



**A REVIEW OF TRADITIONAL FORMULATIONS OF KERALA
EFFECTIVE IN SKIN DISORDERS (*KUSHTHA*)**

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ABSTRACT

Skin is a vital organ of the human body. It protects internal organs and regulates the temperature along with maintaining colour, complexion and lustre of the body. Since ancient times healthy skin used to be a prime factor for which various scientific treatments and methods are described in Ayurveda. Therefore due to loss in skin texture or due to various skin disorders, life becomes miserable because of social and psychological stigma attached to it. In Kerala the traditional formulations that are being used in various skin disorders have been referred mostly from Ashtang Hridayam & Sahasrayogam. The Paper deals with the list of different traditional Keraleeyan formulations that can play as preventive & therapeutic measures in skin disorders.

Keywords: Skin Disorders, *Kushtha*, Keraleeyan Formulations

INTRODUCTION: Skin is an organ of complex physiology and any manifestation in skin should be explored in terms of general physical and mental health and also on the basis of the status of *rasa* and *rakta dhatus*, the physical and functional state of which is more often reflected through the skin.

In today's era skin health has been given prime importance. Climatic changes, improper diet and lifestyle, excessive and improper use of cosmetics and various similar factors results in loss of skin texture, colour and complexion. We can enlist following causative factors of Skin disorders as mentioned in *Charak Samhita Kushtha Chikitsa Adhyaya* (1)-

Incomptible Food, Liquids, Unctous & heavy food along with diet consisting of salty, sour, pungent, alkaline, fatty, hot & uncooked articles, Moist/dried things, Meat of aquatic & marshy animals along with use of excessively new cereals, curd, fish, salt & sour items, Indulge

in eating black gram, horse gram, raddish, rice flour, sesamum, milk & jaggery, oil cakes, nispava & other leguminous vegetables, Eating during Indigestion & also when previous meal is not properly digested, Complication of *Panchakarma*/Improper *Panchakarma*, Not performing *Panchakarma* Therapy, Regular Day Sleep, Sexual intercourse during indigestion/Excessive Sexual intercourse, Suppression of natural urges

Ayurveda denotes all skin diseases in general as '*Kushtha*'. However we find many skin disorders mentioned elsewhere eg. in *Kshudrarog* (2) like *Arunshika*, *Kacchapika*, *Visphot*, *Kaksha*, *Mukhadushika* etc. not being mentioned in *kushtha*. *Kushtha* is considered as "*Deergha Roganam*" (3) by Acharya Charak, it means it will take more time to cure and Vagbhata has indicated repeated *Panchakarma* procedures to get complete cure (4).

Nevertheless present paper deals with the list of different traditional Keraleeyan formulations that can play as preventive & therapeutic measures in skin disorders. These formulations are referred mostly from *Sahasrayogam* and *Ashtang Hridayam* which makes an integral part of Keraleeyan treatment modality. These medicines are in the form of *Choornam*, *Avaleha*, *Kashayam*, *Asavarishtam*, *Gulika*, *Ghrutam*, *Thailam* and *Lepam*. Appropriate use of these medicines along with purificatory measures can result in speedy recovery of the patient.

AIMS AND OBJECTIVES:

There are so many formulations available in different classical texts for different skin disorders. *Brihadtrayi Charaka*, *Sushruta* and *Vagbhata* mainly incorporate *Kashthaushadhis* for the treatment purpose. But later on *Laghutrayi* especially *Sharangdhar* and *Bhavprakash* and succeeding *Sangraha* have included *Rasaushadhis* prepared from

metals and minerals for speedy recovery of skin disorders. As already narrated *Kushtha* (Skin Disorders) are considered as *Deergha Roganam* in nature, hence prolong treatment is required to correct the deranged dosha-dushya samurcchana. So just by adapting the basic principles of Ayurveda, the focus of study was confined to enlist the formulations of Kerala effective in Skin Disorders which are rarely known and practiced in other parts of India.

MATERIALS AND METHODS:

In Kerala the traditional formulations that are being used in various skin disorders have been referred mostly from *Ashtang Hridayam* & *Sahasrayogam*. Hence a literary review of both the texts was carried out to trace such formulations having specific mention of utility in skin disorders in their *phalashrutis*. Also their therapeutic effect was observed in clinical practice as well.

