

## Chapter 2. Kuṣṭha Roga (Skin Disorders) in Ayurveda

### 1 Broad Definition

Kuṣṭha is the umbrella term for all chronic skin diseases produced by the union of **Doṣa + Āma** lodged in **Twachā** and **Rakta Dhātu**. Caraka says:

*“Sarvam kuṣṭham doṣāś ca...—all varieties share the same root: deranged doṣas obstructing skin channels.”*

### 2 Classical Classification

Category	No. of Types	Signature Features	Examples (Modern Parallel)
<b>Mahā Kuṣṭha</b> “major, deep”	7	Penetrate beyond Māṃsa into Meda/Asthi; severe deformity or systemic signs	Psoriasis ( <i>Kiṭibha</i> ), Leprosy multibacillary ( <i>Kākaṇaka</i> ), Lichen planus
<b>Kṣudra Kuṣṭha</b> “minor, superficial”	11	Restricted to skin surface; mild systemic impact	Eczema ( <i>Vicharchikā</i> ), Tinea ( <i>Dadru</i> ), Vitiligo ( <i>Śvitra</i> ), Acne ( <i>Yauvana piḍakā</i> )
<b>Viśarpa</b>	—	Fast-spreading, fiery heat	Herpes zoster, cellulitis
<b>Śitapitta / Udarda</b>	—	Rapid wheals, itching	Urticaria

All share the same tridoṣic foundation but differ in depth and doṣa dominance.

### 3 Nidāna (Causative Factors)

Nidāna Group	Examples	Primary Doṣa Aggravated
<b>Ahāra</b> (Diet)	Excess sour, fermented, incompatible combos (fish + milk)	Pitta + Kapha
<b>Vihāra</b> (Lifestyle)	Daytime sleep after heavy meals, sedentary job, night shift	Kapha + Vāta
<b>Manasa</b> (Mind)	Chronic anger, worry, suppressed emotions	Pitta + Vāta
<b>Āgantu</b> (External)	Chemical cosmetics, pollution, microbial invasion	Doṣa depends on toxin type

### 4 Samprāpti (Pathogenesis) - 5-Step Flow

- 1 Nidāna → Doṣa vitiation (KP, PV, VK combos)
- 2 Weak Agni → Āma formation in gut/liver
- 3 Āma + Doṣa circulate via Rakta Dhātu
- 4 Srotas block in skin; tissue layers inflamed
- 5 Manifestation as Mahā- or Kṣudra-kuṣṭha

If unchecked, pathology descends up to Meda/Asthi leading to deformity.

### 5 Doṣa Signatures Inside Kuṣṭha

Dominant Doṣa	Colour	Surface	Sensation	Typical Sub-type
<b>Vāta</b>	Grey, blackish	Dry, cracked	Intense itch	<i>Dadru</i> (dry ringworm)

<b>Dominant Doṣa</b>	<b>Colour</b>	<b>Surface</b>	<b>Sensation</b>	<b>Typical Sub-type</b>
<b>Pitta</b>	Red, coppery	Hot, oozing	Burning, pain	<i>Ekakuṣṭha</i> acute plaque
<b>Kapha</b>	Pale, whitish	Thick, oily	Dull heaviness	<i>Sitapitta</i> (urticaria)
<b>Tri-doṣa</b>	Mixed	Mixed	Mixed	<i>Mahākuṣṭha</i> complex psoriasis

## 6 General Treatment Blueprint

<b>Stage</b>	<b>Goal</b>	<b>Tools &amp; Examples</b>
<b>1. Nidāna-Parivarjana</b>	Stop triggers	- No cheese/meat with curd - Early dinner, avoid naps
<b>2. Śodhana</b> (Deep Purge)	Expel Doṣa-Āma mix	<b>Kapha</b> → <i>Vamana</i> <b>Pitta</b> → <i>Virechana</i> <b>Vāta</b> → <i>Sneha-Basti</i> <b>Raktamokṣaṇa</b> for stubborn patches
<b>3. Śamana</b> (Pacify)	Control residual Doṣa	<b>Decoctions:</b> <i>Sarivādi</i> , <i>Khadirāri</i> , <i>Mahā-Manjiṣṭhādi</i> <b>Gṛītas:</b> <i>Tikta-ghṛīta</i> , <i>Mahā-Tikta</i>
<b>4. Bahi-Pariṣkara</b> (Local Care)	Disinfect, cool, heal	<b>Lepas:</b> Neem-turmeric, Sandal-licorice, Bakuchi paste
<b>5. Rasāyana</b> (Rejuvenate)	Strengthen dhātus, avoid relapse	<b>Dhāra:</b> Neem-taila dhāra, Saffron-milk dhāra Āmla 3 g AM, Gudūcī satva 500 mg BID, Gotu kola oil massage

## 7 Condition-Specific Protocol Cards

### 7.1 Psoriasis - Kīṭibha / Eka-kuṣṭha (Vāta-Kapha)

- 3 d *Tikta ghṛīta* snehapāna → *Vamana* → *Virechana* day-7
- External: *Mahāmarichyādi* oil AM sun-exposure 10 min
- Internal: *Mahā-Tikta ghṛīta* 10 ml HS, *Sarivādi kwātha* 20 ml ×2
- Diet: Barley, cumin, bitter gourd; avoid yogurt, beef, brinjal

### 7.2 Eczema - Vicharchikā (Vāta-Pitta)

- *Sneha-basti* 5-night course
- *Chandana-ghṛīta* smear + moist wrap 20 min twice daily
- 500 mg *Gandhaka rasāyana* HS, 20 ml *Gudūcī-sārīva* decoction BID

### 7.3 Acne - Yauvana piḍakā (Kapha-Pitta)

- Single sitting *Virechana* with *Avipatti* 6 g
- Neem-lodhra scrub alt-days, warm vetiver steam 30 s
- *Arogyavardhini* 250 mg × 2, *Triphala-Guggulu* 500 mg × 2

### 7.4 Vitiligo - Śvitra (Pitta-Vāta)

- Monthly mild *Virechana* 6 g *Avipatti*
- Copper-water AM, 250 mg Bakuchi powder + honey daily
- External: Bakuchi taila 30 min sun touch, wash; follow with aloe-rose gel

## 8 Diet & Lifestyle Cheat-Sheet

### Do's

Warm water, barley or red-rice, cooked bitter greens

### Don'ts

Fish + milk, reheated oils, cheese with fruit



### Do's

5 min sun salutations or brisk walk daily

Sesame-oil self-massage thrice weekly (except oozing lesions)

Mind calmers: Bhrāmarī pranayama, 10 pm lights-off

### Don'ts

Day sleep after heavy meal

Excess night-time screen, late dinners

Chronic anger, spicy alcohol binges

## 9 Outcome Markers

- **Śodhana done right:** tongue clears, appetite sharpens, lesions lighten.
- **Śamana success:** itch < 30 %, oozing stops, sleep improves.
- **Rasāyana phase:** new skin forms, relapse intervals lengthen > 6 months.

## 10 Key Take-Aways

- **Kuṣṭha** is always tridoṣic but shows leading colours of one doṣa—treat that first.
- Sequence: **Cause removal → Deep cleanse → Pacify → Rejuvenate.**
- Permanent results need rasāyana nourishment until all seven dhātus regain strength.
- Regular follow-up every season prevents re-accumulation of Āma.

**Clinical mantra:** “Purge the sludge, pacify the fire, feed the tissues—then the skin remembers its own colour.”

Important: These are general guidelines, always consider consulting an Ayurveda Physicians before using any Ayurvedic medicine.