A Review on Kushtha W.S.R. to Kushthaghna Mahakashaya

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Abstract

A skin condition is kushta roga. The term "kushta" has been used in Ayurveda to designate all skin conditions. Mahakushtha and Kshudra Kushtha are the additional divisions that they fall under. According to Acharyas, Tridoshik participation is present in every kushta. Nonetheless, the dosha dominance determines the sort of kushta. Seven factors—three doshas (Vata, Pitta, and Kapha), four Dushyas (Tvaka, Mamasa, Shonita, and Iaseeka), and one other—are vitiated, according to the Acharyas, and this causes Kushtha to manifest. Because the Charaka Samhita describes how to cure Kushtha and explains external therapies for the condition, it is clear that the Ayurvedic classics place a high value on the condition. Acharya Charaka listed 10 treatments for skin conditions as part of the Kushthaghna mahakashaya group in the Sutra sthan of the Charaka Samhita. Acharya Charaka described Kushthaghna Mahakashaya for the treatment of Kushtha roga (skin disorders). There are ten medications in it. The major focus of this review is on many facets of Kushtha and Kushthaghna Mahakashaya.

Keywords

Kushtha, Kushthaghna mahakashaya, doshas, Dushyas

How to Cite this Article

1. Introduction

Skin serves as the covering for internal organs and shields us from a variety of external intrusions. The biggest organ in our body is it. Out of the five "Gyanindriyas" mentioned in Ayurvedic scriptures, it is "Sparsha Gyan," or the sense of touch, and as such, it has a significant impact on both a person's physical and mental health. Unbroken skin serves as the body's natural covering since it protects the body from sickness and its degradation causes a wide range of issues. Skin conditions are responsible for a tremendous lot of anguish, suffering, disability, and monetary loss. In addition, they constitute a major social impediment because they are visible.

In the traditional Ayurvedic literature, all skin conditions are referred to as kushtha (skin illnesses). The term "kushtha" (skin illnesses) refers to skin malformation, color change, and loss of skin integrity. It was known as Aupsargika roga by Acharya Sushruta. It qualifies as a Raktaja vikara.

2. Review of Literature

कु षणाति अंगम्
One which causes despicable situations.

कु षणाति इति कु ष्टम्
The one which causes discoloration of the skin.

कालेनोपशितम् यस्मात् सर्वं कु षणाति तद्भु:।
By The course of time, it makes entire body to look ugly or timely intervention is done or it causes disgraceful situation.

3. Etiology (NIDANA) according to Charaka

"विरोधीन्यानानि द्रवसिद्धगरुःणिः च। भजताभागां छूर्दि
वेगांश्यानूः प्रतिघितताः ॥ व्यायममतिसन्तापमति भुक्तबोधकेनवानम् ॥
शीतोष्णश्चाहार्याः क्रमं मुक्तवा निधविषयम् ॥ धर्मश्रमभायतानां दुर्तं
शीतामुकुषावेदनाम्। अजीणाधिशिनां चैव पञ्चकर्मिष्पार्थिराम् ॥
नवान्त्रदिनमत्यातिल लवणामलनेवेदिनाम्।
मावीन्युक्तित्वतिलक्षश्रुयुक्तिस्वाभिनाम् ॥ व्यवायं चाप्यजीविरोधः निद्रां च
भजतां दिवा। विन्यानुगुरूः धर्मयताः पापं कर्मं च कुर्भताम्।॥" (च. चि. 7/4-8)
When people engage in unhealthy routines like the following, their Doshas, etc., get vitiated, which leads to Kushtha (skin diseases):

- *Snigdhaguru pana* and *Virodhi anna pana*: Consuming improper meal pairings, such as milk with fish drinks that are rich and difficult to digest.
- Suppression of other normal desires, like the need to vomit.
- Exercising in extreme heat and just after a substantial meal.
- Uncontrolled consumption of hot and cold meals, as well as fasting.
- Use cold water soon after exercising, being in the hot sun, or being in a scary situation.
- Eating too much food, eating raw food, and eating before the preceding meal has been digested.
- Improper use of Panchakarma treatments.
- Excessive consumption of fish, salt, sour things, curd, and recently harvested cereals.
- Excessive consumption of jaggery, pastries, masha (black gram), mulaka (radish), and tila (sesame seeds).
- The performance of sexual acts despite feeling ill.
- During the day, sleep.
- Insults directed at preceptors and other wicked behavior.

