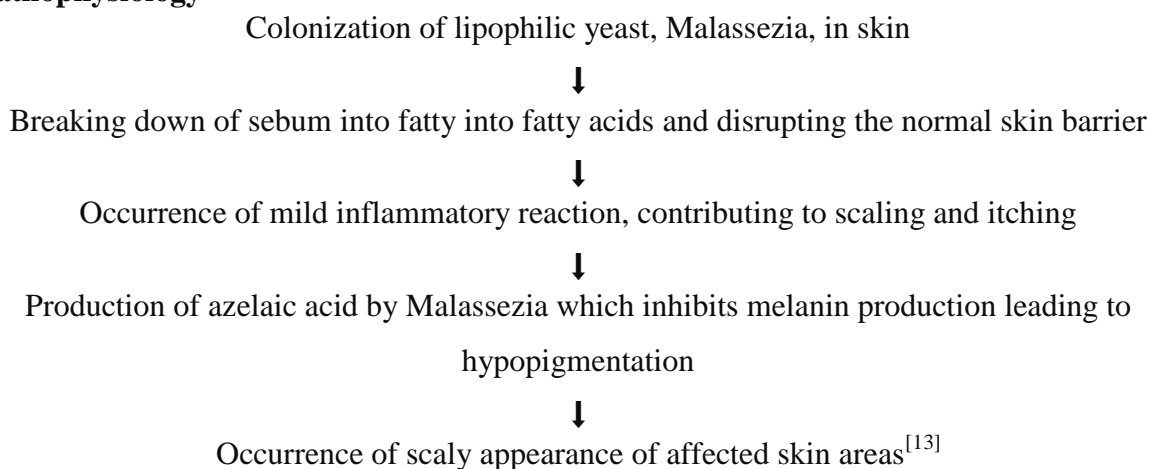
- Fungal species - *Malassezia furfur*, *Malassezia globosa*, *Malassezia sympodialis*.
- Heat and humidity
- Oily skin

- Applying oily lotions and creams.^[11]

SAMPRAPTI



Pathophysiology



LAKSHANA

Table 01: Lakshanas of sidhma kustha.

S.NO.	RUPA	Ch.s	Su.s	A.h.	B.S	K.S	H.S
1.	Alabupushpa Sankasa	+	-	+	+	+	-
2.	Rajoghrushtena Munchati	+	-	+	-	+	-
3.	Prayenaha urasi	+	+	+	-	-	-
4.	Tanu	+	+	+	-	-	-
5.	Shweta	+	+	+	-	-	+
6.	Tamra	+	-	+	-	-	-
7.	Antahsnigdha	+	-	+	-	-	-
8.	Apayi	-	+	-	-	-	-
9.	Kandu	-	+	-	-	-	-

[14]

DOSHA ACCORDING TO LAKSHANA**Table 02.**

S.NO.	LAKSHANAS	DOSHA
1	Alabupushpa Sankasa	Kapha
2	Rajoghrushtena Munchati	Vata
3	Prayenaha urasi	Kapha
4	Tanu	Vata
5	Shweta	Kapha
6	Tamra	Pitta
7	Antasnigdha	Kapha
8	Apayi	Kapha
9	Kandu	Kapha

[15]

SYMPTOMS**Table 03:**

S.NO.	FEATURES	SYMPTOMS
1.	Colour	Discoloured patches – white, pink, yellow, brown, tan
2.	Location	Chest, back, shoulder, neck, upper arm
3.	Texture	dry skin and powder like scale formation
4.	Itching	Mild
5.	Margins	Well defined or slightly irregular borders

[16]

**Fig. no. – 01: Tinea versicolor.****Fig. no. 02: Tinea versicolor.**

Diagnostic methods (Ayurveda)- The diagnosis of Sidhma Kustha (an Ayurvedic classification of skin disease, often correlated with psoriasis or tinea versicolor) using Trividha Pariksha (three-fold examination) involves the following methods:

1. Darshana Pariksha (Inspection/Observation): This involves visually observing the patient and the skin lesions.

Observation in Sidhma Kustha: The physician inspects the varna (color), sansthana (shape/appearance), and pramana (size) of the lesions. The characteristic signs noted may include lesions that are whitish (Pandu Varna), rough (Ruksha), thin (Tanu), and sometimes associated with slight elevation (utsedam). This step also includes observing the patient's general appearance, gait, and posture.

