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# Review on Skin Disease Management via *Ekal Dravya* (Single Herbal drugs)

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## ABSTRACT

**Introduction:** Skin is crucial organ of our body's health and acts as a safety guard for various disease conditions. Whole body has a defensive covering i.e 'skin' protecting underlying tissues and structure. An individual who follows a diet or lifestyle that contrasts with his/her *Prakriti* generates a bodily disturbance of *dosha*. Skin diseases in *Ayurveda* textual has been described under *Kushta* which is further subdivided into *Mahakushta* and *Kshudrakushta*. **Aim and Objective:** The objective of Ayurvedic treatment is to restore dosha balance. The present article emphasizes the core treatment of skin disease through the study of single drug having their specific effect on dosha along with their *rasa* (taste), *guna* (property), *virya* (potency) and *vipaka* (bio-transformation) w.s.r to Charakota Mahakshaya. **Material and Method:** Knowledge has been gathered from *Ayurvedic* classical literature along with modern textual. **Discussion:** Skin diseases involve the pathogenesis of *tri dosha* but are principally associated with *pitta* imbalance (the heating element). Common skin conditions like psoriasis, dermatitis, urticaria, eczema, and other common inflammatory skin condition are somewhere due to *doshas* imbalance, so *Ekal Dravya* has been discussed according to their *dosha* actions. **Conclusion:** Herbal drugs in skin disease works according to their *rasa*, *guna*, *virya*, *vipaka* by balancing the *dosha* and have various action in different disease.

**Key Words** *Skin, Kushta, Mahakshaya, Ekal Dravya*

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## INTRODUCTION

Over 100 years ago, pathologist Rudolph Virchow stated that our skin serves as a barrier and an integumentary system covering the entire system. Skin is considered primary passive barrier to fluid loss, mechanical injury or portends any other imbalance with our other organ systems. Imbalances in factors affecting delicate homeostatic among the skin cells may

result in conditions like blisters, rashes, hair loss, itching, wrinkles etc. Macule, patch, papule, nodule, plaque, vesicle, bulla, blister, pustule, wheal are common skin lesions occurring in various skin diseases<sup>1</sup>. Skin disease is very common in today era. During survey in Europe suggest that approximately 1 in 7 to 1 in 10 of all visits to primary health care for skin management<sup>2</sup>. Dermatological conditions can be

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inflammatory skin eruptions in common skin diseases<sup>3</sup>. Some of non-infectious inflammatory skin conditions are dermatitis, eczema, urticaria, acne vulgaris<sup>4</sup>. In *Ayurveda* classical texts *Kushta* (skin diseases) is preferably considered as contagious disease<sup>5</sup>.

### Aim/ Objective

*Ekal Dravya* has been detailed for their action in skin diseases.

## MATERIALS & METHODS

*Ayurvedic* single herbal drugs for skin disease management have been gathered along with proper etiology and types of skin disease (*kushta*) following its proper management and treatment. Material related to skin disease as *Ekal dravya* mentioned in *Mahakshaya* has been collected from classical *Ayurvedic* literature - *Charaka Samhita* and from other textual also. The present paper highlights various *Ayurvedic* pharmacodynamics of individual drugs especially those properties benefited in skin diseases.

### Literature review

*Kadughna*<sup>6</sup>, *Kushtaghna*<sup>7</sup>, *Krimighna*<sup>8</sup> *Varnya*<sup>9</sup>, *Udarda*<sup>10</sup>, *Vishghna Mahakshaya*<sup>11</sup> with their

properties i.e. *rasa- guna-virya-vipaka-karma* along with *dosha* action

### *Ayurvedic* Concept of Skin Disease

Skin ailments are mentioned under the classification of *Kushta* (skin diseases) which means skin deformity, skin color variation, and loss of integrity of the skin. The causative factors are vitiate 3 *Dosha* (*Vata, Pitta, and Kapha*) & 4 *Dushya* i.e., *Skin, Rakta, Mansa* & Watery elements. *Ayurveda* skin diseases are divided into mainly 2 groups which are again subdivided into 7 & 11 types. *Mahakushta* (Major skin diseases) – 7 in number and *Kshudrakushta* (Minor skin diseases) - 11 in number. All these 11 types of *Kushta* can be classified & treated as per the dominance of *Dosha*. Skin conditions with a *vata* predominance cause the affected area to become dry, abrasive, tarnished in a black or grey tint, and irritating to the touch. Patients with skin issues with a *Pitta* preponderance endure regional blistering, red pigmentation, foul smell, and suppurative eruption. The manifestations of skin problems with a *Kapha* primacy do include white discoloration, itching, coldness, or infected wounds<sup>12,13,14</sup>.

