



### Internal and external treatment for *Kushtha* mentioned in *Bhihatraye*-A Review

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#### Abstract:

*kushtha* disease is hard and chronic to treat so that *kushtha* considered as *dushchikitsya*. *kushtha* is *tridoshatmak* hence all types of treatment *Shodhana*, *Shamana* and *Bahiparimarjana* are useful in *kushtha*. The frequent *Shodhana* is necessary in *kushtha*. Acharya Sushruta in *chikitsa* 9/43 and Acharya Vagbhata in *chikitsa* 19/96 said *Vamana* once in fifteen days, *Virechana* once in month, *Stravana* once in six month and *Nasya* once in 3 days. According *Brihatrayee* after *Shodhana* treatment, *Shamana* and *Bahiparimarjana* treatment are useful in *kushtha*. Acharyas described abundant drugs used in *kushtha chikitsa* as *Shodhana*, *Shamana* and *Bahiparimarjana*. In the present study the drug regimen used for *Shodhana*, *Shamana* and

*Bahiparimarjana* in *kushtha* and it's mode of actions in order to conduct *sampraptibhnag* is studied.

**Keywords:** *Shodhana*, *Shamana*, *Bahiparimarjana*.

#### Introduction:

*Kushtha* is one among the *Dirghakalin vyadhi* and also one of the *ashthamahagada*<sup>1</sup> *Rakta pradoshaja vikara*<sup>2</sup> and *Santarpanajanya*<sup>3</sup> *kushtha* is difficult to cure so it is called *Dushchikitsya*. *Shodhana karma* helps in removal of *Bahudoshas*, *Rakta pradoshaj vikara* hence *Shodhana* is great importance in *kushtha chikitsa*. *Shodhana* treatment in *kushtha* is important as well as *Shamana* and

*Bahiparimarjana chikitsa* also important in *kushtha*.

In *kushtha* there is involvement of skin as a *Dushya*<sup>4</sup>, so external treatment is important. *Ayurveda* has abundant *aushadhi skandha* and thus from external route we can use so many drugs for the treatment of *kushtha*. *Acharya Charaka*, *Sushruta* and *Vagbhata* described many drugs in *Shamana chikitsa* as *Kwatha*, *Churna*, *Asava*, *Arishtha*, *Avleha*, *Yavagu sevana*, *Anya Rasayana*, *Vati kalpana*, *Ghrita* or *taila snehapana* and *Bahiparimarjana chikitsa* as *Lepa*, *Parisheka*, *Snana*, *ksharprayoga*, *Udvarthana* and *Abhyanga*.

**Aim:**

To study the drug regimen in *kushtha* in the *Brihatrayee*.

**Objectives:**

1. To compile the information of *Shodhana* drugs used in *kushtha*.
2. To compile the information of *Shamana* drugs used in *kushtha*.

*Shodhana chikitsa*

3. To compile the information of *Bahiparimarjana* drugs used in *kushtha*.

**Materials:**

*Brihatrayee* will be critically analysed study of *kushtha chikitsa adhyaya* thoroughly in order to understand which *kalpas*, Drugs are used in *Brihatrayee* for *Shodhana*, *Shamana* and *Bahiparimarjana chikitsa*.

**Methods:**

1. *Kushtha chikitsa adhyaya* in *Brihatrayee* thoroughly studied.
2. Drugs regimen for *Shodhana* is collected.
3. Drugs regimen for *Shamana* is collected.
4. Drugs regimen for *Bahiparimarjana* is collected.
5. Data is categorised and analysed.

**Observations:**

<i>Shodhana Karma</i>	Drugs mentioned in <i>Charaka samhita</i>	Drugs mentioned in <i>Sushruta samhita</i>	Drugs mentioned in <i>Vagbhata(A.H) samhita</i>
<i>Vamana</i>	<i>Kutaja</i> , <i>Madanphala</i> , <i>Patolpatra</i> , <i>Madhuka</i> , <i>Nimba</i> , <i>Madhu</i> , <i>Krutvedhana</i> .		
<i>Virechana</i>	<i>Trivruta</i> , <i>Danti</i> <i>Dravanti</i> , <i>Sudha</i> , <i>Saptlashankhini</i> , <i>Triphala</i> .		
<i>Asthapana Basti</i>	<i>Patolpatra</i> , <i>Darvi</i> , <i>Bruhati</i> , <i>Nimba patra</i> , <i>Madanphala</i> , <i>Argwadha</i> , <i>Indrajau</i> , <i>Nagarmotha</i> , <i>Taila</i> , <i>Ghrita.Rasnadi niruh Basti</i> <sup>5</sup> .		

