



Cha. Chi. 7. Kushtha Chikitsitam

Cha. Chi. 7. Kuṣṭha Chikitsitam (Management of Kuṣṭha—Skin Disorders)

This chapter presents, in Charaka's words and clinical logic, the causes, pathogenesis, classifications, clinical features, prognosis, and treatment principles of *kuṣṭha* (dermatoses), with classical formulations you must know for exams and clinics.

1) Hetu, Samānya & Saṅkhyā Saṁprāpti, Lakṣaṇa, Sādhyāsādhyatā

1.1 Hetu (Etiology)

Charaka lists diet-lifestyle errors (*mithyā āhāra-vihāra*) and *pāpa-karma* that vitiate doṣas and damage the *sparśanendriya* (sense of touch) seated in *tvak* (skin):

विरोधीन्यन्नपानानि द्रवस्निग्धगुरूणि च... (verses abridged 4-8)

Viruddha āhāra, heavy-unctuous-liquid diets, suppression of emesis and other urges, overexertion/heat after heavy meals, abrupt hot-cold exposures, cold water immediately after sun/effort/fear, eating over indigestion, errors during/after *pañcakarma*, new grains, curd, fish, excess salt-sour, black gram, radish, flour-paste foods, sesame-milk-jaggery, sex on full stomach, day sleep, insulting gurus, sinful deeds. [Cha. Chi. 7.4-8]

Exam line: *Viruddhāhāra, vegavidharana, ati-santāpa, divāsvapna, ajīrna bhojana* are high-yield Hetu.

1.2 Samānya Saṁprāpti (General Pathogenesis)

Charaka condenses pathogenesis into the **Saptaka dravya saṅgraha**: **3 doṣas** (Vāta-Pitta-Kapha) vitiate **4 structural factors—tvak, rakta, māṁsa, ambu (lasikā/lymph)**—making **7 essentials** in *kuṣṭha*:

वातादयस्त्रयो दुष्टास्त्वग्रक्तं मांसमम्बु च ।
दूषयन्ति स कुष्ठानां सप्तको द्रव्यसङ्ग्रहः ॥९॥
अतः कुष्ठानि जायन्ते सप्त चैकादशैव च ।
न चैकदोषजं किञ्चित् कुष्ठं समुपलभ्यते ॥१०॥

(All *kuṣṭhas* are *tridoṣaja*; single-doṣa origin is not seen.) [Cha. Chi. 7.9-10]

Clinical meaning: *Doṣa-dūṣya sammūrchanā* at the level of *tvak-rakta-māṁsa-lasikā* produces chronic, recurrent dermatoses.

1.3 Pūrvārūpa & Rūpa (Premonitory and Core Features)

स्पर्शान्त्वमतिस्वेदो न वा वैवर्ण्यमुन्नतिः...

Loss of fine touch, abnormal sweating, dyschromia, papules, pilierection, itching, pricking pain, fatigue; ulcers with sudden onset, chronicity, burning, numbness— pūrvārūpa. [Cha. Chi. 7.11-12]



In *vyakta avasthā*, features vary by *doṣa* and type (see below).

1.4 Saṅkhyā Saṁprāpti (Numerical Classification)

“Aṣṭādaśa kuṣṭhāni”—18 types: 7 Mahā-kuṣṭha + 11 Kṣudra-kuṣṭha. [Cha. Chi. 7.13]

(A) Mahā-kuṣṭha (7)

Kapāla, Udumbara, Maṇḍala, Ṛṣyajihvā, Puṇḍarīka, Sidhma, Kakanaka.

(B) Kṣudra-kuṣṭha (11)

Eka-kuṣṭha, Carmākhyā, Kitibha, Vaipādikā, Alasaka, Dadru, Carmadala, Pāmā, Viṣphoṭa, Śatāru, Vicārçikā.