2. Sparshana Pariksha (Palpation/Touch): This involves physical examination using the sense of touch to assess the texture and temperature of the affected area.

Palpation in Sidhma Kustha: The physician touches the lesions to feel for specific qualities like dryness/roughness (karkasha), softness (mrudu), coldness (sheeta), or the presence of any discharge. Sidhma Kushta is generally associated with Vata and Kapha vitiation, which can manifest as rough and dry lesions.

3. Prashna Pariksha (Interrogation/Questionnaire): This involves a detailed history taking and questioning process to gather subjective information from the patient.

Interrogation in Sidhma Kustha: The physician asks about the onset, duration, causative factors (nidana sevana), diet, lifestyle, presence of symptoms like kandu (itching) or vedana (pain), and how the symptoms change with season or diet. This helps determine the dosha involvement and the stage of the disease.^[17]

Diagnostic methods(modern)- Modern diagnostic procedures for Sidhma Kuṣṭha (Tinea versicolor)

1. Clinical examination of hypopigmented or hyperpigmented scaly patches.
2. KOH mount microscopy (to detect Malassezia yeast)
3. Wood's lamp examination (yellow-green fluorescence)
4. Skin biopsy for confirmation.^[18]

Medicine

1. Manjishtadi kwath

- a. It purifies the blood (Raktaśodhana) and removes toxins responsible for skin discoloration.
- b. It balances aggravated Pitta–Kapha, reducing scaling and patchy lesions.
- c. Its anti-inflammatory and anti-fungal properties relieve itching and irritation.
- d. It improves skin complexion and supports healthy tissue regeneration.
- e. It detoxifies the body and helps prevent recurrence of Sidhma Kuṣṭha.^{[19][20][21][22]}

2. Arogyavardhanivati:- Arogyavardhani vati is indicated in kustha due to its kushtanashaka properties and said to alleviate all types of skin disorders. Apart from its above properties it is also a hridya (cardio protective), medonashaka, Mala shuddi kari, increase hunger or kshudha a sarvaroga prashamani, one which alleviates all the rogas, pachani (digestive), dipani (appetizer) and pathya.

: Neem:- Natural blood purifier, nimba or Neem has established action in restoring skin health and integrity.

: Katuki:- The primary active compound in katuki that benefit the skin are kutkin (a mixture of the iridoid glycosides picosolid 1 and 2) and apocynin. This compound support skin health through their potent anti inflammatory, antioxidant and detoxification properties.

: Pure gandhak:- Sulfur the main active ingredient known for its antimicrobial action (antibacterial, antifungal and antiviral properties) keratolytic effect which helps break down excess keratin, promote the shedding of dead skin cell, unclog pores and support skin regeneration anti inflammatory properties that help reduce redness itching and swelling associated with skin condition.

: Abhrak bhasma:- Is an ayurvedic minerals mica (biotite), which is rich in various natural elements like iron, magnesium, calcium, silicon and potassium. Rejuvenative properties in ayurveda, it is considered a powerful rasayana that help in the formation of new skin tissue and maintaining skin elasticity.

