

PROBABLE COMPARISON BETWEEN TYPES OF KUSHTA AND MODERN SKIN DISEASES.

Dr.Akshata S M¹, Dr. Sunilkumar M Chabanur², Dr Muktha M H³

¹PG scholar, ²Associate Professor, ³Professor, HOD Dept of PG studies in Kayachikitsa, B.V.V.S Ayurveda Medical college & Hospital Bagalkot

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ABSTRACT

Skin diseases are the most common health problems worldwide. They are considered to be major cause of chronic suffering as they affect both body as well as mind. Skin disease occurs about 20-30% of general population. Patients having skin disorders always experience physical, emotional and socio-economic embarrassment in the society. Majority of the dermatological disorders have been described under the roof of Kushta in Ayurveda. Kushta is being further classified into Mahakushta and Kshudrakushta. In this article, it is tried to make a probable comparison between the types of Kushta in Ayurvedic literature and variety of skin disorders in modern medical science based on the close resemblance of signs and symptoms.

Keywords: Skin disorders, Mahakushta, Kshudrakushta, Lakshanas.

INTRODUCTION

"Healthy Skin is a reflection of overall wellness". Skin covers the major part of the body weighing upto 16% of total body weight, when it is diseased causes social stigma. It reveals both the normal and pathological state of an individual. Covering the entire body, skin can protect multiple tissues and organs in the body from external invasions.

Currently there are

three main types of skin disease appearing in human body, including viral skin diseases, fungal skin diseases and allergic skin disease¹ It is important to maintain the health of skin in order to ward off various skin diseases explained under the heading of Kushta in Ayurveda. The word "Kushta" means that which makes one's skin look disgraceful or ugly. In Ayurvedic classics, Kushta Roga is d

PROBABLE COMPARISON BETWEEN TYPES OF KUSHTA AND MODERN SKIN DISEASES.

divided into seven types of Mahakushta and eleven types of KshudraKushta². In this article, classical details of types of Kushta are studied elaborately along with its modern corresponding skin diseases.

AIMS AND OBJECTIVE

To make a probable close comparison of the different types of Kushta explain

ed in the Ayurveda classics with the different types of Skin diseases explained in modern science. With this aim, the colour, texture, appearance, nature of the skin and symptoms have been highlighted from Ayurvedic and modern literature for close comparison.

PROBABLE CLOSE COMPARISON OF TYPES OF MAHAKUSHTA WITH MODERN SKIN DISEASES.

Sl.no	Mahakushta ³	Lakshanas ³	Skin Disorder	Signs and symptoms
1.	Kapala	Dosha : Vata Krishnaarunavarna, Similar to broken piece of earthen pot(Kapala), Ruksha Parusha, Tanu,Bahu toda	Tuberculoid leprosy ⁴	Raised erythematous border & atrophic center, hypopigmented macule Thick Dry skin, Severe Pain ⁴
2	Udumbara	Dosha: Pitta Similar to Pakwa Udumbara Phala Ragaparita, Lomapijara (hair on the patch become brown) Daha, Kandu, Ruja	Vasculitis ⁵	Flat red/palpable purpura Dark spots Intense itching ⁵
3	Mandala	Dosha: Kapha Shwetaraktavarna Mandalakar pidika Utsanna, Sthira, Sthyana(ghana)	Tinea variant ⁶	Circular ring shape Pale macules, Reddish papules Defined and raised ⁶
4	Rshyajihva	Dosha: Vata Pitta Raktaparyanta Antahshyava (red in edges and brown inside) Resembles the tongue of	Lichen planus ⁷	Purplish, flat bumps most often in inner forearm, wrist or ankle Itching Blisters break to form

PROBABLE COMPARISON BETWEEN TYPES OF KUSHTA AND MODERN SKIN DISEASES.

