

## A SHORT REVIEW ON "CONCEPT OF KSHUDRAROGA IN AYURVEDA" WITH SPECIAL REFERENCE TO SKIN DISEASES

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### ABSTRACT

Skin is an important structure of the body. In *Ayurveda* a number of skin disorders has been enumerated under the heading of *Kshudraroga*. *Kshudraroga* has enlisted in all *Ayurvedic Classics*. The etiology, features and treatment of *Kshudraroga* has been described very briefly. In *Kshudraroga* most common skin diseases has been described e.g. Acne, Alopecia, Scabies, Premature grayness or whiteness of scalp hair, Allergic Dermatitis

### INTRODUCTION

Skin reflects the internal health of an individual. Healthy skin depicts the personality of an individual. Nowadays, skin diseases are very common. Due to various causes e.g. consumption of unhealthy food or lifestyle modification or environmental pollution or due to stress skin problems are increasing day by day and it also affects the quality of life of an individual. The most common skin diseases are Acne, Alopecia's, Tania infection, Premature grayness or whiteness of the scalp hair (Canities), Scabies, Chloasma, Urticaria, Atopic & Contact Dermatitis, Paronychia, Keratoderma, Corn & callosity and Melanocytic Nevi. These diseases are encountered in day to day practice. Now awareness regarding the skin health become many fold increased as compare to past. Unhealthy skin is a major cause of stress in now days.

In *Ayurvedic Classics* various skin disorders have been described under the heading of *Kushtha*. "Kushnati vapuh eti kushtham" means any disease which deform the skin is known as *Kushtha*. *Kushtha* has 2 major division first 7 *Mahakushtha* & second 11 *Kshudrakushtha*. Out of 7 *Mahakushtha*

except *Sidhma* all mimic the leprosy. *Sidhma* resemble the disease *Pityriasis versicolor*. In 11 *Kshudrakushtha*, *Eka-kushtha* (*Psoriasis*), *Kudrakushtha* (*Xeroderma*), *Kitibha* (*Lichenplanus*), *Vipadika* (*Rhages*), *Alsak* (*Infective dermatitis*), *Dadru* (*Ringworm or Tania*), *Charmdal* (*Impetigo*, *Herpes simplex*, *Herpeszoster*), *Pama* (*Scabies*), *Sphota* (*vesicle & bullous eruption*), *Shataru* (*Cellulitis or periporitis*) and *Vicharchika* (*Eczematous dermatitis*) are described. Other skin diseases e.g. *Mukhadushika* (*Acne vulgaris*), *Khalitya* (*Alopecia's*) *Palitya* (*premature grayness of hair*), *Vyangya* (*Urticaria*), *Kotha*, *Utkotha* (*Urticarial diseases*) etc. are enumerated in *Kshudraroga*. Thus *Mahakushtha*, *Kshudrakushtha* & *Kshudraroga* almost cover the whole dermatology in *Ayurveda*.

*Kushraroga* has been described in a separate chapter by many Acharyas. *Kshudraroga* also play a major role in understanding various skin disorders in *Ayurveda*. *Kshudraroga* has been described in major *Samhitas* of *Ayurveda* i. e. *Charak Samhita*, *Sushruta Samhita*, *Astang Samgrah*, *Astang Hridaya*, *Sharangdhar Samhita*, *Madhav Nidan Bhav Prakash*, *Yog Ratnakar*, *Vangsen Samhita*

and in *Bhishajya Ratnavali*. The classification of *Kshudraroga* as given by *Acharya Sushruta* is basic & standard. Many *Acharyas* have followed the classification of *Acharya Sushruta* in describing the *Kshudraroga*.

### Definition of *Kshudraroga*

*Kshudraroga* is made up of two words i.e. *kshudra* and *roga*. *Kshudra* means alpa or short / small / minor and *Roga* means disease. So *Kshudraroga* are small /short/ minor diseases. They are named

*Kshudraroga* because their *Nidan*(etiology), *Lakshan*(clinical features) and *Chikitsa*(treatment) are described in *kshudra* i.e. in short or brief. *Kshudraroga* comprises of a major part of the skin diseases. As its name indicate *Kshudraroga* are small and less severe diseases but it also contains some more severe disease like *Agnirohini*.

