

ETIOPATHOLOGICAL STUDY OF DIFFERENT KSHUDRA ROGAS & ITS MANAGEMENTS

***Dr Shashi Bala Meena, *Dr Sachitra Singh, **Dr Sisir Kumar Mandal**

**MD Scholar, ** Associate Professor, Department of Rog Nidan & Vikriti Vigyan,*

All India Institute of Ayurveda, New Delhi

ABSTRACT

Nowadays skin diseases are challenging in modern era as there is limitations to current treatment and likely to be treated as insignificant and inconsequential in comparison to other disease. This study aims to shed light on kshudra roga which includes many diseases which affects ones external beauty. Some of the diseases of kshudra roga mentioned in ancient ayurvedic classics are skin disease of present era like Khalitya (alopecia), Palitya (premature greying of hairs), yuwanpidika (acne vulgaris), Darunaka (dandruff), Jatamani (birth mark) Kunakha (discoloration of nails) etc. These diseases are challenging and its treatment given to the patient are sometimes not satisfactory provided by the modern medicine. But in the ancient ayurvedic classics, the cause, symptoms and their specific treatment had been described. A number of skin disorders has been enumerated under the heading of Kshudra roga. Kshudraroga has enlisted in all ayurvedic classics. Skin diseases are the diseases affecting only appearance that is embarrassing even disfiguring but harmless, causing no pain but lower self confidence and lead to psychological stress. The prevalence of skin disease in india is 50 percent of the total population with skin diseases. This paper will detail the above mentioned concepts in elaboration.

Keywords: *skin disease , beauty, minor diseases*

INTRODUCTION

Kshudra roga is made up of two words i.e. kshudra and roga. Kshudra means alpa or short/ small/ minor and roga means disease. So kshudra roga are small/ short/ minor diseases. These disease are lesser severity. Gayadas says that they are minor because of littleness of their cause , symptoms and treatment. In this paper light on the kshudra roga and their management described in different ayurvedic classics which the modern medicine had limited treatment. To develop and provide more

effective treatment to the patient we need to emphasize in the ayurvedic classics which will serve an effective development for the challenging skin diseases of present era.

AIM & OBJECTIVES

- To light on Kshudra roga according to their site on the body and their management
- To evaluate the contribution of ancient Ayurvedic classics on Kshudra roga in aspect of beauty.

MATERIALS AND METHODS

Ancient ayurvedic classics, Sushrut Samhita, Astanga Hridaya, Astanga Sangraha, Madhav nidan, Vangsen Samhita, Yogratnakar Samhita were referred. The commentaries of the above said samhitas and internet were also studied for this article.

DISCUSSION Now, we shall discuss Kshudra roga and their management which are described in different ancient Ayurvedic texts according to their sites on the body.

Kshudra Roga related to Head	Kshudra Roga related to Face
1. Irivellika 2. Panasika 3. Indralupta 4. Darunaka 5. Arunshika 6. Palita	7. Yuvanpidika 8. Vyanga 9. Nilika 10. Nyachh 11. Pashaangardabh
Kshudra Roga related to middle body	Kshudra Roga related to whole body
12. Parivartika 13. Avapatika 14. Niruddhaprakash 15. Sannirudh Guda	16. Ajagallika 17. Yavprakhya 18. Antraalaji 19. Vivrita 20. Kachhapika 21. Indravridha 22. Gardhabhika 23. Jalagardabbha 24. Vissphotaka 25. Gandhmala 26. Sharkarabbuda 27. Padminikanta 28. Mashaka 29. Masurika 30. Yatumani 31. Tilkalaka 32. Charmakila
Kshudra Roga related to upper limb	Kshudra Roga related to lower limb
33. Valmika 34. Kaksha 35. Agnirohini	36. Chippa 37. Kunakha 38. Anushayi 39. Vidari 40. Padadaari 41. Kadar 42. Alasaka

1.Irivellika- papules which are caused by *tridosha* on the head, round in shape associated with severe pain, fever and all the sign and symptoms of all three dosas .

Treatment- Swelling should be managed with the paste of *devdaru(CedrusDeodara)*, *realgar(Arsenic disulphide)* & *kustha(Saussurea lappa)* processed by

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fomentation. Healing by application of *ghrita* processed by *madhura* group of drugs

2. Panasika- In which the abscess raises in the inner part of the ear with severe pain, hardness and resembling the lotus stalk caused by *vata & kapha*.

Treatment- This should be an ointed by the paste of *manahshila*, *devadaru* and *kushtha* or the paste of *sigrū* (*Moringa oleifera*) and *devdaru* and when they suppurate should be treated like wounds.

