ABSTRACT
Ayurveda emphasizes more on preventive and health promotive aspects. Charaka Samhita by Acharya Charka is considered one of the oldest ancient medical books among all literary. It describes ancient theories on human body, etiology, symptomology and therapeutics for wide range of diseases. Acharya Charka explained fifty mahakashaya in the fourth chapter of sutra-sthan namely Shadvirechanshtashreeya in his compendium. Each mahakashaya has ten drugs respectively. Among the fifty mahakashaya, Vishaghna mahakashaya dravyas shows the antitoxic effect by the treating of Rakta and pitta dushti. In our body toxins are release in the blood by the cell or tissues. If toxins do not excrete by body they produce a pathogenesis of any type of disease. This mahakashaya herb helps to neutralize the toxin by their vishghana karma. This mahakashaya purify the blood and exert the toxins from the body. Dermatological disorders are mainly associated with the Rakta and pittad ushti due to release of endo-toxins. In ayurveda skin diseases are known by the general term Kustha. It is described in ancient Ayurvedic text of Ayurveda called Charak Samhita in the chapter of Kushtha Roga and their ayurvedic treatments. It is of two types; Maha and Ksudra. According to the tridosha theory of Ayurveda unhygienic conditions, irregular dieting affects vata, pitta and kapha which in term affect the skin. Althogh Acharya Charaka described Kushthagnamahakashaya separately.

The objectives of the present review article include to discus different aspects of use vishghna mahakashaya in dermatological disorders in Ayurveda as well as in modern.

Keywords: Vishaghna, Kushtha Roga, pitta dushti, mahakashaya.

INTRODUCTION
Vishghna Mahakashaya:- Haridra, Manjishtha, Suvaha, Sukshma Ela, Palindi, Chandana, Katak, Shirisha, Sidhuvaar, Shleshmatka

Charak Samhita is an ancient Ayurvedic text of old literature of ayurveda explaining various complicated disorders including Kushtha, herbs for Kushtha and various herbal compounds to get rid of dermatological disorders permanently. The main focus of the treatment is to normalize Vata-Pitta-Kapha dosha, clean the blood and lymph and get rid of scales as fast as possible. Out of 18 types of skin ailments described in Charaka Samhita (1500 BC text on ayurveda) 7 are called Major and 11 are called minor skin ailments. The skin is the largest organ of the body, having a surface area of 1.8 m2 and measuring approximately 18% of body weight. It reveals both the normal and pathological state of an individual. Important function of skin includes protection from many physical, chemical & environmental insults. The skin has an eternal relationship with Mann (psyche/mind). Therefore, more than a cosmetic nuisance, dermatological disorders produce anxiety, depression and other psychological problems that affect the quality of life. Patients of skin disorder always experience physical, emotional & socio-economic embarrassment in the society, which further leads to aggravation of symptoms of existing disease. Change in local resistance leads to the proliferation of opportunistic pathogens on skin resulting bacterial, viral, parasitic, fungal and non specific dermatitis. Ayurveda has a rich treasure of medicinal plants which are very effective in prevention and management of various types of Dermatological disorders (DD). Herbal drugs that hold anti-histaminic, anti-toxic, mast cell stabiliser and immune-modulator properties should be utilised to manage DD. Ayurveda has a large number of herbal drugs that possess these properties and can serve as a mainstay of treatment for skin allergies. Treatment with herbal drugs not only control symptoms but improve the quality of life. Hence there is utmost need to utilize these herbs with evidence based practice guidelines to yield better results. With this view in mind herbal drugs are screened for their potential against skin allergies. These herbal agents not only serves as an alternative for modern anti-allergic treatment but also can safely be prescribed for the paediatric population. Acharya Charaka in the fourth chapter of Sutrasthana specifies and describes fifty Mahakashaya with ten herbal drugs in each group[2]. Each group of herbal drugs has specific pharmacological actions, with the same pharmacotherapeutic actions, to fight against a particular disease or disorder. The utility of Charakokta mahakashaya is disease specific and has been prescribed in such a way that the combination provides effective guidelines for the Chikitsak. Out of the fifty Mahakashaya Vishghna mahakashaya can be screened for anti-allergic, anti toxic and blood purify properties against dermatological disorders. The present paper is focused towards critical analysis of herbal agents (Vishghna Mahakashaya).
Table 1: Types Of Kushtha Are Mention Below Along With Their Nearest Modern Equivalents[4] :-