<i>Anuvasana Basti</i>	<i>Madanphala, Madhuka, Nimba, Kutaja, Patolpatra. Basti of Vidanga taila. Dipana Vrushya Basti<sup>6</sup>.</i>		
<i>Raktamokshana</i>	<i>Siravedhana, Shrunga, Alabu, Jaloka, Prachchana, Shastra.</i>		<i>Jaloka, Alabu, Prachchana.</i>
<i>Nasya</i>	<i>Saindhava, Danti, Maricha, Phanijhaka, Vidang, Karanjaphala.</i>		

*Shamana Chikitsa:*

<i>Yogas</i>	<i>Drug mentioned in Charaka samhita</i>	<i>Drugs mentioned in Sushruta samhita</i>	<i>Drugs mentioned in Vagbhata (A.H)samhita</i>
<i>Kwatha</i>	<i>Argwadha, Palasha, Gavakshya, Rasanjana, Kutaja, Vacha, Rohini.</i>	<i>Haritki, Kshiraparna.</i>	<i>Kakodunmbara, Vishala, Guduchi, Devdaru.</i>
<i>Churna</i>	<i>Katuka, Vacha, Patolpatra, Palasha, Bhunimba, Nishorga, Brahmi.</i>	<i>Shalsaradigana dravya, Argwadhadigana dravya.</i>	<i>Kutki, Laksha, Danti, Vidang, Pratekpushpi, Suvarnmakshik, Gomutra, Amalki, Shilajita, Khadira, Mandura.</i>
<i>Asava</i>	<i>Madhvasava-khadira etc. Triphalasava.</i>	<i>Palasha, Shalsaradigana, Nygrodgadigana, Argwadhadigana, Gomutra.</i>	<i>Asava doesn't mentioned in kushtha chikitsa.</i>
<i>Arishtha</i>	<i>Khadira, Vidanga, Rajani, Musta, Indryava, Twaka, Guduchi.</i>	<i>Karanja, Chaita, Chitrata, Devdaru, Sariva, Danti, Trivruta, Pippli.</i>	<i>Arishtha doesn't mentioned in kushtha chikitsa.</i>
<i>Avleha</i>	<i>Avleha doesn't mentioned in kushtha chikitsa.</i>	<i>Khadira, Vijayasara, Argwadha, Haritaki, Trikatu.</i>	<i>Bhunimba, Padma, Kushtha, Murva, Ativisha, Patol, Rajani, Patha,</i>

			Kutaki, Indrajava, Vekhand, Amalki, Mandur.
paniya kshara	Palasha kshara <sup>7</sup>	Doesn't mentioned in kushtha chikitsa.	Kshara prayoga.
Vati kalpana	Doesn't mentioned in kushtha chikitsa.	Doesn't mentioned in kushtha chikitsa.	Vidanga, Abhaya, Amalki, Rajani, Pippli, Nagar, Suvarnmakshik, Nishottara, Bhallatka, Bakuchi, Chitrak, Langli.
Ghrita or taila snehapana	Tiktashathpalk Ghrita <sup>8</sup> , Magakhadira Ghrita <sup>11</sup> .	Nila Ghrita <sup>9</sup> , Lakshadi Ghrita <sup>10</sup> .	Nimba, Chitrak, Kushtha, Argwadha, Marich, Abhaya, Bhallatka. Argwadha kalka siddha Ghrita. Danti mul siddha Ghrita.
Yavagu sevana	Doesn't mentioned in kushtha chikitsa.	Khadiradi Yavagu <sup>12</sup> .	Doesn't mentioned in kushtha.
Rasa Dravya	Suvarnmakshik, Yograj ras+parad bhasm, Gandhak, Shilajatu + parad bhasm <sup>13</sup> .	Loh Rasayana <sup>14</sup> .	Suvarnmakshik, Mandur, Shilajita <sup>15</sup> .

