

KSHUDRAROGA-A CRITICAL UNDERSTANDING

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Article Received on
23 November 2021,

Revised on 13 Dec. 2021,
Accepted on 03 Jan. 2022,

DOI: 10.20959/wjpr2022-22836

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ABSTRACT

In Ayurvedic Classics Kshudraroga are mentioned. The hetu lakshan and chikitsa of Kshudraroga has been described very briefly. Changes in our lifestyle has increase few Kshudraroga in today's era. Some of the diseases of Kshudraroga like Kalitya, Palitya, Tarunyapidika Darunaketc are becoming common diseases of present era.

KEYWORDS: Kshudrarog, Lakshan, Chikitsa.

INTRODUCTION

Kshudrarog comprises of two words- Kshudra means small or less important and Rog means diseases. Kshudra means Alpa. The paryaya of this is swalpa [small,minor], Adham[low,unholy], Krura [cruel, unbearable]. Khudrarog has been described in a separate chapter by many Acharyas. Kshudrarog also play major role in understanding

various skin disorder in Ayurveda. Kshudrarog has been described in major Samhitas of Ayurveda i.e Charak Samhita, SushrutSamihita, AshtangSangrah, AshtangHridaya, Sharangdhar Samhita, Madhav Nidan, Bhavprakash, Yogratanakar, Vangsen Samhita and in BhaishajyaRatnavali.

Classification of Kshudraroga.

S.N	Charak Samhita	Sushruta Samhita	AshtangSangrah	AshtangHridaya
1	Alaji	Ajagalika	Ajagalika	Ajagalika
2	Tilak	Yavprakhaya	Yavprakhya	Yavprakhya
3	Piplu	Andhalaji	Koth	Koth
4	Vyangya	Vivrita	Vivrita	Vivrita
5	Nilika	Kachhapika	Kachhapika	Kachhapika
6	Palitya	Valmik	Valmik	Valmik
7	Khalitya	Indravridhha	Utkoth	Utkoth
8	Jalgarbha	Panansika	Panasika	Panasika

9	Kaksha	Pashangardabha	Pashangardabha	Pashangardabha
10	Visphot	Jalgardabh	Jalgardabh	Jalgardabh
11	Pama	Kaksha	Kaksha	Kaksha
12	Vicharchika	Visphotak	Visphotak	Visphotak
13	Vidarika	Agnirohini	Agnirohini	Agnirohini
14		Chippa	Chippa	Chippa
15	—	Kunakha	Kunakha	Kunakha
16	—	Anushayi	Rajika	Rajika
17	—	Vidarika	Vidari	Vidari
18	—	Sharkararbud	Sharkarbud	sharkararbud
19	—	Pama	Erivellika	Erivellika
20	—	Vicharchika	Lanchhan	Lanchhan
21	—	Raksa	Prasupti	Prasupti
22	—	Paddarika	Gandhanama	Gandhanama
23	—	Kadar	Kadar	Kadar
24	—	Alas	Alas	Alas
25	—	Indralupta	Mukhadushika	Mukhadushika
26	—	Darunak	Vidhha	Vidhha
27	—	Arunshika	Gardabhi	Gardabhi
28	—	Palitya	Rudhhagad	Rudhhagad
29	—	Masurika	Masurika	Masurika
30	—	Yuvanpidika	Vyangyanilika	Vyangyanilika
31	—	Padyaminikantak	Padyaminikantak	Padyaminikantak
32	—	Jatumani	Jatumani	Jatumani
33	—	Mashak	Mashak	Mashak
34	—	Charmakil	Charmakil	Charmakil
35	—	Tilkalak	Tilkalak	Tilkalak
36	—	Nyachhya	Mandal	Mandal
37	—	Vyangya		
38	—	Parivartika		
39	—	Avapatika		
40	—	Nirudhhaprakash		
41	—	Sannirudhagud		
42	—	Ahiputana		
43	—	Vrishankachhu		
44	—	gudbransha		

S.N	SharangadarSamhita	Madhav Nidan	Bhav Prakash	Yog Ratnakar
1	Rajika	Ajagallika	Ajagallika	Ajagallika
2	Yavprakhya	Yavprakhya	Yavprakhya	Yavprakhya
3	Andhalji	Andhalji	Andalji	Andalji
4	Vivrita	Vivrita	Vivrita	Vivrita
5	Kachhapika	Kachhapika	Kachhapika	Kachhapika
6	Valmik	Valmik	Valmik	Valmik
7	Indravridhha	Indravridhha	Indravridhha	Indravridhha
8	Panashika	Panashika	Panashika	Panashika
9	Tilakalak	Pashangardabh	Pashangardabh	Jalgardabh
10	Gardabhi	Jalgardabh	Jalgardabh	Kaksha