**Table 1** *Nidana of Kushta* (skin disease)<sup>15,16,17,18</sup>

<i>Viruddha ahar/</i> Dietary combination habits	<i>Acharan/Behaviour</i> Causes	<i>Vega avrodha/</i> Withholding natural urges	<i>Punarjanam deeds /</i> Specific causes
Deep fried things like Pakora, Cheese, Paneer, yogurts, incompatible food like fish and milk, sour fruits and milk, fermented food	Exercise, angerness, cold bath just after taking food articles	Withholding all natural urges.	Cause due to misbehaviour done in previous birth

**Table 2** Types of *Kushta* with *Dosha* predominance<sup>19,20</sup>

Type of <i>Kushta</i>	<i>Charaka</i>	<i>Doshapradhanta</i>	<i>Sushruta</i>	<i>Doshapradhanta</i>
<i>Mahakushta</i>	<i>Kapala</i>	<i>Vata</i>	<i>Kapala</i>	<i>Vata</i>
	<i>Udumabara</i>	<i>Pitta</i>	<i>Udumbara</i>	<i>Pitta</i>

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<i>Mandala</i>	<i>Kapha</i>	-----	
<i>Rishyajihwa</i>	<i>Vata-pitta</i>	<i>Rishyajihwa</i>	<i>Vata-pitta</i>
<i>Pundarika</i>	<i>Kapha-pitta</i>	<i>Pundarika</i>	<i>Kapha-pitta</i>
<i>Sidhma</i>	<i>Vata-kapha</i>	-----	
<i>Kakanaka</i>	<i>Tridosha</i>	<i>Kakanaka</i>	<i>Tridosha</i>
		<i>Aruna</i>	<i>Kapha</i>
		<i>Dadru</i>	<i>Vata-kapha</i>
<b>Kshudrakushta</b>			
<i>Eka Kushta</i>	<i>Vata-kapha</i>	<i>Eka Kushta</i>	<i>Kapha</i>
<i>Charma Kushta</i>	<i>Vata-kapha</i>		
<i>Kitibha</i>	<i>Vata-kapha</i>		
<i>Vipadika</i>	<i>Vata-kapha</i>		
<i>Alasaka</i>	<i>Vata-kapha</i>		
<i>Dadru</i>	<i>Pitta-kapha</i>		
<i>Charamdala</i>	<i>Pitta-kapha</i>	<i>Charamdala</i>	<i>Pitta</i>
<i>Pama</i>	<i>Pitta-kapha</i>	<i>Pama</i>	<i>Pitta</i>
<i>Visphotaka</i>	<i>Pitta-kapha</i>		
<i>Shataru</i>	<i>Pitta-kapha</i>		
<i>Vicharchika</i>	<i>Kapha</i>	<i>Vicharchika</i>	<i>Pitta</i>
		<i>Sthularushka</i>	<i>Kapha</i>
		<i>Visarpa</i>	<i>Pitta</i>
		<i>Parisarpa</i>	<i>Vata</i>
		<i>Mahakushtha</i>	<i>Kapha</i>
		<i>Sidhma</i>	<i>Kapha</i>

