



Review Article

EVALUATION OF ETIOPATHOLOGICAL STUDY OF KUSTHA W.S.R. TO SIDHMA KUSTHA - A REVIEW

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ABSTRACT

Skin the outer covering of the body and is the largest part of the body. The skin acts as anatomical barrier from physical, chemical and biological external agent. Due to change in environment, change in lifestyle like change in working schedule increasing work stress which directly affects health so many related factors responsible for skin diseases which is widely include in the heading of "Kushta". *Sidhma kushta* is one of the *Kushta* from *Mahakushta* characterized by *Alabupushpa varna* on *Urapradesh* (chest region), dust like powder on rubbing. By *Nidana Doshas* get aggravated and they get localised in the superficial layer of skin i.e., *Avabhasini*. Aggravated *Kapha* increases the *Kleda* to produce *Swedaavarana* and also provide suitable environment for the development of *Krimi* in it (which is similar to that of pathology of *Tinea versicolor*). *Tinea versicolor* (*Pityriasis versicolor*) is superficial cutaneous fungal skin infection caused by fungus (*Malassezia furfur*). *Raja Prapti* is due to *Vata* diseases. In brief *Vata, Kapha, Twak* and *Raktha* involve in the pathogenesis of *Sidhma Kushta*.

INTRODUCTION

Skin the outer covering of the body and is the largest part of the body. The skin acts as anatomical barrier from physical, chemical and biological external agent. Skin is the mirror that reflects both external and internal pathology in the body which give better clue for diagnosis. Skin health is very important because it is the mirror of good health or maintains of body. Nowadays increasing stress due to change in lifestyle or regimen, working hours it will leads to stress, lack of sleep, *Strotodushti* which causative factor for skin disease.

Now a day's skin diseases are very common. Skin diseases are common at any age of the individual but they are particularly frequent in the elderly.

Ayurveda has given importance to skin disease and reference of *Kushta* can found since *Vedic* period. All the skin disease in *Ayurveda* have been under the heading of *Kushta*.

Which are further divided into *Mahakushta* and *Kshudrakushta*. *Sidhma Kushta* classified according to Acharya Charak Kashyap, Bhavprakash described in *Mahakushta* and Acharya Sushrut, Vagbhata explained in *Kshudra Kushta*. *Sidhma Kushta* present with symptoms^[1] namely *Swetam* (white in colour), *Tamram* (copper in colour), *Tanu* (thin lesion), *Alabupushpa Varnatmaka* (flower of *Lagenaria Sicareria*), *Rajo Ghrishtom Vimunchti* (dust on itching) on rubbing or scratching.

Rough, reddish with thin white red lustre, numerous having little pain, itching, heat, pus and lymph having slight causation and little decay and organisms, similar to bottle gourd flowers is known as *Sidhma Kushta*.^[2]

Specific location *Prayan Ura-Sidhama* can occur anywhere but it generally manifests on the upper part of body. It's *Dosha* predominance *Vata-Kapha*.

Acharya Sushruta *Sidhma Kushta*^[3] mentioned in *Kshudrakushta* and *Kapha* predominate *Dosha* with itching, white coloured, painless lesion present on the upper part of body.

Acharya Vagbhata *Sidhma Kushta*^[4] mentioned in *Kshudrakushta* has *Ruksha* outside and *Snighdha* at inner side, it causes dust like powder on rubbing on touch which is *Shlakshna* and thin, white, reddish,

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Dugdhipuspavat (flower like bottle gourd) lesion and generally present on *Urapradesh*.

Mahakustha is subdivided into seven^[5] and *Kshudrakustha* into eleven^[6] types.

Mahakustha- *Kapala*, *Udumbhara*, *Mandala*, *Pundarika*, *Sidhma* and *Kakanaka*. *Kshudrakustha*- *Eka*, *Charmakhya*, *Kitibha*, *Vipaadika*, *Alasaka*, *Dadru*, *Charmadal*, *Paama*, *Visphota*, *Shataru* and *Vicharchika*.

AIM AND OBJECTIVE

➤ To understand the concept of etiopathological study of *Kustha* w.s.r. to *Sidhma Kustha*.