4. **Pathogenesis (samprapti)**

The four vitiated doshas—Vata, Pitta, and Kapha—vitiate the other three.

- *Rasa Dhatu or Tvak-skin*
- *Rakta-Blood*
- *Mamsa-Muscle tissue*
- *Ambu-Lymph or plasma part of blood tissue*

These make up the seven-fold pathogenic component of Kushtha when combined. *Kushta Dravya Sangraha* is the collective name for them.

All 18 varieties of Kushtha (skin disorders) are brought on by the aforementioned seven elements. Kushtha is never brought on by the vitiation of only one of the listed pathogens. Consequently, they are all inevitably responsible for the disease’s development.

5. **Premonitory sign and symptoms (poorva roopa)**

"स्पर्शाविनावन्ताः प्रतिक्रियानुसारं ्कुष्ठे न कर्मादिपरिवर्तितं। शोषणां लोपव्यक्तिक रक्ताधारानि कर्मेऽविहिताः।
श्रम: कलम: // विशालदलितादिकं सूक्तं श्रीप्राप्तिक्रियाप्रभृतिः।//
हाराः सुप्रायतित्वं च रस्सिनिः कुष्ठन्यः प्रभुत्वम्।"

- *Sparsojanatva* is a loss of touch sensitivity in the vicinity of a skin lesion.
- *Ati sweda or Nava* - Excessive perspiration or a lack of feeling.
- *Loma harsha, Kandu, Toda, Shrama and Klama* - Stinging pain, physical tiredness, and mental and emotional lethargy.
• skin patches (kotha) that are elevated and discolored.
• Shoolam - excessive discomfort in the areas with ulcers.
• Vrana adhikam - These ulcers appeared instantly and persisted over time.
• Daha, Suptanga - a burning feeling, and numbness.

6. Types of kushta

The eighteen forms of Kushta that Acharyas classified—seven of which are Mahakushta and eleven of which are Kushdra Kushta—are based on the prevalence of these seven elements.

Table 1. The following are the differences between maha kushta and kshudrakushta

<table>
<thead>
<tr>
<th>S.no.</th>
<th>Mahakushta</th>
<th>Kshudra kushta</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Bahu Bahul dosha Arambahta</td>
<td>Alpa dosha Arambhata</td>
</tr>
<tr>
<td>2.</td>
<td>Bahulakshana</td>
<td>Alpalakshna</td>
</tr>
<tr>
<td>3.</td>
<td>Excessive discomfort</td>
<td>Less discomfort</td>
</tr>
<tr>
<td>4.</td>
<td>Penetrates deeper dhatus</td>
<td>Less tendency to penetrate in deeper Dhatu</td>
</tr>
<tr>
<td>5.</td>
<td>Mahat chikitsa</td>
<td>Alpachikitsa</td>
</tr>
<tr>
<td>6.</td>
<td>Chronic</td>
<td>Less chronic</td>
</tr>
<tr>
<td>7.</td>
<td>Loss of skin function like supti</td>
<td>Less function skin deformities.</td>
</tr>
</tbody>
</table>

6.1 Classification of Kushta according to Acharya Charaka:

Mahakushta
• Kapala
• Audumbara
• Mandala
• Rishyajihva
• Pundarika
• Sidhma
• Kakanaka

Kshudra Kushta
• Ekakushta
• Kitibha
• Charmadala
• Pama
• Vicharchika
• Charmakhya
• Vipadika
• Alasaka
• Dadru
• Visphotaka
• Shataru

7. Treatment

• The simultaneous vitiation of all three doshas results in the development of all forms of kushta. However, certain Doshas are more dominating than others.
• Treatment should start with the dominant dosha(ies), then go on to the secondary vitiated doshas.
Internal administration of herbal ghee is given to patients with vata-dominant Kustha.

Vamana, an emetic treatment, is supplied to the patient who has Kustha that is controlled by Kapha.

Virechana, or purgation treatment, is administered to the patient who has Kustha that is mostly Pitta.

Rakotamokshana - blood letting

Shodhana treatments are administered to Kushta patients with more vitiated Doshas (Bahudosha) over a period of time and with great caution.