**Table 3** Common Symptoms in *Mahakushta*<sup>21-22</sup>

Type of <i>Kushta</i>	Symptoms
<b>Kapala</b>	<i>Krishna/aruna twak</i> (Black or red skin color), <i>parusha</i> (hard skin), <i>ruksha/khara</i> (dry skin), <i>tanu</i> (thin skin), <i>todabahulya</i> (excessive painful), <i>vishma</i> (irregular), <i>supta</i> (numbness)
<b>Udumbara</b>	<i>Daha</i> (burning sensation), <i>kandu</i> (itching), <i>ruja/paritam</i> (pain), <i>raga</i> (inflamed), <i>loma parijaram</i> , <i>pakwa udumbara phala varna</i> (ripe fruit color of <i>Ficus glomerata</i> ), <i>Tamra twak roma</i> (brownish skin color and hair), <i>bahulabahulam kleda rakta</i> (excessive discharge and blood)
<b>Madala</b>	<i>Shveta</i> (white color), <i>rakta</i> (red), <i>sthira</i> (limited region), <i>styananam</i> (heaped up), <i>singdha</i> (greasy), <i>ustanna</i> (somehow elevated at corners), <i>sukapischilasrava</i> (white discharge), <i>guru</i> (feeling of heaviness), <i>bahu kandu</i> (excessive itching), <i>krimi</i> (infectious),
<b>Rishyajiwha</b>	<i>Karkasa</i> (hard), <i>rakta paryantamantashyava</i> (red margins and centre dark red), <i>svedana</i> (painful), <i>rishyajiwha</i> (resemble the tongue of musk-deer)
<b>Pundariaka</b>	<i>Sahveta</i> (whitish), <i>raktaparyantra</i> (red margins), <i>pundarika dalopamam</i> , <i>pundarika patra prakashini</i> (like white lotus petal), <i>raktatamantara pandu</i> (pale in centre and red margins), <i>kandu(itching)</i> , <i>daha</i> (burning sensation), <i>ruja</i> (pain)
<b>Sidhma</b>	<i>Shveta</i> (white) <i>tamra</i> (coppery) <i>tanu</i> (thin skin) <i>ghristam vimuscathi</i> (dusty when rubbed), <i>alabu pushpavarna</i> (like color of <i>Lagenaria siceraria</i> ), <i>apaki</i> (not suppurative)
<b>Kakanaka</b>	<i>Kakananthikavarna</i> (like jequirity seeds), <i>apakam</i> (not suppurative), <i>teevra vedam/daha</i> (quick painful and burning), <i>tridoshalingam</i> ( <i>tridohsa</i> symptoms)
<b>Aruna</b>	<i>Aruna</i> (red), <i>tanu</i> (thin), <i>visarpa</i> (spreading), <i>toda</i> (pricking sensation), <i>bheda</i> (pinching sensation)
<b>Dadru</b>	<i>Kandu</i> (itching), <i>raga</i> (inflamed)
<b>Common Symptoms in <i>Kshudra kushta Roga</i><sup>23-24</sup></b>	
<b>Eka Kushta</b>	<i>Aswedanam</i> (absence of sweating), <i>matysasakala</i> (like skin of fish)
<b>Charma Kushta</b>	<i>Hasticharamvat</i> (like leathery skin of elephant)
<b>Kitibha</b>	<i>Sayav</i> (dark brown coloration), <i>kintkharasparsh</i> (callosity of corn)
<b>Vipadika</b>	<i>Panipadasuphtanam</i> (cracking of the skin of hands, and foot)
<b>Alasaka</b>	<i>Kandu</i> (itching), <i>raga yukta gande</i> (red small papules)
<b>Dadru</b>	<i>Kandu</i> , <i>raga pidika</i> (inflamed boils with itching)
<b>Charamdala</b>	<i>Kandu sophta</i> , <i>sruka dalyati</i> , <i>sparsh ashahyam</i> (blisters with itching and cracking skin along with insensitiveness to touch)
<b>Pama</b>	<i>Sveta</i> , <i>aruna</i> , <i>syav pidika</i> , <i>kandu</i> (white, red, brown color papules with itching)
<b>Visphotaka</b>	<i>Sveta</i> , <i>aruna sophta</i> , (white, red blisters), <i>tanu twacha</i> (thin skin)

<i>Shataru</i>	<i>Daha yukata rakta, syav varna (red-brown color wound with burning sensation)</i>
<i>Vicharchika</i>	<i>Kandu (itching), syav pidika (brown-red boils), bahu sarava (excessive discharge)</i>
<i>Sthularushka</i>	<i>'Sthula arunashi sandhishu' ati daruani (boils/wound mainly occurring in joints)</i>
<i>Visarpa</i>	<i>Murcha, vidhah arti, toda (faint, burning sensation, dizziness, pricking)</i>
<i>Parisarpa</i>	<i>Sarav pidika (papules with discharge)</i>
<i>Mahakushtha</i>	<i>Twak sankoch (twisting of skin), twak bhed, twak supti (cracking of skin, and numbness)</i>
<i>Sidhma</i>	<i>Kandu, tanu twacha (thin skin with itching)</i>