Yoga	Common Drugs in Brihatrayee	Common Drugs in Charaka- Sushruta	Common Drugs in Sushruta- Vagbhata	Common Drugs in Charaka- Vagbhata
Kwatha	Nimba patra, Khadir.	Saptaparna	-	Patil, Triphala, Nishotha, Traymana, Katurohini, Shunthi, Manjishtha, Rajani yashthimadhu.
Churna	Chitrak, Indryava,	-	Patha.	Trikatu,

	<i>Murva, Saptaparna, Nimba.</i>			<i>Triphala, Manjishtha, Devdar, Dashmule, Ativisha, Musta, Rajani, Pippli, Vishala.</i>
<i>Asava</i>	-	<i>Triphala</i>	-	-
<i>Arishtha</i>	-	<i>Triphala, Trikatu</i>	-	-
<i>Avleha</i>	-	-	<i>Trivruta, Madhu, Ghrita, Nimba, Triphala, Pippli, Vidanga</i>	-
<i>Paniyakshara</i>	-	-	-	-
<i>Vati kalpana</i>	-	-	-	-
<i>Ghrita taila snehapana</i>	-	-	-	-
<i>Yavagu sevana</i>	-	-	-	-

#### *Bahiparimarjana chikitsa*

<i>Yoga</i>	<i>Drugs mentioned in Charaka samhita</i>	<i>Drugs mentioned in Sushruta samhita</i>	<i>Drugs mentioned in Vagbhata (A.H.) samhita</i>
<i>Snana</i>	<i>Saptaparna (Siddharthk Snana)<sup>16</sup></i>	-	<i>Kushtha, Phalini, Argwadha, Shwet siddharthk</i>
<i>Kushthhar snanadi</i>	<i>Aashthruka, Karviraka, Karanj</i>	<i>Swarnkshiri, Lodhra, Shirisha, Gomutra, Argwadha, Bijaka , Ajarna, Sarjarasa, Shirisha, Gomutra</i>	-
<i>Parisheka</i>	-	<i>Gomutra</i>	-
<i>Kshara prayoga</i>	<i>Kadlyadi kshara<sup>17</sup></i>	-	-
<i>Udvarthana</i>	<i>Arka, Tuttha, Mulaka, Indrajau, Kutaki,</i>	<i>Swarnkshiri, Argwadha, Shirisha,</i>	<i>Guggul, Marich, Gandhaka, Sarjarasa,</i>

	<i>Bruhati, Karvira, Aidgaja, Chitrak, Vacha</i>	<i>Ajkarna</i>	<i>Manshila, Rajani, Hartala</i>
<i>Abhyang</i>	<i>Shwet karvira pallavadhya Taila<sup>21</sup>, Tiktekshwadi taila<sup>22</sup>, Kank kshiri Taila<sup>23</sup>, Mahakhadira Ghrita</i>	<i>Mahavajraka<sup>18</sup> Taila, Lakshadi Taila<sup>19</sup>, Mahanil Ghrita<sup>20</sup></i>	<i>Vajraka Taila</i>
<i>Lepa</i>	<i>Shunthi, Palasha, Kshara, Sauviraka, Trapu, Sisam, Indrajau, Phalgu, Aidgbija, Ativisha, Kapittha, Twaka, Renuka, Pruthvika, Varahrudhira, Kinva, Tumba, Mudgparni, Putikaranja, Pakwasura, Priyangu, Shwadant, Go ashwa varaha dant</i>	<i>Bakuchi, Jyotishmati, Pippli, Hartala, Tuttha, Sajiksara, Adusa, Suvarnmakshik, Bhallatka, Laghu kantkari, Gojivha, Kakodumbara, Shigru, Gajmutra, Chakramarda, Swarnkshiri, Ajkarna, Hastidagdha charma, Bibhitaka</i>	<i>Punarnva, Agru, Tikta Ghrita, Shatdhaut Ghrita, Yavasara, Jivanti, Manjishtha, Kampillak, Siktha, Guggul, Sindur, Shobhanjanka, Guduchi, Apamarga, Dantidravanti, Khadira</i>