Doṣa dominance pointers (high-yield shloka):

वातेऽधिकतरे... कापालं ; कफे मण्डलं ; पित्ते उदुम्बरम् ; काकणकं त्रिदोषजम् ...
पामा, शतारु, विस्फोट, दद्रु, चर्मदल—पित्त-श्लेष्माधिक ; विचर्चिका—कफप्राया. [Cha. Chi. 7.27-30]

1.5 Sādhyāsādhyatā (Prognosis)

- **General rules:** All kuṣṭha are **tridoṣaja**; assess *bala-abalatā* of *doṣa* and tissues, then plan therapy. सर्वं त्रिदोषजं कुष्ठं... यथास्वैर्लक्षणैर्बुद्ध्वा... [Cha. Chi. 7.31-32] (
- **Better prognosis:** recent onset, superficial (*tvak/rakta*), limited area, good *agni*, absence of severe pruritus/fissuring/ooze.
- **Kṛcchra-sādhyā/Asādhyā:** long-standing, deep tissue (*māmsa/lasikā*), mixed *doṣa* with complications, extensive lesions, or recurrent forms akin to *mahā-kuṣṭha*.
- **Śvitra/Kilāsa** have special prognostic points (see §4.3).

2) Samānya Cikitsā Sūtra (General Principles of Management)

Core triad: (1) *Nidāna-parivarjana*, (2) *Śodhana* tailored to *doṣa* & depth, (3) *Śamana* with *tikta-kaṣāya-kaṭu* predominant yoga, supported by *dīpana-pācana*, *rūkṣaṇa*, *langhana*, and local procedures.

2.1 Śodhana roadmap (by doṣa & stage)

- **Kapha-prādhānya / śleṣma-sanchaya:** *Snehapūrva Vamana*, then *Dīpana-Pācana*, *Rūkṣaṇa*, *Udvardana*.
- **Pitta-prādhānya / rakta involvement:** *Virecana* is central; *Tiktaka ghṛtas* are indicated (see §3).
- **Rakta-duṣṭi with lesions:** *Raktamokṣaṇa*—local scraping/venesection by lesion size; *dhūmapāna/nasya* for head involvement and *krimi* control: *Saindhava*, *dantī*, *marica*, *phañijjhaka*, *pippalī*, *karañja-phala nasya* with *viḍaṅga* for *krimi-kapha*;
“*Vairecanika dhūma*” pacifies *krimi*, *kuṣṭha*, *kilāsa* in head region. [Cha. Chi. 7.48-50]
- **Post-śodhana:** graded *saṁsarjana*; early *pathya* with *tiktaka-śāka*, *laghu anna* (see 2.4).

2.2 Śamana & Local care

- **Doṣa-wise śamana:**
 - *Pitta-kuṣṭha:* **Tiktaka kaṣāyas**, **Tiktaka ghṛtas**, blood-cooling and anti-inflammatory measures.
“*sarpimṣi tiktakāni... bāhyābhyantara-magryam pitta-kuṣṭheṣu*” [Cha. Chi. 7.58-59]



- *Vāta-kapha*: follow kapha-vāta regimens with unction and sudation appropriately.
- **Local**: medicinal baths (*Siddhārthaka-snāna*), **lepa/udvartana**, dusting, and judicious *raktamokṣaṇa* in thick, indurated, hot lesions.
- **Krimi-control adjuncts**: *Viḍaṅga*, *Khadira* as internal and for fumigation (*dhūpana*). [Cha. Chi. 7.158-159]

2.3 Must-know indications (memory hook)

- **Tikta-kaṣāya rasa predominance, ghr̥ta anupāna**—when **pitta/rakta** leads.
- **Śodhana before ghr̥ta** in *āma/mala-āvaraṇa*.
- **Rukṣaṇa & lepa** when *sr̥ava/kleda* predominates.

2.4 Pathya-Apathya for Kuṣṭha (Charaka)

“**Laghūni cānnāni... śākāni ca tiktakāni... ghr̥tāni caiva**”—light cereals, bitter vegetables, ghr̥ta with *bhallātaka/triphala/nimba*; *purāṇa-dhānya*, *jāṅgala māṁsa*, *mudga with paṭola* are *śastā*. Avoid heavy, sour, curd, milk in incompatible ways, aquatic meats, jaggery, sesame excess. [Cha. Chi. 7.82-83]

3) Kuṣṭha-Cikitsā Yogas You Must Write in the Exam

Below are classical recipes with *prayoga-mārga* summarized; quote the Sanskrit heads and indications.

3.1 Madhvāsava (Fermented honey preparation)

घृतं पिप्पलीचूर्णं त्रिफलाद्वितयं सह ।

मधुना सह संमिश्रय आसवः स्यात् प्रशस्तकः ॥ (verses abridged)

Charaka details the method and indicates it for chronic kuṣṭha with kapha-āmadoṣa; **pāna** by *yukti*. [Cha. Chi. 7.73-75]

Use: *Kapha-pradhāna* kuṣṭha after *dīpana-pācana*; supports *rūkṣaṇa* and gut detox.

