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A Scientific Study of *Kushtagnani Dashemani* in Skin Diseases

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ABSTRACT

In today's context day to day curriculum is getting hectic due to emerging scheduled life style pattern. As a result we are flooded with diseases. Skin diseases are most common results of life style disorders.

This calls for developing treatment protocol for the purpose. Our *Acharyas* years ago had formulated those gifts. One of those is *kushtagna dashemani* mentioned by *Acharya Charak in sutra sthan Adhyay four*.

खदिराभयामलकहरिद्रारूष्करसप्तपर्णारिग्वधविडंगजातीफलप्रवालइतिकुष्ठघ्नानिदशेमानी ।।

Above ten drugs alone or in combination work miraculous in Kushtha. Term Kusht refers in broader sense. Kushta being Rakt pradoshaj vikar and these drugs are tridosh har and rakt shamak hence works on the root cause.

KEYWORDS

Kushtha, Rakt, Skin Disorder



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INTRODUCTION

In today's context day to day curriculum is getting hectic due to emerging scheduled life style pattern. As a result we are flooded with diseases. Skin is the largest organ of the body accounting for 16-20% of total body weight. The structure of human skin is complete consisting of a number of layers and tissue components with many important factors. Though it is a protective barrier between body and external environment and hence prone to infect.

Skin diseases are most common results of life style disorders. Thus skin diseases are giant terrors for human race.

Our acharyas years ago had formulated those natural gifts. One of those is in the form of mahakashayas in charak sutra sthan adhyay 4 shadvirechanshatashritiya¹.

Above ten drugs alone or in combination work miraculous in skin diseases

AIMS AND OBJECTIVES

1. To elaborate and study the scientific base of *kushtagnani dashemani* in skin diseases.
2. To develop treatment protocol in the management of skin diseases with the help of *kushtagna dashemani*.
3. To study the *gunkarmatmak adhyana of kushtagnani dashemani*.

MATERIALS AND METHODS

Background

Skin diseases are the most common results of life style disorders. Anyone can simply identify it in 20:1 ratio that is one out of 20 persons is having any kind of skin disease and others are verge of developing it.

In *Ayurved Kushta* refers in a broader sense for all skin disorders. *Kushta* mainly being *rakt pradoshaj vikar* and hence these drugs are tridosh har and *raktstambhak* so works on root cause In our texts *Kushta* in the form of diseases occurs at various layers of skin. Diseases occurring in each layer is described. *Kushta* hereby gives orientation of each layer getting different diseases.

Acharya Charak in *sutra sthan adhyay* four *Shadvirechanshatashritiya* given us the iconic classification i.e. *karmatmak* division which scientifically illustrated 50 *mahakashayas*.

Kushtagna dashemani are commonly used in day to day clinical practice. These are administrated alone or in combination and possess majestic properties in skin diseases. Therefore it calls for developing treatment protocol for the purpose with the help of *kushtagna dashemani*.

PHARMACOGNOSY

Table 1 Pharmacognosy

BASON YMS	FAMILY	BOTAN ICAL NAME	SYNON YMS
<i>KHADI</i> <i>R</i>	LEGUMINO SEAE	Acacia catetchu	<i>Balpatra</i> <i>,yagyiya</i>



HARITA KI	COMBRETE ACEAE	Terminalia chebula	Abhaya ,pathya
AMALA KI	EUPHORBE ACEAE	Emblica officianalis	Dhatri, amla
HARID RA	ZINZIBERE ACEAE	Curcuma longa	Nisha, gaury
BHALL ATAK	ANACARDE ACEAE	Semicarpus anacardi um	Shophkr ut, arushka r
SAPTPA RNA	APOCYNEA CEAE	Alstonia scholaris	Sharad ,vishaltv ak
ARAGW ADH	LEGUMINO SEAE	Cassia fistula	Krutmal ,naktmal

KARVE ER	APOCYNAE CAE	Nerium indicum	Ashwam aar, haymaar
VIDAN G	MYRCINEA CEAE	Embelia ribes	Krimigh na, chitra tandool
JATI	OLEACEAE	Jasminu officianalis	Sumana ,chetaki

As mentioned table 1 it describes the botanical name, family and synonyms of the respective *dashemani* according to modern and *Samhita granth* ²

RASA PANCHAKA

Table 2 Rasa panchak talika

DRUGS	RASA	GUNA	VEERYA	VIPAKA
KHADIR	TIKTA, KASHAYA	LAGHU, RUKSHA	SHEETA	KATU
HARITAKI	PANCH RASA, KASHAY PRADHAN	LAGHU, RUKSHA	USHNA	MADHUR
AMALAKI	PANCHRASA AMLA PRADHAN	GURU, RUKSHA, SHEET	SHEET	MADHUR
HARIDRA	TIKTA, KATU	LAGHU, RUKSHA	USHNA	KATU
BHALLATAK	KATU, TIKTA, KASHAYA	LAGHU, SNIGDHA, TEEKSHANA	USHNA	MADHUR
SAPTPARNA	TIKTA, KASHAYA	LAGHU, RUKSHA	USHNA	KATU
ARAGWADH	MADHUR	GURU, MRADU, SNIGDHA	SHEET	MADHUR
KARVEER	KATU, TIKTA	LAGHU, RUKSHA, TEEKSHANA	USHNA	KATU
VIDANG	KATU, KASHAYA	LAGHU, RUKSHA, TEEKSHANA	USHNA	KATU
JATI	TIKTA, KASHAYA	LAGHU, RUKSHA, TEEKSHANA	USHNA	KATU

Table 2 shows the *raspanchak* of respective drugs ³

PHARMACODYNAMICS

Table 3 Pharmacodynamics

DRUGS	CHEMICAL COMPOSITION
KHADIR	CATECHIN, CATETCHU ,TANIC ACID
HARITAKI	CHEBULAGIC ACID ,CHEBULAGINIC ACID
AMALAKI	CURCUMIN, VITAMIN B
HARIDRA	TANNIC ACID, GALLIC ACID, BEST SOURCE OF VITAMIN C
BHALLATAK	BHILAWANOL, SEMICARPOL
SAPTPARNA	DITTAMINE ,ECHITAMINE, ECHITINE ,ECHIRINE
ARAGWADH	ANTHRAQUINONE ,GLUTINE

KARVEER	NERIODINE, NERIUM D, SCOPELIN
VIDANG	EMBELIN, CHRISTAMBINE
JATI	SALICYLIC ACID ,JASMININE

Table 3 contains chemical compositions of respective *dashemani* which shows their efficacy ⁴

DISCUSSION

In the ancient paradise our *acharyas* through consistent hard work had developed the best treatment regimen like



these *mahakashays* for a diseases or group of diseases.

Modern Pharmacology also acts on the same classification having generations of drugs , and drugs like antibacterial ,antifungal, anti dermatitis etc.

The difference lies only where contemporary medical science leads in advancement while *we ayurved* regimen fails on the concept of validation or revalidation of old facts.

Though we have classical references *and kushtagna dashemani* have tremendous properties but still proper trials are necessary for betterment in this context

CONCLUSION

Kushtagna Dashemani formulated texted years ago by *acharya Charak* are power pack against today's emerging skin diseases.

These drugs coming *under Kushtagn Dashemani* have eqal effects to qualitative and quantitative *dosha*.

The karmatmak vargikaran of each drug in itself a major contribution in ayurvedic pharmacology

The only need is to understand the pearls of concepts of ayurved by going through them and proving them in present era.



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