

**A REVIEW OF SKIN DISEASES AS PER AYURVEDA WITH
REFERENCE TO BRUHATTRAYEE AND LAGHUTRAYEE****¹*Vd. Rajendra G. Mane and ²Vd. Mahesh D. Bhujbal**

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ABSTRACT

In *Ayurveda* literature, skin diseases are described in various texts. Approximately 215+ skin diseases are described in *Brihatrayee* and *Laghutrayee*. Although, most of skin diseases are described under the *kushtha*; yet description of some of other skin diseases are scattered. Compilation of types of skin diseases from Bruhatrayee [*Charak samhita*, *Sushrut samhita*, *Vagbhatta*] and *Laghutrayee* [*Madhav Nidan*, *Sharangdhar Samhita* and *Bhavprakash*] done in this study. It is observed that around total 215+ skin diseases are found in Bruhatrayee and *Laghutrayee*. They are categorized under different groups. Some diseases described in *Laghutrayee* are not found in Bruhatrayee. Time period of development of Bruhatrayee and *Laghutrayee* is different. As per the time period, Some of new skin diseases were observed in *Laghutrayee*.

KEYWORDS: Skin disease, Ayurveda, Bruhatrayee, *Laghutrayee*.

INTRODUCTION

Skin is the most important and largest organ in Body.^[1] It provides protection to the body in various ways from microbes, abrasion, heat and chemicals.^[2] According to Ayurveda, Skin is called as *Twacha*, which is derived from *twak* dhatu which means 'the cover'.^[3] Various factors like Diet, Physical activities, Manas Hetu develop various Skin diseases. In Ayurveda, Tridosha are the main reason for skin diseases along with Prime dushya as Rakta.^[4]

Variuos skin diseases are described in Bhuhattrayee and Laghutrayee. They are categorized under various groups in different Samhitas. The detailed manifestation alongwith their types is given in below tables.

Table 1: Skin Diseases type as per Bruhatrayee.

Types of Kushtha	Charak Samhita (103)	Sushruta Samhita (84)	Ashtang Hridaya (94) & Ashtanga Sangrah
Mahakushtha	7 - Kapala, Audumbara, Mandala, Rushyajihva, Pundarika, Sidhma, Kakanaka ^[5]	7 - Kapala, Udumbara, Aruna, Rushyajihva, Pundarika, Dadru, Kakanaka ^[6]	7- Kapala, Audumbara, Mandala, Rushyajihva, Pundarika, Dadru, Kakanaka ^[7]
Kshudra Kushtha	11 - Ek-kushtha, Charmakhya, Kitibha, Vipadika, Alasaka, Dadru, Charmadala, Pama, Visphota, Shataru, Vicharchika ^[8]	11 - Ek-kushtha, Sthularushka, Kitibha, Mahakushtha, Visarpa, Parisarpa, Charmadala, Pama, Sidhma, Raksa, Vicharchika ^[9]	11 - Ek-kushtha, Charmakhya, Kitibha, Vipadika, Alasaka, Sidhma, Charmadala, Pama, Visphota, Shataru, Vicharchika ^[10]
Kilasa	3 - Daruna, Aruna, Shwitra ^[11]	3 - Vata, pitta, Kaphaj kilasa ^[12]	3 - Vataj, Pittaj, Kaphaj kilasa ^[13]
Kshudra-roga		44 - Ajagallika, Yavaprakhya, Andhalaji, Vivruta, Kacchapika, Valmika, Indravruddha, Panasika, Pashana-gardabha, Jala-gardabha, Kaksha, Visphota, Agnirohini, Chippa, Kunakha, Anushayi, Vidarika, Sharkara-arbuda, Paama, Vicharchika, Rakasa, Padadarika, Kadara, Alas, Indralupta, Darunaka, Arunshika, Palita, Masurika, Yauvanpidaka, Padminikantak, Jatumani, Mashaka, Charmakeela, Tilakalaka, Nyachha, Vyanga, Parivartika, Avapatika, Niruddhaprakasha, Sannirudh-guda, Ahiputana, Vrushanakachhu, Gudabhransha ^[14]	35 - Ajagallika, Yavaprakhya, Kotha, Vivruta, Kacchapika, Valmika, Utkotha, Panasika, Pashana-gardabha, Jala-gardabha, Kaksha, Visphota, Agnirohinee, Chippa, Kunakha, Rajika, Vidari, Sharkara-arbuda, Irivellika, Lanchhan, Prasupti, Gandhanama, Kadara, Alas, Mukhadushika, Vidhha, Gardadhi, Masurika, Vyangya-Nilika, Padminikantak, Jatumani, Mashaka, Charmakeela, Tilakalaka, Mandal ^[15]
Visarpa	7 - Vataja, Pittaja, Kaphaja, Sannipatajavisarpa, Agnivisarpa, Granthivisarpa, Kadarmavisarpa ^[16]	5 - Vataja, Pittaja, Kaphaja, Sannipatajavisarpa, Kshatajavisarpa ^[17]	1 - Granthi visarp ^[18]
Prameha Pidika	7 - Sharavika, Sarshapi, Kachchhapika, Jalini, Alaji, Vinita, Vidradhi ^[19]	10 - Sharavika, Sarshapika, Kachchhapika, Jalini, Vinata, Putrini, Masurika, Alaji,	10 - Sharavika, Sarshapi, Kachchhapika, Jalini, Alaji, Vinita, Vidradhi, Masurika,

