



Importance Purifications in the Skin Diseases like Leprosy or Kushta W.S.R. To Ayurveda

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Abstract-- Asian countries environment is always or having most of times feels humid, environmental temperature is always above than normal called as land of the tropical countries. India comes under tropical countries; temperature of this country is always high for longer period, i.e. about six to eight month in one year. This may cause for excessive perspiration, which leads to the dehydration, tanning of the skin as well as the there will be depletion of ion or electrolyte from the skin, which may leads to under nourishment of the skin, deterioration of the skin health.

One should be always aware of, what type of food we are taking? What is the required quantity? What is the correct time to take? One of the other major causative factors for all the skin diseases is faulty dietary food habit, unwholesome food, sedentary lifestyle etc. Now, day life has so many worry & hurry, so, peoples have no time to take care of themselves. Ayurveda have two main principles, “*swasthasya swasthy rakshanam, & aturasy roga prashamanam*”. It needs to take care of the skin before going to alter the lot of changes in the structure & functions of the skin. Ayurveda is the ancient science; known as the science of the life. Some important procedures are explained over her to cure the skin disease like leprosy or kushtha.

Keywords-- Ayurveda, Skin diseases, Leprosy (kushtha), Purification etc.

I. INTRODUCTION

The skin has long been recognized as the organ of expression & serves as the boundary between ourselves & outside world. It is largest organ of our body; dermatological disorders have an immediate impact on tactile communication & sexual contact.

Kushtha is one disease which has papa karma (karmaja vyadhi) as the one of the main cause also, described as the karmaja vyadhi by yogaratnakar. Kushtha is the one among the ashtamahagada & aupsargika roga mentioned by sushruta.

‘Prasangata.....sankramanti naraanaram’ – su.ni.5

II. SNEHAPANA IN LEPROSY (KUSHTHA)

Snehapana is must in kushtha as a poorvakarma of shodhana as well as for shaman & in between two shodhana modalities to regain strength & to nourish the tissues. Shaman sneha should be given only after shodhana; as it is ‘ashuddha koshtasya snehapanam vyadhi varjanam’. –ch.chi.7.n

Different shodhana Some kalpa as follow as;

Vataja kushtha: oil/ghee prepared out of dashamoola, guduchi, eranda.

Pittaja kushtha: oil/ghee prepared out of tiktakam, panchatikam, mahatikam, nimb.

Kaphaja kushtha: oil/ghee prepared out of khadira, aragwadha, saptcchada, chitraka etc.(-‘a.h.chi 14’)

Samanya kushtha: vajraka ghrutam, tikta shataphala ghruta, maha khadira ghruta, sarshapa taila, tuvaraka taila, bhallataka tail etc.

Acharya charaka has mentioned madhyam matra snehapana is ideal in kushtha, as it is a kleda ‘pradhana vikara na ati snigdhaan’ (ch.su.13 & ch.si.6).

III. ABHYANGA IN LEPROSY (KUSHTHA)

Sarvanga abhyanga is to be preferred before shodhana by using karanja taila, aragwadha taila, brihat or maha maricha taila, nimba taila, & nalapamaradi tail etc.

IV. VAMANA IN LEPROSY (KUSHTHA)

kushtha itself is ‘bahudoshavastha’ hence shodhana is necessary. (ch.su.15)

condition for vamana-kapha pradhana kushtha, utklishta dosha, dosha lodged in hridaya & urdhva bhaga of sharira. Vamana must be repeated once in fortnight.

Vamana can be given with powders o madana phala, yasthi, kutaja beeja, patola mixed with nimbi swarasa & honey. (ch.chi.7)

V. VIRECHANA IN LEPROSY (KUSHTHA)

In pitta pradhana kushtha or if doshas lodged in pitta ashaya; virechana is ideal. Virechana can be done by using triphala, trivruta & danti (ch.chi.7).

Other yogas for virechana (sha.dhara pu.1); special combination in ek kushtha Manibhadra guda – 50 gms once or as a nitya virechana for one month.

In vicharchika- kalyanaka guda or trivrutta lahya.

In kittibha kushtha: trivrut lehyam 50gms+Triphala kashaya 100 ml.

