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**PUBLISHED PAPER'S TITLE : ROLE OF AYURVEDA IN THE
MANAGEMENT OF SKIN DISEASES**

Authors : Srivastava N*, Saxena V ,**

*** Assistant Professor & Ph.D Scholar,**



**Department of Kaumarbhritya/Balroga,
FOAy, IMS, BHU.**

**** Ph.D Scholar, Department of Shalya
Tantra , IMS, BHU.**

**Corresponding Author (1) -
Dr. Niraj Srivastava,Assistant**

**Professor&Ph.D scholar,Department of
Kaumarbhritya/Balroga, FOAy, IMS,BHU.**

**Email-nirajimsbhu@gmail.com, Mobile no-
09473662858.**

**Corresponding Author (2) – Dr.Varsha
Saxena, Research Scholar, Department of
Shalya tantra, FOAy, IMS, BHUEmail-
nirajimsbhu@gmail.com, Mobile No-
9450001505.**



Research Paper

ROLE OF AYURVEDA IN THE MANAGEMENT OF SKIN DISEASES

Srivastava N*, Saxena V**

Declaration

The Declaration of the author for publication of Research Paper in Asian Journal of Modern and Ayurvedic Medical Science (ISSN 2279-0772) Srivastava N*, Saxena V** the authors of the research paper entitled ROLE OF AYURVEDA IN THE MANAGEMENT OF SKIN DISEASES declare that ,we take the responsibility of the content and material of my paper as we ourself have written it and also have read the manuscript of our paper carefully. Also, we hereby give our consent to publish our paper in ajmams , This research paper is our original work and no part of it or it's similar version is published or has been sent for publication anywhere else.we authorise the Editorial Board of the Journal to modify and edit the manuscript. we also give our consent to the publisher of ajmams to own the copyright of our research paper.

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ABSTRACT

The incidence of skin diseases are increasing day by day. Modern medicine provide temporary relief but not complete cure. Therefore, whole world is gradually turning towards Ayurveda for safe and complete cure of diseases. Especially in the field of skin problems Ayurveda can contribute remarkably. 'Twak'(skin) is external outermost protecting cover which envelopes the whole surface of the body. This is the seat of 'sparsana Gyanendriya' (Tactile sensation) it is extensive amongst all five Gyanendriyas. Sensation of touch is situated in Twak. According to Sushruta the layers of skin is mentioned as 7 in number. Acharyas of ayurveda state that the function of ayurvedic herbs is to purify blood and eliminate vitiated doshas (Vata, Pitta, Kapha) from the body as they are mainly responsible for skin disorders and other diseases. In ayurveda skin diseases are known by the general term Kustha. It is of two types; Maha & Ksudra. According to the tridosha theory of Ayurveda unhygienic conditions, irregular dieting affects vata, pitta and kapha which in term affect the skin. As ayurveda believes that all living beings have the panchamahabhoota as it is components, same is for skin. Skin is seat of Bhrajaka pitta and regulates the temperature of the body. The complexion (Chaya) and lusture (Prabha) of our skin is also conferred to the skin. In Ayurveda various herbs as Chandana, Nagkesara, Padmaka, Yastimadhu, Manjistha, Sariva etc. are described in many forms (Iepa, abhyanga,



gandusha, combined drug). This research article mainly explores description of skin, skin diseases and its treatment in different samhitas of Ayurveda.

Key words:-Skin diseases, Twak, Bharajaka Pitta, Ayurveda.

Introduction:

-Skin reflects the internal of an individual. Healthy skin depicts the personality of an individual. Skin is the seat of tactile sensation because of Vayumahabhoota hence sparsendriya covers entire body. It also provides color of the body. It is the seat of Bhrajakapitta which performs the function of absorption and assimilation of drugs like oils, lotions, ointments, poultice and other topical medicaments. Bhrajakapitta imparts luster of the body and regulates the body temperature. Skin is the seat of Chhaya (Aura) and Prabha (luster). In-utero, different body parts of the fetus are derived from Shadabhavas and skin is derived from Matrija (Maternal) bhava (1, 2, 3, 4). Skin (Twak) is considered as an Updhatu of Mamsa Dhatu along with Vasa. Upadhatu is something, which support the Sharira. Bhutatma along with Shukra and Shonita when obtains maturation then six layers (5) or seven layers (6) of skin are formed. The Varna (complexion), which is of four types such as Gaura, Krishana, Krishna-shyama and Gaura-shyama, develops during fetal life (7). Many physical and psychological disorders find expression on the skin of human body. Thus the skin is a very important organ where all the three Doshas (Vata, Pitta and Kapha) have in their own spheres of activity. Skin diseases are the global health problem in our society. The knowledge about skin and skin disorders are beautifully described in ancient Ayurvedic classics. In contest of skin disorder Charaka described about 18 type of kushtha (obstinate skin disease including leprosy).