3.2 Kanaka-Bindu Ariṣṭa (Khadira-centric ariṣṭa)

खदिरकषायद्रोणं... त्रिफला-vyosha-viḍaṅga-rājani-mustā-aṭarūṣaka-indrayava...

प्रातः प्रातः पिबेत्... मासेन महाकुष्ठं हन्ति... [Cha. Chi. 7.76-79]

Use: **Mahā-kuṣṭha** and stubborn dermatoses; also lists relief in *arśa*, *śvāsa*, *bhagandara*, *kāsa*, *kilāsa*, *prameha*, *śoṣa* etc.

3.3 Tikta-Śaṭpāla Ghr̥ta

निम्ब-पटोल-दावी-दुरालभा-तिक्तरोहिणी-त्रिफला... मुस्ता-वत्सakabija...

...*arśa-grahani-pāṇḍu*... *pāmā-visarpa-piḍakā-kaṇḍū-mada-gaṇḍa-nutaṃ* [Cha. Chi. 7.140-143]



Use: Pitta-rakta dominant kuṣṭha, generalized burning/erythema, mixed systemic involvement; given after adequate *dīpana-pācana/śodhana*.

3.4 Mahātiktaka Ghṛta (Flagship *pitta-rakta* remedy)

सप्तच्छद... तिक्तरोहिणी... त्रिफला... **paṭola-picumarda-parpaṭaka... haridrā-satāvari-sārivā... kirātatikta...**
“...कुष्ठानि रक्तपित्त-प्रबलानि... विस्फोटकान्... ज्वर... कण्डू... हन्ति... महाविकारान् महातिक्तम्” [Cha. Chi. 7.144-150]

Use: Rakta-pitta prakopa with kuṣṭha, systemic heat, pustulation, pruritus; potent *śamana* post-*śodhana*.

3.5 Mahā-Khadira Ghṛta

खदिरस्य तुलाः पञ्च... करञ्ज-*arista-vetasa... parpaṭa, kuṭaja, vṛṣa (kṛmighna), haridrā, kṛtamāla, guḍūcī, triphalā, trivṛt...*
“...निहन्ति सर्वकुष्ठानि पान-अभ्यङ्ग-निषेवणāt; परं कुष्ठविकारनुत्” [Cha. Chi. 7.152-156]

Use: Broad-spectrum kuṣṭhaghna; internal and external (*abhyanga*) course under supervision.

3.6 Siddhārthaka-Yoga & Other External Measures

- **Siddhārthaka Snāna/Udvardhana**: decoctions of *triphala, nimba, paṭola, mañjiṣṭhā, rohiṇī, vacā, haridrā* for **bath, lepa, dusting**; same decoctions fortify oils/ghṛta. [Cha. Chi. 7.100-101]
- **Sidhmā-hara Lepa** (for *sidhma* and fresh *kilāsa*): कुष्ठं (**kuṣṭha-mūla**) तमालपत्रं मरिचं मनःशिला कासीस—तैलयुक्तं, ताम्र-पात्रे सप्ताह-योजितम् ; लेपनात् सिध्मं शस्येत... [Cha. Chi. 7.117-118]
- **Other lepas** per doṣa and lesion (see also §4.2 for *śvitra-kilāsa lepas*).

4) Śvitra and Kilāsa: Hetu-Lakṣaṇa-Chikitsā

In Charaka, **Śvitra** (hypopigmentary disorders) and **Kilāsa** are discussed within *Kuṣṭha-chikitsā* with special procedures and prognosis.

4.1 Śvitra—Principles & Procedures

Core approach: start after systemic purification (*śuddhi*), emphasize **raktamokṣaṇa, virūkṣaṇa** and **laghu-rūkṣa pathya**:

“शिवत्राणां सविशेषं योक्तव्यं... शिवत्रे संसनम् अग्न्यं—मलपूरसः सगुडः...
विरिक्तः सूर्य-पाद-सन्तापं... पेय-*pānaṃ*...” [Cha. Chi. 7.162-165]

Lepa sets (classical seven): combinations using *kadalī-kṣāra, khara-asthi-bhasma* with cow’s blood, *mālati-koraka kṣāra, nilotpala-kuṣṭha-saindhava* with elephant urine, *mūlaka-bīja/bakucī* in cow’s urine, *kākodumbarikā-bakucī-citraka* in cow’s urine, *manaḥśilā* with peacock bile, *avalguja-bīja-lākṣā-gau-pitta-añjana-pippalī-kāla-loha rajaḥ*, etc. [Cha. Chi.