		Vidhradhi, Vidarika ^[20]	Putrini, Vidarika ^[21]
Vataja nanatajmak	5 - Nakhabheda, Vipadika, Raukshya, Parushya, Shyam Arunaava Bhasata. ^[22]		
Pittaja nanatajmak	14 - Neelika, Kaksha, Haaridratva, Haritatva, Rakta mandala, Rakta visphota, Rakta kotha, Tvagavadarana, Charma dalana, TvakDaha, Ati sweda, Anasadha, Davathu, Daha ^[23]		
Kaphaja nanatajmak	2 - Udarda, Sheetaavabhasata ^[24]	-	-
Shukadosha		18 - Sarshapika, Asthiliika, Grathita, Kumbhika, Alaji, Mrudita, Sammudha pidaka, Avamantha, Pushkarika, Sparshahani, Uttama, Shataponaka, Tvakpaka, Shonitaarbuda, Mansaarbuda, Mansapaka, Vidradhi, Tilkalaka ^[25]	
Bahya Vidhradhi	1 - Twakstha Bahya Vidadhi ^[26]	6 - Vatik vidradhi, Paittik vidradhi, Kaphaj vidradhi, Sannipataj vidradhi, Raktaj vidradhi, Agantuja vidradhi ^[27]	6 - Vatik vidradhi, Paittik vidradhi, Kaphaj vidradhi, sannipattaj, raktaj vidradhi ^[28]
Granthi	-	4 - Vatika, Kaphaj, Pittaj, Siraj Granthi ^[29]	5 - Vatika, Kaphaj, Pittaj, Raktajanya, Mansajanya granthi ^[30]
Apachi	-	1 - Apachi ^[31]	1 - Apachi ^[32]
Arbuda	-	2 - Raktaj Arbuda, Mansa Arbuda ^[33]	5 - Vatika, Kaphaj, pittaj, raktajnya, mansajnya arbud ^[34]
Upadansh	-	5 - Vataj, Pittaj, Kaphaj, Raktaj, Sarvadoshaj updansh ^[35]	
Shlipada	-	3 - Vataj, Pittaj, Kaphaj shilipad ^[36]	3 - Vataj, Pittaj, Kaphaj shilipad ^[37]
Vatarakta	1 - Uttan vatarkta ^[38]	-	1 - Uttanvatarkta ^[39]
Shiroroga	-	-	Ashastang sangrh - 7 - Pitika, Arbuda, Vidardhi, Arunshika, Darunaka, Indralupta, Khalati, Palita ^[40]
Shotha	3 - (Ekadeshiya = 6) Visarp, Pidika, Tilaka, Piplu, Vyanga, Nilika ^[41]	5 - Vataj, Pittaj, Kaphaj, Sannipataj, Vishjanya shopha ^[42]	Ashtanga sangrah - 9 - Vataj, Pittaj, Kaphaj, Vata-pittaj, Vata-kaphaj, Pitta-kaphaj, Tridoshaj, Abhighataj, Vishaj shoth ^[43]

Table 2: Skin Diseases type as per Laghutrayee.