**Table 4** Common skin diseases and conditions<sup>25-26</sup>

Condition	Symptoms
<b>Erysipelas</b>	Superficial form of cellulitis cause by bacterial infection affecting outer most layer of skin
Hives	An allergic condition causing severe itching and red bumps on the skin surface, external/environmental and internal factors like food allergies
Rosacea	<b>Rosacea is a</b> chronic condition that causes hot flushing, redness on the face, and bumps, and makes the skin dry up,
Eczema	Chronic condition characterized by itching, redness and flaking of the skin.
Psoriasis	Silvery skin patches termed psoriasis along with itching mainly occurring on the scalp, elbows, and knees
Contact dermatitis	Allergic condition with severe rashes. It may be associated with blisters that can ooze fluid or become crusty

### Itchy Skin

Itchy skin is the commonest feature of most skin diseases. *Chronic Pruritus of unknown Origin* is a condition of itch that long for more than six weeks, and for which no clear etiology can be declared. It may also be associated with several skin conditions such as dryness, allergies, infection, dermatitis. The most common skin diseases like eczema, psoriasis and urticaria have severe itching conditions<sup>27</sup>. Cholestatic conditions result from hepatocellular dysfunction also represents pruritus as a presenting symptom where plasma bile gets elevated, so this type of systemic disorder should be ruled out from general skin disease<sup>28</sup>.

### Pathophysiology of Itching (*Kandu*)<sup>29</sup>

Itching (pruritus) is an unpleasant sensation that leads to scratching or rubbing. Itching is the earliest manifestation of most skin diseases. Itching perceives in the skin by unspecialized free myelinated nerve ending located in and

around, the dermo-epidermal junction as well as intra-epidermal. Signals are transmitted through unmyelinated slow conducting C- fibers through the spinothalamic tract.

### Management of Skin Disease through Ayurveda<sup>30,31,32,33</sup>

- *Nidana Parivarjana* (prevention from etiological factors)
- *Vata dominance sarpi pana, Pitta dominance raktamokshana (blood letting), Kapha dominance vaman are indicated*
- For chronic skin diseases, *Shodhana (Vaman, Virechan, Basti, Nasya)* is essential
- Disease-specific *Rasayana* (immune-modulator) and *Shamana Aushadhi* (palliative /oral medication)
- *Haridra, Khadir, Amaltas* for chronic skin disease

