

ETIOPATHOGENESIS OF KUSHTHA ROGA (TVACHA VIKAR)

W.S.R. TO PSORIASIS

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ABSTRACT

The skin is largest Organ of human body. It is one of the five 'Gyanendriyas' described in *Ayurvedic texts*, which is responsible for *Sparsh Gyan* or touch sensation. Most of the skin disorders (*Tvacha vikara*) have been described under umbrella of *Kushtha*. *Kushtha* means pathological condition which despises the skin. Psoriasis is one of the most common dermatological diseases affecting upto 2.5% of world's Population. In *Ayurveda* *Kushtha Roga* includes dermatological disorders including Psoriasis described as one of the most chronic disorders and is very difficult to cure. Several modifying factors including obesity, trauma, infection and a possible deficiency

of the active forms of vitamin D3 plays an important role in development of Psoriasis. Psoriasis is a complex, chronic, multifactorial, inflammatory disease that involves hyperproliferation of the keratinocytes in the epidermis, with an increase in the epidermal cell turnover rate. Environmental, genetic and immunological factors appear to play a key role in pathogenesis of different chronic dermatological disorders especially in Psoriasis. The disease Psoriasis, most commonly manifests on the skin of elbows, knees, scalp, lumbosacral areas, intergluteal clefts and glans penis. In upto 30% of patients, the joints are also affected. Both sciences, *ayurveda* and modern medical science accepted that diet, activities, environmental, genetic & immunological and psychological factors play key role in the etiopathogenesis of dermatological disorder. In this review, mentioned the etiopathogenesis of *Kushtha Roga* w.s.r. to Psoriasis.

KEYWORDS: *Kushtha*, Psoriasis, Etiology, Pathogenesis.

INTRODUCTION

The skin is largest organ of our body. It is one of the five 'Gyanendriyas' described in *Ayurvedic* texts, which is responsible for 'Sparsh Gyan' or touch sensation. Most of the skin disorder have been described under umbrella of *Kushtha*. *Kushtha* means a pathological condition which despices the skin. Psoriasis is one of the most common dermatological diseases affecting upto 2.5% of world's population. It is non-infectious chronic inflammatory skin disorder clinically characterised by erythematous sharply demarcated papules & rounded plaques covered by silvery micaceous scales. Psoriasis appears to affect both sexes & can affect all age group. Psoriasis is associated with significant comorbidities & affects quality of life. Psychological factors have traditionally been associated with onset, development & persistence of skin disease. Stress is emphasized as one of the major important factor in the initiation & exacerbation of skin disease. In ayurveda *Kushtha roga* is also considered as *Papkarmaja Vyadhi*.

AIM AND OBJECTIVES

1. To study etiology of *Kushtha Roga*.
2. To study pathogenesis of *Kushtha Roga*.
3. To study etiology & pathogenesis of Psoriasis.
4. To study different aspects of etiopathogenesis in *Kushtha* & Psoriasis (Dermatological disorder).

MATERIAL AND METHOD

Etiopathogenesis of *Kushtha*

Etiology – A) Immediate Causative Factor – There are seven factors involved in pathogenesis of *Kushtha*, these are *Vata*, *Pitta*, *Kapha*, *Tvak*, *Rakt*, *Mamsa* & *Lasika (ambu)*. Charak in sutrasthana has been cited that *Kushtha* is a *Raktaja Vyadhi*.

B) Distant Causative Factor – Those which do not involved directly in pathogenesis of disease but they aggrivate actual causative factors & thus play an important role in pathogenesis of disease. These factors are *Adibala pravritta Vyadhi*, *Poorva janmkrita* & *Janmottarkalja*.

The *Nidanas* of *Kushtha* can be categorised into, *Ahara*- dieteric pattern & *Vihara*- faulty lifestyle.

