



## TO PROVE EFFECTIVENESS OF AROGYAVARDHINI IN KUSHTHA

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**ABSTRACT** Kushtha is the disorder of raktavaha strotas .All the skin disorders are included in the Kushtha. All the three doshas are vitiated in this disease.Kled formation is the main pathological phenomenon in this disease.It is chronic disorder .It is contagious type of the disease.Shodhan chikitsa is the main treatment for the kushtha .But excessive shodhan can cause vat prakop.Hence snehan is necessary for the patient.Also along with shodhan shaman chikitsa is also necessary .

**KEYWORDS :** Raktavaha Strotas, Kushtha, Kled,vat., Prakop, Shodhan, Shaman.

**INTRODUCTION-**

Kushtha is disease of raktavah strotas .All the skin disorders are included in kushtha category..Due to aetiological factors all the three doshas are vitiated .Kushtha is chronic type of disorder.Chronicity of the disease develops deformity and makes entire body ugly.All the three doshas are involved .According to ayurveda texts Kushtha is Aupasargik vyadhi.

**AIMS AND OBJECTIVES-**

1. To Prove the effect of Arogyavardhini n Kushtha .
2. Properties of Arogya Vardhini
3. To break the pathology of Kushtha .
4. To relief from signs and symptoms of Kushtha
5. To prove the efficacy of Arogyavardhini

**MATERIALS AND METHODS**

1. All the literature like Chk Samhita, Sushrut Samhita, Ashtang hridaya.
2. Patients of Kushtha diagnosed in the OPD.
3. Modern literature for the leprosy
4. Literature for the Arogyavardhini.

**Aetiological Factors :****A) Charak Samhita:**

- 1)Aharaj (Diet)-
  - a) Consumption of contradictory food and drinks –e.g.combination of fruits and milk ,
  - b) Consumption of excessive liquid , unctuous food,food which is heavy to digest.
  - c) Consumption of freshly harvested grain, curd,fish,salt,sour substances excess.
  - d) Inadequate intake of radish,season ,milk with jaggary.
  - e) Having food during indigestion .

**Viharaj:**

1. Exercise after heavy meal
2. Use of cold water just after exposure to intensive sun, exertion, fear.
3. improper administration of Panchakarma procedure.
4. Suppressio of natural urges like Vomitting
5. Sleeping during day time

**Other :**

Insulting Brahmins , teachers elders other respectful persons

**B)Sushrut Samhita:**

<sup>2</sup>Following etiological factors are mentioned in the sushrut samhita.

- 1.Physical exercise after Sneha or vaman
- 2.Immersion in water immediately after exposure to heat

- 3.Consumption of meats of domestic marshy animals with milk.

**Kushtha is a Contagious disease.**

It can spread through

- Constant close intimacy with the patient
- Touching the patient oftenly
- Inhaling the expired air
- Sharing food
- Sharing dress beddings
- garlands

**According to Ashtang Hridaya following are the aetiological factors mentioned**

- <sup>3</sup>Sahaj Vyadhi-
- If person having kushtha dies ,and reborns ,Kushtha will appear in next birth also.Krimi is one of the causative factor mentioned
- Kushthaja is also a sub type of krimi. Tridoshas become agitated

**Samprapti**

<sup>4</sup>Doshas spreads all over the body. leads to development of moisture inside dhatus .Involvement of dhatus like tvaka (Rasdhatu), rakta ,mamsa ,ambu, axity of dhatus is increased. Flow of sweat,exudation,putrefaction,beco

**<sup>5</sup>Samprapti Ghatak**

- Dosh –Pitta –Shleshma –Vata in successive order
- Dushya - Dhātu-Rasa ,Rakta, Mamsa, lasika, Updhatu-Sira, Tvak, Snayu, Ambu, Dhamani, Tarunasthi.
- Mala- Sweda, Loma, Tvak, Snehansh.
- Strotas-Rasavah, Raktavah, Mamsavah, Swedvah
- Strotodushti-Sanga
- Agnidushti -Mandagni.
- Growth of minute parasites is seen in the lesions of the kushthaha

**Shatkriyakal of Kushtha**

- Sanchay of tridosha is observed in respective doshasthana
- According to acharya Sushrut prakop of doshas .As all the doshas are situated in their respective sthana only.
- Sanchar of doshas is seen in sira,dhamani,tiryak sira .
- Disease is vyaktav on-Tvacha
- Hence udbhavsthan of vyadhi is in dhatus
- Adhishtan of the disease is Tvak, lasika ,
- Vyadhiswabhav is chirkari i.e. chronic
- Rogbhed types of the disease are Mahkushtha<sup>7</sup>, Kshudrakushtha-11.