The patient may become weak if Doshas (morbid factors) are removed too quickly, and an exacerbated Vata may immediately put the patient’s life in risk.

The patient is given Sneha (oil, ghee, etc.) to drink after the Doshas have been removed from the gastrointestinal system (by Vamana and Virechana) and Rakotamokshana has been removed from the blood.

As a result of Vayu becoming worsened and the patient becoming weak shortly after receiving elimination treatments, a condition that will be treated by the administration of Snehapana.

Acharya Sushruta has also described the line of treatment for various kushtha somewhat like Acharya Charaka’s description.

According to him, virechana should be performed every month to get rid of vitiated pitta, while vamana for kaphadhika kushtha should be done every two weeks.

It is recommended to perform nasya karma every third day and to perform rakotamokshana twice a year to get rid of dushita rakta.

The fourth chapter of the Sutrasthan of the Charaka Samhita, written by Acharya Charaka, contains a description of fifty Mahakashyas, also known as Dashemanis. One of these, the Kushthaghna Mahakashya, contains a set of 10 medicines utilized in kushtha roga.

8. Kushthaghna Mahakashaya

There are rumors that the majority of the medications in Kushthaghna Mahakashaya have Rasayan qualities. Studies on Rasayana medicines point to the following effects:

- Immunomodulator
- Antioxidant
- Adaptogenic
- Antistress
- Nootropic

Rasayana medications support both the improvement of general health and the treatment of chronic skin conditions.

According to the review, the herbs used in modern Kushthaghna Mahakashaya may have pharmacological effects that are advantageous for managing and preventing skin conditions. The following is a thorough examination of each herb’s beneficial pharmacological actions:
8.1 Khadir

Latin Name - Acacia catechu
Family- Leguminosae
Local/ Hindi name- Katha
Parts used- Root, Heart-wood, Flowers
Khadir is best among all the Kushthaghna medicine. It has also been used traditionally to treat skin conditions including Medoroga, Prameha, Aruchi, Atisar, Jirnajwar, and Kasa, among others. The primary chemical elements of Acacia Catechu include catechin, epecatechin, epigallocatechin, epicatechin gallate, phloroglucin, protocatechuic acid, lupenone, procyanidin, kaemferol, L-arabinose, quarcetin, poriferasterol glucosides, etc.

8.2 Haritaki

Latin Name – Terminelica chebula
Family – Combretaceae
Local/ Hindi name- Harre
Parts used- fruit
Traditional treatments for a variety of illnesses, such as Kushtha, Visharpa, Santarpana janya roga, Kasa, Shwas, and Pratishyaya, involve haritaki. The main chemical constituents of haritaki are Tannin, Chebulagic acid, carbohydrates, gum.

8.3 Aamalaki

Latin Name – Emblica officinalis Family - Euphorbiaceae.
Local/hindi name- amla
Parts used - Fruit, Seeds
Traditionally Amalaki used in the management of Kushtha, Visharpa Prameha, Hridroga, Amlapita, Parinamshoola, etc. The main chemical constituents of amalaka are Tannin, Vit. C, fat, Carbohydrates. Latin name- Emblica officinalis Gaertn.

8.4 Haridra

Latin name – Curcuma longa
Family- Zingiberaceae
Local/hindi name- haldi
Parts used - Rhizome
Turmeric has a long history of medicinal usage since it is thought to possess a number of significant positive qualities, including antioxidant, antibacterial, anti-inflammatory, analgesic, and digestive effects. The main chemical constituents of haldi are Curcumin, Vit.A, Carbohydrates.

8.5 Arushkara

Latin name- Semicarpus anacardium
Family- Anacardiaceae
Local/hindi name- Bhallatak
Parts used - Nuts, Oil, Flowers
It is useful in kushtha, vitiligo, rasayana, etc. The most significant components of the Bhallatak are bhilwanols, sterols and glycosides, etc.

8.6 Saptaparna
Latin mane- Alstonia scholaris
Family- Apocynaceae
Local/hindi name- Chitvan
Parts used- Bark, Latex, Flower
Used in Bronchial asthma, prameha, skin diseases. The most significant components of saptaparna are Ditamine, echitamine, Echitanine.