**Description of *Ekal Dravya* (Single Drug) for Skin diseases in *Charakota Mahakshaya* is mentioned in table no 5.**

**Table 5** Description of *Ekal Dravya* (Single Drug) for Skin diseases

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S No.	Name of drugs	Botanical name family	Part used	Rasa	Guna	Virya	Vipaka	Doshaghnta (Karma)
1	Chandan	<i>Santalum album</i> Linn.	Heartwood	Tikta, Madhura	Ruksha, Laghu	Sheeta	Katu	Pittakapha
2	Nalada	<i>Nardostachys jatamansi</i> DC	Rhizome	Tikta, Kashaya	Laghu, Snigdha	Sheeta	Katu	Tridosha
3	Kritamala	<i>Cassia fistula</i> Linn.	Fruit-Pulp, Root-bark, Leaves	Madhura, Tikta	Guru, Snigdha	Sheeta	Madhura	Pitta- kapha shamak
4	Naktamala	<i>Pongamia pinnata</i> Pierre	Seed	Tikta, Katu, Kashaya	Laghu, Tikshna	Ushna	Katu	Vata kapha
5.	Nimba	<i>Azadirachta indica</i> Juss	Leaf and bark	Tikta, Kashaya	Laghu, Ruksha	Sheeta	Katu	Pittakapha
6.	Kutaja	<i>Holarrhena antidysenterica</i> Wall.	Bark and seed	Tikta, Kashaya	Laghu, Ruksha	Sheeta	Katu	Pittakapha
7.	Sarshap	<i>Brassica campestris</i> Linn.	Seed	Katu, Tikta	Tikshna, Snigdha	Ushna	Katu	Vata kapha
8.	Madhuka	<i>Glycyrrhiza glabra</i> Linn.	Root and stolon	Madhura	Guru, Snigdha	Sheeta	Madhura	Vatapitta
9.	Daru	<i>Berberis aristata</i> DC.	Haridra root	Tikta	Ruksha, Laghu	Ushna	Katu	Kaphapitta
10	Musta	<i>Cyperus rotundus</i> Linn.	Tubers	Tikta, Kashaya	Laghu, Ruksha	Sheeta	Katu	Pittakapha
<i>Kushtaghna Mahakshaya</i> <sup>35</sup>								
1	Khadir	<i>Acacia catechu</i> Willd.	Root, Heart-wood, Flowers	Kashaya, Tikta	Laghu, Ruksha	Sheeta	Katu	Kapha-pitta shamak
2	Abhaya	<i>Terminalia chebula</i> Retz.	Fruit	Kashaya Madhur, Amla, Katu, Tikta	Ruksha, Laghu	Ushna	Madhura	Tridosha shamak
3	Amalka	<i>Embellica officinalis</i> Gaertn.	Fruit, Seeds	Kashaya Madhur, Amla, Katu, Tikta	Guru, Sheetata, Ruksha	Sheeta	Madhura	Tridosha shamak
S No.	Name of drugs	Botanical name family	Part used	Rasa	Guna	Virya	Vipaka	Doshaghnta (Karma)
4	Haridra	<i>Curcuma longa</i> Linn.	Rhizome	Tikta, Katu	Laghu, Ruksha	Ushna	Katu	Kapha-vata shamak
5	Arushkara	<i>Semecarpus anacardium</i> Linn.	Nuts, Oil, Flowers	Katu, Tikta, Kashaya	Laghu, Tikshna, Snigdha	Ushna	Madhura	Kapha-vata shamak

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6	<i>Saptaparna</i>	<i>Alstonia scholaris</i> R.Br.	Bark, Latex, Flower	<i>Tikta, Kashaya</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-pitta shamak</i>
7	<i>Aaragwadha</i>	<i>Casia fistula</i> Linn.	Fruit-Pulp, Root-bark, Leaves	<i>Madhur</i>	<i>Mridu, Guru, Snigdha</i>	<i>Sheet</i>	<i>Madhura</i>	<i>Pitta- kapha shamak</i>
8	<i>Karvira</i>	<i>Nerium indicum</i> Mill.	Leaves, Root	<i>Katu, Tikta</i>	<i>Laghu, Ruksha, tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha- vata shamak</i>
9	<i>Vidanga</i>	<i>Embelia ribes</i> Burm.f.	Fruit, seeds, root	<i>Kashaya, Katu</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-vata shamak</i>
10	<i>Jatipravala</i>	<i>Jasminum officinale</i> Linn.	Leaves, Flower, Root	<i>Kashaya, Tikta</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridosh shamak</i>
<i>Krimighna Mahakshaya</i> <sup>36</sup>								
1	<i>Aksheev</i>	<i>Moringa oleifera</i> Lam.	Root bark, seeds	<i>Katu, Madhura</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-vata samaka</i>
2	<i>Maricha</i>	<i>Piper nigrum</i> L.	Fruits	<i>Katu</i>	<i>Laghu, Teekshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha- vata samaka</i>
3	<b><i>Gandira</i></b> <sup>37</sup>	<i>Euphorbia antiquorum</i>	Latex	<i>Katu</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha samaka</i>
4	<i>Kebuka</i>	<i>Costus speciosus</i> (J.Koenig) Sm.	Rhizome	<i>Tikta</i>	<i>Laghu</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha-pitta samaka Vata vardhaka</i>
5	<i>Vidang</i>	<i>Embelia ribes</i> Burm.	Fruit, seeds, root	<i>Katu, Kashaya</i>	<i>Laghu, Ruksa</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-vata samaka</i>
6	<i>Nirgundi</i>	<i>Vitex negundo</i> L.	Leaves, root	<i>Katu, Kashaya</i>	<i>Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-vata samaka</i>
7	<i>Kinihi</i>	<i>Achyranthes aspera</i> L.	Seeds, root, leaves, whole plant	<i>Katu, Tikta</i>	<i>Laghu, Ruksa</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-vata samka Kapha-pitta sansodhan</i>
8	<i>Gokshura</i>	<i>Tribulus terrestris</i> L.	Root, fruit	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vata-pitta samaka</i>
9	<i>Vrsaparnika</i> <sup>38</sup>	<i>Ipomea reniformis</i> , Chois	Whole plant	<i>Kashaya, Katu, Tikta</i>	<i>Laghu, Ruksa</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphahar</i>
10	<i>Akhuparnika</i>	<i>Merremia emarginata</i> (Burm.fil.)	Whole plant	<i>Kashaya, Katu, Tikta</i>	<i>Laghu, Ruksa</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-vata samaka</i>