MATERIAL AND METHODS

All the Ayurvedic text were evaluated. The text from *Charak Samhita*, *Sushrut Samhita*, *Astanga Hridaya*, *Astanga Samgraha* and their respective commentaries were thoroughly gone through and also various related websites were searched.

Kustha Nidan/Hetu- As per *Ayurveda Acharaya* have not explained separate *Nidana* for *Sidhma Kustha*.

But some common causes of *Kustha* is well explained in *Ayurveda*^[7,8,9]. *Kushta* (skin diseases) is caused by the vitiation of *Doshas* etc, in persons indulging in unwholesome regimens as follows:

Aharaja Nidana

1. ***Virodhi anna pana and Snigdha guru pana***: Intake of wrong food combinations such as milk with fish. Read more such bad food combinations. Drinks which are unctuous and heavy to digest.
2. Haphazard intake of foods with hot and cold properties and fasting.
3. Intake of excess food, uncooked food and intake of food before the previous meal is digested.
4. Excessive intake of foods of freshly harvested grains, curd, fish, salt and sour substances
5. Excessive intake of *Masha* (black gram), *Mulaka* (radish), pastry, *Tila* (sesame seeds) and Jaggery

Viaraj Nidana

1. Suppression of the urge for vomiting and other natural urges
2. Doing physical exercise in excessive heat and after a heavy meal.
3. Use of cold water immediately after exposure to scorching sun heat, exertion or exposure to frightening situation;
4. Improper administration of *Panchakarma therapies*

5. Performance of sexual act while suffering with indigestion

6. Sleep during day time

Kustha Samprapti- Pathogenesis

The 3 vitiated *Doshas*, viz., *Vata*, *Pitta* and *Kapha*, in turn vitiate the

Twak- Skin or *Rasa Dhatu*

Rakta- Blood

Mamsa - Muscle tissue and

Ambu - Lymph or plasma part of blood tissue

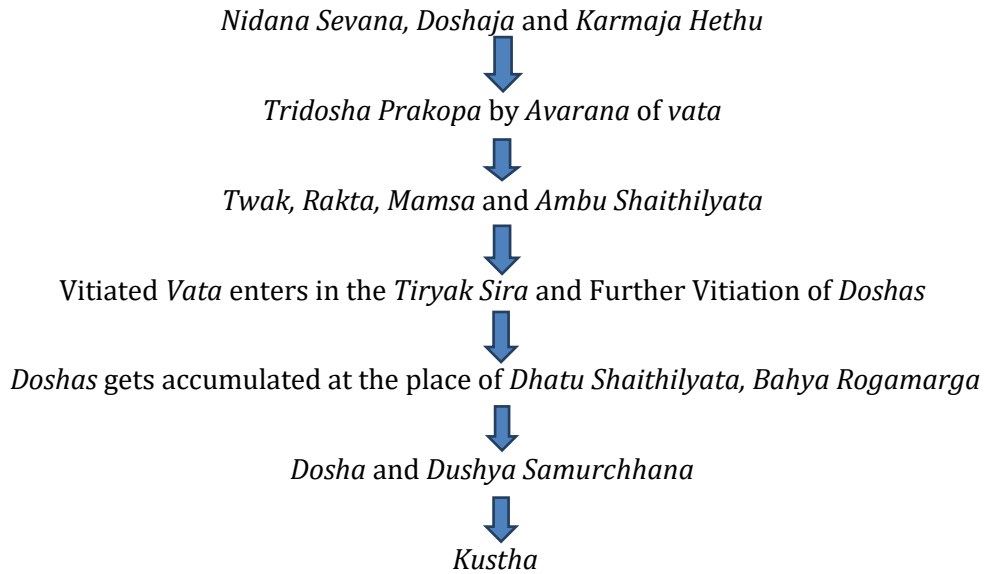
These taken together, constitute the seven^[10]-fold pathogenic substance of *Kustha*. These are together called - *Kushta Dravya Sangraha*.

All the 18 types of *Kushta* (skin diseases) are caused by the above seven factors. *Kushta* is never caused by the vitiation of only one of the above mentioned pathogenic substance. All of them are necessarily involved in the causation of the disease.

The process beginning with the vitiation of *Doshas*, due to specific *Nidana* and which lead to the full-fledged manifestation of the disease after the *Dosha-Dushya Sammurchana* is called *Samprapti*.

