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REVIEW ARTICLE

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A Short Review on KshudraRoga

Hriday Pathak^{1*}, S.K.Chakravarty² and Kanika Goswami³

Abstract

The skin is the largest protective organ of the body between the external environment and internal environment of the body. It has several layers and appendages. The diseases which manifest on the skin is called skin disorders. In *Ayurveda* the skin disorders are described under the heading of *kustharoga* .*Kustharoga* is mainly two types-*kshudrakustha* and *mahakustha*. *Khudrakustha*is 11 types and *Mahakustha* is 7 types. But all these types of *kustha* do not include all the skin diseases. So the remaining skin disorders are collectively included under the heading of *kshudraroga*. The *kshudrarogas* include maximum common skin disorsers of skin and skin appendages of human. Description of *Kshudraroga* was found in different ancient book. But the number, name and description vary according to author. Here number, name and brief identity of the *khudrarogas* are described according to different author.

Keywords

Skin, Kustharoga,khudrakustha, mahakustha, khudraroga



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^{1,3}Dept. of Samhita and Siddhanta, Govt. Ayurvedic College, Guwahati, Assam, India

²Dept.of Roga Nidan, Govt. Ayurvedic College, Guwahati, Assam, India

INTRODUCTION

The skin is the largest protective barrier of body. It reflects physiological, pathological, as well as metabolic condition of the body. According to Ayurveda kustharoga includes near about maximum skin diseases but it does not include all the skin diseases found on human skin. So such skin diseases which were excluded are collectively named khudraroga.Khudraroga includes some skin common disorders for example, yubanpidika i.e. pimples or acne vulguris, palitya i.e. grey hair Khudraroga has been described in separate chapters by many authors.

AIMS AND OBJECTIVES

- 1. To study about different numbers and name of *khudraroga* described by different author
- 2. To study about the identification of different *khudraroga*

- 1. Different Ayurvedic text
- 2. Journals
- 3. Internet

LITERATURE REVIEW

Kshudraroga consist of two words. One is. Kshudra which means alpa /laghu or short/ small/minor and the other is roga which means disease. So kshudraroga means small/short/ minor disease. They are named kshudraroga because their *nidan*. lakshana, and cikitsa are described in kshudra i.e., in short or brief. Actualy it means to say that their nidan and lakshana are described in very short. Their treatment also is described in very short as they are not so severe to cause threat of life.. But it also contains some more severe disease. for example Agnirohini. According MadhavNidan the disease which manifests in Balak is said to be Kshudraroga

Synnonyms:-Swalpa, adhama, krura, Daridra, Kripan, Nikrista, Alpa, Nrisangsa, Kadarya,

MATERIALS

Table 1 Difference BetweenKhudraroga and kshudrakustha

Kshudraroga						Kshudr	akustha
1.	Nidar	ı, laksh	an and cikiitsa	are d	escribed in	1.	Nidan, lakshana and cikitsa are described in
very sl	hort					details	
2.	It	is	described	in	separate	2.	It is described in Kustharoga chapter

chapter,namedkhudraroga

3. Seven *dosa-dushya* are not described here 3. Seven *dosa-dushya* are described here

Table 2 Name, chapter number and number of Kshudraroga described by different author

Book	Chapter Name and number	No of roga
SusrutaSamhita	Nidansthana/13 th chapter/Kshudraroganidan	44
	and Chikitsasthana/20th chapter/Kshudrarogachikitsa	
AsthangaHridaya	Uttarasthana /31 st chapter/Kshudrarogavigyaniyaadhyayaand 32 nd	36
	chapter/Kshudrarogapratisedhiya	
AsthangaSamgraha	Nidansthana/36 th chapter/ Kshudrarogavigyaniya and chikitsasthana	36
	/37 th chapter /kshudrarogapratisedha	
MadhavNidan	Kshudraroganidan/55 th chapter	42
SharangadharSamhita	purvakhanda /7 th chapter /Kshudraroga	60
BhavPrakash	Kshudrarogaadhikar/61st chapter	43
Yoga ratnakar	Kshudraroganidan	44
BhaisajyaRatnavali	Uttarardha/Kshudrarogaadhikara/60 th chapter	44

