



AN INSIGHT INTO KUSHTHA AND VATARAKTA WITH SPECIAL REFERENCE TO PINDA THAILAM

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ABSTRACT :

As per disease wise there is no direct comparison between *Kushtha* and *Vatarakta* but when we look into aetiological factors and prodromal symptoms we find a lot of similarities. Later on both these diseases travel to different path to manifest their symptoms. The article highlights the aetiological factors and prodromal symptoms of *Kushtha* and *Vatarakta* in detail which is added with the case study of an application of *Pinda Thailam* externally in the case of Psoriasis (*Kushtha*).

Key words: Kushtha, Vatarakta, Psoriasis, Pinda Thailam

INTRODUCTION: When we study the [1] And *Vatarakta Chikitsa Adhyaya* [2], Ayurvedic Classical texts repeatedly every considering aetiological factors of both the time we get enriched with new diseases information. While studying Charak we find many a similarities. The following Samhita Chikitsa Sthana *Kushtha Chikitsa* table shows **Aetiological Factors** of *Kushtha* and *Vatarakta*.



| Kushtha | Vatarakta |
|--|---|
| 1. Incompatible Food | 1. Intake of diet consisting of salty, sour, pungent, alkaline, fatty, hot & uncooked articles |
| 2. Liquids, Unctuous & heavy food | 2. Moist/dried things, Meat of aquatic & marshy animals |
| 3. Suppression of Natural Urges esp. Vomiting, Feaces & Urine | 3. Oil Cakes, raddish, horsegram, blackgram, nispava, sesamum paste & other leguminous vegetables |
| 4. Exposed to physical exercise & intense heat after heavy diet | 4. Sugarcane, curd, sourgruel, sauvira, sukta (vinegar), sura, asava |
| 5. Use of cold, hot, lightening measures & diet against prescribed order | 5. Incompatible food, Eating during Indigestion |
| 6. Apply/Drink cold water immediately after intense exposure to Sun, Exertion & Fear | 6. Anger, Day Sleep, Awakes in Night |
| 7. Take food during indigestion & when | 7. Delicate person habitual of eating sweet & |

| | |
|--|--|
| previous meal is not properly digested | delicious things, not in habit of walking |
| 8. Complication of Panchakarma/Improper Panchakarma | 8. Injury, Not performing Panchakarma Therapy |
| 9. Use excessively new cereals, curd, fish, salt & sour items | 9. Food consisting of astringent, pungent, bitter, little & rough items, fasting |
| 10. Indulge in eating Black gram, raddish, Rice flour, sesamum, milk & jaggery | 10. Excessive swimming, jumping, leaping, travelling on rough & odd roads |
| 11. Sexual intercourse during indigestion | 11. Excessive Sexual intercourse & Suppression of Urges |
| 12. Regular Day Sleep | |
| 13. Insult Brahmanas, Teachers & indulge in Sinful activities. | |

Out of the above aetiological factors, the following ones find their place to cause both the diseases:

1. Incompatible Food
2. Liquids, Unctous & heavy food along with diet consisting of salty, sour, pungent, alkaline, fatty, hot & uncooked articles
3. Moist/dried things, Meat of aquatic & marshy animals along with use of excessively new cereals, curd, fish, salt & sour items
4. Indulge in eating black gram, horse gram, raddish, rice flour, sesamum, milk & jaggery, oil cakes, nispava & other leguminous vegetables

5. Eating during Indigestion & also when previous meal is not properly digested

6. Complication of Panchakarma/Improper Panchakarma, Not performing Panchakarma Therapy
7. Regular Day Sleep
8. Sexual intercourse during indigestion/Excessive Sexual intercourse
9. Suppression of natural urges

This was the similarities between Aetiological factors of Kushtha and Vatarakta, but when we come across to Prodromal symptoms (*Purvarupa*), surprisingly again we find many a symptoms which are common in both the diseases.

The following table shows **Prodromal symptoms** of *Kushtha* [3] and *Vatarakta* [4]

Table No.2

| Kushtha | Vatarakta |
|---|--|
| 1. Loss of touch sensation | 1. Anaesthesia (Loss of touch sensation) |
| 2. Excessive Perspiration | 2. Excessive Perspiration |
| 3. No perspiration | 3. No perspiration |
| 4. Deranged Complexion | 4. Blackness |
| 5. Appearance of Rashes | 5. Appearance of Patches |
| 6. Horripilation | 6. Laxity in joints |
| 7. Itching | 7. Abnormal Complexion |
| 8. Quick Origin & delayed healing of wounds | 8. Appearance of boils. |
| 9. Exertion | 9. Unstable pain in joints |

| | |
|------------------------------|--|
| 10.Exhaustion | 10. Lassitude, Malaise |
| 11. Excessive Pain in wounds | 11. Severe pain on injury |
| 12. Piercing Pain | 12.Piercing pain,quivering,tearing,heavyiness, numbness and itching in knee, shanks, thigh, waist,shoulder,hands,feet & joints of body |
| 13.Burning Sensation | |
| 14.Benumbed Organs | |

