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REVIEW ARTICLE

CLINICAL USE OF SHEHADI KARMAS IN KUSHTHA CHIKITSA

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ABSTRACT

Skin diseases cause discomfort, deformity, disfigurement in the patient. Skin is the largest organ of the body which protects body from external disease producing factors. In skin diseases the area of involvement may vary from small to covering entire body. In such conditions change in Lifestyle (change in Soap), use of Moisturizers, internal use of Corticosteroids, anti-histamines, Light Therapy are used. But with instant recovery many noticeable side-effects are also produced. When such patients come to Ayurved diagnosis is made with the study of signs and symptoms. Most of the skin diseases are studied under Twakvikar or Kushtha. If diagnosed accurately Ayurved treatment gives excellent results. Kushtha is of Maha-Kshudra-Asankhya Types. In Maha-kushtha Dhatugataavastha occurs. Both Shaman and Shodhan treatment have been advised in the management. Here an attempt is made to explain use of different procedures in Kushthachikitsa.

KEYWORDS: Kushtha, Snehana, Vaman, Virechan, Basti, Ksharkarma



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INTRODUCTION

Skin is the largest organ of the body. It is the part of Integumentary system of the body i.e. the set of the organs forming the outermost layer of an animal's body. Due to internal or external factors many skin diseases are produced. The area of skin involved can vary from small to covering entire body. The prevalence of skin disease in the general population in different Geographic's regions on India varies from 7.9 to 60%. In Contemporary science change in Lifestyle (change in Soap), use of Moisturizers, internal use of Corticosteroids, anti-histamines, Light Therapy are used. These treatments give relief but recurrence is very common. In such conditions Ayurvedchikitsa gives excellent results. All these skin diseases are included in Kushtha-chikitsa. This Vyadhi is considered to be Rasa-Raktavaha srotas dushti¹janya. In Kushtha- Vata, Pitta, Kapha, Rasa, Rakta, Mansa, Ambu are vitiated Dravya-samgraha². Due to Hetu-sevna many types of Kushtha are produced. Depending upon Dhatugataavastha, Kushtha are of many types- Kshudrakushtha, Mahakshudra or some times Asankhya³ (can not be counted). In Ayurved, both Shaman and Shodhanchikitsa have been described. Selection of the treatment depends upon involved Dosha, Dhatu, Upadhatu, Mala involved. In kushtha, Snehana, shodhan, Vaman, Virechan, Basti, Nasya, Rakta-mokshana, Lepa, Kshar etc. have different actions in each type. Here an attempt have been made to explain each Snehanadi procedure.

METHODOLOGY:

To understand Kushtha Dosha-Dhatu involvement, Lakshana, shodhanaavastha, specific procedures to be conducted are studied from all Bhrihat-trayi, Bhela Samhita, Harita Samhita etc. With signs and symptoms observed in the patient Dosha-dushti is decided. Though every type of kushtha is tridosha-pradhan, depedinguonlakshanas name is given to the type if possible. RaktadushtiLakshana in types of Kushtha⁴:

1. Vataj- Saphena, Arunavarna, Ruksha
2. Pittaj- Neela- Pita- Aasitavarna, Tapta
3. Kaphaja- Vijjala, Pandur, Snigdha, Tantumat
4. Sannipataja- SarveshamDarshanam

Different procedures to be conducted – Among all types and avastha of Kushtha below mentioned types are said to be Sadhya⁵. Both Acharya Sushruta and Acharya Harita have

described combination of shaman and shodhanchikitsa. In DhatugataAvastha, Kushthapoorvarupa, Rasagata, Raktagata, Mansagata, Medogata are Sadhya.

Table No.-1

| Sr No | DhatugataAvastha | Sushruta Samhita ⁶ | Harita Samhita ⁷ |
|-------|------------------|--|-----------------------------|
| 1 | Rasagata | Shodhan, Alepana | Swedana, Alepa |
| 2 | Raktagata | Shodhan, Alepana, Kashaypan, Shonitavasechan | Raktamokshan |
| 3 | Mansagata | Shodhan, Alepana, Kashaypan, Shonitavasechan, Arishta- Manthprasha | Virechan |
| 4 | Medogata | Shodhan, Alepana, Kashaypan, Shonitavasechan, Arishta- Manthprasha | PachanarthaKwatha |

Snehana –Shehana Karma can be used as Abhyantar and Bahyachikitsa form. Before Vaman and VirechanShodhanarthsnehapana in VardhamanMatra is administered. If patient has more Kandu (Intching) or Daha (burning sensation) Sthanik or Bahyaabhyanga can be applied on the lesions.