1) *Ahara* *Nidana*

- a) *Atisevan & Atyashana* – Taking excessive *Guru & Snigdha Ahara* produces *Dushti* in *Rasvaha srotas*. *Acharya Charak* has also described “*Gurubhojanam Durvipakakarnam*”. *Guru Ahara* also causes *Dushti* of *Mamasavaha srotas*. Excessive *Drava* causes *Dushti* of *Raktavaha srotas*.
- b) *Adhyashana & Ajirnishana* – Taking food during incomplete digestion state is called *Adhyashana*. Intake of food in state of indigestion is *Ajeernashana*. According to *Charak*, taking food in state of indigestion is best known to cause *Grahani Dushti*. This leads to impairment in normal physiological function of *Grahani* as well. *Ajeerna, Adhyashana* causes *Agnimandya & dushti* in *malavaha srotas*. Both are cause of *Agnimandya* so ultimately produce disease. Both of them also vitiates *Rakta*. If this pathology continues for long time, it may produce *Kushtha Roga*.
- c) *Vishamashana* – Taking food at irregular time & in irregular quantity is termed as *Vishamashana*. In present day life, Hurry, Worry & Curry are becoming universal. In today's life, no one has time to eat properly.
- d) *Virrudha Ahara* – *Acharya Charak* stated that “*Virrudha veeryashanam Ninditavyadhikaram*”. All types of *virrudh Ahara* do not produce disease because body elements like *Dushya & Dehabala* (immunity) protect the body from the disease. *Virrudha ahara* specially disturbed the functions of *Agni & Srotas* as follows:
 1. Effect of *Virrudha Ahara* on *Agni* – The *Agni* mostly gets vitiated by *virrudha ahara*. The vitiated *Jatheragni* does not digest even the *Laghu ahara*, resulting in state of indigestion. This indigested food material turns sour & acts like a poison, which is termed as a *Amavisha*. *Tridosha* get provoked by this type of *Amavisha*.
 2. Effect of *Virrudha Ahara* on *Srotas* – In general, food substances & activities (*vihara*) which are similar in quality to body humors (*doshas*) & deleterious to body elements (*dhatu*s) vitiates the body Channels (*srotas*). The vitiation results in *srotodushti*
- e) *Mithya- Ahara*- Improper food habits are another major causative factor of *Kushtha*. There are certain codes of conduct of eating (*Ashta Ahara Vidhi Vishesha Ayatana*) which when not followed are called *Mithya-ahara*. *Mithya-ahara* deranges the digestive power of *Jatheragni* & also cause *Dushti* of *Grahani*. Thus the food does not get digested properly leading to production of *Ama*. As, *grahani* is also *dushti*, *Ama* undergoes putrefaction which in turn

produces *Amavisha*. So along with *Kushtha*, other diseases which can be manifest due to *Ama*, *Amavisha* & *Grahani Dushti* etc. May coexist like in Psoriasis, of Psoriatic arthritis, Crohn's disease, coexistence ulcerative colitis, Gout have been reported.

2) *Viharaaja Nidana*

1. *Kayika* (Physical) – Suppression of natural urges, Excessive Sun Exposure, air conditioned, Work place contradicting with hot & humid environment, over exertion, day sleep, Complication of panchakarma therapy.
2. *Vachika* (Verbal) – Behavioral Misconduct, verbal antisocial activities.
3. *Mansika* (Mental) – Psychogenic stress, chinta, shoka, bhaya, krodha causes dushti of sweatavaha srotas.

Pathogenesis (*samprapti*) of *Kushtha*

The *Doshas* due to irrespective hetus get vitiated & spread throughout the body which in turn vitiates *Dhatu*s & manifests disease. According to *Charak* seven *dravyas*, when disturbed lead to genesis of *Kushtha*. After that *Kushtha* spreads to entire body by its *prabhava*. *Charak* has emphasized the dual part played by *Nidana*, i.e. Simultaneous vitiation of *Tridosha* & also *Shithilyata* in *Dhatu*s such as *Twak*, *Rakta*, *Mamsa* & *Lasika*. Thus vitiated *Tridoshas* gains momentum to vitiate *shithila Dhatu*s & hence the disease *Kushtha* gets manifested.

Etiopathogenesis of Psoriasis

Psoriasis is now considered a multifactorial disorder that has several factors like genetic, environmental & immunologically mediated inflammation.