Out of the above symptoms the following prodromal symptoms which later on supposed to depict as the main symptoms in *Vyakta* and *Bhedavastha* find their place in both the diseases:-

1. Loss of touch sensation /Anesthesia
2. Excessive Perspiration
3. No perspiration
4. Deranged Complexion /Abnormal Complexion
5. Appearance of Rashes/Patches
6. Itching
7. Piercing Pain
8. Exertion ,Exhaustion, Lassitude, Malaise
9. Excessive Pain in wounds, Severe pain on injury
10. Benumbed Organs /Numbness
11. Burning sensation

Thus it appears that there are so many factors which share a common role in aetiology as well as prodromal symptoms of *Kushtha* and *Vatarakṭa*. This only base established us to document a case report which we experienced clinically in our OPD.

Case Study: We usually observe that one single medicine or formulation can be used in various diseases. For ex. *Mahamanjishtadi kwath* [5] mentioned in *Kushtha chikitsa* is the authentic medicine for *Kushtha* but it is indicated in *Vatarakṭa* also. At the same time *Kaishor Guggulu* [6] which is the renowned medicine of *Vatarakṭa* can be used in the treatment of *Kushtha* as well.The topic of discussion

here is not of the internal medicines prescribed for *Kushtha* & *Vatarakṭa* but there are so many medicines which are used as external application in the form of *Praleḥ, Pradeh, Choornam, Udvartanam* and *Thailam* in both these diseases.One of such medicine used in the form of *Thailam* is the “*Pinda Thailam*” [7] which is very famous to cure the pain of *Vatarakṭa* patient. This is indicated only in *Vatarakṭa* [8] as an external application. No reference is found to use it in *Kushtha* for external application. The following case report focus on use of “*Pinda Thailam*” in the recovery stage of *Kushtha* (Psoriasis).

A 69 years old male, retired govt.servant,presently a social worker presented with dry,silvery,reddish patches all over body covering head,neck,face,abdomen,trunk,hands,feet & nails. The appearance of skin was very thick & inflamed along with associated symptoms of itching & burning. In the process of itching, the silvery patches used to come out in the form of dust. All these complaints were from almost 10 years.During walking/ doing regular activities patient used to feel very uncomfot with associated complaint of joint stiffness, difficult squatting, inability to move fast etc.No history of Diabetes, Hypertension or any major illness. While searching for causative factors, it was found that patient was posted at Konkan region for 7-8 years where he consumed lot of Nonvegeterian food along with sea



fish. Since last 2-3 years patient was under *Panchakarma therapy* at Nasik & used to consume medicines of Patanjali Pharmacy (Ramdev Baba).

On Examination:

1. Nadi- Vata Pitta
2. Mala- Alpa vibhandha
3. Mutra- Normal/clear
4. Jiwaha-Alpa Sama
5. Shabda- Normal/clear
6. Sparsh- Scaly & rough skin with silver, reddish, dry patches all over body
7. Drik (Netra)- Normal
8. Akrti- Madhyam/Slight Obese
9. Sweda- Normal
10. Shwasan- Normal
11. Agni- Normal
12. Nidra- Normal
13. Bala- Madhyam
14. Sattva- Madhyam
15. Sara- Mamsa/Meda
16. Wt- 70Kg.
17. B.P- 130/80mm of Hg.

Assessment :- (Pathology)

- 1) Dosha: Kapha, Pitta, Vata
- 2) Dushya: Rasa, Rakta, Asthi
- 3) Sthana: Sarvanga Twacha
- 4) Prakrti: Pitta Kapha
- 5) Avastha: Sama
- 6) Duration: 10 years

Diagnosis: Psoriasis/Sidhma/Ekakushta:

As per the symptoms and based on Ayurvedic classical texts it can be compared with “*Sidhma*” [9] & “*Ekakushta*” [10]. The symptoms of *Sidhma* are “that which is white, coppery, thin, leaves out dust like powder on rubbing & simulates flowers of bottle gourd is known as *Sidhma kushta*”. It appears mostly on chest. The symptoms of *Ekakushta* are “that which does not perspire, is extensive & like fish-scales is known as *Ekakushta*.” As per modern

diagnosis it was a clear cut case of Psoriasis.