<i>Yoga</i>	Common Drugs in <i>Brihatrayee</i>	Common Drugs in <i>Charaka-Sushruta</i>	Common Drugs in <i>Sushruta-Vagbhata</i>	Common Drugs in <i>Charaka - Vagbhata</i>
<i>Snana</i>	-	-	-	<i>Musta, Madanphala, Triphala, Karanja, Argwadha, Darvi</i>
<i>Kushthhar snanadi</i>	-	<i>Kutja, Nimba, Saptaparna, Khadira</i>	-	-
<i>Parisheka</i>	-	-	-	-
<i>Kshara prayoga</i>	-	-	-	-
<i>Udvarthana</i>	-	<i>Kutaja, Nimba</i>	-	<i>Musta, Kasis, Vidanga, Sarshapa, Darvi,</i>

				<i>Kampillak, Kushtha</i>
<i>Abhyang</i>	-	-	-	-
<i>Lepa</i>	<i>Kushtha, Rasanjana, Darvi, Chitrak, Marich, Rajani, Gruhdhuma, Karvira, Prapund bija, Loha, Kutaja, Karanja, Jati, Manshila, Kasis, Sarshapa, Nimba, Araka</i>	<i>Vidanga, Haritaki, Gomutra, Lavana, Sudha, Gorochana, Bruhati, Lodhra, Sugandhabala, Kutaki</i>	<i>Laksha, Sarjarasa, Trikatu, Shirisha, Madhuka, Takra</i>	<i>Trivruta, Karpasa, Kakmachi, Mrunalani , Nagkeshara, Chandan.</i>

<i>Gana</i>	Drugs mentioned in <i>Shodhana chikitsa</i>	Drugs mentioned in <i>Shamana chikitsa</i>	Drugs mentioned in <i>Bahiparimarjana chikitsa</i>
<i>Kushthaghn<sup>24</sup></i>	<i>Argwadha, Vidanga</i>	<i>Argwadha, Haritaki, Khadira, Vidanga, Amalki, Rajani, Bhallatka, Saptaparna</i>	<i>Saptaparna, Argwadha, Karvira, Khadira, Vidanga, Jati, Haritaki, Rajani</i>
<i>Krimighn<sup>25</sup></i>	<i>Vidanga, Marich</i>	<i>Vidanga, Marich</i>	<i>Vidanga, Marich, Apamarga</i>
<i>Kandughn<sup>26</sup></i>	<i>Argwadha, Nimba, Darvi, Kutaja, Madhuka, Must, Karanja</i>	<i>Argwadha, Nimba, Darvi, Musta, Kutaja, Madhuka</i>	<i>Argwadha, Nimba, Sarshapa, Musta, Darvi</i>
<i>Varnya<sup>27</sup></i>	<i>Madhuka</i>	<i>Madhuka, Manjishtha, Sariva, Padmak</i>	<i>Chandan, Manjishtha</i>
<i>Dahprashamana<sup>28</sup></i>	<i>Madhuka</i>	<i>Gambhari, Guduchi</i>	<i>Chandan, Guduchi</i>
<i>Udardprashamana<sup>29</sup></i>	-	<i>Khadira, Saptaparna</i>	<i>Khadira, Saptaparna</i>



## Discussion:

Indeed there is vast range of medicine explained for *Kushtha chikitsa*. All types of *Shodhana (Panchakarma)* are mentioned by all Acharya's. Indeed *Panchakarma* is very important for this disease as it is chronic and *Tridoshatmak*. The main principle is use of appropriate *Shodhana* as per the Dosha dominance for eg *Vamana* in *kaphaja kushtha*, *Virechana* in *pittaja kushtha* and *Anuvasana Basti* in *vataja kushtha* is mentioned<sup>30</sup>.

*Raktamokshana* plays important role in *kushtha* as *Vyadhipartikar* and *Apunarbhava chikitsa*.