In shwitra rachaka vati or aswakunchaki rasa two tab + aragwadha kashaya 150 ml for children’s argwadha phala majja 30gms+drakshaya kashaya 50 ml.

VI. BASTI IN LEPROSY (KUSHTHA)

All acharyas have explained kushtha ayogya for basti karma. If tridoshas lodged in pakwashaya then basti karma can be administered. If rukshata & baddha purusha is seen; then the anuvastana basti karma could be



administered. 'Astaapana anuvasanika sadhya avasthayam karthavye' (chakrapani ch.chi 7)

VII. ASTHAPANA BASTI (CH.CHI.7)

Decoction prepared out of darvi, brihati, kushtha, usheera, yava, musta & kalinga.

Another special yoga for basti is nimbi-amrutadi or asanadi gana or panchatiktaka nirooha.

VIII. ANUVASANA BASTI:- (CH.CHI.7)

Oil prepared out from madana phala, yashtimadhu, nimbi, kutaja & patol.

IX. NASYA IN LEPROSY (KUSHTHA):- (CH.CHI.7)

Nasya should be administered once in an every third day. Kapha utklishta & krimija kushtha then tikshna virechanika types of nasya can be administered by using saindhava, vidanga, pippali, karanja, maricha & phaninjaka.

X. RAKTAMOKSHANA IN LEPROSY (KUSHTHA): (CH.CHI.7 & HRUDAYA CHI.19)

In pitta & rakta pradhana kushtha, it is ideal; it should be repeated once in an every six months. "prachanam alpake kushthe mahati cha shastam siravyadham" (ch.chi.7). Site of siravyadha Siras of lalata, hasta & pada.

XI. PROCEDURE OF SIRAVEDHA

If the patches are stable (sthira), hard (kathina), & rounded (mandala) then fomented with prasthara & nadi sweda, rubbed with koorcha shastra to eliminate blood. If elevated patches (aquatic animals) panda & incised with sharp edged scalpel to eliminate blood.

According to gangadhara shringa, jalouka & alabu should be used respectively to eliminate vata, pitta & kapha doshas rakta.

XII. LEPAH IN LEPROSY (KUSHTHA)

"Ye lepah kushthanam yujyante nirhrita asra dosham, samshodhita ashayanam sadhyaha siddhirbhavati tesham" (a.h.chi 19).

XIII. PATHYAS IN LEPROSY (KUSHTHA)

Shali (type of rice), yava (barely), godhuma (wheat), mudga (green gram), masoora (lantil), adhaki (turaka), tikta (bitter taste) shaka (vegetable), jangal mamsa (flesh of desert animals), amalaki (goose berry), patola (type of vege in hindi paravala), khadira (khair in hindi), nimbi (kadu nimbi in hindi) & bhallataka (marking nut).

XIV. APATHYASA IN LEPROSY (KUSHTHA)

Amla (sour), lavana (salty), katu rasa (spicy), dadhi (curd), dugdha (milk), guda (jagery), anoopa mamsa (flesh of aquatic animals), tila (sesae) & mahsa (black gram) etc.

XV. DISCUSSION

Asian countries environment is always or having most of times feels humid, environmental temperature is always above than normal called as land of the tropical countries. India comes under tropical countries; temperature of this country is always high for longer period, i.e. about six to eight month in one year.

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All of the above said different procedures as like, snehapana, abhyanga vamana virechana basti nasya raktamokshana lepah etc; will definitely purify the impurities which is present in the skin in the form of different metabolic residue, several toxins & other harmful substances which leads to for skin diseases like leprosy (kushtha).

CONCLUSION

Kushtha is bahudoshavastha (more co-morbidity), hence purification is essential, doshas should not be in excess to avoid vata prakopa. In between the purification, shaman (pacifying) sneha has to be given to prevent dhatu karshana (decaying of healthy tissues).

Improper vamana (emesis) & vireshana (purgation) may result in profound aggravation of doshas leading to incurability of the disease. It must be conducted with accuracy or taking much more precautions.

This type of Ayurveda information must reach to the urban as well as rural localities as much as possible, because this will save the life of many lives as well as the Ayurveda therapy is cost effective (available in small price).

Much more research is very much required to get more clarification on this topic.

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