Patient was administered following medicines at our centre

1) Ashta Choornam

(Contents: Trikatuka, Ajmoda, Saindhav, Jeerakadvaya, Hingu

Action: Carminative, Appetizer, Digestive) + Avipathi Choornam

(Contents: Sunthi, Amalaki, Trijataka, Krimighna, Trivrut, Sita;

Action: Purgative, Alleviates Pitta Cholagogue) Itsf before tea twice daily

2) Gulguluthiktakam Kashaya Tablet

(Contents: Nimba, amruta, Vrusha, Patola, Vidanga, Chavya, Guggulu etc;

Action: Nervine Tonic, Anti Rheumatic, Antiseptic, Anti lipidemic) 2 BD Empty

stomach followed by

3) Argwadhadi kwath

(Contents: Argwadha, Amruta, Pathya, Khadir

Action: Purgative, Anti-inflammatory, anti-toxic, Anti-emetic, Antiseptic) 10ml +

(Contents: Argwadha, Amruta, Pathya, Khadir etc

Action: Kaphaghnam, Purgative) 20ml mixed with 1cup of lukewarm water.

4) Eladi Thailam

(Contents: Sukshma ela, Bruhad ela, Dhanyaka, Agaru, Chandana etc;

Action: Kandu, Pidika, kotha & Vatakaphaghna) + Nalpamradi Keram

(Contents: Parpatarasa, Nyagrodha, Udumber, Ashwatha, Triphala, Chandana etc;

Action: Anti fungal, Antiseptic, Skin nutrient) for External Application.

After 2 months of this T/t Niramavastha is achieved & almost 50% of the complaints were relieved. The big & large patches of Psoriasis were decreasing in size.

Next T/t was given as follows:-



1) Manibhadram

(Contents: Vidanga Sara, Amalaki, Abhaya, Trivrut, Guda;

Action: Laxative, Blood purifier, Anti-infective, Vermifuge, Immunomodulator) 1tsf before tea twice daily

2) GTcapsule (Gulguluthiktakam Ghritam capsules) (Contents: Panchatikta, Vidanga, Devdaru, Shunthi, haridra etc;

Action: Anti-infective, Anti-inflammatory, Immunomodulator, Mild laxative) 1 B.D. empty stomach followed by

3) Manjishtadi kwath (Contents: Manjishtha, Musta, Kutaja, Guduchi, Nimba etc;

Action: Anti-bacterial, Anti Rheumatic, Vatarakṭa, Kushtha) 10ml + Argwadharishtam 20ml mixed with 1cup of lukewarm water.

4) Nalpamradi Keram - Morning & Pinda Thailam - Evening for External Application.

(Contents: Madhucchishta, Manjishtha, Sarjarasa, Sariva, Taila; Action: Vatarakṭa, Dahahar) After 2 months along with above medicines only **“Pinda Thailam”** was continued as an external application.

Almost after 6 months of above medication the skin became smooth & soft. The scaly, hardness & patches of skin were totally cured. Stiffness of joints decreased which resulted in free movements & fast mobility of the patient. The weight of patient which was initially 70kg was reduced to 60kg during these six months.

One thing which impressed us & the patient was **“Varnya” effect of “Pinda Thailam”**. Because only after application of Pinda Thailam the skin started to get its normal texture & the complexion of the patient was improved very much.

Mode of Action of Pinda Thailam:

Pinda Thailam is a cooling massage oil, and mostly used by Pitta individuals, who particularly suffer from skin problems like rashes and eruptions. It is prepared from the Indian Plants Manjishtha and Sariva, and is highly therapeutic, as it contains pitta reducing herbs. While Manjishtha is known to possess anti rheumatic properties, Sariva is a perfect body relaxant. Manjishtha renders the red colour to the oil. Pinda Thailam is particularly useful for rheumatoid arthritis, as it helps deal with bone degeneration & associated pain. When used during pitta vitiated conditions, including skin problems, it helps prevent excessive skin exfoliation, heals foot blisters and burning sensation, thereby protecting against skin lesions. When massaged, the oil enters into the body through the pores softening the skin and lubricating the joints.

Pinda Thailam can also be used as general massage oil. This oil constitutes 18% water content, so that the skin breathe even when the oil is allowed to remain in the body for some time. Apart from rheumatic treatments, Pinda Thailam is also used for autoimmune diseases, gout, inflammation, problems due to excess heat & pitta doshas.

Ingredients: Manjishtha, Til Thailam, Madhuchishtha, Sariva, Sarja rasa.

DISCUSSION & CONCLUSION:

Hence it's our observation that after covering initial symptoms of Psoriasis (Kushtha) one must think of Pinda Thailam which is extensively used in the treatment of Vatarakṭa to relieve painful red swelling, can prove a handy tool in the treatment of Kushta. Pinda Thailam can be used as an external application remedy to achieve **“Varnya effect”** which will improve the complexion of the patient. It will relieve the anxiety of the patient &

ultimately will reduce the social stigma attached with the disease in the society.

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