3. Indralupta- In which *Pitta* combining with *vata* and getting into the pores of hairs (hair follicles) cause fall of hairs, then *kapha* along with *rakta* obstructs the pores of those hairs follicles avoiding further growth of hair.

Treatment- *Syonaka* (*Oroxylum indicum*) and *devadaru* paste should be applied. Application of *brhati* (*Solanum indicum*) juice mixed with honey or .By applying paste of *madhuyasti* (*Glacyrriza glabra*), *indivara* (*Monochoria vaginalis*), *draksha* (*Vitis vinifera*) oil, *ghrita*, cow milk and *bhringraja* (*Eclipta prostrata*)- juice of the leaves of *tiktapatola* (*Trichosanthes dioica*) is rubbed regularly even chronic painless *indralupta* is cured with in three days.

4. Darunaka- In which the scalp becomes hard, itching, dry and fissured due to aggravation of *kapha* and *vata*.

Treatment- The paste of *priyala* (*buchnaniania lanzan*)- seeds, *madhuka*, *kustha*, *masa* (*Vigna mungo*) and rocksalt ground with sour gruel and mixed with honey should be applied on the scalp. The oil cooked with equal quantity of the juice of *kantakari* (*Solanum xanthocarpum*)-fruits or with the juice of the flowers of *jati*, if applied cures *darunaka*. *Nilotpala* (*Nymphaea nauchali*) stamens, *madhuyasti* and *amalaki* (*emblica officinale*)

5. Arunshiaka- In which excessively sodden lesions having multiple openings are produced in the head with profuse discharge due to vitiation of *kapha*, *rakta* and worms microbes.

Treatment- It should be washed repeatedly by boiled water mixed with rock salt. Repeated application of paste of *Patola* (*Luffa acutangula*), *nimba* (*Azadirachta indica*)

and *vasaka* (*Adhatoda vasika*) or paste of *khadira* (*Acacia catechu*), *nimba* and *Jambu* (*Syzygium cumini*) bark pounded with cow urine *Haridradvaya* (*haridra* (*Curcuma longa*) and *daruharidra* (*berberis aristata*), *Kiratikta* (*Swertia chirayita*), *triphala*, *nimba* and *candana* (*Santalum album*) oil cooked with these is useful as ointment in *arumsika*.

6. Palit- The heat in the body is increased due to anger and reaches the head along with *pitta*- both of these affect the hairs to make it grey by which greying of hairs takes place.

Treatment- *Amalaka* fruit, *Haritaki* (*Terminelia chebula*) fruit, *bibhitaka* (*Terminelia bellirica*) fruit, *lauha bhasma* 10 gm, Mango fruit kernel all are pounded together and kept in an iron vessels over night applied to head in the morning. Nasal administration of neem oil should be properly done regularly for a month and the person should take cow milk it cures chronic *palita*.

7. Yuvana Pidaka (Mukhdushika)- In which the pimples like a thorn of a *Shalmali* (*Shorea robusta*) tree, which are found on the face of young men due to deranged condition of the *Rakta*, *Vayu* and *kapha*.

Treatment-Paste of *lodhra* (*Symplocos recimos*), *dhanyaka* (*Coriandrum sativum*) and *vaca* (*Acorus calamus*) deastroys *yuvanpidika*. Paste of *sarsapa* (*brassica campastris*), *vaca*, *lodhra* and *saindhava* is also applied. Snuff of *tila* (*sessamum indicum*) oil used for three weeks alleviates even very severe *pidika*.

8. Vyanga- In which *vata* and *Pitta* getting aggravated together due to grief, anger, etc. Produce thin, circular, painless, blue or black coloured patch on the face. With *vata* it is rough, coarse on touching and blue; with *pitta* it is coppery at its edges and deep blue; and with *kapha* predominance it is white at its edges and itching; with *rakta* (blood) predominance, it is red, having burning sensation and tingling.

Treatment.- Paste of *Arjuna* (*Terminelia arjuna*) bark or *manjistha* (*Rubia cordifoliya*). Apply the paste of the leaf buds of *vata* and *masura* (*Lens culinaris*) cures *vyanga*

mixed with honey, After washing the face with decoction of *varuna* the paste of yellow leaves of *vata*, *malat*(*Combretum indicum*),*red candana*(*Pterocarpus santalinus*),*kustha*,*kaliyaka*(*Coscinium fenestratum*) and *lodhra* should be applied or paste of the *jatiphala*(*Myristica fragrance*),paste of *masoora* ground with milk added with *ghrita*

9.Nilika- In which a black patch appeared on the body or face.