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Varnya Mahakshaya <sup>39</sup>								
1	Swet Chanda	<i>Santalum album</i> L.	Kandasarah eartwood	Tikta, Madhur	Laghu, Ruksha	Sheeta	Katu	Kaphahara, pittahara
2	Padamka <sup>40</sup>	<i>Prunus cerasoides</i> D.Don	Stem	Tikta, Kashaya	Laghu	Sheeta	Katu	Vatala
3	Nagkesar	<i>Mesua ferrea</i> L.	Stamens	Tikta, Kashaya	Laghu, Ruksha	Alpa ushna	Katu	Kaphahara
4	Ushir	<i>Vetiveria zizanioidis</i> L.Nash	Root	Tikta, Madhur	Laghu, Ruksha	Sheeta	Katu	Kaphapittahara, vataghna
5	Manjistha	<i>Rubia cordifolia</i> L.	Root	Tikta, Madhur, Kashaya	Guru, Ruksha	Ushna	Katu	Kaphapittasamaka
6	Sariva	<i>Hemidesmus indicus</i> L.R.Br	Root	Madur, Tikta	Guru, Singdha	Sheeta	Madhur	Tridosanasana
7	Shwet durva	<i>Cynodon dactylon</i> L.Pers.	Whole plant	Tikta, Kashaya	Laghu	Sheeta	Madhur	Kaphapittahara
8	Neel/ harit durva <sup>41</sup>	<i>Cynodon dactylon</i> L.Pers.	Whole plant	Tikta, Kashaya, Madhur	Laghu	Sheeta	Madhur	Kaphapittahara
9	Yashtimadh	<i>Glycyrrhiza glabra</i> L.	Root	Madhur	Laghu, Singdha	Sheeta	Madhur	Vatapittajit
10	Kshirvidari <sup>42</sup>	<i>Ipomoia digitata</i> L.	Leaves and stem	Madhur	Guru, Singdha	Sheeta	Madhur	Vatapittahara
Udardprasanna Mahakshaya <sup>43</sup>								
S No.	Name of drugs	Botanical name family	Part used	Rasa	Guna	Virya	Vipaka	Doshaghnta (Karma)
1	Tinduka	<i>Diospyros peregrina</i> Gaertn.	Bark, fruits eeds, oil	Kashaya, Madhura	Laghu, Ruksha	Sheeta	Katu	Kapha-pittasamaka
2	Priyal	<i>Buchanania lanzan</i> Spreng.	Bark, seeds	Madhura	Singdha, Guru, Sara	Sheeta	Madhura	Vata- pittasamaka
3	Badar <sup>44</sup>	<i>Ziziphus mauritiana</i> Lamk	Fruit, leaves	Madhura	Guru	Ushna	Madhura	Vata-pittasamak