Types of Kushtha	MadhavNidan (140)	Sharangdhar Samhita (194)	Bhavprakash (152)
Mahakushtha	7 – Vataj - Kapal, Pittaj - Audumber, Kaphaj - Mandal, Vatapittaj - Rushyajivha, PittaKaphaj - Punadarika, Vatakaphaj - Sidhma, Tridoshaj - Kakan ^[44]	18 - Vataj-Kapalik, Pittaj-Udumbar, Kaphaj-Mandalcharchik, Vatapittaj-Rushyajivha, Kaphavataj-Vipadika, Sidhma, Ekakushtha, Kitibh, Alas, KaphaPittaj – Dadru, Pama, Visphotak, Mahakushtha, Charmadal, Punadarik, Shataruk, Tridoshaj Kakanak, Shwitra ^[45]	7 - Vataj - Kapal, Pittaj - Audumber, Kaphaj - Mandal, Vatapittaj - Rushyajivha, PittaKaphaj - Punadarika, Vatakaphaj - Sidhma, Tridoshaj - Kakan ^[46]
Kshudrakushtha	11 - Eka, Charma, Kitibh, Vaipadik, Alasak, Dadru, Charmadal, Pama-Kachchhu, Visphot, Shataru, Vicharchika ^[47]		11 - Ekakushtha, Gajacharma, Charmadal, Vicharchika, Vipadika, Pama, Kachchhu, Dadru, Visphot, Kitibh, Alasak, ^[48]
Kilasa		Kilasa ^[49]	3 types of shwitra - Vataj, Pittaj, Kaphaj ^[50]
Kshudra-roga	42 - Ajagallika, Yavaprakhya, Antralaji, Vivruta, Kachchhapika, Valmeek, Indraviddha, Gardabhika, Pashangardabh, Panasika, Jalgardabh, Irivellika, Gandhamala, Agnirohini, Chipparoga, Kunakh, Anushayee, Vidarika, Sharkara, Padadari, Kadar, Alasak, Indralupta, Darunak, Arunshika, Palita, Yuvanpidaka, Padminikantak, Jatumani, Mashak, Tilakalak, Nyachchha, Vyanga, Nilika, Parivartika, Avapatika, Niruddhaprakash, Sanniruddha Guda, Ahiputan, vrushankachchu, Gudabhransha, Varahdanshra ^[51]	60 Sharkararbuda, Indravruddha, Panasika, Vivruta, Andhalaji, Varahdanshra, Valmik, Kachchhapi, Tilakalak, Gardabhi, Rakasa, Yavaprakhya, Vidarika, Kadar, Mashak, Nilika, Jalgardabh, Irivelli, Jatumani, Gudabhransha, Agnirohini, Sanniruddha Guda, Kotha, Kunakh, Anushayee, Padminikantak, Chipya, Alas, Mukhdushika, Kaksha, Vrushakkacchu, Gandha, Pashangardabh, Rajika, Vyanga 4-(Vataj, Pittaj, Kaphaj, Raktaj), Visphota 8, (Vataj, Pittaj, Kaphaj, Vatapittaj, Vatakaphaj, Pittakaphaj, Raktaj, Sannipataj), Masurika 14 bheda ^[52]	44 - Palita, Indralupta, Darunak, Arunshika, Irivellika, Panasika, Pashangardabh, Mukhadushika, Vyanga, Nilika, Valmik, Kaksha, Gandhanamni Mala, Agnirohini, Vidarika, Chippa, Kunakha, Parivartika, Avapatika, Niruddhaprakash, Sanniruddha Guda, Vrushankachchhu, Ahiputana, Gudabhransha, Shukardanshtyak, anushayee, alas, Paadadari, Kadar, Tilakalak, mashak, Shyavapindika, Jatumani, Nyachha, Padminikantak, Ajagallika, Yavaprakhya, Antralaji, Vivruta, Indraviddha, Gardabhika, Jalagardabh, Kachchhapika, Sharkararbuda ^[53]