**7.168-171]**

Pathya pointer: Khadira-odaka (water processed with *khadira*) as drink or vehicle is praised in śvitra:

“यच्चान्यत् कुष्ठघ्नं शिवत्राणां... खदिरोदकपानग्र्यं” [Cha. Chi. 7.166]

Prognosis (Śvitra):

दारुणं-चारुणं-किलासं—त्रिविधम् ; deeper seats worsen prognosis—

rakta-āśraya → *raktatā/tāmra*; *māmsa-āśraya* → *śveta*; *meda-āśraya* → *guru śvitra*. [Cha. Chi. 7.173-174]

Confluent, long-standing, with coloured hairs are asādhyā; thin, pale, recent, limited—sādhyā. [Cha. Chi. 7.175-176]

4.2 Kilāsa—Aetiology (Adhyātmika angle)

वचांस्यतथ्यानि कृतघ्नभावो निन्दा सुराणां... पापकृत्यं... विरुद्धान्म—हेतवः किलासस्य [Cha. Chi. 7.177]

Care: treat on kuṣṭha lines after śodhana; employ lepa judiciously; ensure **pathya**, mental/ethical purification (*ācarana śuddhi*).

5) Quick Tables for Revision**5.1 Saptaka Dravya (Kuṣṭha Saṁprāpti)**

Doṣa (3)	Dūṣya (4)	Clinical impact
Vāta-Pitta-Kapha	Tvak, Rakta, Māmsa, Ambu (Lasikā)	Chronic, recurrent dermatoses; altered touch, colour, discharge, pruritus

5.2 18 Kuṣṭha (Aṣṭādaśa)

Group	Types (examples)	Doṣa cue (mnemonic)
Mahā (7)	Kapāla, Udumbara, Maṇḍala, Ṛṣyajihvā, Puṇḍarīka, Sidhma, Kakanaka	“KUM-RPS-Kā”
Kṣudra (11)	Eka-kuṣṭha, Carmākhyā, Kitibha, Vaipādikā, Alasaka, Dadru, Carmadala, Pāmā, Viṣphoṭa, Śatāru, Vicārčikā	“ECK-VAD-CPVŠV”

5.3 Pathya (eat) vs Apathya (avoid)

Pathya	Apathya
Purāṇa-dhānya, mudga-paṭola, <i>tiktaka śāka</i> , ghr̥ta in indicated cases, jāṅgala māmsa	New grains, curd, fish, sesame-milk-jaggery combos, sour-salty excess, heavy/fried; aquatic meats

6) How to Write Answers (Exam tips)

- Always open with **Saptaka dravya** and **Aṣṭādaśa-bheda**.
- For treatment, write **Nidāna-parivarjana** → **Śodhana (doṣa-wise)** → **Śamana (Tiktaka)** → **Local (lepa/snana/raktamokṣaṇa)** → **Pathya**.
- Quote **one ghr̥ta** (*Tikta-Śaṭpāla* / *Mahātiktaka*) **and one fermentation** (*Madhvāsava* / *Kanaka-bindu ariṣṭa*).
- For **Śvitra**, add **Khadira-odaka** and the **7 lepa** cue.



7) Viva-friendly Classical Lines (with references)

- **Tridoṣaja & Saptaka dravya:** “Vātādayas trayo duṣṭāḥ... saptako dravya-saṅgrahaḥ; na caika-doṣaja kuṣṭham” [Cha. Chi. 7.9-10]
- **Doṣa-dominance mapping of types:** [Cha. Chi. 7.27-30]
- **Pitta-kuṣṭha line:** “Sarpīmśī tiktakāni... bāhyābhyantaram agryam” [Cha. Chi. 7.59]
- **Śvitra prognosis:** [Cha. Chi. 7.173-176]

Assessment (for immediate LMS use)

A. Long Answer Questions (LAQ) — any 1 × 10 marks

1. Describe the **Samprāpti** of Kuṣṭha according to Charaka, correlating *Saptaka dravya* and *Aṣṭādaśa bheda*. Outline the *Samānya Cikitsā Sūtra* including Śodhana pathways and two classical ghṛtas.
2. Discuss **Śvitra & Kilāsa** under Cha. Chi. 7: *Hetu, Lakṣaṇa, Cikitsā* including lepa sets and pathya; add prognostic signs.

