

**EFFECT OF *KUSHTHADYA LEPA* IN THE MANAGEMENT OF
*KUSTHA*****Dr. Upasana Mishra*¹, Dr. Anita Sharma² and Dr. Pradeep Saroj³**¹P.G. Scholar, P.G. Department of *Agad Tantra*, NIA Jaipur.²H.O.D & Professor P.G. Department of *Agad Tantra*, NIA Jaipur.³P.G. Scholar, P.G. Department of *Maulik Siddhant* and *Samhita*, NIA Jaipur.Article Received on
09 Nov. 2019,Revised on 29 Nov. 2019,
Accepted on 19 Dec. 2019,

DOI: 10.20959/wjpr20201-16541

Corresponding Author*Dr. Upasana Mishra**

P.G Scholar, P.G.

Department of *Agad Tantra*

National Institute of

Ayurveda, Jaipur Rajasthan.**ABSTRACT**

Skin is a primary external covering and largest organ of human body mostly affected by fungal infections. Skin diseases are common manifestation in present era and more so frequent in the elder age. In *ayurveda* all the skin disorders have been mentioned under the broad heading of *kustha*. It is a *Tridoshaja Vyadhi* where *Rasa*, *Rakta*, *Mamsa* and *Ambu* are the main *Dushyas*. *Kustha* affects the population of all the age group. In *ayurveda Nidana*, *Poorvarupa*, *Samprapti* mentioned for *Kustha*. Incidence rate of *kustha* gradually increasing day to day because of improper *Vihara* like uncleanliness of body, sharing cloths of others etc. *Kustha* can be diagnosed by symptoms like

Pidika, *daha*, *shrava*, *Vaivarnya*, *Kandu*, *Twakshunyata*, *toda*, *kotha*, *romaharsha*, *bhrama*, *karshnya*. Which are managed by *Shodhana*, *Shamana* and *Bahiparimarjana* (topical) *Chikitsa*. Local application works faster due to physiological effect of heat on the skin. As per the need of fast life of today's society, *Bahiparimarjana* in the form of *Lepa* was selected which is easily done and act as *Sthanika Chikitsa* for fast relief. So we can use the *Kushthaya lepa* in *Kustha* patient which is mention by acharya charka. The ingredients of *Kushthaya lepa* is possessing *Shodhana* & *Kustahara* property. The results revealed significant effect of *Lepa* in various subjective parameters like *Kandu*, colour and number of *Mandala*, number of *Pidika* after treatment.

KEYWORDS: *Kustha*, *Bahiparimarjana*, *Kushthaya lepa*.

INTRODUCTION

Ayurveda is essentially the science of life. It embraces in itself principles for leading a healthy life. *Ayurveda* envisages complete regimen for both healthy and diseased one, guarding health at all ages. Skin is the largest organ of human body. Its size and external location makes it susceptible to wide variety of disorders. In recent years, there has been a considerable increase in the incidence of skin problem in the tropical and developing countries like India. All the skin diseases in *ayurveda* have been classified under the broad heading of *Kustha*. *Kustha* (skin disease) is the broad spectrum word used in *ckaraka samhita* to describe all skin disease under one head and it was classified in to *mahakustha* (7 major skin disease) and *kshudra kustha* (11 minor skin disease).^[1] The *Kustha*, a group of skin diseases are burning problem now a days due to deforms in the normal structure of skin and patient become hateful in the society. According to *acharya charaka kustha* is one of the most common but miserable *Twak Vikar* affecting all the ages of population. Many research works have been done on skin disorders in modern medical science but no drug has yet been claimed to cure this skin disease completely and prevent its recurrence. It is described by all the *Acharyas* in their concerned classics. The disease often manifest on the external surface of the body. Local application works faster due to physiological effect of heat on the skin. As per the need of fast life of today' society, *Bahiparimarjana* in the form of *lepa* was selected which is easily done and act as *sthanika Chikitsa* for fast relief. *Kusthadi lepa* mention by *acharya charaka* in *sutrasthana* third chapter. *Bahiparimarjana chikitsa* is more effective in the treatment of *kustha*.

MATERIAL AND METHOD

Material related to this topic have been collected from various *Ayurveda* classical texts as *Charaka samhita*, *Sushurut samhita*, *Bhav prakash*, *Dhanvantari nighantu* and available commentaries on those text.

After studying the texts regarding the different ingredients of the *Kushthaya lepa* and we go through the different properties of the all these ingredients and on the basis of that particular properties of ingredients we analyzed how they work in the management of *kustha*.

AIM AND OBJECTIVE

➤ To show the effect of *kushthadya lepa* in the management of *Kustha*.

Critical analysis

In *Ayurveda* science, mentioning the *kushthadya lepa* in the very beginning of *sutrasthan* shows the aim and importance of *this lepa*. This *kushthadya lepa* is given in third chapter of *Charak sutra sthan (Bahiparimarjana chikitsa)* for the treatment of the *kandu, pidika, kotha, kusta, shopha*. It contains total 14 ingredients.