Visarpa	7 - Vataj, Pittaj, Kaphaj, Vatapittaj - Agni, Vatakaphaj - Granthi, Kaphapittaj - Kardamak, Sannipataj ^[54]	9 – Vataj, Pittaj, Kaphaj, Vatapittaj, Vatakaphaj, Kaphapittaj, Sannipataj, Vahnidahaj, Abhighataj ^[55]	7 - Vataj, Pittaj, Kaphaj, Vatapittaj - Agni, Vatakaphaj - Granthi, Kaphapittaj - Kardamak, Sannipataj ^[56]
Prameha pidika	10 - Sharavika, Kachchapika, Jalini, Vinata, Alaji, Masurika, Sarshapika, Putrini, Vidarika, Vidradhi ^[57]	10 – Sharavika, Kachchhapika, Putrini, Vianatalaji, asurika, Sarshapika, Jalini, Vidarika, Vidradhi ^[58]	10 - Sharavika, Kachchapika, Jalini, Vinata, Alaji, Masurika, Sarshapika, Putrini, Vidarika, Vidradhi ^[59]
Vataja nanatajmak	-	3 - Shyavata, Rukshata, Kandu ^[60]	Vaatvyadhi - 5 - Sparshaadnyatva, Karshnya, Shaitya, Lomaharsha, Swedanasha ^[61]
Pittaja nanatajmak	-	9 - Ushnangatva, Vidah, Kantihani, Sweda, Srava, Haritavarnatvam, Peetagrata, Raktadrava, Angadaran ^[62]	2 - Vapu Pitatva, Sweada Daurgandhya ^[63]
Kaphaja nanatajmak	-	2 - Shwetangavarnata, Shaityam ^[64]	-
Shukadosha	18 - Sarshapika, Ashthilika, Grathita, Kumbhika, Alaji, Mrudit, Sammudhapidaka, Adhimanth, Pushkarika, Sparshahani, Uttam, Shataponak, Twakpaka, Shonitarbuda, Mansarbuda, Mansapak, Vidradhi, Tilakalak ^[65]	24 – Lingarsha, Grathit, Nivrutta, Avamantha, Mrudit, Shataponak, Ashthilika, Sarshapika, Twakpaka, Avapaatika, Mansapaak, Sparshahani, Niruddhamani, Uttama, Mansarbud, Pushakarika, Samudhapidaka, Alaji, Raktarbuda, Vidradhi, Kumbhika, Tialakalak, Nirudhaprakash, Parivartika ^[66]	18 - Sarshapika, Ashthilika, Grathita, Kumbhika, Alaji, Mrudit, Sammudhapidaka, Avamanth, Pushkarika, Sparshahani, Uttam, Shataponak, Twakpaka, Shonitarbuda, Mansarbuda, Mansapak, Vidradhi, Tilakalak ^[67]
Bahya vidhradhi	6 - Vataj, Pittaj, Kaphaj, Tridhshaj, Kshataj, Raktaj ^[68]	6 – Vataj, Pittaj, Kaphaj, Tridhshaj, Raktaj, Kshataj ^[69]	6 – Vataj, Pittaj, Kaphaj, Tridoshaj, Kshataj, Asruja ^[70]
Granthi	5 - Vatik, Paittik, Shlaishmika, Medoja, Siraj. ^[71]	9 - Vataj, Pittaj, Kaphaj, Raktaj, Siraj, Medoj, Vranaj, Asthnij, Mansaj ^[72]	5 - Vataj, Pittaj, Kaphaj, Medoj, Sirajanya ^[73]
Apachi	1 - Apachi ^[74]	1 – Apachi ^[75]	1 - Apachi ^[76]
Arbuda	6 - Vataj, Pittaj, Kaphaj, Raktaj, Mansaj, Medoj ^[77]	6 - Vataj, Pittaj, kaphaj, Raktaj, Mansaj, Medoj ^[78]	6 - Vataj, Pittaj, Kaphaj, Raktaj, Mansaj, Medoj ^[79]
Upadansh	5 - Vataj, Pittaj, Kaphaj, Sannipataj, Raktaj ^[80]	5 – Vataj, Pittaj, Kaphaj, Sannipataj, Raktaj ^[81]	5 - Vataj, Pittaj, Kaphaj, Sannipataj, Raktaj ^[82]
Shlipada	3 – Vataj, Pittaj,	3 – Vataj, Pittaj, Kaphaj ^[84]	3 – Vataj, Pittaj,

	Kaphaj ^[83]		Kaphaj ^[85]
Vatarakta	8 - Vatadhika, Raktadhika, Pittadhika, Kaphadhik, Dwandwaj 3, Sannipataj ^[86]	8 - Vataj, Pittaj, Kaphaj, Vatapittaj, Vatakaphaj, Kaphapittaj, Raktaj ^[87]	8 - Vatadhik, Raktadhik, Pittadhika, Kaphadhika, Dwidoshaj 3, Tridoshaj ^[88]
Shiroroga		9 - Kapalroga –Upashirshak, Arunshika, Vidradhi, Daruna, Pidika, Arbuda, Indralupta, Khalati, Palitam ^[89]	
Shotha	9 – Vataj, Pittaj, Kaphaj, Vatapittaj, Vatakaphaj, Kaphapittaj, Sannipataj, Abhighataj, Vishaj ^[90]	9 – Vataj, Pittaj, Kaphaj, Vatapittaj, Vatakaphaj, Kaphapittaj, Sannipataj, Abhighataj, Vishaj ^[91]	9 – Vataj, Pittaj, Kaphaj, Vatapittaj, Vatakaphaj, Kaphapittaj, Sannipataj, Abhighataj, Vishaj ^[92]
Udarda	1 – Kaphadhik ^[93]	1 – Shleshmapittaj ^[94]	1 - Kaphapitta ^[95]
Sheetapitta	1 – Tridoshaj / Vatadhika ^[96]	1 – Vatapitaaj ^[97]	1 - Vatapittaj ^[98]

CONCLUSION

Around Total 215+ diseases are described in *Bruhatrayee and Laghutrayee*. In Bruhatrayee, Total 182 skin diseases are described out of which, in Charaksamhita - approx 103, Sushruta Samhita - 84, Vagbhat - 94 skin diseases are mentioned. In Laghutrayee, total around 215 diseases are described, out of which, in MadhavNidan - 140, Sharnagdhar Samhita - 194, Bhaavprakash - 152 skin diseases are mentioned.

