Dermatology in Ayurveda – A Practical Approach

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Abstract:
The Ayurveda is science of Holistic approach for health. According to ayurveda, healthy skin is result of overall health condition of individuals. The skin diseases in ayurveda talks about different skin care regimes that can pursued depending on the stage of life. The skin diseases are mainly Tridosha pradhana and emerges out through Skin by the vitiation of rasa dhatu. The herbomineral preparations and panchakarma therapies purifies the srotas by correcting agni and tridosha. When the dustha Kleda settles in rasa dhatu then causes different skin disease. Ayurvedic approach for skin diseases is very much needed in current scenario.

Keywords: Kustha, Dermatology.

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Introduction:
Description of Twak rogas or skin manifestations in ayurveda mentioned mainly as Kushta roga or as kshudra kushta. Kushta word meaning is vaivarnya over twak caused by vitiated dosha, dushya, srotas etc. Apart from kushta and kshudra kushta we do get ample references of skin ailments in various other chapters too along with good number of shaman oushadhis, shodhana chikitsa and other treatment modalities. In skin diseases ayurveda given equal importance to pathyapathy as well. Skin diseases are the ones which make patients much worried and stressed which again aggravates the existing condition. Every person wants to have flawless glowing healthy skin which is possible only with proper lifestyle, food habits etc, Dermatology is a visual oriented specialty where no investigations help for diagnosing the lesions. It needs good observation skills.

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All skin manifestations are not skin ailments for example, pallor, icterus. In general population almost 20% visits skin clinics for consultation. Skin diseases continue to be the 4th leading cause of nonfatal disease burden world-wide following iron-deficiency anaemia, tuberculosis etc. Skin conditions pose significant threat to patients' well-being, mental health, ability to function, and social participation.

**References of skin manifestations:** Zushta, kshudraroga, Visarpa, SheetapittaKrimi, Vatarakta, PramehapedikaVrana, Shotha, Jwara, Rakta pitta Gatavata, Visha etc.,

**Common skin diseases encountered in practice**

1. **In general**
   A. Skin diseases with itching, pain etc like teniasis, lichenplanus, psoriasis
   B. Skin diseases with no symptoms, only cosmetic problems like, melasma, baldness etc.,

2. **In particular**
   A. Dermatophytosis, Dermatitis or Eczema, Pigmentation disorders, Papulo squamous disorders,
   B. Viral skin infections, Urticaria, Cosmetic problems: Acne, Melasma, Hair, Dry skin diseases: Ichthyosis, xeroderma, Pyoderma, scabies, impetigo etc

**Approach to diagnosis**

A. Morphological diagnosis: annular papulo vesicular lesions in groin
B. Clinical diagnosis: teniacruris
C. Etiological diagnosis: contact dermatitis
D. Doshadominanace: vatakaphaja or kaphavatajakushta

**Causative factors:**

A. Improper food habits; viruddhaaharaVegadhara
B. Air pollution, water pollution, adulterants in food
C. Internal diseases, Emotional stress, Genetic factors, Sunlight
D. Infections, Irritants, allergens, Injury
E. KARMA? Etc.,

**Treatment modalities:**

A. Anulomana, Deepana/Pachana
B. Shodhana, Shamana
C. Raktamokshana, Prachana or micro needling
D. External applications like Lepa, Seka or Dhara
E. Rasayana

**Shaman oushadhi:**

A. Dooshivisharigulika, Vilvadiagada, Manibhadraguda, Haridrakhanda
B. Madhusnuhi group of rasayana, Amrita bhallatakalehya
C. Nishamalaki, Amritotharakashayama
D. Aragwadhadi, Patoladikashaya, Mahamanjishtadikashaya
E. Mahatiktha, Asanadi, Guluchydekhashaya
F. Sarivasava, usheerasva, chandanasava, punernavasa va
G. Khadirarishta, Abhayarishta, Amritarishta, Gomutrasava etc.,

Pathya/apathy

A. Avoid dairy products except butter milk, All sour, sweet, salt, pungent

B. Avoid Egg, Meat, Viruddhaahara, Tila, black gram etc. Canned foods or ready to eat foods

C. Stress etc.

Conclusion:

Dermatology is such an area where Ayurveda can give convincing results. Ayur dermatology can be practiced as specialty which may shed light on every aspects of it and we may explore time tested protocols for larger group of skin diseases that may help for suffering population.

References:

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Dermatology Album

Plaque Psoriasis - BT / AT

Irritant Contact Dermatitis - BT / AT

Infected Eczema - BT / AT

Infected HKD - BT / AT
Scalp Psoriasis - BT / AT