<table>
<thead>
<tr>
<th>Major Kushtha (Skin Ailments)</th>
<th>Modern Equivalents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kapaal Kushtha</td>
<td>Tubercular Leprosy</td>
</tr>
<tr>
<td>Audumber Kushtha</td>
<td>Chronic Discoid Lupus Erythematos</td>
</tr>
<tr>
<td>Mandala Kushtha</td>
<td>Tinea With Secondary Infection</td>
</tr>
<tr>
<td>Rishyajiva Kushtha</td>
<td>Pityaris Rose</td>
</tr>
<tr>
<td>Pundarik Kushtha</td>
<td>Tinea Corporis</td>
</tr>
<tr>
<td>Sidhma Kushtha</td>
<td>Tineaversicolor</td>
</tr>
<tr>
<td>Kankan Kushtha</td>
<td>Toxic Epidermal Necrylysis</td>
</tr>
<tr>
<td>Minor Kushthas (Skin Ailments)</td>
<td></td>
</tr>
<tr>
<td>Eka Kushtha</td>
<td>Psoriasis</td>
</tr>
<tr>
<td>Charm Dal Kushtha</td>
<td>Seborrhic Eczema</td>
</tr>
<tr>
<td>Kitibha Kushtha</td>
<td>Atopic Dermatitis With Keratinisation</td>
</tr>
<tr>
<td>Alsak Kushtha</td>
<td>Allergic Dermatitis</td>
</tr>
<tr>
<td>Dadru Kushtha</td>
<td>Tinea Circinata (Ring Worm)</td>
</tr>
<tr>
<td>Charamakhya Kushtha</td>
<td>Dry Eczema</td>
</tr>
<tr>
<td>Vipadika Kushtha</td>
<td>Palmoplantar Psoriasis Or Tinea Pedis</td>
</tr>
<tr>
<td>Pama Kushtha</td>
<td>Scabies</td>
</tr>
<tr>
<td>Visphota Kushtha</td>
<td>Folliculitis</td>
</tr>
<tr>
<td>Shataru Kushtha</td>
<td>Pyoderma Gangrinosum</td>
</tr>
<tr>
<td>Vicharchika Kushtha</td>
<td>Weeping Eczema</td>
</tr>
<tr>
<td>*Sheet Pitta</td>
<td>Urticaria</td>
</tr>
</tbody>
</table>

*Considered in kushtha but do not described in major and minor kushtha due to affect only external skin

**Aim:**

To study the effects of Vishghana Mahakashaya in severity of skin disorders in detail.

**Objectives:**

1. To compile the references from various Samhita and Ayurveda Pharmacopeia or Nighantu in which drugs are described as doshghna karma threw ras, guna, virya, vipaka, prbhav for various Skin diseases.
2. To classify the observations in a tabular form for convenience of study with Ayurvedic and modern science respectively.

**Materials and Methods:**

The various classical and modern texts, research papers, Review papers and internet material related references regarding to dermatological disorders were collected and classified according to their effects on skin.

**DISCUSSION**

In the third kashaya Acharya Charaka explained four Mahakashya continuously relaed to skin disorders namely Kushthgna, Kandughna, Krimighna, Vishghna. According to Charakavish (toxin or poison) has ashu in nature,which means it spreads quickly in the body because it affects first raktadosha than others. Ayurveda says that skin disorders Produced mainly by the rakta-pitta dushti. All the
poisons produce a complex pathogenesis such as blisters, itching, oozing, bleeding, dermo/myonecrosis, inflammation and release histamins such as all the major dermatological disorders produces the same symptoms acute or chronic. Microbial infections affect the skin deeply or surfacely. Tubercular Leprosy, Eczema, elephantiasis, melanoma, Scabies, pyoderma gangrinosum are major skin problems. Considering the properties of *vishghna mahakashaya* drugs and pathogenesis of Dermatosis the probable mode of action of these 10 drugs according to Doshik type of *Kushtha* or Skin disorders can be drawn, as *vishghnamahakashaya* drugs are mostly tiktarasa and Laghu, Ruksha guna pradhan. Properties of Tikta rasa according to Ayurveda are Rukska, Laghu, Sheeta in guna[5]. As per Karma (Pharmacological Action) Related to skin disorders are *Vishghna* (Anti toxic effect), *Krimighna* (Help to relieve intestinal worms and Antimicrobial property), *Kandughna* (Relieves Itching), *Dahashaman* (Relieves burning sensation), *Kushtghna* (Useful in Skin Disorders), *Pachna* (Carminatives), *Jwaraghna* (Antipyretic), *Vranshodhana* (Relieve wound), *Raktaprasadan* (Detoxifies blood), *Puyaghna* (Heals wounds without pus formation or reduce pus formation), *Swedghna* (reduce sweating)[1].

