

## **REVIEW OF TYPES OF KUSHTHA (SKIN DISEASES) AS PER DOSHA DOMINANCE BY CLASSICAL TEXTS OF AYURVEDA**

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### **Abstract:**

The prevalence of skin diseases in the general population has varied from 6.3% to 11.16% in various studies. Ayurveda's classical texts has enough explained about skin diseases for treatment purpose. Classical texts have separately described the types of Kushtha are for emphasizing its importance for treatment purpose. Madhukosha commentary over Madhava nidana samhita has clarified that for the treatment purpose dosha dominance (in kapala etc. types) is explained in classical texts. This article has made an attempt to explain the utility of describing types of Kushtha according to Dosha dominance.

**Key words:** Kushtha types, Dosha dominance, Classical texts of Ayurveda

### **Introduction:**

Tvacha (skin) is the largest sensory organ of human body. Skin is intimately related with vata dosha. It is also site of bhrajaka pitta and eliminates kleda from peripheral part of body in the form of sveda. All the bahiparimarjana (external) therapies

like lepa, abhyanga etc. act through skin and active principles of medicament used for this intention are also absorbed through it. Skin protects the internal environment of the body as well as whole body; it regulates heat, water electrolytes etc. balance. The skin is one of the essential vital

organs of the body performing various functions required for health and life.

There is no man in the planet that has not experienced from one or other skin disease in his life span. The prevalence of skin diseases in the general population has varied from 6.3% to 11.16% in various studies.<sup>1 to 8</sup> Some of modern medicine drugs have many harmful side effects, there are chances

of recurrence of disease and many of them are very expensive that too hard to manage to pay for common man; hence generally a huge number of the patients come to Ayurvedic hospitals with a hope to find out an effective substitute remedies for their skin disease. Ayurveda's classical texts have enough explained about skin diseases for treatment purpose.

**Types according to dosha pradhanya (dominance):**

According to dosha pradhanya (dominance), classical texts of Ayurveda has described some types as follows -

Dosha pradhanya	Vata	Pitta	Kapha	Vata-pitta	Vata-kapha	Kapha-pitta	Tridosha
Charaka samhita <sup>9</sup>	kapala	audu-mbara	mandala, vicharchika	Rshya-jivha	sidhma, charma, ekakhya, kitibha, vipadika, alasaka	pundaika, pama, shataru, visphota, dadru, charmadala	kakana
Sushruta samhita <sup>10</sup>	Aruna, parisarpa	audu-mbara, sthular ushi, charma-dala, visarpa, vicharchika, kitibha, Pama	pundaika, shataru, sidhma, rakasa, eka, mahat	--	--	--	--

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Ashtanga samgraha samhita <sup>11</sup>	kapala	audumbara	mandala, vicharchi	Rshyajivha	charma, ekakushtha, kitibha, sidhma, alasa, vipadika	dadru, shataru, pundaika, visphota, pama, charmadala	kakana
Ashtanga hrudaya samhita <sup>12</sup>	kapala	audumbara	mandala, vicharchi	Rshyajivha	charma, ekakushtha, kitibha, sidhma, alasa, vipadika	dadru, shataru, pundaika, visphota, pama, charmadala	kakana
Madhavanidana samhita <sup>13</sup>	kapala	audumbara	mandala, vicharchi	Rshyajivha	charma, ekakushtha, kitibha, sidhma, alasa, vipadika	vicharchi, dadru, shataru, pundaika, visphota, pama, charmadala	kakana

**Discussion:**

Charaka has explained dominance of dosha as:- vata- kapala, pitta- audumbara, kapha- mandala, vicharchika; vatapitta - Rushyajivha, vata-kapha- sidhma, charma, ekakushtha, kitibha, vipadika, alasa; kaphapitta- pundaika, pama, shataru, visphota, dadru, charmadala; tridosha- kakana.

Sushruta has explained dominance of dosha as: vata- aruna, parisarpa; pitta- audumbara, sthularushi, charmadala, visarpa, vicharchika, kitibha and pama; kapha- pundaika,

shataru, sidhma, rakasa, eka and maha.

Vagbhata has mentioned dominance of dosha as: vata- kapala, pitta- audumbara, kapha- mandala and vicharchi; vatapitta - Rushyajivha, vata-kapha- charma, ekakushtha, kitibha, sidhma, alasa and vipadika, kaphapitta- dadru, shataru, pundaika, visphota, pama and charmadala; tridosha- kakana.

Madhavakara has described equivalent description like Sushruta. Madhukosha commentary over Madhavanidana

samhita has clarified that for the treatment purpose dosha dominance in kapala etc. types is explained<sup>14</sup>.

**Conclusion:**

Ayurveda classical texts have described eighteen types of Kushtha as Kshudra-kushtha and Mahakushtha. By giving the nomenclature of 18 types, classics have also explained about its Dosha dominance. Again separately the types of Kushtha mentioned by classical texts are not for the repetition of the content but emphasizing its importance for treatment purpose. The same has been quoted by Madhukosha commentary over Madhava nidana samhita has clarified that for the treatment purpose dosha dominance (in kapala etc. types) is explained.

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