CLASSIFICATION OF KHUDRA ROGA

Table 3 Name of Kshudraroga

	Khudraroga	Susruta	AsthangaHr	Sarangadhara	MadhavN	Bhab	Yoga
			iday	Samhita	idan	prakash	Ratnakar
1	Ajagallika	+	+		+	+	+
2	Yavaprakhya	+	+	+	+	+	+
3	Andhalaji	+		+	antralaji	antralaji	+
4	Vivrita	+	+	+	+	+	+
5	Kacchapika	+	kacchapi	+	+	+	+
6	Valmik	+	+	+	+	+	+
7	Indravriddha	+	Viddha	+	+	+	+
8	Panasika	+	+	+	+	+	+
9	Pasangardabha	+	+	+	+	+	+
10	Jalagardabha	+	+	+	+	+	+
11	Kaksha	+	+	+	+	+	+
12	Visphotaka	+	+	+ 8 types			
	/visphot						

13	Agnirohini	+	+	+	+	+	+
14	Chippa	+	+	+	+	+	+
15	Kunakha	+	+	+	+	+	+
16	Anushayi	+		+	+	+	+
17	Vidarika	+	vidari	+	+	+	+
18	Sharkararbud	+	+	+	sarkara	+	+
19	Pama	+					
20	Vicharchika	+					
21	Raksha	+		+			
22	Padadarika	+			padadari	Dari	Padadari
23	Kadar	+	+	+		+	+
24	Alas	+	+	+	+	+	+
25	Indralupta	+			+	+	+
26	Darunaka	+			daruna	+	+
27	Arunshika	+			+	+	+
28	Palit	+			+	+	+
29	Masurika	+	+	14 types			
30	Yubanpidika /	+	+	+	+	+	+
	mukhadusika						
31	Padminikantaka	+	+	+	+	+	+
32	Jatumani	+	+	+	+	+	+
33	Mashak	+	Masa	+	+	+	Masa
34	Charmakil	+	+			+	
35	Tilkalak	+	+	+	+	+	+
36	Nyachhya	+			+	+	+
37	Vyanga	+	+	4 types	+	+	+
38	Parivartika	+			+	+	+
39	Avapatika	+			+	+	+
40	Nirudhhaprakash	+			+	+	+
41	Sanniruddhaguda	+	Ruddhaguda	+	+	+	+
42	Ahiputana	+			+	+	+
43	Vrishankacchu	+		+	+	+	+
44	Gudabhrangsha	+		+	+	+	+
45	Koth		+	+			
46	Utkoth		+				

47	Rajika	+	+			
48	Erivellika	+	Erivelli	+	+	+
49	Lanchhan	+				
50	Prasupti	+				
51	Gandhanama	+	Gandha	Gandham	+	+
				ala		
52	Gardabhika	+	Gardabhi	gardabhi	+	+
53	Nilika	+	+		+	+
54	Sukardamstra		+	+	+	+
	/barahadamstra					
55	Sarkara					+

The *kshudrarogas* can be grouped based on possibility of site of manifestation. Some *kshudrarogas* manifest in particular site and

some may appear in any part of the body.