Descriptions of the layers of skin according to Sushruta Samhita: -

According to Sushruta the layers of skin is mentioned as 7 in number. 1. Avabhasini 2. Lohita 3. Sweta 4. Tamra 5. Vedini 6. Rohini 7. Mansadhara (8)

1. Avabhasini - The first and outermost layer gives complexion through Bhrajak pitta; also forms the luster by Panchamahabhuta.

2. Lohita - It is the seat of Tilakalak, Nyachha, Vyanga

3. Sweta - It is the seat of Ajagallika, Charmadala and Masaka .

4. Tamra - It is the seat of various kinds of Kilash and Kustha.

5. Vedini - It is the seat of diseases like Kustha and Visharpa.

6. Rohini - It is the seat of Granthi, Apachi, Arbuda, Slepada and Galaganda.

7. Mansadhara - It is the seat of Bhagandara, Vidradhi and Arsha etc.

Descriptions of the layers of skin according to Charak Samhita:-

Charak has described six layers of skin (9)

1. Avabhasini (Stratum corneum Epidermis)- It is first layer of skin known as 'Prathama' or Udakadhara which is outer most layer of skin,

2. Lohita (Stratum lucidum Epidermis)- It is Asrigdhara layer

3. Sweta (Stratum granulosum Epidermis)- It is seat of disease like Sidhma and Kilasa (leucoderma)

4. Tamra (Stratum malphighii Dermis)- It is seat of disease like Dadru (ring worm) and Kushta (skin diseases)



5. **Vedini**(Papillary layer Dermis)- It is seat of disease like Alaji and Vidradhi (abscess)

6. **Rohini**(Reticular layer Dermis)-

Nidan of Skin diseases: -According to Ayurvedic classics, the word Nidan carries two meanings vizcausative factors and diagnosis. It is very important to know the cause of disease by which its prevention and treatment becomes easier. So Shushruta has defined Nidan Parivarjana. Three types of causative factors are described in Ayurveda as -

1. Asatmya Indriyartham Samyoga
2. Pragyaparadha and
3. Parinama

Asatmya Indriyartham Samyoga means nonhomogeneous (Asatmya) contact, of sense organs(Indriya) with their perceptions. This Pragyaparadha is the root cause of all diseases. Parinama is related only to seasonal changes i.e excessive heat, cold and rain.

Division of skin diseases in Ayurveda:-

Skin diseases are described under the heading of Kushta in Ayurveda. Literally the term means production of disfigurement in the body, especially skin surface. Hence, the disease is known as Kushta. The term Kushta is used in Ayurveda as general term for all skin diseases including Leprosy. Kushta roga has major division first 7 Mahakushta & second 11 Kshudrakushta. In Charaka Samhita *Saptakodravysangraha* (7 doshadushya) **(10)** are described in Kshudrakushta. Out of 7 Mahakushta except Sidhma all mimic the leprosy. Sidhma resemble the disease Pityriasis versicolor. In 11 Kshudrakushta, Eka kushta (Psoriasis), Kudrakushta (Xeroderma), Kitibha (Lichen planus), Vipadika (Rhages), Alsak (Infective dermatitis), Dadru (Ringworm or Tania), Charmdal (Impetigo, Herpes simplex, Herpes zoster), Pama (Scabies),

Sphota (vesicle & bullous eruption), Shataru (Cellulitis or perioritis) and Vicharchika (Eczematous dermatitis) are described. Other skin diseases e.g. Mukhadushika (Acne vulgaris), Khalitya (Alopecia) Palitya (premature falling and greyness of hair) Vyangya, Kotha, Utkotha (Urticarial diseases) etc. are enumerated in Kshudraroga. Thus Mahakushta, Kshudrakushta & Kshudraroga almost cover the whole dermatology in Ayurveda.