### Difference between *Kshudraroga* and *Kshudrakushtha*

**Table: 1 The difference between *Kshudraroga* and *Kshudrakustha* are given below.**

<i>Kshudraroga</i>	<i>Kshudrakushtha</i>
1. It is described in separate chapter, not under the chapter of <i>Kushtha</i> .	It is described under the chapter of <i>Kushtha</i> and it is one of the type of <i>Kushtha</i> .
2. Their <i>Nidan</i> (etiology), <i>Lakshan</i> (features) & <i>Chikitsa</i> (treatment) are described very briefly.	They have a detail description about <i>Nidan</i> (etiology), <i>Lakshan</i> (features) & <i>Chikitsa</i> (treatment).
3. <i>Saptakodravysangraha</i> (7 dosha-dushya) are not described in <i>Kshudraroga</i> .	<i>Saptakodravysangraha</i> (7 dosha-dushya) are described in <i>Kshudrakushtha</i> .

### Description of *Kshudraroga* in *Ayurvedic Classics*

- Acharya Sushruta* has explained *Kshudraroga* in the 13<sup>th</sup> chapter of *Nidan Sthan* named as *Kshudraroganidan* and in the 20<sup>th</sup> chapter of *Chikitsa Sthan* named as *Kshudrarogachikitsa*.
- In *Astang Hridaya*, *Acharya Vagbhat* has described *Kshudraroga* in the 31<sup>st</sup> & 32<sup>nd</sup> chapter of *Uttar Sthan* named as *Kshudrarogavigyaniya* & *Kshudraroga-pratishedha* respectively.
- In *Astang Sangraha*, *Acharya Vagbhat* has described *Kshudraroga* in the 36<sup>th</sup> chapter of *Nidan Sthan* named as *Kshudrarogavigyaniya* & in the 37<sup>th</sup> chapter of *Chikitsa Sthan* named as *Kshudraroga-pratishedha*.
- Acharya Charak* has described *Kshudraroga* in the 18<sup>th</sup> chapter of *Ni-*

*dan Sthan* named as *Trishothya* and 12<sup>th</sup> & 26<sup>th</sup> chapter of *Chikitsa Sthan* named as *Shavathu* & *Trimarmiya* respectively.

- Acharya Madhav* has illustrated *Kshudraroga* in the 55<sup>th</sup> chapter named as *Kshudraroganidan*.
- Acharya Sharangdhar* has enumerated *Kshudraroga* in the 7<sup>th</sup> chapter of *Poorvkhanda*.
- Acharya Bhav Mishra* has described *Kshudraroga* in 61<sup>st</sup> chapter of *Madhyam Khand* named as *Kshudrarogaadhikar*.
- Yoga Ratnakar* also described *Kshudraroga* in a separate chapter.
- Bhaishjya Ratnavali* has described *Kshudraroga* in 60<sup>th</sup> chapter.
- Vangsen Samhita* also explained *Kshudraroga* in 67<sup>th</sup> chapter

**Table :2 Numbers of *Kshudraroga***

Acharyas	Numbers Of <i>Kshudraroga</i>
<i>Sushruta</i>	44
<i>Vagbhatt</i>	36
<i>Sharagdhar</i>	60
<i>Madhav Nidan</i>	4 2
<i>Bhav Prakash</i>	43
<i>Yoga Ratnakar</i>	44

*Acharya Charaka* has not described the exact number of *Kshudraroga* but he has enumerated some *Kshudraroga* in different chapters as follows:

**Charak Samhita Chapter Kshudraroga**  
*Sutrasthan* 18<sup>th</sup> *Pidika, Vyangya, Nilika*  
*Chikitsasthan* 12<sup>th</sup> *Masurika, Kaksha, Alji, Vidarika*, 26<sup>th</sup> *Khalitya, Palitya.*