In the *vishghnMahakashaya* there are four major drugs (Albizia lebbeck Linn., Santalum alubm Linn. Elleteria cardamomum Maton. Curcuma longa Linn.) of Dashang lepa (*Visrava rogadhikar, bhaishjya Ratnawali*). This lepa was found highly effective in various type of Skin disorders.

### Table 2: Pharmacological Properties Of Vishghna Mahakashaya[^7,^3]

<table>
<thead>
<tr>
<th>S. N.</th>
<th>Drug (Sanskrit Name)</th>
<th>Latin Name</th>
<th>Family</th>
<th>Rasa</th>
<th>Guna</th>
<th>Vriya</th>
<th>Vipa-ka</th>
<th>Chief Chemical Constituents[^3]</th>
<th>Doshghnta</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Haridra Curcuma Longa Linn.</td>
<td>Curcuma Longa Linn.</td>
<td>Zingiberaceae</td>
<td>Tikta Katu</td>
<td>Laghu Ruksha</td>
<td>Usha Katu</td>
<td>Curcumin</td>
<td>C_{12}H_{20}O_{6}</td>
<td>KP</td>
</tr>
<tr>
<td>5.</td>
<td>Palindi Opercul-</td>
<td>Opercul-</td>
<td>Tikta Laghu Usha Katu</td>
<td>Turpethenic Ac-</td>
<td>KP</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Table 3: Therapeutic Uses of Vishghna Mahakashaya in Dermatological Disorders