Division of skin diseases in Modern sciences:-

Diseases of the skin are a common occurrence. There are not many statistics to prove the exact frequency of skin diseases in this country, but general impression is 10-20 percent of patients seeking medical advice suffer from skin diseases. While infections are more common in the tropics, chemical and psychogenic dermatoses are common in western countries. In modern sciences all skin diseases can be included in 4 groups- **(11)**

1. Infectious diseases: - In this group we can include Pyoderma, Scabies, Mycoses, Warts, Herpes, Leprosy, Tuberculosis, and Leishmaniasis

2. Allergic diseases: - In this group we can include Eczema, Drug Eruption and Urticaria

3. Climatic diseases:- In this group we can include Miliaria and Intertrigo

4. Miscellaneous diseases:- In this group we can include Acne, Alopecia, Vitiligo, Chloasma, Psoriasis, Pemphigus, Neuro dermatitis, Lupus and Lichen.

Treatment of skin diseases (Kushta) in Ayurveda.-



Ayurveda is one of the most ancient medical traditions practiced in India and other South Asian countries. The total number of plants mentioned in Ayurveda are 1773, however the main classics of Ayurveda viz. Charak Samhita, Sushruta Samhita and Astang Sangraha have detailed descriptions of about 700 herbs. Several herbs have been mentioned in Ayurveda which can be used to obtain healthy skin and glowing complexion. All type of kusta roga are tridosaja in ayurveda. Main treatment of Vata pradhana kusta roga is ghritapan, in pitta pradhana kusta roga is virechana and in kapha pradhana kusta roga is Vaman (12).

Single drug that is used in skin diseases-

- a) Aragvadha (*Casia fistula*)
- b) Khadira (*Acacia catechu*)
- c) Haridra (*Curcuma longa*)
- d) Amalki (*Phyllanthus emblica*)
- e) Daru Haridra (*Berberis aristata*)
- f) Bakuchi (*Psoralea corylifolia*)
- g) Nimba (*Azadiracta indica*)
- h) And metals like Gandhak, Mahashila, Rasasindura, Rasamanikya.

1. Compound drugs for internal and External applications.

- a) **Kwatha** - Patolodi Kwatha, Manjisthadi Kwatha, Kharira kwatha etc.
- b) **Vati** - Amruta guggul, Arogya bardhani, Panchatikta ghrita guggul etc.
- c) **Ghruta, Taila** - Maha Khadira ghruta, Triphala ghruta, Panchatira ghruta, Maha tikta ghruta, Arogyabdhya taila,

Visamarchayadi taila, Maharudra taila.

- d) **Bhasma** - Praval Bhasma, Swarnamakshika Bhasma, Sudha Gandhak.
- e) **Ashva Rista** - Khadirarista, Saribadyasava, Madhwasaba, Manjisthadyarista
- f) **Rasa Aushadhi** - Rsamanikya, Gadhak Rasayana, Talakeswara Rasa, Mahatalakeswara Rasa, Kustharirasa, Galat Kusthrirasa, Kusthakutharasa, Kusthakalanalarsa.

2. Taila for external application.

- a) **Taila** - Marichyadi taila, Mahamarichyadi taila, Tubarka taila, Dhasturabijataila, Kanakakshiri taila, Kustharakshyasa taila
- b) **Kalka** - Ghrushta Sarshapa Kalka
- c) **Pradeha** - Trunakanta Pradeha, Kasamarda Pradeha.
- d) **Lepa** - Manasiladi lepa, Chakramardavijadilepa, Sinduradilepa, Bhalatakadilepa, Rasadilepa, Gandhapasana lepa.

Pathya-Apathya - In all skin diseases patient should take whole some diet. Tiktarasa and Sudhabhalataka, Triphala and Ghrita, green and leafy vegetable are helpful for the patient (13). Guru anna, amla rasa, milk, Fish and meat should be avoided

Discussion and conclusion

According to Ayurveda, pitta prakop causes skin diseases. Vata, pitta and kapha are the three substances which cause and govern the functions of the body. If these are



normal, the health of individual remains normal otherwise not. For skin disease, pitta factor should be considered first. Skin diseases are described under the heading of Kushta in Ayurveda. Kushta roga has major division first 7 Mahakushta & second 11 Kshudrakushta. Many single drugs, compound drugs and taila are used in management of skin diseases in ayurveda. Tikta rasa are mainly pathya rasa and amla rasa is mainly apathya rasa in ayurveda.

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