Comparing to Bruhatrayee, Charak Samhita has included Sidhma Kustha in Mahakushtha, whereas Sushruta and Ashatngahruday have added Dadru Kushtha inspite of Siddhma in Mahakushtha types. In Kshudra Kushtha, Sushruta has given different types like Sthularushka, visarpa, parisarpa, Raksa than that in Charak and Vagbhat.

Mahakushtha type is described in Kshudra Kushtha by Sushruta.

Some skin diseases are similar to each other in names - e.g. Sushrut has explained *vidarika* under the *kshudra roga* and *prmeha pidika*. Both of them have similar symptoms of shape and red eruption.

Sushrut Samhita elaborated *khalitya* and Vagbhat elaborated *indrlupta* have same meaning but these are two different diseases described by them. *Khalitya* is slow hair loss and sudden hair loss is in *indralupta*.

Charak has mentioned 3 different types of Kilasa as Daruna, Aruna and Shwitra, whereas Sushruta and Vagbhat described types as per Tridoshas.

Charak has not mentioned Kshudra Roga Category, but Sushruta and Vagbhat have mentioned 44 and 35 Kshudra Roga respectively.

Visarpa Bheda of Vagbhat says only Granthi Visarpa, but Sushruta given 5 types and Charak Given 7 types with addition of Agni, Granthi and Kardam Visarpa replacing Kshataj Visarpa of Sushruta.

Prameha Pidika told by both Sushruta and Vagbhat are same and adding 3 types more i.e. Putrini, Masurika and Vidarika than that 7 told by Charaka.

In Category of Vataj, Pittaj and Kaphaj Nanatmaj Vyadhi, only Charak have described skin diseases as per Doshas, Sushruta and Vagbhat have not explained some of them anywhere like Nakhabheda, Rakta Vishota, davathu etc.

ShookaDosha are only explained by Sushruta with separate category.

Charak has just a word about bahya Vidradhi, but Sushruta and Vagbhat have given there 6 types each. Sushruta has explained Agantuj Vidradhi specially.

No types of Granthi are found in Charak, but Sushruta and Vagbhat have explained 4 and 5 types respectively.

Types of Upadansh are explained by Sushruta only.

As compare to Sushruta, Charak and Vagbhat have given type of Vatrakta, i.e. Uttan regarding skin diseases.

Ashtang Sangrah has explained 7 skin diseases in Shiroroga category.

Comparing Laghutrayee regarding skin diseases, it is found that out of 215 diseases, maximum 194 diseases are explained by Sharangdhar. Regarding Mahakushtha and KshudraKusttha, Sharangdhar has included these 2 categories under only one head i.e. Kushtha, whereas Madhavnidan, Bhavprakash and Bruhatrayee categorized them as 7 + 11 (Mahakushtha and KshudraKusttha resp.)

Bhavprakash has explained 3 types of Doshaj Kilasa, whether remaining 2 have no description about it.

Sharangdhar has mentioned 60 Khusdra Rogas, 18 extra than Madhav Nidan and 16 extra than Bhavprakash.

Like Charak Samhita, Sharangdhar and Bhavprakash have given nanatmaj doshaj vyadhi titling as Vata Vyadhi, Pitta vyadhi and Shleshma vyadhi. But they have added different vyadhi than that of Charak.

Similar description of some Vyadhis like Shukadosha, Visarpa, Prameh Piadika, Shukadosha, Bahya Vidradhi, Granthi, Arbuda, Upanah, Shlipada, Vatarakta, Shotha are found in Laghutrayee.

Triads of Laghutrayee have given different doshaj origin of Udarda, while Madhav nidan has explained Sheetapitta origin due to Tridosha of Prayah Vata, and other 2 told dominance of Vatapitta.

As the time period proceeds, we found that Laghutrayee have added more skin diseases than that of in Bruhatrayee. It suggests that Lifestyle, Mentality of people in next era increased skin diseases and added new types of vyadhi.

In Conclusion, All skin diseases in *brahatrayee* and *Laghutrayee* are described according to the *dosha*, site and symptoms in tabulated form so that this article helps to give range of the skin diseases explained by 6 eminent Acharyas of Ayurveda.

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