**Classification of Kshudraroga According to Different Acharyas ( Table :3 & Table:4)**  
**Table:3**

S. N.	CharakSamhita	Sushruta Samhita	Astang Sangrah	Astang Hridaya
1	Alaji	Ajagallika	Ajagallika	Ajagallika
2	Tilak	Yavprakhaya	Yavprakhya	Yavprakhya
3	Piplu	Andhalaji	Koth	Koth
4	Vyangya	Vivrita	Vivrita	Viarita
5	Nilika	Kachhapika	Kachhapika	Kachhapika
6	Palit	Valmik	Valmik	Valmik
7	Khalit	Indravridhha	Utkoth	Utkoth
8	Jalgardabha	Panasika	Panashika	Panashika
9	Kaksha	Pashangardabha	Pashangardabh	Pashangardabh
10	Visphot	Jalgardabha	Jalgardabh	Jalgardabh
11	Pama	Kaksha	Kaksha	Kaksha
12	Vicharchika	Visphotak	Visphotak	Visphotak
13	Vidarika	Agnirohini	Agnirohini	Agnirohini
14		Chippa	Chipp	Chipp
15		Kunakha	Kunakha	Kunakha
16		Anushayi	Rajika	Rajika
17		Vidarika	Vidari	Vidari
18		Sharkarabud	Sharkarabud	Sharkarabud
19		Pama	Erivellika	Erivellika
20		Vicharchika	Lanchhan	Lanchhan
21		Raksa	Prasupti	Prasupti
22		Paddarika	Gandhanama	Gandhanama
23		Kadar	Kadar	Kadar
24		Alas	Alas	Alas
25		Indralupt	Mukhadushika	Mukhadushika
26		Darunak	Vidhha	Vidhha
27		Arunshika	Gardabhi	Gardabhi
28		Palit	Rudhhagud	Rudhhagud
29		Masurika	Masurika	Masurika
30		Yuvanpidika	Vyangya Nilika	Vyangya Nilika
31		Padyaminikantak	Padyamkantak	Padhyamkantak
32		Jatumani	Jatumani	Jatumani
33		Mashak	Mashak	Mashak

34	<i>Charmkeel</i>	<i>Charmkeel</i>	<i>Charmkeel</i>
35	<i>Tilkalak</i>	<i>Tilkalak</i>	<i>Tilkalak</i>
36	<i>Nyachhya</i>	<i>Mandal</i>	<i>Mandal</i>
37	<i>Vyangya</i>		
38	<i>Parivartika</i>		
39	<i>Avapatika</i>		
40	<i>Nirudhhaprakash</i>		
41	<i>Sannirudhagud</i>		
42	<i>Ahiputana</i>		
43	<i>Vrishankachhu</i>		
44	<i>Gudbhransha</i>		

