A Study of Skin Diseases: *Kṣudra kuṣṭha* Depicted in Sanskrit Original Sources with Special Reference to *Vipādikā* and its Management

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Abstract

Ayurveda has discussed all skin diseases under the name of Kusṭha and literature review was done using Sanskrit original texts and their commentaries to identify the clinical features of Kusṭha. Vṛddhatrai and their commentaries, Aṣṭāṅga samgraha, Mādhava nidāna, Bhela saṃhitā and Bhāvaprakāśa were studied to reveal the clinical features. When considering on number, seven Mahā kusṭha and eleven Kṣudra kusṭha were stated in all texts. In Caraka saṃhitā, Siddha kusṭha was cited under Mahā kusṭha and in Suśruta and Aṣṭāṅgahrdaya saṃhitā, Dāḍr kusṭha was cited under Mahā kusṭha. Accordingly, some different in the nomenclature were identified. However, patients affected with Mahā kusṭha were unable to notice and affected by Dāḍr and Siddha kusṭha were presented for the treatments frequently. In Kṣudra kusṭha, Eka kusṭha, Carmadala, Kitibha, Vipādikā, Dāḍr, Kacchu, Vicarciā and Carma were common varieties and most of the symptoms in texts were appropriately tally with the symptoms of the patients.

Photographs were developed as scientific tools using clinical features and references of the texts for Gaja carma kusṭha, Eka kusṭha, Kitibha kusṭha, Dāḍr kusṭha and Vipādikā kusṭha.

Vipādikā kusṭha is common in Sri Lanka and pāṇi pāda sphiṭana, pāṇi pāda vidārinā, āvra vedanā, dāha, khara sparśa and pāda śoṣa are the main symptoms. “Vipādikāhāra ghṛṭa taila”, mentioned in Caraka saṃhitā is a simple remedy for Vipādikā kusṭha and it was tested in the clinical study without an internal medicine.

In addition, standardization of Vipādikāhāra ghṛṭa taila were carried out at first time before using the clinical trial. As a result, a significant reduction of the symptoms of was identified due to its high medicinal value. Therefore, it can be concluded that Vipādikāhāra ghṛṭa taila is an effective, easily applicable, easily prepared, successful, user friendly, pleasant odor medicated oil.

But two important plant materials of the oil: L. reticulata and B. aristata are not available in Sri Lanka. Therefore, freely available two suitable substitutes, W. volubilis and B. Ceylanica were identified by completing the basic standardizations.

Key words: Skin diseases, Kuṣṭha, Vipādikā kuṣṭha, Clinical study, Vipādikāhāra ghṛṭa taila, standardization