		Rshya(a type of deer with blue testicles), Karkasha, Vedana		scabs or crusts Painful sores in mouth ⁷
5	Pundarika	Dosha: Kapha Pitta Shwetakartaparyantares embles Pundarikadala (lotus petal) Utseda, Daha	Discoid Lupus Erythematou s ⁸	Lighter in center with rim darker edges Elevated Burning sensation, itchy,tender ⁸
6	Kakanak	Dosha: Tridosha Resembles Gunjavarna Apakam Teevravedana	Squamous cell Carcinoma ⁶	Erythematous infiltrated painful Keratotic nodulethat may ulcerate. ⁶
7	Sidhma	Dosha: VataKapha Shwetatamravarna resembles Alabupushpavarna Tanu	Plaque Psoriasis ⁶	silvery scales Bleeding or cracking of plaques Intense Itching ⁶

PROBABLE CLOSE COMPARISON OF TYPES OF KSHUDRA KUSHTAS WITH MODERN SKIN DISEASES

Sl.no	KshudraKushta ³	Lakshanas ³	Skin Disorders	Signs and Symptoms
1	Ekakushta	Dosha- VataKapha resembles Matsyashakalopam(scales of fish) Mahavastu Asweda	Icthyosis ⁹	Fish skin Dry,scaly skin Deep painful cracks ⁹
2	Charmakya	Dosha- VataKapha Hasticharmavat(skin is thick resembling elephant skin) Bahala	LichenSimplex Chronicus ¹⁰	Leathery induration,well circumscribed Erythematous Thickened lichenified skin ¹⁰
3	Kitibha	Dosha- VataKapha Shyava Kinakaraspasha(touch similar to granulation process in wound) Parusha (hard to touch) Kandu	Psoriasis ⁶	Silvery scales Erythematous Rounded plaques Roughness of skin Intense Itching ⁶
4	Vipadika	Dosha- Vata Kapha Panipadasphutana Teevravedana	Palmo Plantar Psoriasis ¹¹	Affects palms & soles Itching, scaling Cracking,raised thickened skin ¹¹

PROBABLE COMPARISON BETWEEN TYPES OF KUSHTA AND MODERN SKIN DISEASES.

5	Visphota	Dosha- Pitta Kapha Shwetaaruna Tanutwacha	Folliculitis ¹²	Small white headed pimples Red inflamed skin Pus filled sores ¹²
6	Shataru	Dosha- Pitta Kapha Rakta, shyava varna Daha, arthi Bahu vrana	Furuncle ⁶	Typical red Contains pus Painful,tender ⁶
7	Vicharchika	Dosha- Pitta Kapha Shyavapidaka Kandu Bahusrava	Weeping Eczema ¹³	Dry crusts Tiny vesicles Itchy and inflamed skin Weep & ooze golden yellow or clear fluid ¹³ .
8	Pama	Dosha- pitta kapha ShwetaArunaShyavapid aka Kandu	Scabies ¹⁴	Tiny reddish Blisters Intense itching ¹⁴
9	Charmadala	Dosha- Pitta kapha Rakta Sphota Kandu Ruja	TineaPedis ⁶	rash between toes Redness Itching with peeling,fissuring and maceration ⁶
10	Dadru	Dosha- Pitta kapha Raga Mandala pidika Kandu	Ringworm ¹⁵	Red raised Blisters Round ring shape Itching ¹⁵
11	Alasaka	Dosha – VataKapha Raga Nodular growth Teevra kandu	Prurigonodularis ¹⁶	Red, Hard lumps, Intensely Pruritus causing people to scratch themselves to point of bleeding or pain.

DISCUSSION

Depending upon the permutation and combination of the various factors of the vitiated doshas and also their location in the body, there is variation in the pain, color, shape, specific manifestations, name and treatment of the various types of Kushta even

though they are produced by the same type of causative factor¹⁷

Where as in modern science, identification and classification of a skin lesion are important steps in the diagnosis of any skin disorders. Type of lesion, color of lesion, shape of lesion, arrangement, distribution of lesions and secondary changes to the

surface of lesion. Skin diseases are classified in various ways

- Site of involvement such as facial rashes, lesions on sun- exposed sites
- Pathogenesis such as genetic abnormalities, infectious aetiology or auto immune mechanisms.
- Main structure affected such as epidermal diseases, abnormalities of melanocytes, vascular changes¹⁸