Table No.-2

| Sr no | Karma | Avastha | Dravyas- |
|-------|------------------|-------------------|--|
| 1 | AbhyantarSnehana | Vatadosha Pradhan | DhanvantarSarpi, PanchgavyaSarpi, MahaneelaSarpi, ShirishTailam |
| | | | SadhitTailam- Dashamoola, Amruta, Eranda, Shargenshta, Meshshringi |
| | | | Patoladi, Saptacchadadi, Tiktaka, Mahatiktaka, Nimbadi, Aragvadhadi Sarpi ⁸ |
| 2 | Abhyanga | | Bhallataka, Tuvarak, Sarshapa Sneha ⁹ |
| | | Daha-pradhan | TiktaGhrita, (Shat)-DhautaGhrita Chandan – Madhuka-Prapaundarika Tailam ¹⁰ |

Swedana- Before Rakta-mokshan ,Swedanahave been advisedon the affected area.

Table No-3

| Sr no | Karma | Avastha | Dravyas |
|-------|---------|---------------------------|---------------------------|
| 1 | Swedana | VatajKushtha | PrastarSweda, Nadi-Sweda, |
| | | Twakgata/ RasagataKushtha | |

| | | | |
|--|--|------------------------|---|
| | | Sthira, Kathin, Mandal | Aanupa+VarijaMansa Dravya(Pottali) ¹¹ |
|--|--|------------------------|---|

Vaman- In KushthaChikitsa, Vaman is advised. Though Madanphala is sreshtha-Vamak drug, below mentioned drugs are suggested by our Acharyas for Vaman.

Table No.-4

| Sr no | Karma | Avastha* | Dravyas- |
|-------|-------|-----------------------|---|
| 1 | Vaman | Kapha Pradhan | <ul style="list-style-type: none"> Vasa, Patol, Lavan, Vacha, NimbaTwak, kwatha, Madanphala, Madhu (Harita Samhita) Kutaj, Madanphal, Madhuka, Patol, Nimbrasa, Shitarasa, Pakvarasa¹² Siddharthakadi Kashay¹³ |
| | | UtklishtaDoshaHridaye | |
| | | UrdhwabhagSthita | |

Virechan- In Pitta-pradhan conditions Virechan should be conducted using TriphaladiDravyas as mentioned in Table.

Table No.-5

| Sr no | Karma | Avastha | Dravyas- |
|-------|----------|-------------------|--|
| 1 | Virechan | Pitta Pradhan | Phala-Trika, Trivruta, Dantikwatha , Vacha, ushnaJala (Haria Samhita) |
| | | Mansagata-Avastha | Trivruta, Danti, Triphala, Sauviraka, Tushodaka, Aasav, Sidhu ¹⁴ (Charak Samhita) |
| | | | SiddharthakadiKashay |

Basti- In Vata Pradhan conditions Basti should be given with below mentioned drugs with Yukti-praman.

Table No.-6

| Sr no | Karma | Avastha | Dravyas- |
|-------|----------|-------------------------------------|---|
| 1 | Asthapan | Vataj | Darvi, Brihati, Sevai, Pichumarda, Madanphala, KrutamalakKwatha , Sa-sneha, Kalingaka+ Yava+Musta ¹⁵ |
| 2 | Anuvasan | Vataj, After Virechan-AsthapanBasti | Madanphala, Madhuka, Nimba, Kutaj, Patol siddha Sneha ¹⁶ |

Nasya- for Doshas situated in Shirah-pradesh, ShodhanNasya is advised.

Table No.-7

| Sr no | Karma | Avastha | Dravyas- |
|-------|----------------|--------------------------------|---|
| 1 | Shiro-virechan | Krimi –Kushtha-Kaphapradoshaja | Saindhav, Danti, Madhuka, Phanijjaka, Pippali, Karanjphala, Vidanga ¹⁷ |

Raktamokshan- Depending upon Dosha-dushya Raktamokshan is advised.

Table No.-8

| Sr no | Karma | Avastha | Dravyas- |
|-------|--------------------|---|---|
| 1 | Pracchan | Atyalpa, Stabdha-Supta-Aswedana- Kandu | Kurcha, Samudra-phena, Shastra, Patra, Gomaya ¹⁸ |
| 2 | Sthanik–doshanurup | KaphajaDushti | Alabu |
| 3 | | PittajDushti | Jalauka |
| 4 | | VatajDushti | Shringa |
| 5 | Siravedha | Bahudushti Raktotbhav , Sannipotatbhav | llaqhStpade;uizraíaSyivmae]yet! ¹⁹ |

Lepa- After Samshodhna+ Rakta-mokshan, Lepa are advised.

Table No.-9

| Sr no | Karma | Avastha | Dravyas- |
|-------|-------|--|--------------------------------------|
| 1 | Lepa | After rakta-mokshan | Swarjakadi, Avalgujadi, Matulangadi* |
| | | Svedit- Unnat- Shastra likhita | |
| | | Stabddha-Atisupta-Aswedana-Kanduyukta After shushka-Gomay Pragharshan ²⁰ | |

Kshar Karma- In some conditions, Kshar Can be applied on Kushtha lesions.

Table No.-10

| Sr no | Karma | Avastha | Dravyas- |
|-------|-------------|---|----------|
| 1 | Kshar Karma | SparshendriyaNasha, Rakta-mokshan can't be done ²¹ | - |

Dhoomapana- If Krimi-utapatti occurs in Kushtha, Dhoomapan is advised.