Several risk factors participated in etiology of Psoriasis, these are below:

1. Environmental Factors- Several evidence indicate that interaction between genes environment is important in manifestation of disease. Many environmental factors have linked to Psoriasis.
2. Trauma (Skin injury) – Psoriasis site of injury is well known (Koebner phenomenon). A wide range of injurious local stimuli, including physical, chemical, electrical, surgical, infective & inflammatory have been recognised to elicit psoriatic lesion.
3. Infection – Acute guttate psoriasis is strongly associated with preceding or concurrent streptococcal infection. There is evidence that streptococci infection may be important in chronic plaque psoriasis. HIV infection has also been associated with Psoriasis.

4. Drugs – There are many drugs reported to be responsible for onset or exacerbation of Psoriasis. (Lithium salt, beta blockers, withdrawal of corticosteroid, ACE inhibitors, Antimalerila).
5. Sunlight – Although sunlight is generally beneficial, in small minority. Psoriasis may be provoked by the strong sunlight & cause summer exacerbation in exposed skin.
6. Metabolic factors – The early onset of Psoriasis in women, with a peak around puberty, changes during pregnancy & provocation of Psoriasis by high dose oestrogen therapy potentially indicate a role for humoral factors in disease.
7. Psychological factor – There is role of psychological factors in onset & exacerbation of Psoriasis.
8. Alcohol & Smoking – Cigarette smoking & alcohol consumption both have a detrimental effect on Psoriasis. Heavy drinkers tend to have more extensive and inflamed disease. Increased alcohol consumption is a recognized stress response.
9. Weather – Winter tends to be most challenging season for people living with Psoriasis. Psoriasis can become even more severe when the stress of holidays and winter illness combine to compromise immune system. While hot & sunny may help clear Psoriasis, air conditioning can dry out the skin & aggravate Psoriasis.

Pathogenesis of Psoriasis

Psoriasis is characterised by hyperproliferation & abnormal differentiation of epidermal keratinocytes, lymphocyte infiltration consisting mostly of T lymphocytes & various endothelial vascular changes in dermal layer, such as angiogenesis, dilatation & high endothelial venule formation.

The pathogenesis of Psoriasis can be summarise in four stages-Abnormal keratinocyte differentiation & hyper proliferation, Infiltration of inflammatory elements, Role of genetic factor 7 Role of immunological factor.

DISCUSSION

Dermatological disorders described in modern medicine many be compared to *Kushtha Roga*. It is considered as one of the most chronic disorder which is very difficult to cure. Dietic, behavioural, environmental, genetic and immunological factors appear to play an important role in pathogenesis of *Kushtha Roga* including Psoriasis. Psoriasis is a complex, chronic, multifactorial, inflammatory disease that involves hyperproliferation of the keratinocytes in the epidermis, with an increase in the epidermal cell turnover rate. The disease most

commonly manifests on skin of the elbow, knees, scalp, lumbosacral areas, intergluteal cleft & glans penis.

Kapha disturbance leads to immunological variation which favours the development of Psoriasis. Due to *pitta* disturbance there is a development of hyperproliferation of keratinocytes in the epidermis. An increase in the epidermal cell turnover rate is because of vitiated *Vata*.

Ayurveda recognised the role of psychological factors in the pathogenesis of different skin disorders. Therefore, psychological stress due to any cause directly or indirectly leads to negative impact on *Mann*, which inturn leads to initiation/exacerbation of pre-existing skin disease.

CONCLUSION

In this review paper has mainly focused on different aspects of etiopathogenesis of *Kushtha Roga* & Psoriasis. Other dermatological conditions also share many stigmatizing effects of Psoriasis because of their visibility & the ignorance on the part of both by the general & some healthcare providers. Thus, patient of skin disorder always experience physical, mental, socio-economic embarrassment in the society. This embarrassment leads to mental stress which further causes aggrevation of pre existing disease. In this way here an attempt has been made to present a collective knowledge on etiopathogenesis of *Kushtha Roga* & Psoriasis. In nut shell dietic, behavioural, environmental, genetic & immunological factors appears to play an important role in the pathogenesis of *Kushtha Roga* including Psoriasis.

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