According to possible site of manifestation they can be grouped as follows-

Table 4 Kshudraroga according to site

Site	Kshudraroga						
Head, neck and face	Khalitya, palitya, darunaka, arumshika, panasika, pasangardabha, valmika, vyanga, nilika, irribellika, yubanpidika						
Trunk	Agnirohini, Kaksha, Ahiputana, Gudabhrangs, Charmakila, Vrishankacchu, Niruddhaprakash, Sanniruddhaguda, Avapatika						
Upperlimb	Chippa, kunakha, valmeeka						
Lowerlimb	Paadadari,Alasak, vipadika, anusayi, Kadara, Valmika						
Other	Masurika, Visphota, Ajagallika, Yavaprakhya, Andhalaji, Vivrita, Kacchapika, Indraviddha, Gardabhi, Jalagardabha, Sharkaraarbuda, Padminikantaka, Jatumani, Mashaka, Nyasccha, Varahadamstra						

Kshudraroga	Rupa	Dosha
Ajagallika	Snigdha, sabarna(sorounding skin colour), grathita, painless ,shape is	Kapha
(Papule)	like mudga. Common in infant	vata
Yavaprakhya	Shape like yava, sukathin, grathita, mamsasamsrita	Kapha
(Hard mole)		Vata
Andhalaji/Antralaji/Alaji	Ghana, vakra, unnat, parimandalapidaka, alpapuyayukta	Kapha
(Hard or closed pustule)		Vata
Vivrita	Vivrita,Mahadaha,parimandala(round).Colour like	Pitta

(Pustular Ulcer)	pakkaudumbaraphala	
Kacchapika/kacchapi	Shape like back of tortoise, a group of Five or six darun(hard) granthi	Kapha
(Hard growth or Cyst)	appear in a same place	Vata
Valmik(Actinomycosis	Granthi resembling valmi appears on pani, pada, sandhi, neck and	Kapha
/Madura foot	upper region of clavicle and the condition gradually increases associated	Pitta
/sebaceous horn)	with multiple opening , toda, kleda, daha, kandu, mucopurulent	Vata
	discharge. According to Madhavnidan it is chirakalin.	
Indraviddha/viddha	Pidaka arranged in the same circular way of distribution of padmabeeja	Vata
(Circular pustular ulcer)	in kosha	Pitta
Panasika	Pidaka that grows inside karna associated with severe pain, sthira	Vata
(Fistula or cyst inside the	.According to Susruta it appears on external ear or back of the ear. It	Kapha
ear)	resembles the saluki(kumud bulb)	
Pasangardav	Snigdha, Sthirasotha(Swelling) on hanusandhi with alpapeeda,	Kapha
(Parotitis/ Mumps)		Vata
Jalagardava	Tanu, sotha which is spreading in nature, alpapakayukta associated with	Pitta
(Lymphangitis)	daha and jwara	
Kaksha	Black sphota on bahu, parcha, kaksha, angsa with pain	Pitta,
(Herpeszoster		Vata,
/axillary lymphadenitis)		/Pitta
		(Ca)
Visphotaka	Sphota resembling agnidagdha, with fever. Appears on whole body or	Pitta
(Small pox or exanthema)	part of body	
Agnirohini	Sphota appears in kaksha following mamsadaran, Severe burning and	Tridosa
(Plague/axillary abscess)	fever like sensation of blazing fire, It is incurable and kills the patient	
	on the 7 th ,10 th or 15 th day	
Chippa	Vitiated vata and pitta effects the nakhamamsa and produce	Vata
(Paronychia/Whitlaw)	pain, <i>daha</i> ,and <i>paka</i>	Pitta
Kunakha	It occurs due to abhighata or alpadosa. Nakha becomes ruksha, khara,	
(Onchogryposis)	asita(black)	
Anusai	Gambhira, alpasophayukta, twachavarnasaman, anta	Kapha
(Deep abscess of foot)	prapak(suppurates in deeper). Manifests upper part of foot.	
Vidarika	Appears in kaksha and bangshanasandhi. Round like vidarikanda,	Tridosa
(Axillary or inguinal	redish.Tridoshajalakshanayukta	/Vata,
bulbo)		Kapha
Sharkararbud	Kapha, and vayu reach mamsa, meda,sira and snayu produce	Kapha