Treatment- The paste of *jatiphala* should be apply.

10.Nyaccha- In which *vata* along with *pitta* and *rakta* enters the skin,it causes the bluish or black patch on any part of, which is painless, big or small, Since this occurs in other than face area, though it is blackish in colour.

Treatment- Bark of latex tree along with their latex should be apply after rubbing, alternatively a paste of *bala*(*Sida cordifolia*), *atibala*(*Abutilon indicum*),*madhuka* and *haridra* should be applied. Paste of *vijaya*(*cannabis sativa*) leaves, roots of *devadaru* and *simsapa* pounded together and applied as paste.

11.Pashana gardabbha-*Sopha*(swelling) appearing at the joining place of the lower jaw, having mild pain , produced by *vata* & *kapha*.

Treatment- After fomentation the lesion the paste of *devadaru*, *realgar* and *kustha* and also other *kapha* and *vata* alleviating pastes should be applied on it.

12.Parivartika- In which the *Vyan vata* aggravated by excessive massage,pressure or local trauma,attack the integuments of the penis(prepuce) which being thus affected by the deranged *Vayu* forms into a knot like structure and hangs down from the glans penis and cause pain and burning sensation; and sometimes suppurates.

Treatment-*Vata* ellivating enema should be administer and unctuous diet should be given to eat.

13.Avapatika-When the integument of prepuce is abnormally and forcibly turned back or a voluantry retention of the flow of semen or forcible opening of the prepuce, the disease is called *avapatika* or Paraphymosis.

Treatment- *Avapatika* should be treated with unction and fomentation.

14.Niruddha prakash- In which the prepuce affected by the Deranged *vayu* entirely covers up the glans penis and thus obstructs and covers up the orifice of the urethra.In cases of partial obstruction a thin jet of urine is emitted with a slight pain. In cases of complete closing the emission of urine is stopped without causing any crack or fissure in the glans penis in consequence.

Treatment- A tube made of iron, wood or *laksa* and having double opening should be introduced after lubricating well with *ghrita*.Through this the part should be irrigated with fat and marrow of *sisumara* or *varah*.*Cukra oil* should be applied mixed with the paste of *vata* alleviating drugs.

After three days again a thicker tube is introduced to widen the passage.If not cured by this method, the overlapping skin should be removed surgically avoiding the suture, followed by the management as in wound and also unctuous food.

15.Sanniruddha guda- Due to suppression of natural urges , the *vata* is depressed, takes shelter in the anus and causes obstruction by narrowing the orifice, and because of the narrow passage , the faeces is passed out with difficulty. which is very severe.

Treatment- *Cukra oil* should be applied mixed with the paste of *vata* alleviating drugs.

16.Ajagallika- Should be known to occur in children ,is produced by vitiated *kapha* and *vata Pitika* (eruption) which are greasy unctuous,of the same colour as of the skin ,knotty, ,painless and is like a *mudga*(green gram).

Treatment- Paste of *sukti*(*Pearloyster shell*), *saurastrika* and *Yavakshara*(*Hordeum vulgare*) or paste of *syama*, *langlika*(*Gloriosa superba*) and *murva*(*Marsdenia tenacissima*) should be apply there.

17.Yavaprakshya-That eruptions which is produced by *kapha* and *vata*,is of the shape of barley,is very firm, knotted and is located in the muscles.

Treatment-The paste of *manahshila*, *devadaru* and *kushtha*.

18.Andhalaji- That swelling which is due to *kapha* and *vata*,is firm,without a punctum,raised; circular and contain little pus.

Treatment- This should be an ointed by the paste of *manahshila*, *devadaru* and *kushtha* and when they suppurate should be treated like wounds.

19.Vivrita- In which the *Pitika*(eruptions) produced by *pitta*, round ,resembling a ripe fruit of *udumbara*, producing severe burning sensation and fever and having a wide open mouth.

Treatment-If suppurated, *ghrita* cooked with the sweet group of drugs be applied on it.Application of the paste of the roots of *nili* (*Indigofera tinctoria*)and *patola* (*Luffa acutangula*)mixed with *ghrita* is beneficial . The other hard swelling caused by (*kapha* and *vata*) should be managed with the paste of *devadaru*, *realgar* and *kushta* preceded by fomentation

20.Kaccapika – In which the swelling /*Granthi* (tumour/nodule)which are due to *kapha* and *vata* ,are knotted ,five or six in number having no mouth(opening) circular like the patch of *alaji*,filled with very little amount of pus,thick,raised ,hard and have a hump like that of a tortoise

Treatment- The paste of *nisa*, *kustha*,*realgar* yellow orpiment and *daru* should be applied.