8.7 Aaragwadh
Latin name- Cassia fistula
Family- Loganiaceae
Local/hindi name- Amaltasa
Parts used- Fruit-Pulp, Root- bark, leaves
Traditionally it is used for the management of Kushtha, Aruchi, Vibandha, etc. The most significant components of aaraghwadh are Anthraquinone, Gluten, Tannins.

8.8 Karveer
Latin name- Nerium indicum
Family- Apocynaceae
Local/hindi name- kaner
Parts used- Leaves, Root
It is historically used to treat Kushtha, Agnimandhya, Hridroga, Shotha, and other conditions. It is also applied topically to wounds from Upadansa and Firanga roga. The most significant components of kaner are Scopoletin, Scopolin, karabin, oil, wax.

8.9 Vidanga
Latin name- Embelia ribes
Family- Myrsinaceae
Local/hindi name- Vaividanga
Parts used-fruit, root
Traditionally used in Ayurveda for the treatment of a variety of illnesses, including skin conditions, Krimi roga, Agnimandhya, Vatvyadhi, and Adhaman. One plant used to make Krimighna is this one. The most significant components of vidanga are Embelin, christembine, volatile oil, tannin, Fixed oil.

8.10 Jatipatra
Latin name- Jasminum officinale
Family- Oleaceae
Local/hindi name- chameli
Parts used- Leaves, Flower, Root

Jati is historically used in Ayurveda to treat conditions including Pakshaghat, Kushtha roga, Shirshoola, and eye diseases. The most significant components of jatipatra are Salicylic acid, Jasminine.

Table 2. Ayurvedic properties & doshik action of the drugs of Kushtaghna Mahakashaya

<table>
<thead>
<tr>
<th>Drugs</th>
<th>rasa</th>
<th>guna</th>
<th>veerya</th>
<th>vipak</th>
<th>Action and use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Khadir</td>
<td>Kashaya, Tikta</td>
<td>Laghu, Ruksha</td>
<td>Sheeta</td>
<td>Katu</td>
<td>Kapha-pitta shamak</td>
</tr>
<tr>
<td>Haritaki</td>
<td>Kashaya, Madhur, Amla, Katu, Tikta</td>
<td>Ruksha, Laghu</td>
<td>Ushna</td>
<td>Madhura</td>
<td>Tridosha shamak</td>
</tr>
<tr>
<td>Amalki</td>
<td>Kashaya, Madhur, Amla, Katu, Tikta</td>
<td>Guru, Sheeta, ruksa</td>
<td>Sheeta</td>
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</tr>
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<td>Arushkara</td>
<td>Katu, Tikta, Kashaya</td>
<td>Laghu, Tikshna, Snigdh</td>
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<td>Vidanga</td>
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</tr>
<tr>
<td>jatipatra</td>
<td>Kashaya, Tikta</td>
<td>Laghu, Snigdha</td>
<td>Ushna</td>
<td>Katu</td>
<td>Tridosha shamak</td>
</tr>
</tbody>
</table>

9. Discussion

All skin conditions have been covered in Ayurveda under the Kushtha heading. The terms "Maha Kushtha" and "kshudra Kushtha" further categorize the term "Kushtha." According to the pathophysiology, kushtha is tridoshaja vyadhi, therefore several varieties of kushtha are present based on the preponderance of doshas, and their treatment varies as well. The remedy for the dosha that is most prevalent among the three is offered. Based on the examination of many ayurvedic texts, it is found that the majority of Kushtaghna Mahakashaya's medications have a bitter taste, and it is pretty obvious that since bitter medications are excellent blood purifiers, they are beneficial in treating skin conditions.

10. Conclusion

One of the Ashta Mahagada is Kushta, according to some. In ayurvedic literature, it is referred to be the most persistent illness. Tridoshcha is the root of all forms of Kushtha, hence the therapy is determined by which dosha predominates. Tridoshcha shamaka makes up the majority of the medications in Kushtaghna Mahakashaya.

The Kushtaghna Mahakashaya of the Charaka Samhita is unique and significant for skin disorders. There are 10 Dravyas in Kushtaghna Mahakashaya. These medications are used to treat a variety of conditions, particularly skin conditions, since they have a variety of therapeutic qualities. There are 10 medications that are Kusathagna Mahakashaya by virtue, some of which
are excellent vatasamaka, pittasamaka, and kaphasamaka. We can select the most appropriate medications for treating each form of *Kustha* based on the preponderance of the various doshas.

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