(Sebaceous horn or cyst)	granthi(cyst),after burst of this cyst it produces secretion resembling	Vata
	madhu, ghrita, and vasa. Due to excessive secretion vata get aggravated	
	and it dries and gathermamsa leading to formation of sarkara. Sira	
	secrets durgandha, atikledayukta and of various colour raktasrava	
Pama (Scabies, Eczema)	Small peedaka with kandu, srava, daha	
Vicharchika (Eczema)	Fissure like line on hand, feet associated with itching, pain, roughness	Tridosa
Raksha (Dry eczema)	Peedaka associated with itching, no discharge	Kapha
Padadarika/vidari/dari	Extreme bare foot walking causes vitiation of vayu and vitiated vayu	Vata
(Rhagades)	produces dari(painfull crack) at foot of a ruksha person	
Kadar	During walking the pada get injured by stone, kantakaetc and a hard,	Vata
(Corn /callosity)	painfull, sravayukta, raised or depressed at middle granthi appears at	Kapha
	the injured site resembling a kola .It occurs due to vitiation of meda and	
	raktalocaly by dosha and appears at the sole	
Alas	occurs between the toes. Because of contact with mud it become clinna	Kapha
(Dhobi's itch)	and cause Kandu,daha, ruja	
Indralupta	Pitta along with vata enters into romakupa and produces	Vata
(Alopecia)	romapatan,thenrakta mixed with kapha obstruct the romakupa which	pitta
Syn- <i>khalitya,rujya</i>	will not allow to grow hair	kapha
Darunaka(Dandruff)	Daruna(hard), kandu, ruksha of keshasthana of head	Kapha
Syn- <i>ruchi</i>		Vata
Arunsika	Due to vitiation of kapha, rakta and krimi there is ulcer associated with	Kapha
(Seborrhea/Pityriasis	bahubaktra(multiple outlet),bahukleda(mucopurulent discharge) on	
capitis/scalp eczema)	scalp	
Palit	Heat produced due to Krodha, soka, srama and sirogata pitta makes	Pitta
(Premature grey of hair)	the hair prematurely grey	
Masurika	Tamra or peetavarnapshota with pain, fever, burning.It appears all over	Pitta
(small pox)	the body, face, inside mouth cavity	
Yubanpidika	Shalmalikantak like eruption due to kapha, vata and rakta vitiation	Kapha
/Mukhadusika	appears on face of young person	Vata
(Acne vulgaris)		
Padminikantaka	Circular, panduvarna patch containing padmakantaka like eruption	Vata
(Papilloma of skin)	having itching	Kapha
Jatumani (Congenital	Painless, smooth utsanna, circular, sahaja(congenital)mark on body	Kapha/
mole/birthMark)		Tridosh
Masaka	Painless, <i>sthira</i> , black and elevated eruption on the body resembling the	Vata

(Elevated mole)	masa	
Charmakil(Skin tag)	More raised than carmakil. It may be white or black	Vata
Tilkalak	Black, painless, at same level of skin resembling tila(sesamum seed)	
(Non elevated mole)	due to dried up of kapha by vata, pitta	tridosh
Nyacchya	Congenital, painless, white or brown, small or large patch on body	Pitta
(congenital hyper-		Vata
pigmentation of body)		
Vyanga	Vitiated vayu due to krodha, soka and ayasa(physical exersion)	Vata
(Black pigmentation on	combined with pitta produces circular patch on face which is thin(tanu),	Pitta
face)	painless and brown coloured	
Parivartika	Due to atimardan, atipidan and abhighata vayu get vitiated and enters	Vata
(paraphimosis)	medhracharma(prepauce) .As a result the medhracharma become	Kapha
	everted and a granthi is formed under the skin which hangs down with	
	Pain, burning and sometimes paka,kandu,kathina	
Avapatika	Due to performing maithuna forcefully with woman having narrow	Tridosh
(Cracked prepauce)	vaginal orifice, hastamaithun, forcefully retraction of penis,	
	mardan, peedan or sukaravegabhighat the foreskin of the penis become	
	cracked.	
Niruddhaprakash	Because of vitiated <i>vata</i> the prepauce of the penis covers up the glans	Vata
(Phimosis)	penis and obstruct the urethral orifice as a result of which there is	
	obstruction of urine outflow.urine flows slowly without causing pain	
	and opening the	
	prepauce.	
Sanniruddhaguda	Due to begadharan vitiated vata goes to the gudapradesh and causes	Vata
/Ruddhaguda	obstruction leading to constriction of gudamarga and passage of mala	
(Stricture of rectum)	with difficulty	
Ahiputana	If a child is not cleaned after urination, defaecation, and atisweda, and	Kapha
(Napkin rash	not washed cause itching in guda due to kapha and rakta and produces	
/sore buttock)	immediately raised eruption with srava	
Vrishankacchu	Because of abstinence from snana and utsadana mala containing on	Kapha
(Eczema of scrotum)	brisana get mixed with sweda when perspirated and produces itching	
	which leads to formation of sphota associated with srava	
Gudabhrangs	If one possessing ruksha ,durablyasarira suffer from pravahana and	Vata
(Prolapse of rectum)	atisara then guda comes out.	
Utkotha	Pitta and kapha aggravated by asamyakvaman and annanigrah produces	Pitta