Table.1 List of Different Formulations:

A) CHOORNAM

Sr.No.	Choornam	Contents	Indication
1.	<i>Guggulu Panchapalam Choorna</i> (5)	<i>Guggulu, Pippali, Triphala, Twak, Turti</i>	<i>Kushtha, Bhagandar, Gulma, Nadi Vrana, Skin disorders, Fistula, Lump Pilonidal & other types of Sinuses</i>

B) AVALEHA

Sr.No.	Avaleha	Contents	Indications
1.	<i>Amruta Bhallatak Lehyam</i> (6)	<i>Bhallatak, Ksheera, Sarpi, Sharakara</i>	<i>Smruti, Budhi, Bala, Medha, Satwa, Sara promoting, Kanak Gaur Varna krit, Deerghayu</i> (Intellect promoting, Chronic Skin Disorders, Greying Fall of Hair, <i>Rasayana</i>)
2.	<i>Madhusnuhi Rasayanam</i> (7)	<i>Triphala, Trikatu, Trijata, Vidanga, Kushtha, Trivrutta, Keshara, Shuddha Gandhaka, Mahisaksha Guggulu, Madhusnuhi, Ghruta, Sita, Madhu</i>	<i>Kushtha, Kilasa, Prameha Pidaka, Bhagandar, Arsha, Arbuda, Kandu, Vatarakta</i> (Diabetic Carbuncle, Tumours, Multiple Cysts, Fistula, Gout, Chronic Skin Disorders)

3.	<i>Manibhadram Lehyam (8)</i>	<i>Vidanga Sara, Amalaki, Abhaya, Trivrutta, Guda</i>	<i>Kushtha, Shwitra, Udar, Pleeha, Granthi, Krumi, Gulma</i> (Hepatosplenomegaly, Worms, Piles, Psoriasis, Leucoderma)
4.	<i>Trivrutta Lehyam (9)</i>	<i>Trivrutta, Khanda Sita, Ghrita</i>	<i>Virechana</i> (Constipation, Skin Disorders, Mild Purgative)

C) KASHAY / KWATHA

Sr.No.	Kwatha	Contents	Indications
1.	<i>Argwadhaamrutdi Kwatha (10)</i>	<i>Aragwadha, Guduchi, Haritaki, Khadira</i>	<i>Twakvikar, Amlapitta (Skin Diseases, Wheeping Eczema, Pyrexia, Itching, Chronic Ulcer, APD)</i>
2.	<i>Gulguluthiktam Kwatha(11)</i>	<i>Nimba, Amruta. Vrusha, Patola, Patha, Vidanga, Chavya, Dipyaka, Agnirohini, Vacha, Ativisha, Kushtha, Maricha, Manjishtha, Guggulu</i>	<i>Vata Kaphaj Kushtha, Nadivrana, Prameha, Stholya, Vatarakta (Skin Diseases of Vata & Kapha, Chronic Ulcer, Obesity, Rheumatoid Arthritis)</i>
3.	<i>Patolmooladi Kwatha (12)</i>	<i>Patolmoola, Katurrohini, Triphala, Indrayan, Trayaman, Nagar</i>	<i>Kushtha, Kilasa, Grahani, Arsha, Halimaka, Visham Jwara (Skin Diseases of Inflammatory nature, Mal absorption Syndrome, Piles, Obstructive Jaundice, Remittent Fever, Vitiligo)</i>
4.	<i>Patolkaturrohinyadi Kwatha (13)</i>	<i>Patola, Katurrohini, Chandan, Murva, Amruta, Patha</i>	<i>Visha, Twakavikar, Jwara, Chardi, Kamala, Vatarakta (Poisoning, Skin Diseases, Fever, Vomiting, Jaundice, Gout)</i>

D) ASAVARISHTAM

Sr.No.	Asavarishtam	Contents	Indications
1.	<i>Argwadharishtam (14)</i>	<i>Argwadha, Indrayava, Patala, Nimba, Amruta, Patha, Bhoonimba, Saireyak, Patola, Chitrak, Karanjayugma</i>	<i>Kushtha, Kandu, Visha, Jwara, Dushta Vrana, Vibandha (Skin Diseases, Itching, Toxic states, Fever, Chronic Ulcers, Constipation)</i>
2.	<i>Ayaskruti (15)</i>	<i>Asana, Tinish, Khadir, Shimshapa, Chandana, Katuki, Vatsaka, Maricha, Vidanga, Panchakola, Teekshna Loha patra</i>	<i>Prameha, Arsha, Pandu, Shwitra, Kushtha</i> (Diabetes Mellitus, Bleeding Piles, Anaemia, Vitiligo, Skin Diseases)
3.	<i>Kanakabindwarishta (16)</i>	<i>Khadir Saar kwatha, Indrayava, Vasa, Musta, Haridra, Daruharidra,</i>	<i>18 types of Kushtha, Shwasa, Arsha, Bhagandar, Prameha,</i>