*Raktamokshana* is done by *Siravedhana*, *Prachhana* when *kushtha* is in *gambhir avsta*, *Shruna* and *Alabu* are explained for *alpa Dosha kushtha* and in *uttan avastha* by Acharya Charaka<sup>31</sup> and *Prachhana* is mentioned by Acharya Vagbhata<sup>32</sup>, by *Jaloka* when *alpa Doshas* in *kushtha* and by *Shastra* when *kushtha* is stable and hard patchy explained by Acharya Charaka<sup>33</sup> and by *Vagbhata Jaloka*, *Alabu* according to condition of *Doshas* in *kushtha*<sup>34</sup>.

There are enormous drugs for *Shamana* and they are used in various forms such as *Kwatha*, *Churna*, *Asava*, *Arishtha*, *Avleha*, *Ghrita taila snehapana*, *Vati kalpana* and *Yavagu sevana*. Many drugs are used in many forms for eg. *Triphala* is in *Kwatha*, *Churna* *Asava*, *Arishtha* and *Avleha* form. Some drugs are used in external and internal *chikitsa* such as *Argwadha*, *Marich*, *Rajani*, *Saptaparna*, *Vidanga*, *Haritaki*, *Khadira*, *Nimba*, *Manjishtha*, *Guduchi*, *Darvi* and *Musta*.

There are some drugs which are commonly used as *Shamana chikitsa* and also *Shodhana chikitsa* also which includes *Patolpatra*, *Nimba*, *Kutaja*, *Triphala*, *Marich*, *Vidanga*, *Argwadha* and *Pippli*.

Among *Ghrita kalpana* mainly used drugs are *Tiktarasatmaka* and *Tiktashathpalk Ghrita*, *Mahatikta Ghrita* mentioned by Acharya Charaka then *Nila Ghrita*, *Lakshadi Ghrita* are mentioned by *Sushruta* in *Shamana chikitsa*.

The reason behind application of such huge drug regimen is because *kushtha* has *Saptako Dravya sangraha* 7 factors<sup>35</sup> are involved. The permutation and combination of these factors manifest different symptoms so variety of drugs are necessary. These drugs can be directly *kushthaghna* such as *Argwadha*, *Haritaki*, *Khadira*, *Nimba*, *Vidanga*, *Amalki*, *Rajani*, *Bhallatka*, *Saptaparna*, *Marich*, *Darvi*, *Kutaja*, *Madhuka*, *Manjishtha*, *Sariva*, *Gambhari*, *Padmaka* and *Guduchi* from these drugs some of them are *Krimighna* (which kills krimi), *kandughna* (aim to reduce itching), *varnya* (which enhance complexion), *dahprashamana* (which decrease *daha*), *udardprashamana* (aim to reduce *udarda*). These drugs are *Vyadhi prtyanik*.

If one observes these drugs the most common drugs which are used in every *kalpana* are *Triphala* which is used in 6 times, *Argwadha* 6 times, *Trikatu* 4 times, *Nimba* 5 times, *Khadira* 8 times and *Rajani* 6 times etc. These drugs are *Laghu*, *Ruksha*, *Snigdha* and *Tikshna gunatmaka*. *Sheet Ushana Viryatmaka*, *Katu Tikta Kashaya rasatmaka* and *Katu Vipaka*. *Laghu Ruksha Tikshna guna* which will result is *kledo shoshana* and *rakta Prasada*.



As we know the etymology of *kushtha* indicates (*kushnati vapu*) vitiation of skin occurs the external *chikitsa* also plays vital role. Like *Shamana chikitsa Bahiparimarjana* has also enormous drug regimen and it can be used in various forms such as *Snana- "Siddharthaka snan"* is specifically mentioned in *kushtha Bahiparimarjana chikitsa, Udvarthana, Kushthhar Snanadi, Ksharprayoga, Abhyanga* and *Lepa*. The commonly used drugs in *Bahiparimarjana chikitsa* such as *Argwadha* 5 times, *Saptaparna* 2 Times, *Karvira* 2 times, *Karanja* 3 times, *Kutaja* 3 times, *Rajani* 2 times, *Sarshapa* 2 times, *Khadira* 2 times and *Arka* 2 times in various form of *Kalpana*.