11	Raksa	Kaksha	Kaksha	Erivellika
12	Erivellika	Erivellika	Erivellika	Agnirohini
13	Vidarika	Agnirohini	Agnirohini	Chipp
14	Kadar	Chipp	Chipp	Anushayi
15	Mashak	Anushayi	Kunakh	Vidarika
16	Nilika	Vidarika	Anushayi	Sharkarabud
17	Jalgardabh	Sharkarabud	Vidarika	Paddari
18	Sharkarabud	Paddarika	Sharkarabud	Kadar
19	Jatamani	Kadar	Dari	Alas
20	Gudbhransh	Alas	Kadar	Indralupt
21	Agnirohini	Indralupt	Alas	Darunak
22	Sanirudhhagud	Darunak	Indralupt	Arunshika
23	Koth	Arunshika	Darunak	Palitya
24	Kunakh	Palitya	Arunshika	Mukhadushika
25	Anushayi	Mukhadushika	Padyaminikantak	Padyaminikantak
26	Padyaminikantak	Padyaminikantak	Jatamani	Jatamani
27	Chipp	Jatamani	Mashak	Mashak
28	Alas	Mashak	Charmakil	Tilkalak
29	Mukhadushika	Tilkalak	Tilkalak	Nyachha
30	Kaksha	Nyachha	Nyachha	Vyangyanilika
31	Vrishankachhu	Vyangyanilika	Vyangyanilika	Parivartika
32	Gandha	Parivartika	Parivartika	Avapatika
33	Pashangardabh	Avapatika	Avapatika	Nirudhhaprakash
34	Varahdamshtra	Nirudhhaprakash	Nirudhhaprakash	Sannirudhgud
35	Vyangya	Sannirudhgud	Sannirudhgud	Ahiputana
36	Vishapot	Ahiputana	Ahiputana	Vrishankachhu
37	Masurika	Vrishankachhu	Vrishankachhu	Gudbhransha
38	-	Gudbransha	Gudbransha	Shukardamstra
39	-	Varahdamstra	Shukardamstra	Gardabhika
40	-	Gardabhi	Mukhadushika	
41	-	Gandhanama	Gardabhika	
42	-		Gandhanama	
43	-		Palitya	

KshudrarogaLakshana and Sadhya\Asadhya

S. N	Vyadhinam	Lakshan	Size and shape	Sadhya\Asadhya
1	Ajagalika	Mainly in children	Mudga	Sadhya
2	Yavprakya	Sukathina	Yava	Sadhya
3	Andhalji	Ghana ,alpapuya	Round	Sadhya
4	Vivrita	Daha	Pakvaudumbar	Sadhya
5	Kachapika	5-6 in number at time	Kachhapunnata	Sadhya
6	Valmika	Daha, kandu	Valmikavritta	Asadhya
7	Indravridha		Padma karnikavat	Sadhya
8	Panashika	Severe pain	Shaluka	Sadhya
9	Pashangardabh	Sthir, kathin	Immovable	Sadhya
10	Jalgardabh	Daha, jvar, tanu	Swelling spread like visarp	Sadhya

11	Erivellika	Jvar, severe pain	Round	Sadhya
12	Kaksha	Multiple in number, pain	Black in colour	Sadhya
13	Visphot	Agni dagdha ,jvar, daha		Sadhya
14	Gardhabhika	-	Mandalakar	Sadhya
15	Gandhanama	-	Big size	Sadhya
16	Agni rohini	Antardaha ,jvar, mamsadarun ,kills in 7,10,15 days	-	Asadhya
17	Chipp	Pain ,daha,paka		Sadhya
18	Kunakh	Khar ,kathin	Krushan varna	Sadhya
19	Anushayi	Deep seated	Same color of skin	Sadhya
20	Vidarika	-	Resembles like vidarikanda	Sadhya
21	Sharkararbud	After dry up produces hard small crystals	Exudes fluid resembling honey ,ghee	Sadhya
22	Padadarika	Craks in sole, pain		Sadhya
23	Kadar	Hard like bolt ,pain	Size of kola	Sadhya
24	Alas	Daha ,kandu,pain		Sadhya
25	Indralupt/khalitya	Hair falls, hair follicles blocks	-	Sadhya
26	Darunak	Dry scalp,itching ,cracks		Sadhya
27	Arunasika	Bahu kleda	Bahu vaktra	Sadhya
28	Palitya	Ripening of hairs		Sadhya
29	Masurika	Daha,jvar ,pain	Masurvat pitatamravarni	Sadhya
30	Yavanpidika	Specially in young age	Shalmalikantakvat	Sadhya
31	Padaminikantak	Sarvadehikkandu	Kamal kantakvat	Sadhya
32	Jatumani	Small,painless	Sama unnata,red	Sadhya
33	Mashak	Sthir,painless	Black like masha	Sadhya
34	Tilakalak	Painless,anywhere in the body	Black, size of tila	Sadhya
35	Nyachha	Anywhere in the body , from the birth	Black,blue ,big or small	Sadhya
36	Charmakila	-	Golakar	Sadhya
37	Vyangya	Painless	Round thin	Sadhya
38	Nilika	Tanu ,painless	Round thin	Sadhya
39	Parivartika	Daha,paka,kandu	Granthi saman lamban	Sadhya
40	Avapatika	Charmaavapatan		Sadhya
41	Nirudhhaprakash	Mand dhar mutra pravrita	Swollen glans penis	Sadhya
42	Sannirudhhha	Krichhenapurishapravartan , marghasankocha	-	Sadhya
43	Ahiputana	Sravi,kandu, many small ulcer	-	Sadhya
44	Vrishankachhu	Kandu,sravi spot nirman	-	Sadhya

45	Gudabramsha	Rectum comes out,	-	Sadhya
46	Shukardamstra	Daha,paka,jvar,kandu		Sadhya
47	Prasupti	Prasutivichenvat	Pandu vrana	Sadhya
48	Utakotha	Kandu	Mandal	Sadhya

DISCUSSION

Kshudrarogas are minor in nature have few and superficial lakshans. In most of Kshudrarogaras, Rakta Mamsa dhatu dushti occur. Most of Kshudraroga are sadhya.

Kshudraroga Chikitsa

Shastrakarma

Ksharkarma

Agnikarma

Lepa

Shonita Sravan

CONCLUSION

Agni-rohini and Valmika type of Kshudraroga are asadhya in nature.

Hetus of Kshudraroga are very less. External hetu like unhygienic condition. Also the improper diet is the cause of Kshudraroga.

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