		<i>Vidanga, Triphala, Trikatu</i>	<i>Yakshma</i> (18 types of Skin Diseases, Bronchitis, Piles, Fistula, Diabetes, Tuberculosis)
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E) GULIKA

Sr.No	Gulika	Contents	Indications
1.	<i>Kaisor Vataka m (17)</i>	<i>Triphala, Guduchi, Guggul, Trikatu, Vidanga, Danti, Trivrutta</i>	<i>Sarva Kushtha,, Vatarakta, Sarva Vrana, Prameha Pidaka</i> (Skin Diseases including Neurodermatosis, Psoriatic Arthritis, Chronic Ulcers, Carbuncles& Fistula)
2.	<i>Shiva Gulika (18)</i>	<i>Triphala, Kutaja, Nimba, Patola, Nagar, Shilajatu, Sita, Pippali, Dhatri Ela, Patra, Draksha, Kharjura, Gambhari, Kaanthloha</i>	<i>SarvaKushtha, Pandu, Shwasa, Arsha, Bhagandar, Yakshma</i> (Skin Diseases, Psoriasis, Anemia, Bronchial Asthma, Piles, Fistula, Tuberculosis)

F) GHRUTAM

Sr. No	Ghrutam	Contents	Indications
1.	<i>Gulguluthiktka m Ghrutam (19)</i>	<i>Panchatikta, Patha, Vidanga, Devdaru, Kshardvaya, Sunthi, Haridra, Kushtha, Maricha, Indrayava, Chitrak, Katurohini, Bhallatak, Vacha, Manjishtha, Guggulu, Ghruta</i>	<i>Prabal Vatavyadhi, Sandi, Asthi, Majjagata Kushtha, Nadivrana, Arbuda, Bhagandar</i> (Rheumatic & Rheumatoid Diseases, Skin Diseases involving Bone, Bone Marrow & Joints, Tumours, Fistula, Chronic Ulcers, Neurodermatoses)
2.	<i>Patoladi Ghrutam (20)</i>	<i>Patol, Nimba, Kutaki, Darvi, Khas, Triphala, Vasa, Dhamasa, Parpataka</i>	<i>Nasa, Karna, Mukha Roga, Shukra, Timir, Naktandhya, Kushtha, Vidharadi, Visarpa</i> (ENT & Ophthalmic Disorders like Cataract, Night Blindness, Refractive Errors, Skin Disorders, Erysipelas)

G) THAILAM

Sr. No.	Thailam	Contents	Indications
1.	<i>Chembaruthyadi Keram (21)</i>	<i>Japa, Bilwa, Paranti, Krishna Tulsi, Bhumyamalaki, Neelini, Jeeraka dwaya,</i>	<i>Twak Vikar, Kandru, Balvisarpa</i> (Skin Disease, Itching, Dandruff, Carbuncle, Eczema of Children)
2.	<i>Dhurdhurpatradi Thailam (22)</i>	<i>Dhatuara Patra Swarasa, Dhatuara Beeja Kalka, Thailam</i>	<i>Shirakandu, Khalitya</i> (Dandruff & other Fungal Infestations of Scalp)

3.	<i>Dineshavalyadi Kuzhembu (23)</i>	<i>Arkavalli swarasa, Rajani, Argwadha, Krishna, Vrikksha, Narikela taila</i>	<i>Vranaropan (Skin Diseases of Infective nature (Kapha-Pitta)</i>
4.	<i>Durvadi Keram (24)</i>	<i>Durva swarasa, Coconut Oil, Yashtimadhu Kalka</i>	<i>Dushta Vrana (Infective Dermatic Complications, Chronic Ulcer, Wound, Itching)</i>
5.	<i>Eladi Thailam(25)</i>	<i>Suksma & Bruhad Ela, Kushtha, Jatamansi, Dhanyak, Chorak, Chinchapatra, Tagar, Jatipatra, Devdaru, Agaru, Srivestak, Kumkuma, Chandana, Guggulu, Karpoora, Punag, Nagkeshara</i>	<i>Kandu, Pidaka, Kotha (Skin Diseases like Scabies, Itches, and Eczema & Urticaria)</i>
6.	<i>Kumkumadi Thailam (26)</i>	<i>Kumkuma, Chandana, Lodhra, Rakta Chandana, Usheer, Manjishtha, Yashtimadhu, Patra, Padmaka, Nisha, Daruharidra, Gairika etc</i>	<i>Vyanga, Vaivarnya, Yuvan Pidika (Blemishes, Dark Circles, Acne Vulgaris, Promotes Complexion)</i>
7.	<i>Maltyadi Keram (27)</i>	<i>Malti, Karveer, Chitrak, Karanja, Coconut Oil</i>	<i>Indralupta, Shira Kandu (Alopecia, Dandruff, Hair fall)</i>
8.	<i>Nalpamradi Keram (28)</i>	<i>Parpata rasa, Nyagrodha, Udumber, Ashwatha, Palaksha, Triphala, Chandana, Sevy, Kushtha</i>	<i>Pama, Kandu, Pidika, Kushtha, Visarpa (Skin Diseases like Eczema, Scabies, and Carbuncle)</i>