<table>
<thead>
<tr>
<th>Drug Name</th>
<th>Therapeutic uses with English equivalent terms (As per the Ayurvedic Formulary of India)</th>
<th>Corresponding references</th>
<th>Therapeutic uses/properties&lt;sup&gt;7,11,60-62&lt;/sup&gt;</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Curcuma longa</em> Linn.</td>
<td><em>Krimighani</em> (Dermatophyte tenia infections), <em>varnya</em> (complexion), <em>tawakdoshara</em> (skin aliment), <em>raktavikarhara</em> (blood detoxifier), <em>vranapaha</em> (anti ulcer), <em>kandughnit</em> (anti itching), <em>Vishghna</em> (antidote or anti toxic), <em>kushhtnuta</em> (Anti dermat-)</td>
<td>B.P.N.1/196-197&lt;sup&gt;40&lt;/sup&gt;, D.N.1/55&lt;sup&gt;23&lt;/sup&gt;, M.P.N.1/229&lt;sup&gt;50&lt;/sup&gt;, R.N.6/199&lt;sup&gt;32&lt;/sup&gt;, K.N.1/1115&lt;sup&gt;12&lt;/sup&gt;</td>
<td>Anti histamine, anti toxin, skin allergies, Phytonutrient, eczema, scabies &amp; fungal infections (ext. Use), purify the blood, Antibacterial, itching (pruritis), Anti helminthic &amp; Anti Parasitic (Juice), Melanoma</td>
</tr>
<tr>
<td>Ingredient</td>
<td>Description</td>
<td>References</td>
<td></td>
</tr>
<tr>
<td>----------------------------------</td>
<td>-----------------------------------------------------------------------------</td>
<td>-----------------------------------------------------------------------------</td>
<td></td>
</tr>
<tr>
<td><strong>Rubia cordifolia</strong> Linn.</td>
<td><strong>varnya</strong> (complexion), <strong>raktavikarhara</strong> (blood detoxifier), <strong>vranapaha</strong> (anti ulcer), <strong>Vishghna</strong> (antidote or anti toxic), <strong>kushthnuta</strong> (Anti dermatosis)</td>
<td>B.P.N. 1/190-191[41], D.N. 1/18[22], M.P.N. 1/26-227[51], R.N. 6/194[33], K.N. 1/1427[13]</td>
<td></td>
</tr>
<tr>
<td><strong>Adiantum lunulatum</strong> Burm.</td>
<td><strong>raktavikarhara</strong> (blood detoxifier), <strong>vranapaha</strong> (anti ulcer), <strong>Vishghna</strong> (antidote or anti toxic), <strong>dahhara</strong> (burn healer), <strong>loota visha hara</strong> (antidote of spider venom), <strong>pamahara</strong> (anti scabies)</td>
<td>B.P.N. 2/256[42], M.P.N. 1/260[32], R.N. 5/113[34], D.N. 4/100[24], K.N. 1/767[14]</td>
<td></td>
</tr>
<tr>
<td><strong>Elleteria cardamomum</strong> Ma. ton.</td>
<td><strong>Vishghna</strong> (antidote or anti toxic), <strong>kandughni</strong> (anti itching),</td>
<td>B.P.N. 2/63[43], M.P.N. 3/24[53], D.N. 2/45-47[25], K.N. 1/1341[15]</td>
<td></td>
</tr>
<tr>
<td><strong>Operculina Turpethum</strong> Linn.</td>
<td><strong>Krimighani</strong> (Dermatophyte tenia infections), <strong>visrapahara</strong> (anti erysipelas), <strong>Keetvisha</strong> (antidote of hexapodes)</td>
<td>B.P.N. 3/194[44], M.P.N. 1/118[54], R.N. 6/167[35], D.N. 1/236-237[26], K.N. 1/1016[16]</td>
<td></td>
</tr>
<tr>
<td><strong>Santalum album</strong> Linn.</td>
<td><strong>varnya</strong> (complexion), <strong>raktavikarhara</strong> (blood detoxifier), <strong>Vishghna</strong> (antidote or anti toxic), <strong>dahhara</strong> (burn healer)</td>
<td>B.P.N. 1/13[45], M.P.N. 3/11[55], D.N. 3/1-3[27], R.N. 12/8[36], K.N. 1/1267[17]</td>
<td></td>
</tr>
<tr>
<td><strong>Strychnos potatorum</strong> Linn.</td>
<td><strong>Krimidoshnuta</strong> (anti worming/antibacterial), <strong>Vishghna</strong> (antidote), <strong>dahhara</strong> (burn heater) <strong>Moolkushthaghnam</strong> (Anti Leprosy Property have Root)</td>
<td>B.P.N. 6/108[46], M.P.N. 6/27[56], D.N. 3/153[28], R.N. 11/197[37], K.N. 1/1141[18]</td>
<td></td>
</tr>
</tbody>
</table>

- Scabies, ringworm, eczema, anti-acne property, wound healing, antibacterial, major burns, pigmentation anomalies, leucoderma, promotion of complexion, diabetic ulcers, skin allergies
- Antibacterial, Balding, erysipelas, leprosy, Rabies, Elephantiasis, pimples, wounds, Antifungal, Antioxidant, Burning Sensation
- Antiseptic, Antimicrobial, antitoxic, neutralize the effect of insect bites and mild poisons
- Scorpion Sting & Snake bite, Tinea with Secondary infection, Psoriasis, Antihistamic
- Anti toxic, eczema, scabies & fungal infections (ext. Use), purify the blood, Antibacterial, itching (pruritis), anti-acne property, wound healing, antibacterial, major burns, pigmentation anomalies, leucoderma, promotion of complexion
- Leprosy, Antimicrobial, diabetic ulcers, Blood purifier
As we concluded from this discussion, that Vishghna Mahakashaya have very good role in various types of skin disorders and its able to help in the treatment of the pathogenesis of Anurjta (allergy), Kushtha (Dermatological disorders), Wound and toxins. In the present review an attempt has been made to provide a collective knowledge on therapeutic, pharmacological analysis of Vishghan Mahakashaya and its constituent drugs. This collective knowledge on these drugs would motivate to researchers and provide lead to further exploration of pharmacological activities of these ingredients as the demand for Ayurvedic products is growing exponentially due to its fewer side effects as compare to other systems of medicine.

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36. Raj Nighantu-Dravyaguna Prakashika Hindi Vyakhyा By Dr. Indradeva Teri-pathi, Krishnadas Akadami, Varanasi V.S. 2039 Page 395
37. Raj Nighantu-Dravyaguna Prakashika Hindi Vyakhyा By Dr. Indradeva Teri-pathi, Krishnadas Akadami, Varanasi V.S. 2039 Page 380
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