Table No.-11

| Sr no | Karma | Avastha | Dravyas |
|-------|------------|---|--------------------|
| | Dhoomapana | Uttamang, Krimi-utaptti in Kushtha ²² | VairechanikaDravya |

DISCUSSION:

It is very necessary to choose right procedure for Kushthachikitsa. Each Karma have different mode of action to break Samprapti of Kushtha.

1. Snehana- Though kushtha is Kleda Pradhan Vyadhi, if the condition is Vatadosha Pradhan, abhyantarsnehapan is indicated. The contents of these sneha are have Kandughna and Kushthaghna properties. Medicated Ghrita i.e. Siddha with kushthaghna medicines can be used as per condition. Shodhanarthasnehapan helps to bring shakhastadosha to bring back to Koshtha. Bahyasneha is applicable in Daha Pradhan condition and again if associated with Vatadosha.
2. Swedana- Generally Swedana is contraindicated in Kushtha-chikitsa. But in some cases swedana is advised e.g. if Vatadosha is predominantly involved, in Dhatugataavastha, vitiated doshas are lodged in Rasa-dhatu, due to chronicity if the lesions are Sthira (not increasing or decreasing), Kathin (hard to touch), Mandal (round shaped). Here mostly Pottalisweda have been advised. The contents of the pottali should be Kushthaghna in nature.
3. Vaman- Kushtha is Kledapradhanvyadhi. All seven dushyas involved are Jala-mahabhoota Pradhan. As kleda is associated with Kaphadosha, Vaman can be conducted in almost all types of Kushtha. If doshas are in Utklishtaavastha, if lesions are located in Urdhwa-bhag (above umbilical area) Vaman gives excellent results.
4. Virechan - As Kushtha-Pitika-Kandu are Bahu-doshavyadhi, Urdhwa or Adhoshodhan have been indicated. If kushtha-avastha is Pitta-pradhan or vitiated doshas are lodged in Mansadhatu then Virechan is indicated.
5. Basti- Both Asthapan and AnuvasanBasti are contraindicated in Kushthachikitsa. As AsthapanBasti is Kwath-pradhan (Jal Mahabhoota), AnuvasanBasti is Sneha-pradhan. Both types may increase Kleda in the lesions. This will worsen the condition of the patient. But if required Basti can be given in Kushtha patient²³. If all the dravyas suggested by Acharyas are studied it can be observed that all are Kushthaghna and Kandughna in nature. Such drugs will help to control Kleda in the body and ultimately Basti will pacify

- Vatadosha. Hence in Vatapradhnadosha-avasthaBasti have been advised in Kushthachikitsa.
6. Nasya- ShodhanarthaNasya have been advised if Kushtha lesions are present in Shrah-pradesh, Kapha Pradhan Dushti, if Krimiuttapati occurs in Kushtha. Due to shodhan, kleda get reduced which is ashray-sthan of Krimi. In Krimichikitsa too, Acharya Charak has advised expulsion²⁴. Here saidhavadiDravya will expel out Doshas, kleda and ultimately acts on Krimi.
 7. Rakta-mokshan- Kustha is Rakta-pradoshasvikar. In almost all types of KushthaRakta-mokshan have been advised. Selection of it depends upon Dosha-dhikya, Depthness, spread of the disease. If Alparakta-dushti is present,Prachhan has been indicated using, Kurcha, Samudraphena, Shastra, Gomayachoorana, Leaves of Nimba, Parijat etc. Siravedha is indicated if lesions spread all over the body. If all three doshas are involved. For this “Sira” nearest to the lesions is selected. According to Doshadhikya, Shringa, Jaluka, Alabu are advised to use in Vata, Pitta, Kaphadushti respectively.
 8. Lepa- Lepa of all Kushthaghna and KandughnaDravyas are useful in Kushtha. It gives instant relief to the patient though not curative treatment. If these Lepas are applied after swedana or Raktamokshan (Pracchan) Romkupa situated at those areas are opened up. It results in maximum absorption of the drugs inside the lesions. Efficacy of the Lepa increases with Poorvakarma.
 9. Ksharkarma- In KushthaChikitsa application of Kshar-karma has been indicated if patient is having Sparsha-nasha (absent sensation in the skin-dermatome) or the cases in which Rakta-mokshancannot be done. Here pratisarneeyakshar is used. A medicine (alkaline in nature) derived from a combination of various herbs is applied to the skin affected.
 10. If in Kushthavyadhi in advanced stage, Krimi-uttapati occurs, Dhoomapana with Vairechanikadravyas have been advised.

CONCLUSION:

Kushtha Is Kapha Pradhan, Bahu-doshaVyadhi. Shodhan is indicated in these conditions. According to Dosha-Dushya Snehana, Swedana, VamanadiPanchkarma, Lepa, Kshar, Dhoompana are beneficial procedures. With the help of signs and symptoms of the patient if right Snehadi procedure is selected it can give excellent results in the patient.

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