

## HIGHLIGHTS OF SKIN DISORDERS WITH SPECIAL REFERENCE TO KASHYAP SAMHITA AND BHRUHATRAYI

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### ABSTRACT

**Background:** Ayurveda is the most relevant healing system even in today's fast paced, connected and digitized world. Skin is the first line of defense, skin is one of the essential sense organs. Our daily lifestyle can play a big role in how healthy our skin are, with poor choices leading to skin damage. In current era habits like smoking, eating fast food, pollution and many more risk factors affects health of skin and causes skin diseases. So, it is important to collect and highlight data related to skin disorders from ancient samhitas. **Aim:** To Highlight Skin Disorders with special reference to Kashyap Samhita and Bhruhatrayi. **Material and Methods:** Collection and Discussion of

different references related to skin disorders with special reference to *Kashyapa Samhita* and *Bruhatrayi*. (Charaka, Sushruta, and Vagbhata.)

**KEYWORDS:** Ayurveda, Skin, Samhita, Kashyap.

### INTRODUCTION

Ayurveda is the most relevant healing system even in today's fast paced, connected and digitized world. Human skin is not only outer covering of the body but also largest organ in the body. It also constitutes the first line of defense, skin is one of the essential sense organs.

Worldwide near about 20% of the patients seeking medical advice suffer from skin diseases including cosmetic problems.

Skin disease is a common ailment and it affects all ages from the neonate to the elderly and causes harm in a number of ways.

Our daily lifestyle can play a big role in how healthy our skin are, with poor choices leading to skin damage. In current era habits like smoking, eating fast food, pollution and many more risk factors affects health of skin and causes skin diseases. *Ayurveda* has its own unique principles of diagnosis and treatment of various skin diseases under the heading of *kushta*, also explain the skin diseases in pediatrics and their treatment protocol. In modern era there is lack of fixed treatment protocol.

So, it is important to collect and highlight data related to skin disorders from ancient samhitas.

**Aim:** To Highlight Skin Disorders with special reference to Kashyap Samhita and Bhruhatrayi.

### Objectives

1. To highlight skin disorders with special reference to *Kashyapa* and *Bhruhatrayi*.
2. To collect data regarding symptoms and treatment of skin disorders.

### MATERIALS AND METHODS

1. Collection and Discussion of different references related to skin disorders with special reference to *Kashyapa Samhita*.
2. Collection and Discussion of different references related to skin disorders with special reference to *Bruhatrayi*. (*Charaka, Sushruta, and Vagbhata*.).

#### 1) Highlights of Skin Disorders with special reference to *Kashyapa Samhita*<sup>[1,2]</sup>

**Table 1: Showing the Highlights of Skin Disorders with special reference to *Kashyapa Samhita*.**

Vyadhi	Lakshan	Chikitsa
Jantudansh	sleeplessness, redish dot on body	Susnigdhashya virechanam, Vranakarma
Sharavika	Madhya nimna	Apakwasupidkasu parishek pralepa, ghrutapana
Kacchapika	Slaksna, Utsanna	Apakwasupidkasu parishek pralepa, ghrutapana
Jalini	Tanusirajala	Apakwasupidkasu parishek pralepa, ghrutapana
Sarshapika	Sarshapabha.alpa, ashupaki	Apakwasupidkasu parishek pralepa, ghrutapana
Alaji	Bahupdrava, ashupaka	Apakwasupidkasu parishek pralepa, ghrutapana
Vidradhi	Vidahyate ashu ange	Apakwasupidkasu parishek pralepa, ghrutapana
Vinata	Avagadha, neela, rujavati -Udare, Prushte	Apakwasupidkasu parishek pralepa, ghrutapana
Arunshika	Shula, daha, kleda	Shiraso mundanam. Vrana taila snehana
<b>Pittaja Vikara:</b> <sup>[3]</sup>	Phunsiya, Mansakleda, Raktavisphota, Raktamandala, Twakadah, Kotha Kaksha, Nilika, Mansapaka, Medhrapaka, Charmadal Gudapaka	Kashaya, Tikta. Madhura dravya, Snehana, Sansrana, Shoshana

2) Highlights of Skin Disorders with special reference to *Bruhatrayi*

Table 2: Showing the Highlights of Skin Disorders with special reference to Bruhatrayi.