**Purvarupe (Prodromal signs)**

- Loss of sensation of the skin
- Excessive perspiration or absence of perspiration
- Discolouration of the lesion

- Appearance of rash on the skin
- Burning sensation & numbness in the extremities
- Roughness or excessive smoothness skin
- Blackish discolouration of the blood
- Frequent occurrence of oedema
- Production of heat and heaviness

#### Symptoms:

Symptoms of kushtha according to dosha pradhanya.

- **Vata Pradhan Kushtha** -Constriction in skin ,loss of sensation,sweating, swelling ,cracking,shortening of extremities ,loss of voice.
- **Pitta Pradhan Kushtha** -Ulceration,supparation ,cracking ,loss of extremities toes ,ear,nose,redness of eyes,appearance of krimi
- **Kapha pradhan kushtha** - Itching, discolouration, swelling, exudation

#### Complication

- Initially confined to skin
- Invades other tissue
- Development of krimi, kotha(slough), kleda(discharge), Sweat.

#### Prognosis

- Kushtha is asadhya if t are tridoshas are invovded.If the patient is having debility,sever thirst,complete loss of digestive fire then the kushtha is asadhya .Develoment of krimi is symptom of asadhyatava.

#### Treatment

**Shodhana Chikitsa-** Remove doshas from the body is the procedure called as shodhan

- Vataj –Snehan
- Pittaj-Virechan and Raktamokshan
- Kaphaj-Vaman

#### Ashtang Hridaya-

I If the shodhan karma is done excessively then vitiation of vata leads to bad prognosis

- Vaman- After every 15days
- Virechan-Once a month
- Shirovirechan-every 3 days
- Raktamokshan-6monthsShodhan Chikitsa is the main treatment for the Kushtha.
- Excessive shodhan can lead to vataprakop so snehan is required .
- **Arogyavardhini:** <sup>6</sup>Arogyavardhini is Kaphaghna, Kledshoshk. It enhances tvak properties.
- Guggul and Shilajatu forming kajjali kalpa.It is kapaha, kleda, mala nashak.
- Parad & Gandhak are .krimighna. It has rasayan proprterties.i.e.it increases qualities of all dhatus .Kajjali works as catalyst
- Loha and tamra bhasma-Decreases power of poison,increases power of liver, raktavardhak,
- Abhrak bhasma gives power and increases bala of majja dhatu. It is balya.
- Triphala in it is klednashak , ,kapha nashak, mutra ,mala nissarak,vrana ropak.
- Chitrak –Kushthaghna,Increases power of yakrut &grahani.
- Kutkai- Pungent , bhedak ,yakrutottejak
- Kadunimb-Pungent,Kapha ,pittanashak ,Kushthaghna Very much usefull in all types of Kushtha

Arogyavardhini is very much use full in chronic disorders. Kushtha having constipation Use full for itching, secretions, burning, excessive sweating. Disorders like Syphilis having skin lesions, also dhatugat kushtha arogyavardhini is usefull

**Anupan:** Manjishthadi Deccocution, Deccocution(Quath)Manjishtha ,Halad(turmeric), Sariva, Kadunimb ,Amla

<sup>7</sup>General regime for the kushtha we can specify as Vataj Kushtha-Bhallatak Kalpa

Pittapradhan-Dhatupak –Mahagandhakrasayan and Gumdiseses-Gandhakrasayan

Kapha pradhan - Dhatu mala vridhi-Arogya vardhini

#### DISCUSSION:

Kushtha is the disorder which is caused due to tridosha and dhatus like rakta, tvacha, mamsaetc. Kled formation is the main pathology in the disease.As the disease is chronic in nature and dhatugatavastha is also found .So the treatment is also should be like to break the pathology .And also to prevent dhatupak.

#### CONCLUSION:

Arogyavardhini due to its contents can be called as kushthaghni.It helps to decrease the kled ,dhatushaithilya.It is also has the propertise like rasayan,balya.Also virchaniya contents help to remove the doshas from the body.

Hence shodhan chikitsa is the main treatment for the Kushtha but in medicinal treatment we can use drug Arogyavardhini as the main treatment.

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