The knowledge of *Samprapti* helps the physician to understand the specific features of a disease, like the involvement of particular *Dosha*, *Agni* etc. The planning of *Chikitsa* is told as vain if it is not according to the *Samprapti Ghataks*. Since there is no detailed *Samprapti* of *Sidhma Kustha* is mentioned in texts, *Samprapti* of *Sidhma Kustha* is being derived here on the basis of *Kushtaroga*. *Kushta* is a *Tridoshajanya Vyadhi*. It is believed that this *Roga* cannot manifest with a single *Dosha* involvement. The classification of *Kushta* is based on the *Amshamshakalpana* of *Dosha*. The *Sapta Dravyas* of *Kushta* are *Tridoshas*, *Twak*, *Rakta*, *Mamsa* and *Ambu*. According to *Acharya Charaka*, *Nidana Sevana* leads to *Prakopa* of *Tridosha* and thus the vitiated *Doshas* will get *Ashraya* in *Twak*, *Rakta*, *Mamsa* and *Ambu* causing the *Shaithalyatha* in these *Dhatus* leading to the manifestation of *Kushta Roga*. Further in *Chikitsiasthana*, he has been explained that the *Vatadi Doshas* get *Prakopa* and does *Dushana* of *Twak*, *Rakta*, *Mamsa* and *Ambu* leading to seven or eleven types of *Mahakustha* and *Kshudrakustha* respectively. As per symptomatology *Sidhma Kustha* is widely consider to be *Tinea versicolor* (*tinea pityriasis*) in modern science.

Diagrammatic Presentation



Tinea Versicolor (Pityriasis Versicolor)

Tinea versicolor^[1] (Pityriasis Versicolor) is a common fungal infection that causes small discoloured patches of skin. *Tinea versicolor* is caused by fungus (*Malassezia furfur*). It most common effect teen and young adult. Predisposing factor- Oily skin, sweating Association-Acne vulgaris, Seborrheic dermatitis. The condition is not contagious. Patches of skin lighter or darker than the surrounding skin. Usually on the back, chest, neck and upper arms.

Clinical Features

1. Asymptomatic, well defined, variably sized Hyper pigmented or hypo pigmented brownish macules and patches.
2. Scratch Sign/Besniers Sign- Scraping by Sharp Object the lesion become Prominent.
3. Lesions may be variously coloured as Reddish brown, dark brown or black, hence known as Versicolor.

DISCUSSION

Acharya Susrutha has explained *Sidhma kustha* under *Kshudra Kushta*. The characteristic site and colour of the lesions are mentioned same as *Charaka Chikitsa Sthana*. *Kandu* is the symptom mentioned by *Susrutha* only. It shows low severity of *Sidhma*. Among *Saptha Dravyas* mentioned for the causation of *Kushta*, the *Tridosas Vata, Pitta, Kapha* and two *Dushyas (Rasa, Raktha)* plays an important role in the management of *Sidhma Kushta*. The role of *Mamsa* and *Lasika* seems to be less. *Charaka* has considered *Sidhma Kushta* under the heading of *Vata Kaphaja Kushta*. On other hand, *Susrutha* has stressed the role of *Kapha* in the pathogenesis of *Sidhma Kushta*. By *Nidana Doshas* get aggravated and they get localised in the superficial layer of skin i.e., *Avabhasini*. Aggravated *Kapha* increases the *Kleda* to produce *Swedaavarana* and also

provide suitable environment for the development of *Krimi* in it (which is similar to that of pathology of *Tinea versicolor*). *Raja Prapti* is due to *Vata* diseases. In brief *Vata, Kapha, Twak* and *Rakta* involve in the pathogenesis of *Sidhma Kushta*.

CONCLUSION

Skin is the mirror or reflection of internal purity of blood, tissues and nutrients and electrolytes. Awareness skin health is really very important. Avoidance of bad healthy habits is the key for skin health, proper seasonal regimen and diet will improve health and this will directly give positive effect on *Mana*. *Manas* factor is the one of the important in skin health. *Shok, Chinta* lead to *Strotodushti* which leads to skin disorders, so mental health is very important in skin manifestation. Ayurveda plays important role to prevent skin disorders by Ayurveda formulations and regimen mentioned in the *Shastra*.

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