21.Indravridha-Which arises due to *vata* and *pitta* and is full of small boils in the centre as in a lotus fruit or The macule in the middle of which there will be many small vesicles

Treatment - The wound should be managed with *ghrita* processed with sweet drugs. Other hard swelling managed with the paste of *devadaru*, *realgar* and *kushta*. Application of the paste of the roots of *nili* and *patola* mixed with *ghrita* is beneficial .

22.Gardabbhika- In which the eruptions which are produced by *vata* and *pitta*, are circular ,raised spherically, full of blood and produce pain.

Treatment- The other hard swelling caused by (*kapha* and *vata*) should be managed with the paste of *devadaru*,

realgar and *kushta* preceded by fomentation.Paste of the roots of *nili* and *patola* mixed with *ghrita* is beneficial

23.Jala gardabbha- In which produces burning sensation and fever,is slender ,nonsuppurating and is oedematous.or *Sopha* (swelling) caused by all the *dosas* with the pre dominance of *pitta*, spreading from place to place slowly, not undergoing *paka* coppery in colour.

Treatment- Wound should be managed with *ghrita* processed with sweet drugs.Hard swelling managed with paste of *devadaru*, *realgar* and *kushta*.paste of the roots of *nili* and *patola* mixed with *ghrita* is beneficial and quickly cures .

24.Visshphotaka-In which *pitta* and *rakta*, occur at one place or all over the body, have blisters similar to those produced by fire cauteryard are associated with fever and having severe pain.

Treatment-The wound should be managed with *ghrita* processed with sweet drugs. Hard swelling managed by paste of *devdaru*, *realgar* & *kustha*

25.Gandhanama- In the same as vissphotaka another swelling seen with blisters of similar colour situated in the skin or solitary *pitika* big in size or painful black vesicle(as in *Kaksha*) , due to vitiated *pitta* .

Treatment- The wound should be managed with *ghrita* processed with sweet drugs. The other hard swelling should be managed with the paste of *devadaru*, *realgar* and *kushta* preceded by fomentation.

26.Sharkararbuda-In which muscles, vessels, ligaments, *kapha*, fat and *vata* mixing together produce glandular swellings upon the bursting of which an excessive secretion similar to honey ,ghee and at is discharged:then,Vayu having increased,and having atrophied the muscles produces concretions in the gland again.Bad odour, excessive saddening ,and sudden discharge of blood of various colours from the vessels.

Treatment-That should be an ointed with the paste of *vaca*, *daruharidra* and mustard seeds or *karanja*(*Pongamia pinnata*) oil.

27. Padmini kantaka-The circular ,greyish patches or rash like resembling the thorns on the stem of the lotus which are painless, white in colour and spread all over the body caused by the *Vata* and *kapha*.

Treatment-*Ghrita* cooked with *nimba* decoction and mixed with honey should be applied. Paste of *nimba* and *aragwadha* (cassia fistula)leaves applied repeatedly is also beneficial.

28. Mashaka- The hard painless, black and elevated eruptions on the body resembling the Masha pulse in shape, caused by the aggravated *vayu* .

Treatment- Excised with knife and then cauterized with alkali and fire.

29. Valmika- Due to *kapha* ,*pitta* and *vata*,which arises on the surfaces of palms and soles,in the joints of neck ,and in the regions above the clavicles ,is knotted like an ant-hill, increase slowly and in which pricking pain, saddening, burning sensation and itching occur around the openings.

Treatment-Excised then be cauterised with *ksara* or fire. A poultice prepared with the paste of the root of *kulaththa(Dolichus biflorus)*, *guduchi(Tinospora cordifolia)*, salt and the roots of *aragavadha*, *danti(Balispermum montanum)*and *syama* mixed with *palala*(paste of tila) and *saktu*.

30. Masurika- In which *Pitika*(eruptions) hard,resembling the *masura* (lentil) in size and colour ,accompanied with burning sensation, fever and pain and appearing on different parts of the body and interior of the mouth.

Treatment-It should be treated by *langhana*, *ullekhana*(*Vamana*)and *tikta Rasa* drugs.

31. Yatumani-In which the reddish, glossy, circular and painless congenital marks on the body not more elevated than the surrounding skin caused by deranged *rakta* & *pitta*.

Treatment-excised and then cauterized with alkali and fire.