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4	<i>Khadir</i>	<i>Acacia catechu</i> Wild	Heart wood	<i>Tikta, Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Sheet a</i>	<i>Katu</i>	<i>Kapha-pitta samaka</i>
5	<i>Kadar</i> <sup>45</sup>	<i>Acacia suma</i> Kurg.	Heartwood	<i>Tikta, Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Sheet a</i>	<i>Katu</i>	<i>Kapha-rakta vikar</i>
6	<i>Saptaparna</i>	<i>Alstonia scholaris</i> L.R. Br	Bark, latex, flower	<i>Tikta, Kashaya</i>	<i>Laghu, Singdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-pitta samaka</i>
7	<i>Ashwakarna</i>	<i>Shorea robusta</i> Roth.	Oil	<i>Kashaya, Madhura</i>	<i>Ruksha</i>	<i>Sheet a</i>	<i>Katu</i>	<i>Kapha-vata samaka</i>
8	<i>Arjuna</i>	<i>Terminalia arjuna</i> Roxb. Wight & Arn.	Bark	<i>Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Sheet a</i>	<i>Katu</i>	<i>Kapha-pitta samaka</i>
9	<i>Asana</i>	<i>Pterocarpus marsupium</i> Roxburgh.	Heartwood	<i>Kashaya, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-pitta samaka</i>
10	<i>Arimeda</i> <sup>46</sup>	<i>Acacia leucophloea</i> Willd	Bark	<i>Kashaya, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-rakta vikar</i>
<i>Vishghna Mahakshaya</i> <sup>47</sup>								
1	<i>Haridra</i>	<i>Curcuma longa</i> L.	Rhizome	<i>Tikta, Katu</i>	<i>Ruksha, Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-vata samaka, Pitta samaka</i>
2	<i>Manjistha</i>	<i>Rubia cordifolia</i> L.	Root	<i>Tikta, Kashaya, Madhur</i>	<i>Guru, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-pitta samaka</i>
3	<i>Suvahaa</i>	<i>Pluchea lanceolata</i> DC. C.B .Clarke	Leaves	<i>Tikta</i>	<i>Guru</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-vata samaka</i>
4	<i>Sookshma elaa</i>	<i>Elettaria Cardamomum</i> L.Maton	Seeds	<i>Katu, Madhur</i>	<i>Laghu, Ruksha</i>	<i>Sheet a</i>	<i>Madhur</i>	<i>Kapha-vata samaka</i>
5	<i>Palindee</i>	<i>Operculina turpethum</i> L.Silva Manso	Seeds	<i>Tikta, Katu</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-pitta sansodhna</i>
6	<i>Chandan</i>	<i>Santalum album</i> L.	Extract (kandasara) and oil	<i>Tikta, Madhur</i>	<i>Laghu, Ruksha</i>	<i>Sheet a</i>	<i>Katu</i>	<i>Kapha-pitta samaka</i>
7	<i>Kataka</i>	<i>Strychnos Potatorum</i> L.f	Seeds	<i>Madhur, Kashaya, Tikta</i>	<i>Laghu, Vishada</i>	<i>Sheet a</i>	<i>Madhur</i>	<i>Kapha-vata samaka</i>



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8	Shireesh	Albizzia lebbeck L. Benth	Bark,seeds, leaves, flower	Kashaya, Tikta, Madhur	Laghu Ruksha, Tikshna	Ushna	Katu	Tridosha samaka
9	Sinduvaara	Vitex negundo L.	Leaves, root, seeds	Katu Tikta	Laghu, Ruksha	Ushna	Katu	Kapha-vata samaka
10	Shleshmataka	Cordia Dichotoma G.Forst.	Bark,fruit	Madhur	Snigdha, Guru, Pischil	Sheet a	Madhur	Bark-kapha- pitta samaka Fruit- vata- pitta samaka

### Rasa Karma on Twak (Skin) is mentioned in table no 6

**Table 6** Rasa Karma on Twak (Skin)

1	Madhura <sup>48,49</sup>	<b>Varnya (gives good complexion)</b> <b>Daha-prasamaka (reduces burning sensation)</b> <b>Twachya (good for skin)</b> <b>Shadindriya prasadan (glowing skin along with other indriya nourishment)</b> <b>Shonit rasa prasadan (nourishes the rasa and rakta dhatu which directly involved in Kusth roga samprapti (pathogenesis))</b>
2	<sup>50,51</sup>	<i>Krimi, visha, kusth upsamnam</i> (helps to combat with infectious skin diseases <i>Kanduvinarsayati</i> (alleviates itching) <i>Vrana-vasadayati</i> (stops excess growth of wound) <i>Krimi-hinsati</i> (destroy infection) <i>Sotha-udard anuphanti</i> (treat inflammation and urticaria) <i>Kushthaghna</i> (good for skin disorders)
3	Tikta <sup>52,53</sup>	<i>Daha, Kandu, Kotha, Kushtha Prashamana</i> (relieves from burning sensation, itching, and skin diseases) <i>Kled upsoshana</i> (dries up pus)
4	Kashaya <sup>54,55</sup>	<i>Ropana</i> (heals up) <i>Soshana</i> (dries up) <i>Sodhan</i> (purifies) <i>Lekhana</i> (scrapes out unwanted tissue) <i>Asravisodhana</i> (purifies the blood) <i>Kled upsoshana</i> (dries pus and any discharge from skin) <i>Satabhan</i> (stop blood-letting from skin)