B. Short Answer Questions (SAQ) — any 5 × 4 marks

1. Enumerate **Mahā-kuṣṭha (7)** and **Kṣudra-kuṣṭha (11)**.
2. Write the **pūrvārūpa** of Kuṣṭha.
3. Indications of **Tikta-Śaṭpāla Ghṛta**.
4. Composition & indication of **Mahā-Khadira Ghṛta**.
5. Pathya-Apathya in Kuṣṭha (*two each*, with reasons).
6. Role of **Raktamokṣaṇa** in Kuṣṭha (*when and how*).
7. List **three Siddhārthaka-based externals** (snāna/udvartana/lepa).

C. Very Short Answer (VSA) — any 5 × 2 marks

1. Define **Ambu** in Kuṣṭha Samprāpti.
2. Name **one** kuṣṭha that is **tridoṣaja** by nature.
3. Two *hetus* for Kuṣṭha you counsel to avoid in hostel dining.
4. One **nasya** drug pair for **krimi-kapha** scalp lesions.
5. Which preparation is praised as **kuṣṭhaghna** drink in Śvitra?

D. MCQs — 10 × 1 mark (choose one correct option)

1. Saptaka dravya of Kuṣṭha includes **all except**:
a) Tvak b) Rakta c) Māmsa d) Majjā
Ans: d
2. “Na caika-doṣaja kuṣṭham” means:
a) Vātaja only b) Pitta only c) Always tridoṣaja d) Kapha only
Ans: c
3. **Mahā-kuṣṭha not** included:
a) Kapāla b) Udumbara c) Eka-kuṣṭha d) Kakanaka
Ans: c
4. **Pitta-rakta pradhāna** kuṣṭha: best internal base is
a) Taila b) Ghṛta with tikta drugs c) Madhu d) Takra
Ans: b
5. In Śvitra, **highly praised drink/vehicle**:
a) Dadhi b) Khadira-odaka c) Kāñjī d) Sura
Ans: b



6. *Kanaka-bindu ariṣṭa* is primarily built on decoction of:
a) Triphalā alone b) Khadira c) Gudūcī d) Mustā
Ans: b
7. A classic **kapha-āmadoṣa** chronic kuṣṭha beverage:
a) Madhvāsava b) Arjuna kṣīrapāka c) Lasuna kalka d) Śatāhvā siddha jala
Ans: a
8. Which is **not pathya** in Kuṣṭha:
a) Mudga-paṭola b) Purāṇa-dhānya c) Aquatic meat d) Jāṅgala māmsa
Ans: c
9. First-line śodhana when kapha dominates:
a) Virecana b) Vamana c) Basti d) Raktamokṣaṇa
Ans: b
10. Which lepa is mentioned for **Sidhma** under Charaka?
a) Sidhmā-hara lepa (kuṣṭha-mūla, tamāla, marica, manaḥśīlā, kāsīsa in taila)
b) Elādi lepa
c) Jatyaḍi lepa
d) Kusthādi lepa (A.H.)
Ans: a

Model Key-points (for evaluators)

- **Samprāpti:** tridoṣa + (tvak-rakta-māmsa-ambu), kuṣṭha never truly mono-doṣaja.
- **Śodhana:** vamana/virecana/raktamokṣaṇa by dominance and depth; dhūma/nasya for krimi/śiras.
- **Śamana:** Tiktaka ghṛtas (Tikta-Śaṭpāla, Mahātiktaka), Khadira-based ghṛta, Madhvāsava, Kanaka-bindu ariṣṭa.
- **Local:** Siddhārthaka snāna, lepa (Sidhmā-hara; Śvitra lepas).
- **Pathya:** tiktaka śāka, purāṇa-dhānya, mudga-paṭola, jāṅgala māmsa; avoid dadhi, matsya, amla-lavaṇa excess, viruddhāhāra.

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