(Urticaria)	multiple circular red patch with severe itching	Kapha
Koth	Multiple utkoth join together to become one	Pitta
(Erythema or rash)		Kapha
Rajika	After contamination with sweat painful,	
(Pustule)	,hard, resembling rajika(mustard seed) in colour, shape and size	
	manifest on body	
Eribellika	In sira(head) there is circular peedaka associated with ugraruja(severe	Tridosa
(Painful pustule of head)	pain), jwara and tridosajalakshana	
Lancchan(congenital	Black or white, congenital patch at the same level of skin	Pitta
hyperpigmentation)		vata
Prasupti	Kapha aggravated by vayu reaching the twacha get dried up then	Kapha
(Hypo pigmented skin	twacha become pale and losses its sensation, with little or no itching and	Vata
with loss of sensation)	moistness	
Gandhamala/Gandha	Only one Sphota like eruption in twacha	Pitta
/Gandhanama(Lymph		
gland enlargement)		
Gardabhi	Circular, wide, raised, slightly redish patch	Vata
(Erythematous rash)		Pitta
Nilika	The vyanga if manifest in other place is known as nilika. It is	Vata
(Naevi)	krisnavarna.	Pitta
Varahadamstra/Sukardam	Redish surrounding area, twakapaki, associated with burning, severe pain	
stra(Ulcerative parotitis)	itching and jwara	

DISCUSSION

AcharyaCarak had not described kshudrarogas in a separate chapter and he mentioned the number of has not kshudraroga. He described different kshudrarogas in different chapters where they are relevant. He described Vipadika, padasuptata, Gudabhrangs in relation with Vatavyadhi,20th chapter of sutrasthana. He described Nilika, Kaksha in pitta vyadhi.

Vali, Palitaetc in rasapradosajavikara.

Vyanga, Nilika, Tilkalakin
raktapradosajavikara. Vipadika, Alasak,
Viphota, Pama, Vicharchika in kustharoga.
Khalitya, Palityain trimarmiyachikitsa.

Vyanga, Masak, Alaji, Charmakil in
Bahyarogamargajavikara.

CONCLUSION

☐ Some *Acharya* said that the number of *kshudraroga*s has no limitbut collectively

they are named in limited number because maximum disease are almost same. The number of kshudraroga varies according to author. Some acharyas have not included all the kshudrarogas under one chapter. They have included such rogas in other chapters also some of which were named as kshudrarogas by another Acharya. Although different author named the kshudraroga in different term but some of them are almost same. Nidan and *lakshana* of some kshudrarogas are same but their name varies depending upon their site of manifestation. Although kshudrarogas are defined as alparupi or of mild form but some of them causes severe form. Some kshudra rogas need surgical treatment. Some Kshudraroga takes different name depending upon its severity.

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