Table:4

S. N.	<i>SharangadharSamhita</i>	<i>Madhav Nidan</i>	<i>Bhav Prakash</i>	<i>Yog Ratnakar</i>
1	<i>Rajika</i>	<i>Ajagallika</i>	<i>Ajagallika</i>	<i>Ajagallika</i>
2	<i>Yavprakhya</i>	<i>Yavprakhya</i>	<i>Yavprakhya</i>	<i>Yavprakhya</i>
3	<i>Andhalji</i>	<i>Andhalji</i>	<i>Andhalji</i>	<i>Andhalgi</i>
4	<i>Vivrita</i>	<i>Vivrita</i>	<i>Vivrita</i>	<i>Vivrita</i>
5	<i>Kachhpika</i>	<i>Kachhapika</i>	<i>Kachhapika</i>	<i>Kachhapika</i>
6	<i>Valmik</i>	<i>Valmik</i>	<i>Valmik</i>	<i>Valmik</i>
7	<i>Indravridhha</i>	<i>Indravridhha</i>	<i>Indravridhha</i>	<i>Indravridhha</i>
8	<i>Panasika</i>	<i>Panashika</i>	<i>Panashika</i>	<i>Panashika</i>
9	<i>Tilkalak</i>	<i>Pashangardabha</i>	<i>Pashangardabh</i>	<i>Jalgardabh</i>
10	<i>Gardabhi</i>	<i>Jalgardabh</i>	<i>Jalgardabh</i>	<i>Kaksha</i>
11	<i>Raksa</i>	<i>Kaksha</i>	<i>Kaksha</i>	<i>Erivellika</i>
12	<i>Erivellika</i>	<i>Erivellika</i>	<i>Erivellika</i>	<i>Agnirohini</i>
13	<i>Vidarika</i>	<i>Agnirohini</i>	<i>Agnirohini</i>	<i>Chipp</i>
14	<i>Kadar</i>	<i>Chipp</i>	<i>Chipp</i>	<i>Anushayi</i>
15	<i>Mashak</i>	<i>Anushayi</i>	<i>Kunakh</i>	<i>Vidarika</i>
16	<i>Nilika</i>	<i>Vidarika</i>	<i>Anushayi</i>	<i>Sharkararbud</i>
17	<i>Jalgardabh</i>	<i>Sharkararbud</i>	<i>Vidarika</i>	<i>Paddari</i>
18	<i>Sharkararbud</i>	<i>Paddarika</i>	<i>Sharkararbud</i>	<i>Kadar</i>
19	<i>Jatumani</i>	<i>Kadar</i>	<i>Dari</i>	<i>Alas</i>
20	<i>Gudbhransha</i>	<i>Alas</i>	<i>Kadar</i>	<i>Indralupt</i>
21	<i>Agnirohini</i>	<i>Indralupt</i>	<i>Alas</i>	<i>Darunak</i>
22	<i>Sanirudhhagud</i>	<i>Darunak</i>	<i>Indralupt</i>	<i>Arunshika</i>
23	<i>Koth</i>	<i>Arunshika</i>	<i>Darunak</i>	<i>Palit</i>
24	<i>Kunakh</i>	<i>Palit</i>	<i>Arunshika</i>	<i>Mukhadushika</i>
25	<i>Anushayi</i>	<i>Mukhadushika</i>	<i>Padyaminikantak</i>	<i>Padhyaminikantak</i>
26	<i>Padyaminikantak</i>	<i>Padhyaminikantak</i>	<i>Jatumani</i>	<i>Jatumani</i>
27	<i>Chipp</i>	<i>Jatumani</i>	<i>Mashak</i>	<i>Mashak</i>

28	<i>Alas</i>	<i>Mashak</i>	<i>Charmkeel</i>	<i>Tilkalak</i>
29	<i>Mukhadushika</i>	<i>Tilkalak</i>	<i>Tilkalak</i>	<i>Nyachha</i>
30	<i>Kaksha</i>	<i>Nyachha</i>	<i>Nyachha</i>	<i>Vyangya Nilika</i>
31	<i>Vrishankachhu</i>	<i>Vyangya Nilika</i>	<i>Vyangya Nilika</i>	<i>Parivartika</i>
32	<i>Gandh</i>	<i>Parivartika</i>	<i>Parivartika</i>	<i>Avapatika</i>
33	<i>Pashangardabh</i>	<i>Avapatika</i>	<i>Avapatika</i>	<i>Nirudhhaprakash</i>
34	<i>Vrahadamstra</i>	<i>Nirudhhaprakash</i>	<i>Nirudhhaprakash</i>	<i>Sannirudhgud</i>
35	<i>Vyangya</i>	<i>Sannirudhgud</i>	<i>Sannirudhgud</i>	<i>Ahiputana</i>
36	<i>Vishaphot</i>	<i>Ahiputana</i>	<i>Ahiputana</i>	<i>Vrishankachhu</i>
37	<i>Masurika</i>	<i>Vrishankachhu</i>	<i>Vrishankachhu</i>	<i>Gudbransha</i>
38		<i>Gudbhransha</i>	<i>Gudbhransha</i>	<i>Shukardamstra</i>
39		<i>Vrahadamstra</i>	<i>Shukardamstra</i>	<i>Gardabhika</i>
40		<i>Gardabhi</i>	<i>Mukhadushika</i>	
41		<i>Gandhanama</i>	<i>Gardabhika</i>	
42			<i>Gandhanama</i>	
43			<i>Palit</i>	

Acharya Vagbhat has described the diseases of *Medra* i.e. *Nivrattmani*, *Avapatika*, *Niruddhamani* in a separate chapter named as *Guhyaroga Viganiya in Astang Hridaya Uttar Sthan*. He has not

described these diseases in *Kshudraroga*. Acharya Sharangdhar described more *Kshudraroga* than Acharya Sushruta i.e. *Varahadamshttra*, *Kotha*, *Rajika*, 8 types of *Visphota* and 14 types of *Masurika*.