Vyadhi	Lakshana	Chikitsa
<b>a) According to Charak samhita<sup>[4]</sup></b>		
<i>Raktapradosha Vyadhi</i>	Kushta, Visarpa, Pidaka, Gudapaka, Medhrapaka, Ashyapaka, Vidradhi, Nilika, Pama, Vyanga, Tilkalaka, Dadrua, Charmadala, Shwitra, Kotha, Raktamandala.	Rakta pitta hari kriya. Virechana Upavasa Raktamokshana
Alaji	Tamra, sashula-pidaka	Raktavisravana
Vidarika	Jwar, Arati	Upanaha
Kaksha	Bhush shighra paki	Visarpavat chikitsa Kushta chikitsa
Romantika	Kandu, Jwar, Daha	Kushta chikitsa
Masurika	Sarvagatreshu Masurmatra	Kushta chikitsa
Visarpa	Agni bal kshay	Vaman, Virechan, Rakta mokshana
<b>b) According To Vagbhatta Samhita<sup>[5]</sup></b>		
Matruka dosha	Gudapradeshi kanduyukta vrutopatti,	Pittashlemhar aushadha to Dhatri
Shakuni Graha	Sandhishu spota-Sadahatuk paka, gudapaka	Dashanga dhupa
Arunshika	Kapale siddharthaka nibha pitika, kandu bahula	Jaloukavacharana Nimbavari sechana
Darunaka	Kandu kesh chyuti twakasputana	Shiravedh – Lalate Shirobashti
Ajagallika	Mudgasannibha niruja pitika	Jaloukavacharana
Yavaprakhya	Mansashrita ghana	Swedana, Lepa
Kacchapi Panasika Pashanagardabha	Ghanonnata Karnasya urdwa samntat, Shopha, alpa ruja	Swedana Lepa Jaloukavacharana
Padmakantaka	Shweta niruja Padma ev	Vmana- Nimbambu Ghutapana, lep
Vivruta, Masurika Vispota, Vidhha, Gardabhi, Kaksha, Lajkaksha, Gandhanama, Rajika, Jalgardabha, Irivellika	Pakvodumbarsannibha, Dahjwaranvita Kastatar spota, Padmakarnikakara Saragpitikachita, Kakshasanneshu Suksma, Ghana, Mahati eka Gharmaswedaparite ange, sarujo Ghana pitika. Manda visarpati.	Pittavisarpavata chikitsa.
<b>c) According to Sushruta Samhita<sup>[6]</sup></b>		
Ajagallika	Mudgasannibha niruja pitika	Jaloukavacharana
Yavaprakhya, Andhalaji, Panasi, Kacchapi, Pashanagardabha	Kathina, Grathita Ghana, Avakra, alpapuya Prushthe, ugra ruka Grathita, Daruna Alparuja shopha	Swedana, Lepa
Vicharchika pama		Kushtavata chikitsa

Arunshika	Bahukleda,bahuvakrani murdhani	Raktavisravana Sechana-nimbavari
Darunaka	Darun kandu,ruksha	Siravedha,shirobashti
Masurika	Daha,jwar,ruja	Kushtadi lepa
Jatamani,Mashaka Tilkalaka	Niruja,utsanna,Avedana,shtir,Nirujani samani	Kshardahana
NyacchaVyanga nilika	Mahat/alpa,niruja,Niruja,shyava mukhe Gatre,mukhe	Raktamokshana Siravedha-lalate
Yuvanpitika	shalmalikantakapakhy	Vamana,lepa

### 3) Highlights of Mahakushta and Kshudrakushta with special reference to Kashyap and Bruhatrayi

**Table 3: Showing the Highlights of Mahakushta and Kshudrakushta with special reference to Kashyap and Bruhatrayi.**

Vyadhi <sup>[7]</sup>	Lakshan
<b>Mahakushta</b>	
Kapala (Kushtachikitsa)	Black reddish patches like broken pieces of earthenpotwithexcessive,krushna,khara,parusha
Audumbar	Pakva udumbara phala sadrusha
Mandala	Rauksha,kandu,daha sravi
Rushyajivha	Parushya,gaurarna,kleda
Poundarika	Mahashaya,utsedha,palashavarna
Sidhma/Dadru(va)	Alabugarun pushpa sadrush
Pama	Kandu,toda,paka,sravi
<b>Kshudrakushta</b>	
Dadru/Sidhma(Va)	Rauksha,kandu,daha mandalakruti
Kitibha	Arun,parush,khara,shyava
Vicharchika	Shyama,lohitavarna,vedana,paka
Shtularuska	Piccha srava,vedana daha
Switra	Shweta aruna vaivarnya
Shatarushka	Sravi,nil-lohit-pita srava
Kakana	Hasticharma sadrush khara
Charmadala	charmadala vrudhi
Ekakushta	Srava,vedana,krimi
Vipadika	Panipadangushteshu sputana

## DISCUSSION AND CONCLUSION

In kashyap samhita skin disorders with their specific lakshnas are mentioned in sutrasthan while some skin disorders mentioned under pittaj vikar in dvivraniya adhyaya. Charak mentioned skin disorders under raktjanyavikar with specific treatment like rakapittahar, visarpvat and kushtagna chikitsa. In Vagbhat samhita skin disorders are mentioned in detailed and descriptive manner. in Sushrut samhita jalaukavcharan, sira vedh mentioned as treatment aspect.

This classical texts mentioned in the review are just the tip of the iceberg; apart from them there are several books in ayurveda, which include broad descriptions about skin disorders and field of skin care. Along with the above mentioned information there are several nighantus containing descriptions about several medicinal plants and formulations related to skin disorders.

Basically skin practice mainly based on diagnosis and for diagnosis sign and symptoms were key factors, so this study mainly highlight on collection of list of vyadhis and there lakshnas to provide collective data for further studies.

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