

RARE

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

By

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In partial fulfillment of the requirement

for the award of the degree of

Doctor of Philosophy

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Sri Lanka

2015

Abstract

Āyurveda has discussed all skin diseases under the name of *Kuṣṭha* and literature review was done using Sanskrit original texts and their commentaries to identify the clinical features of *Kuṣṭha*. *Vṛddhatrai* and their commentaries, *Aṣṭāṅga saṁgraha*, *Mādhava nidāna*, *Bhela saṁhitā* and *Bhāvaprakāśa* were studied to reveal the clinical features. When considering on number, seven *Mahā kuṣṭha* and eleven *Kṣudra kuṣṭha* were stated in all texts. In *Caraka saṁhitā*, *Sidhma kuṣṭha* was cited under *Mahā kuṣṭha* and in *Suśrta* and *Aṣṭāṅgahr̥daya saṁhitā*, *Dadr̥ kuṣṭha* was cited under *Mahā kuṣṭha*. Accordingly, some different in the nomenclature were identified. However, patients affected with *Mahā kuṣṭha* were unable to notice and affected by *Dadr̥ and Sidhma kuṣṭha* were presented for the treatments frequently. In *Kṣudra kuṣṭha*, *Eka kuṣṭha*, *Carvadala*, *Kitibha*, *Vipādikā*, *Dadr̥*, *Kacchu*, *Vicarcikā* 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 kuṣṭha*, *Eka kuṣṭha*, *Kitibha kuṣṭha*, *Dadr̥ kuṣṭha* and *Vipādikā kuṣṭha*.

Vipādikā kuṣṭha is common in Sri Lanka and *pāṇi pāda sphuṭana*, *pāṇi pāda vidārinā*, *tivra vedanā*, *dāha*, *khara sparśa* and *pāda śoṣa* are the main symptoms. “*Vipādikāhara ghr̥ta taila*”, mentioned in *Caraka saṁhitā* is a simple remedy for *Vipādikā kuṣṭha* and it was tested in the clinical study without an internal medicine.

In addition, standardization of *Vipādikāhara ghr̥ta 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 *Vipādikāhara ghr̥ta 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*, *Vipādikāhara ghr̥ta taila*, *standardization*