Kusthe Haridre Sursam Patol Nimbaswagandhe Surdarushigru /

Sasarshpam Tumabrudhanyanyam Chandam Ch Churnani Samani Kuryat // ch.su.3/8

Sr.No	Name of the drug	Botanical name	Family
1.	<i>Kustha</i>	<i>Saussurea lappa</i>	<i>Compositae</i>
2.	<i>Haridra</i>	<i>Curcuma longa</i>	<i>Zingiberaceae</i>
3.	<i>Daruharidra</i>	<i>Barberis aristata</i>	<i>Berberidaceae</i>
4.	<i>Surasa</i>	<i>Ocimum sanctum</i>	<i>Labiatae</i>
5.	<i>Patol</i>	<i>Trichosanthes dioica</i>	<i>Cucurbitaceae</i>
6.	<i>Nimba</i>	<i>Azadirachta indica</i>	<i>Meliaceae</i>
7.	<i>Aswagandha</i>	<i>Withania somnifera</i>	<i>Solanaceae</i>
8.	<i>Devdaru</i>	<i>Cedrus deodara</i>	<i>Pinaceae</i>
9.	<i>Shigru</i>	<i>Moringa olifera</i>	<i>Moringaceae</i>
10.	<i>Sarsap</i>	<i>Brassica compestris</i>	<i>Cruciferae</i>
11.	<i>Tumbru</i>	<i>Zanthoxylum armatum</i>	<i>Rutaceae</i>
12.	<i>Dhanyam</i>	<i>Oryza sativa</i>	<i>Gramineae</i>
13.	<i>Vanyam</i>	<i>Cyperus</i>	<i>Cyperaceae</i>
14.	<i>Chanda (choraka)</i>	<i>Nerium indicum</i>	<i>Apocynaceae</i>

Analytical study of the ingredients has done on the basis of following four points.

- A. *Kusthaghna* properties
- B. *Krimighna* properties
- C. *Kapha Pitta shamak* properties
- D. *Kandughna* properties

1. KUSTHA

- According to *aacharya bhavprakash* it has *kusthagna* property.
- It has properties of pacifying the *kapha* and *vata doshas* in the body.^[2]
- Due to pacifying the *kapha* it has *kandughna* property.

2. HARIDRA

- According to *aacharya bhavprakash* it has *kusthagna* property.^[3]
- It pacifies *vata* and *kapha dosha*.
- Due to pacifying the *kapha* it have *kandughna* property

3. DARUHARIDRA

- According to *aacharya bhavprakash* it has *kusthagna* property.
- It pacifies *vata* and *kapha dosha*.
- According to *aacharya bhavprakash daruharidra is "Sarve kandu vinashini"*.^[4]

4. SURASA

- According to *aacharya bhavprakash* it has *kusthagna* property.
- Also have *krimighana* property.
- It has properties of pacifying the *kapha* and *vata doshas* in the body.^[5]

5. PATOL

- According to *aacharya bhavprakash* it has worm destroying properties.^[6]
- According to *Dhanvantari nighantu patol has kusthagna krimighana* property.^[7]
- It has properties of pacifying the *kapha*. Due to pacifying the *kapha* it has *kandughna* property.

6. NIMBA

- According to *aacharya bhavprakash* it used in all *twak vikaar* also known as *twakdoshahar*.
- According to *aacharya bhavprakash* it has *kusthagna* property.^[8]
- *Nimba* is pacifying the *kapha* and *vata doshas* in the body. Due to pacifying the *kapha* it has *kandughna* property.

7. ASWAGANDHA

- According to *aacharya bhavprakash* it used in all *Switra vikaar* also known as *twakdoshahar* and also has *kusthagna* property.^[9]
- According to *aacharya bhavprakash aswagandha is BALYA RASAYANI*.

8. DEVDARU

- According to *aacharya sushrut* it has *kusthagna* property and *Devdaru* is also have a worm destroying properties by *sushrut*.^[10]
- It have properties of pacifying the *kapha* and *vata doshas* in the body.
- Due to pacifying the *kapha* it have *kandughna* property.

9. SHIGRU

- According to *aacharya sushrut* it has *kusthagna* property and *Shigru* is also have a worm destroying properties by *sushrut*.^[11]
- It has properties of pacifying the *kapha* and *vata doshas* in the body.

10. SARSAP

- According to *aacharya bhavprakash* it has *kusthagna* property.
- Also have *krimighana* property.
- It has properties of pacifying the *kapha* and *vata doshas* in the body.
- It has *kandughna* property.^[12]

11. TUMBRU

- According to *Dhanvantari nighantu tumburu* has *krimighana* property.^[13]
- It has properties of pacifying the *kapha* and *vata doshas* in the body.
- It has properties of pacifying the *kapha*. Due to pacifying the *kapha* it has *kandughna* property.

12. DHANYA

- According to *aacharya bhavprakash dhanya* is *laghvi*.
- *Dhanya* is pacifying all the *doshas* in the body.^[14]

13. VANYAM

- According to *Dhanvantari nighantu vanyam* has *kandughna* property.^[15]
- It has properties of pacifying the *kapha* and *vata doshas* in the body.
- *Vanyam* also has *kantiprda* property.