As per Ayurveda, the variations in the manifestation of diseases depend upon the extent of the aggravation and vitiation of specific dosha. In Kushta Chakrapanihas explained that vitiation of Vata leads to blackish or reddish color, roughness, dryness of skin. Vitiation of pitta leads to burning sensation, sweating, serous exudation, suppuration and redness. Vitiation of Kapha causes whiteness, coldness, itching, swelling, unctuous and adhesion of skin.¹⁷

Inflammatory skin conditions such as eczema and psoriasis cause redness, flaky skin, itchiness and even pain. Infectious skin conditions like tinea, scabies etc cause blisters, pus, skin sloughing, dark, necrotic appearing skin.

The very names of some types of Kushta are indicative of characteristic

features of the disease; e.g. in Kapala Kushta the color or the afflicted skin is like that of Kapala (broken pieces of earthen pot), Audumbar Kushta are like the ripe fruit of Udumbara, Mandalakara lesions so named mandala Kushta, Rasyajihwa kushta is of the shape of tongue of the deer, Pundarika lesions appear like the petals of Lotus flower, Kakanaka Kushta are of the color Kakanantika.¹⁷

Similarly in modern science, some of the types of skin diseases named based on characteristics and site of lesions. Eg. In Ichthyosis the afflicted skin is like that of fish (Ichthys), Psoriasis indicates intense itching, Weeping eczema in which lesions weep & ooze, in Ringworm round ring like blisters are present, Based on site, Palmo plantar psoriasis where palm and soles are affected, tinea pedis where skin infection grows between toes.

Kapala type of Kushta is associated with variety of pain (vedanavishesha) this illustrates the variation in pain. Kakanaka type of Kushta is of color of Kakanantika (*Abrus precatorius* Linn) (varnavishesha) this illustrates the variation of in color. Rasyajihva type of Kushta is of the shape of the tongue of

the deer (samsthanvishesha), this illustrates the variation in shape. Thus 18 types of Kushta differs from each other by its manifestation.¹⁷

Similarly in modern science, Folliculitis lesion is of white headed color, Furuncle, Vasculitis is of red color lesions this illustrates the variation in color. Appearance in blistering skin diseases like pemphigus, the development of large blisters is the predominant feature. Ichthyosis and Eczema appears like lichenified (thickening of epidermis), Whealing reactions in urticaria etc. illustrates the variation in appearance.

Even though all Kushta has got Saman a Prakruthi, it varies in presentation due to Amshamsha Kalpana, Anubandha and Sthana Vibhaga of Prakupita Dosha.

So Kushta Vishesha Lakshanas clears the understanding of Dosha involved and helps for proper diagnoses of particular type of Kushta diagnosing Kushta is by proper understanding of Hetu, Dosha, Lakshanas relation¹⁷

Pathological changes may arise in epidermis, dermis and subcutaneous tissue. The pattern of changes may allow a diagnosis to be made or it may be non-specific. The appearance of

many skin diseases vary at different stages of their development and may be altered but attempted treatment and secondary changes such as scratching of infection. If the diagnosis of a lesion is uncertain, or if a lesion has exhibited unexpected changes in appearance, a diagnostic procedure (eg biopsy excision) is indicated to confirm the diagnosis.

CONCLUSION

The main focus of this paper is on studying the texture of skin thereby using it to diagnose the skin disease. The nature and distribution of the skin lesions will have a major influence on the list of differential diagnoses to be considered. For proper diagnostic approach of disease, lesions are classified into various groups and named in a scientific way. The dermatological disorders as mentioned in Ayurveda are highlighted here with modern science. However this article needs further discussion so that a fruitful conclusion can be drawn in future.

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Corresponding author:

Dr. Akshata S M

PG scholar, Dept of PG studies in Kayachikitsa, B.V.V.S Ayurveda Medical College & Hospital Bagalkot

Email id: dr.akshata.aks@gmail.com

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