The drugs common in *Shodhana, Shamana* and *Bahiparimarjana* such as *Nimba, Kutaja, Darvi, Danti, Argwadha, Vidanga, Pippli, Marich* and *Triphala*.

*Rasa Dravyas* are also used in *kushtha chikitsa*. Actually *Brihatrayee* are ancient texts before the rise of *Rasashastra* so in *Brihatrayee* mainly herbal drugs are described but in *kushtha chikitsa Rasa Dravyas* are also mentioned such as- *Swarnmakshhika, Shilajita, Mandura* and *Gandhaka*. Not only this but the only single reference of use of "*Parada*" in *Charaka Samhita* is observed in *kushtha chikitsa*<sup>36</sup>.

*Shodhana, Shamana* and *Bahiparimarjana chikitsa* are equally important in *kushtha chikitsa* to avoid recurrence of *kushtha*.

## Conclusion:

1. All the *panchakarmas* including *Raktamokshana* is mentioned in *kushtha chikitsa* frequently.
2. There are various *kalpana* of *Shamana aushadhi* used in *kushtha* namely *Kwatha, Churna, Asava, Arishtha, Avleha, Paniyakshara, Vati kalpana, Ghrita taila snehapana* and *Yavagu Sevan*.
3. Use of *Rasa Dravyas* as *Shamana* medicines includes *Gandhak, Swarnmakshhika, Shilajita, Parada, Loha Rasayana* and *Yograj Rasa*.
4. Among *Shamna* medicine *Triphala* is used in four places in the form of *Kwatha, Churna, Asava* and *Arishtha*.
5. *Khadira* which is explained as "*Agrya*"<sup>37</sup> for *Kushtha* and is used in *Shamana* medicine is observed at eight places and *Acharya Charaka* also it used for *Snana, pana* and *Bhojanartha*.
6. Herbal drugs are used in *Shamana chikitsa* which contain *Argwadha* in six places, *Nimbapatra* in five palaces, *Trikatu* in four places and *Rajani* in six places.
7. There are various modes of *Bahiparimarjana* mainly *Snana, kushthhar Snanadi, Parisheka, Abhyang, Udvarthana, Ksharprayoga* and *Lepa*.
8. Herbomineral drugs used for external purpose includes *Manshila, Hartala, Kasisa, Trapu* are the drug of choice which comes under *Rasa Dravyas*.
9. Herbal drugs are also used for (external) *Bahiparimarjana chikitsa* which includes *Kutaja, Karanja,*

*Musta, Argwadha, Gomutra and Vidanga.*

10. The mention of *Rasa* as *Parada* is the only reference quoted by *Acharya Charaka* is in *kushtha chikitsa*.
11. Among *Shamana chikitsa* the common *kalpanas* are- *Kwatha, Churna, Ghrita taila snehapana*. *Asava-Arishtha* is mentioned by *Acharya Charaka- Sushruta* and *Avleha* is mentioned by *Acharya Sushruta-Vagbhata*, *Kshara prayoga* is advised by *Acharya Charaka-Vagbhata*. Only *Vagbhata* has used *Vati kalpana*.
12. *Khadiradi Yavagu* is mentioned by *Acharya Sushruta* is a unique example of drug plus diet combination.

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20. *Ibid Sushruta samhita, chikitsa sthana pg no 67*
21. *Ibid Charak samhita, chikitsasasathana Pg no 194*
22. *Ibid Charak samhita, chikitsasasathana Pg no 195*
23. *Ibid Charak samhita, chikitsasasathana Pg no 195*

24. *Ibid Charak samhita, sutrasathana*  
pg no 73  
25. *Ibid Charak samhita, sutrasathana*  
pg no 73  
26. *Ibid Charak samhita, sutrasathana*  
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27. *Ibid Charak samhita, sutrasathana*  
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29. *Ibid Charak samhita, sutrasathana*  
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30. *Ibid Charak samhita, chikitsa*  
*sathana pg no 186* 31. *charak*  
*samhita chikitsasathana pg no188*

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