: Tamra bhasma:- Copper ions disrupt microbial membrane. Inhibits bacteria and fungal growth on skin. Prevent secondary infection in chronic lesion. Help faster recovery of damaged skin.^[23]

External Applications

1. Neem oil - Neem oil effectiveness in managing skin disease is primary attributed to bioactive compound known as limonoids (such as nimbin, nimbidin and azadirachtin), as well as flavonoids and fatty acid. This compound work through various mechanism, including anti microbial and anti inflammatory activity. The researcher also found that the extract boosted level of collagen producing enzyme called Pro collagen and a protein called elastin. collagen gives the skin structure making it look plump and full. while elastin helps retain the skins shape.^[24]

2. Mahatiktam ghrutham :- Is benefits for all types of kustha.

Samshodhan

Samshodhana is a therapy designed for the radical removal of disease-causing factors. It expels morbid doshas from the body, proving vital for complex diseases like Kustha Roga. These deepseated doshas are challenging for simple palliative care (Shamana Chikitsa). Samshodhana has three components: Internal Purification (Antah Parimarjana), External Purification (Bahya Parimarjana), and Surgical Measures. This study utilizes Lepa (medicated paste), an external purification measure, for treating Sidhma.^[25]

Morden Medicines

Oral medications

1. Itraconazole – 200mg daily for 7 days
2. Fluconazole – 300mg weekly for 2 weeks

Topical Medications

1. Selenium sulfide – 10 minutes application daily for 1 week
2. Terbinafine – Twice daily for 1 week
3. Zinc pyrithione – 5 minutes daily for 2 weeks
4. Azole creams – once or twice daily for 1-4 weeks^[26]

Sadhya Asadhya:- Single-dosha Kuṣṭha is curable (sukh sadhya) dual-dosha is difficult (krich sadhya) tridoṣhaja is incurable (asadhya).^[27]

Pathya Apathya of Sidhma Kustha

Pathya Apathya have a very important role in Ayurveda, it is believed that without Pathyaapathya treatment won't get good result. Sidhma Kushta does not have separate Pathyaapathya, it is understood that the Pathyaapathya mentioned in Kustharoga related to Sidhma Kustha also. Pathya Ahara Sashtikashali Yava, Kudag, Khadira, Jangalamamsa, Khadirodaka, Tiktara, Pattola. Brihatiphala, Kakamachi, Nimbapathra, Lashun. Punarnava, Meshasringi, Bhallathaka, Triphala Chithraka etc.

Vihara: Vishrama, Apathyaaahara Guru Anna, Virudha Anna, Vishamam bhojana drava Anna, Navanna, Dugdha, Vidahi Anna, Guda, Amla Kabani Katu rasa, Tila, Masha. Vihara: Swedana karma, Strisamsarga, Ativyavaya. Diet for Sidhma Kustha.^[28]

Diet for Sidhma Kustha - Pathya (What to include)

1. Foods to Boost Pigmentation & Immunity Eat veggies like carrots, beetroot, spinach - they're good for skin and pigmentation. Include whole grains like barley, brown rice, and oats. Nuts and seeds: almonds, walnuts, flaxseeds - good fats for skin health.

2. Foods Rich in Vitamins & Minerals Vitamin C-rich foods: amla, guava, citrus fruits - boost immunity. Iron-rich: spinach, beetroot, pumpkin- good for overall health. Copper-rich foods: mushrooms, nuts, seeds copper kinda helps with pigmentation. 3. Herbs & Spices Turmeric (Haldi): has curcumin which is anti-inflammatory and antioxidant-rich. Neem: neem leaves or powder -helps detoxify and is antimicrobial. Bakul (Bakul tree) seeds/oil: sometimes used in skin conditions. 4. Liquids Drink plenty of water hydrates skin.^[29]

CONCLUSION

Sidhma Kuṣṭha, described under Kṣhudra Kuṣṭha in Ayurveda, closely correlates with Tinea versicolor of modern dermatology. It arises due to Kapha and Vāta doṣha predominance with vitiation of Rasa and Rakta dhātus, leading to hypopigmented or hyperpigmented scaly lesions mainly over the trunk and upper limbs. Ayurveda offers a holistic approach through Śhodhana therapies like Vamana and Virechana, along with Śhamana drugs, external applications, and strict pathya–apathya. Early diagnosis, disciplined lifestyle, and sustained treatment ensure effective control, prevent recurrence, and improve both cosmetic appearance and the patient's overall quality of life. This integrative management highlights Ayurveda's relevance in contemporary dermatology.

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