#### Grouping of *Kshudrakustha*: All *Kshudraroga* can be grouped as follows:

##### 1. Unspecified diseases-

- *Ajagallika*(Papule)
- *Yavprakhya*(Nodule)
- *Andhalji*( pustule without opening)
- *Gardabhika*(Erythematous rash)
- *Panasika*( Painful cyst near ear)
- *Vivrita*( Pustule with opening )
- *Indravridhha/Gardabhika/Vidhha*( Circular pustular ulcer)
- *Rajika*(Papule)
- *Erivellika*( Painful papule)
- *Kaksha*(Blisters )
- *Gandhanama*(Blisters)
- *Prasupti*( Skin Discoloration with senselessness)

##### 2-Acute inflammatory/infective diseases of skin

- *Jaalgardabh* (Erysipelas or acute streptococcal infection)
- *Kaksha* (Axillary lymphadenitis or abcess)
- *Visphota*(Bullous eruption)
- *Agnirohani*(Acute axillary infection/Axillary abcess)
- *Vidarika*(Inguinal abcess)
- *Anushai*(Deep abcess of foot)
- *Masurika*(Chickenpox)

##### 3-Tumors of the skin

- *Kachhapika*(Benign tumor of the skin)
- *Pasangardabha*(Benign tumor of the skin)
- *Sarkarabud*(Benign tumor of the skin)
- *Padhyaminikantak*(Papilloma or malignant tumor of the skin )

##### 4-Melanocytic Nevi

- *Jatamani*(Congenital nevi)
- *Mashak*( Elevated Nevi)
- *Tilkalak*(Flat Nevi)
- *Charmkeel*(Skin tags)
- *Vyangya/Mandal*( Hyperpigmentation of face )
- *Neelika*(Hyperpigmentation present on the body parts other than face )
- *Nyachha/Lanchhan*( Congenital hyperpigmentation of the body)

#### 5-Cutaneous infestation

*Pama* (Scabies)

#### 6-Eczemas

- *Raksa*(Dry Eczema)
- *Vicharchika*(Wet Eczema)

#### 7-Diseases of appendages

##### Diseases of hair-

- *Indralupta/Khalitya/Rujya/Ruhya*( Alopecia's)
- *Palit*( Premature grayness or whiteness of the scalp hair/canities)
- *Darunak*(Seborrhic dermatitis/dandruff)
- *Arunshika*(*Tinia capitis*/Sebirrhic dermatitis)

##### Diseases of nails-

- *Chipp/Anguliveshtika/Upnakha/Akshata*(Paronychia)
- *Kunakha/Kuleen*(Onychogriphosis)

#### 8-Diseases caused by physical agents

- *Kadar*(Corn)
- *Alas*(Chilblain)
- *Paddari/Dari*(Rhages)

#### 9-Diseases of anal region

- *Ahiputana/Pristaarur/Gudakutta/Anamika/Matrika dosha*(Napkin rash)
- *Sannirudhagud*(Anal stricture)
- *Gudbhransha*(Prolapse of rectum)

#### 10-Genitourinary diseases

- *Parivartika*(Paraphimosis)
- *Avapatika* (Tear in prepuce)

- *Nirudhhaprakasha*(Phimosis)
- *Vrishankachhu*(Scabies of scrotum)

#### 11-Specific diseases

- *Mukhadushika/Yuvanpidika*(Acne Vulgaris)
- *Valmik*(Actinomycosis)

#### 12-Urticarial diseases

- *Koth/Varahatadhranstra/Shukardamstra*(Urticaria)
- *Utkoth*(Urticaria)

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