H) LEPAM

Sr. No.	Lepam	Contents	Indications
1.	<i>Avalgubabeejadi Lepa Choornam (29)</i>	<i>Avalgubeeja, Haritala, Goomutra</i>	<i>Shiwtra (Leucoderma, Discolouration Usage: - For external use only with Cow's Urine or Hot water</i>
2.	<i>Eladi Choornam (30)</i>	<i>Ela, Kushtha, Kesar, Laja, Musta, Chandan, Karpoor</i>	<i>Vata-Kapha, Visha, Kandu, Pidaka, Kotha (Dermatitis, Wheeping eczema, Psoriasis Usage: -For External use as Lep</i>
3.	<i>Sidhartaka Snana Choorna (31)</i>	<i>Musta, Triphala, Madanphala, Karanjitwak, Argwadhtwak, Kalingabeeja, Kushtha,</i>	<i>Kushtha (Skin Diseases, Oedema, Promotes Complexion) Usage: - As a lepa or for bath in boiled water</i>

		<i>Darvi</i>	
4.	<i>Rasothamadi Lepam (32)</i>	<i>Rasa, Shweta Jeeraka, Krishna Jeeraka, Haridra, Maricha, Sindoor, Manashila</i>	<i>Vaivarnya, Kandu, Vicharchika (Discolouration, Itching, Eczema)</i>

DISCUSSION: After enlisting all the formulations, a wise physician can decide appropriate indications & use of these formulations for speedy recovery of the patient. As already stated *Kushtha* (Skin Disorders) require more time to heal and repeated purification measures are to be adopted frequently. But as this paper includes only conservative treatment, we can list out some formulations that have purificatory effect on our body, like regular intake of *Trivrutta Lehyam, Manibhadram Lehyam* induces purgative effect with added benefit of deworming.

Guggulu Panchapalam Choorna is effective in quick healing of *Nadi Vrana* and specifically *Bhagandar* specifically. *Gulguluthikthkam Kwath* is found useful in *Santarpanjanya* condition of *Kushtha* involving *Kapha and Vata dosha*. *Argwadhadi kwatha* which is mentioned for skin diseases, eczema, and diabetes internally can work as disinfectant and antiseptic lotion if used externally in the cases of diabetic wound and varicose ulcers for speedy recovery.

Ayaskruti is very effective in obese persons with the history of Diabetes involving complications like Diabetic Ulcer (*Dushya Varna*) and Carbuncles (*Prameha Pidaka*). *Kaisor Vatkam* is found useful in different complications of *Kushtha* involving bones and joints. *Chembaruthyadi Keram* is drug of choice in *Balvisarpa* as external application. *Dhurdhurpatradi Keram* is specifically used for *Dandruff* and scalp affected with *Arunshika, Kandu, Pidaka* etc. *Eladi Thailam* specifically for *Kapha-Vata* origin

of skin diseases. *Eladi Choornam* can be applied externally where there are secretions from the skin lesions.

Madhusnuhi Rasayanam if mixed with *Gulguluthiktkam Ghritam* will give better and quick results in deep seated and chronic skin disorders. *Vilwadi Gulika* which is not mentioned in above list, is an emergency drug widely used in Kerala for different poisonous bites affecting the skin as internally & externally. *Pinda Thailam* which is used effectively to cure painful red swelling & burning of the joints in *Vatarakta* patient can produce *Varnya* effect in so many skin lesions disfiguring the skin texture.

CONCLUSION:

There are number of medicines available in the market for skin disorders with equally good therapeutic effect. Depend upon the cost effectiveness, palatability and speedy recovery is the key to overcome all acute and chronic skin disorders. As the paper only includes Traditional Keraleeyan formulations, the choice remains with physicians to select from the experienced and available preparations mentioned in different classical texts.

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32. An Ayurvedic Proprietary medicine

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