32. Tilakalaka- In which the black painless spot on the skin about the size of sessamum seed and level with the skin caused by aggravated condition of the *Vata* ,*Pitta* and *Kapha*.

Treatment-excised and then cauterized with alkali.Mature curd, *sarapunkh(Tephrosa purpurea)*, *nilotpal*, *kustha*, *chandana* and *usira(Vetiveria zezanioides)*-this paste improves facial lusture.

33. Carmakila- More projecting then *Mashaka* is *carmakila*(warts) which be either white or black.

Treatment-*Katuka*(*Picrorrhiza kurrora*), *palika* root, rock salt,*sambuka* pounded apply.

34. Kaksha- Due to vitiation of *pitta*, occurs in the arm, lateral chest wall, shoulder and axilla, has black blisters and is associated with pain.

Treatment- The wound should be managed with *ghrita* processed with sweet drugs. The other hard swelling caused by (*kapha* and *vata*) should be managed with the paste of *devadaru*, *realgar* and *kushta* preceded by fomentation.

35. Agnirohini- Due to all the three doshas i.e. *vata* ,*pitta* and *kapha* which *pitta* is predominant, accompanied with fever, produced blisters in the region of axilla, resemble fire kills the person either in a week,ten days of forty night .

Treatment-In these Cases fasting, blood letting and desiccation along with cleansing emesis and purgation therapies should be administered but if the lesion has become too big it should be discarded.

36. Cippa/ Aksata/ Upnakha- In which *pitta* and *vata*, occurs in the nail and nail bed,is painful and produces burning and suppuration .

Treatment- The juice of *Haridra* should be kept in an iron pot and *abhaya* should be soaked into it. The paste availed by rubbing it should be repeatedly apply.

37. Kunakha- In which the nail becomes black,course and rough due to injury.

Treatment-Treated by filling it with *tankana*, Seven tender *Kasmarya*(*Gmelina arborea*) leaves tied on the

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affected finger relieves it by the disease named as *angulivestaka*, Application of the powder of the flowers of *dadima*(*Punica granatum*), *yavasa*(*Alhagi camalorum*) and *abhaya* cures suppuration of the corners of the nails and provides instantaneous relief from pain

38.Anusayi- Which is due to *kapha* ,occurs on the head ,is deep, mildly oedematous ,is of the colour of skin and suppurates internally.

Treatment- Aragwadhadhi gana drugs should be locally apply.

39.Vidarika-In which the abscess that originated in the axilla and groin looking like *vidarikanda*(Rhizome-*Pueraria tuberosa*),red in colour,caused by all three of the dosas. **Treatment-** Paste of *sigru* and *devdaru*, *vidarika* should be apply or a paste of *naga*, *prisnika*(*Ureria picta*),*varshabhu*(*Boerhaavia diffusa*) and *bilva*(*Aegle marmelos*) root is also beneficial. When *vidarika* ripens the pus in it should be let out by opening, cleaned with the decoction of *pancavalkala* and *khadira* and applied with the paste of *patola* and *nimba* thereafter it is bandaged.

40.Padadarika- In which, the excessively dry feet those who do a lot of walking,the *vayu* getting located in the sole produces painful fissures.

Treatment- The feet should be uncted and fomented and then covered frequently with the paste of bee-wax,fat,marrow,*ghrita* and *yavksara* mixed together.Powders of sarja rasa and rock salt mixed with honey and *ghrita* are put in mustard oil and churna Should be apply. the paste of honey, wax, rock salt ,*ghrita*, jiggery, *mahisaka*, *niryasa*(exude) of sala and *gairika*(red ochre) is a tried remedy of cracked soles.

41.Kadara- When the feet get traumatized repeatedly by gravels or thorn etc.the vitiated dosha following the *meda* and *rakta* produce *kadara* in human beings;these lesions have a central core ,are hard ,knotted ,depressed or else elevated in the centre ,are about the size of seed of plum,are painful and have a discharge.

Treatment- Excised and then the part should be cauterized with (hot)oil or

fire.

42.Alasa- In which due to continuous contact of contaminated mud, the space is between the fingers of the feet becomes wet and itching, burning sensation and pain are experienced .**Treatment-** After sprinkling the space between the toes by sour gruel the paste of *Nimba*, *tila*, *Manahshila*(*realgar*), *kasis*, *gorocana*, *Laaksha*(*Laccifer lacca*) all pounded in *haritaki* juice should be applied. After an ointing with the oil processed with the juice of *brahati* the affected part should be dusted with the powder of *realgar*, *gorocana* and *Kasis*.

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