### Guna Karma on Twak<sup>56</sup> (Skin) is mentioned in table no 7

**Table 7** Guna Karma on Twak (Skin)

S.no	Guna	Karma on Twacha (skin)
1	Guru	<i>Upalepa</i> (maintain skin greasiness ) <i>Indriya triptikar</i> (enhance skin complexion)
2	Laghu	<i>Lekhana</i> (scraping of the wound) <i>Varna ropana</i> (wound healer)
3	Snigdha	<i>Snehana</i> (removes dryness) <i>Varnyakara</i> (glowing skin)
4	Ruksha	<i>Soshana</i> (dry any discharge or pus) <i>Kathinyakara</i> (dissolve excessive smoothness) <i>Kaharsparsh</i> (dry up excess oil)
5	Tikshna	<i>Sodhana</i> (purifies skin aliments) <i>Pakakara, Sravana</i> (wound healing by ripening of vrana)

### Karma of Virya<sup>57</sup> and Vipaka<sup>58,59</sup> on Twak (Skin) is mentioned table no 8

**Table 8** Karma of Virya and Vipaka on Twak (Skin)

S.no	Virya	Karma on Twak (Skin)
1	Sheeta	<i>Kledana/prasanta</i> (moistening), <i>Raktaprasadaka</i> (good for blood) <i>Rakt-pitta samaka</i>
2	Ushna	<i>Dahana</i> (burning sensation), <i>Swedana</i> (induce sweating), <i>Kapha vata samaka</i>
	Vipaka	
1	Madhura	<i>Snigdha, Guru, Vata-pitta samaka</i>
2	Katu	<i>Ruksha, Kapha samaka</i>

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### DISCUSSION

Pharmacodynamic action of *Ekal* (single) *dravya* has been discussed for skin diseases as:

#### ***Kandughna Mahakshaya***

*Kandu* is a *kapha dosha pradhan vyadhi*. *Kandu* is a sign of numerous skin disorders. Certain *Kandughna Mahakashaya* herbs are primarily *Tikta, Kashaya, and Madhur* along with *Pitta-Kapha shamaka*.

#### ***Kusthghna Mahakshaya***

Most of the drugs of *Kushtghna Mahakasaya* are *Tikta* (bitter) in taste and it is quite evident that bitter drugs are very good blood purifiers hence these drugs are effective in skin diseases.

#### ***Krimighna Mahakshaya***

*Krimighna* drugs acts a very good role in the treatment of worms. The herbs mentioned under this have predominately *tikta, katu, kashaya rasa,* and *katu vipaka* having mainly *kapha- vata shamaka* effects Thus, these herbs are known for their antimicrobial and insecticidal properties.

#### ***Udardprashmna Mahakshaya***

*Tikta, Kashaya rasa pradhana, Laghu- Ruksha guna pradhanaa,* and *Katu vipaka pradhana drugs* are helpful in *Samprapti Vighatana* of *Udarda* and helps to alleviate the *kapha dosha* that is the main dosha involved in *Udard roga* pathogenesis.

#### ***Varnya Mahakshaya***

The majority of *dravyas* in *Varnya Mahakashaya* are *tikta, kashaya, madhura rasatmaka,* and *kapha pitta shamaka* showing the *varnya* effect. Drugs have both *sheet* and *ushna virya* depending on skin texture.

#### ***Vishghan Mahakshaya***

It is quit obvious that our skin is exposed to numerous types of infectious diseases. *Vishghan* drugs mainly *tikta, kashaya rasa pradhana* and *katu vipaka* have a very good role in skin disorders and can break down the pathogenesis of *infections*.

### CONCLUSION

It has been evident that *Kushta* is *tridosha vyadhi* but predominance of one or two *dosha always there and* directly related to different skin manifestations. The purpose of article to summarize collectively single drugs for skin disease management. Some of drugs like *Khadir, Haridra, Saptaprna, Aragwadha, Nirgundi, Chandan, Vidanga* are mentioned in one or two *Mahakshaya* reflects that drugs have various functions according to their *rasa, guna, virya vipaka* in skin diseases.

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