14. CHANDA (CHORAKA)

- According to *Dhanvantari nighantu* it has *kusthagna* property. it is used in all skin disorder and it has worm destroying properties.^[16]
- It has properties of pacifying the *pitta* and *kapha doshas* in the body.
- Due to pacifying the *kapha* it have *kandughna* property.

CONCLUSION

This formulation is not only used in treatment of the *kustha* it also used in another conditions of skin disorder. Medicines which have *Kusthaghna* properties, antihelminthic properties, *Kapha Pitta* pacifying properties, *Kandughna* properties is used in all skin disorder. This

formulation used in treatment of all types of *kustha* and all the symptoms of *kustha* such as *daha*, *shrava*, *vaivarnya*, *kandu*, *Twakshunyata*, *toda*, *kotha*, *romaharsha*, *bhrama*, *karshnya*.

REFERENCES

1. Agnivesha, Charaka, Dridhabala, Chakrapanidatta authors, Yadavji trikamji editor, Charka Samhita with Ayurvedadepika Commentry, Varanasi Chaukhamba Surbharti Prakasana- 2017, Chikitsasasthan chapter- Kusthachikitsaadhyay, chapter -8 p-450.
2. Bhavamisra author, Shri Brahmashankar.S & Rupalala.V editor, Bhavaprakash with Vidyotini hindi commentary, Varanasi Chaukhambha Sanskrit Sansthan-2009, chap. Haritakyadi varge, p-114(verse no-173).
3. Bhavamisra author, Shri Brahmashankar.S & Rupalala.V editor, Bhavaprakash with Vidyotini hindi commentary, Varanasi Chaukhambha Sanskrit Sansthan-2009, chap. Haritakyadi varge, p-118 (verse no-200).
4. Bhavamisra author, Shri Brahmashankar.S & Rupalala.V editor, Bhavaprakash with Vidyotini hindi commentary, Varanasi Chaukhambha Sanskrit Sansthan-2009, chap. Haritakyadi varge, p-118 (verse no-199).
5. Bhavamisra author, Shri Brahmashankar.S & Rupalala.V editor, Bhavaprakash with Vidyotini hindi commentary, Varanasi Chaukhambha Sanskrit Sansthan-2009, chap. Pushpa varge, p-509 (verse no-62-63).
6. Bhavamisra author, Shri Brahmashankar.S & Rupalala.V editor, Bhavaprakash with Vidyotini hindi commentary, Varanasi Chaukhambha Sanskrit Sansthan-2009, chap. Shaka varge, p-40 (verse no-676).
7. Prof. Priya Vrat Sharma author, Dhanvantari Nighantu, Chaukhambha orientalia Varanasi edition – 2008, chap. Guduchyadi varge, p-25 (verse no-50).
8. Bhavamisra author, Shri Brahmashankar.S & Rupalala.V editor, Bhavaprakash with Vidyotini hindi commentary, Varanasi Chaukhambha Sanskrit Sansthan-2009, chap. Guduchyadi varge, p-676 (verse no-40).
9. Bhavamisra author, Shri Brahmashankar.S & Rupalala.V editor, Bhavaprakash with Vidyotini hindi commentary, Varanasi Chaukhambha Sanskrit Sansthan-2009, chap. Guduchyadi varge, p-393 (verse no-89).
10. Sushruta, Dalhana, Gayadasa authors, Yadavji trikamji and Narayan RA editor, Sushruta Samhita, with Nibandhasamgraha Commentary, Varanasi Chaukhamba Surbharti Prakasana-2018, Sutrasthan chapter-45 Dravadravavidhiaadhyay, p-206 (verse no-123).

11. Sushruta, Dalhana, Gayadasa authors, Yadavji trikamji and Narayan RA editor, Sushruta Samhita, with Nibandhasamgraha Commentary, Varanasi Chaukhamba Surbharti Prakashana-2018, Sutrasthan chapter-45 Dravadravavidhiaadhyay, p-206 (verse no-115).
12. Bhavamisra author, Shri Brahmashankar.S & Rupalala.V editor, Bhavaprakash with Vidyotini hindi commentary, Varanasi Chaukhambha Sanskrit Sansthan-2009, chap. Dhanya varge, p-654 (verse no-70).
13. Prof. Priya Vrat Sharma author, Dhanvantari Nighantu, Chaukhambha orientalia Varanasi edition – 2008, chap. Shatpushpadi varge, p-77 (verse no-43).
14. Bhavamisra author, Shri Brahmashankar.S & Rupalala.V editor, Bhavaprakash with Vidyotini hindi commentary, Varanasi Chaukhambha Sanskrit Sansthan-2009, chap. Dhanyadi varge, p-639 (verse no-24).
15. Prof. Priya Vrat Sharma author, Dhanvantari Nighantu, Chaukhambha orientalia Varanasi edition – 2008, chap. Chandnadi varge, p-100 (verse no-54).
16. Prof. Priya Vrat Sharma author, Dhanvantari Nighantu, Chaukhambha orientalia Varanasi edition – 2008, chap. Chandnadi varge, p-103 (verse no-71).