

**AYURVEDA MANAGEMENT OF MANDALA KUSHTHA (PSORIASIS) W.S.R. TO RASAYANA CHIKITSA: A REVIEW**

**Dr. Deepti L. Kawale<sup>\*1</sup> and Dr. Sharad Durgaprasad Tripathi<sup>2</sup>**

<sup>1</sup>Reader in Panchakarma Dept., Jupiter Ayurved Medical College, India.

<sup>2</sup>Lecturer in Shalyatantra Dept., Bhausaheb Mulak Ayurved Mahavidyalaya, Nagpur, India.

**\*Corresponding Author: Dr. Deepti L. Kawale**

Reader in Panchakarma Dept., Jupiter Ayurved Medical College, India.

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**ABSTRACT**

*Mandala kushta* is disease related to skin tissue, predominance of *Sleshma* and considered as *Mahakushta*. Red spots, raised patches, itching and burning sensation, etc. are common manifestation of disease. *Kledakar Ahar*, *Dosha vaishamyam*, *Srotavarodham*, *Vegadharana*, *Krimi*, *Manovikaras* and environmental effects, etc. can lead pathogenesis of *Mandala kushta*. The disease involves vitiation of *Tri-dosha*, *Rakta*, *Mamsa* and *Twak* thus special approaches requires for managing such disorders. Ayurveda emphasizes various therapies in such conditions and *Rasayana Chikitsa* is one of them. Considering this aspect present article described ayurveda perspective on *Mandala kushta* and special reference to *Rasayana Chikitsa* towards the management of disease.

**KEYWORDS:** Ayurveda, Mandala kushta, Rasayana Chikitsa, Twak.

**INTRODUCTION**

Skin is one of the important organs of body considered as *Gyanindriyas* amongst five which perform function of sensation and prevent body from external shock. There are many diseases which can affects health status of skin or manifested through skin and *Mandala kushta* is one of them. *Sthiram*, *Shwetam Raktam*, *Utsana Mandalam* and *Styanam* are the common symptoms of disease. The disease mainly involves vitiation of *Kapha Dosha* along with *Dushyas* of *Raktha* & *Mamsa Dhatu*, the disease mainly manifested through skin symptoms and imparts physical as well as psychological disturbances. *Shodhan Chikitsa* such as; *Vamana* and *Virechana karma* can offers beneficial effects in the management of such diseases, similarly *Rasayana Chikitsa* can be used successfully to cure disease symptoms. **Figure 1** depicted major pathological events related to the *Mandala kushta*. The disease can be correlated with Psoriasis as per sign and symptoms.



**Figure 1: Pathological events related to the Mandala kushta**

**Types of psoriasis as per modern science**

- **Plaque psoriasis (psoriasis vulgaris)**  
Raised areas of skin with silvery scaly skin.
- **Pustular psoriasis**  
Raised bumps with pus.
- **Nail psoriasis**  
Discoloration, pitting and thickening of finger and toe nails.
- **Guttate psoriasis**  
Small oval shaped spots over large areas of body including trunk and limbs.
- **Flexural psoriasis**  
Inflamed patches especially in thigh and groin area.
- **Erythrodermic psoriasis**  
Skin inflammation which becomes severe associated with itching and pain.

**Pathological components involved in disease as per Ayurveda.**

- *Dosh:* *Tridosha*
- *Adhishtana:* *Twaka*
- *Dushya:* *Rasa & Rakta*

**Ayurveda management of disease**

✚ **Shodhana chikitsa**

*Panchakarma* procedures such as; *Vamana* and *Rakta mokshna*, etc. helps to remove accumulated toxins, boosts circulatory process and maintain calmness thus provide physical as well as mental relief from disease symptoms.

### ✚ Shamana chikitsa

The use of herbs and classical ayurveda formulations pacifies vitiated *Doshas*, improves quality of *Rasa & Rakta*, maintain hormonal balances and empowered digestive or metabolic activities thus helps to cure *Mandala kushta*.

### ✚ Rasayana chikitsa

*Rasayana chikitsa* as a part of *Shamana chikitsa* provides antioxidant, rejuvenating, immunomodulatory and *Kayakalpa* action thus helps to provide relief in disease symptoms.

### ✚ Lifestyle modification

Strict dietary regimen, good conduction of daily regimen and stress management helps to cure disease.

### Rasayana chikitsa

- *Gandhak Rasayana*
- *Guduchi*
- *Haritaki*
- *Brahmi*
- *Shatavari*
- *Ashwagandha*
- *Triphala*
- *Rasayana chikitsa* pacify *Dosha* and acts on *Rakta Dhatu* thus prevent pathological progression of disease.
- Relief symptoms of disease such as; burning sensation and itching.
- *Gandhak rasayana* help to maintain the optimum health of *Rakta Dhatu*, removes *Pitta* and *Kapha* thus helps to modify symptoms of psoriasis.
- *Rasayana chikitsa* reduces *Kleda* pacifies *Tridosha* thus correct pathogenesis of *Mandala kushta*.
- *Rasayana chikitsa* boost *Mamsa Dhatu* thus prevents susceptibility of skin manifestation.
- *Kaphvata Hara*, *Kushtaghna & Krimighna* effects of *Tuvaraka rasayana* also impart beneficial effects in *Mandala kushta*.
- *Rasayana* drugs have *Pramehaghna & Kandughna* action thus prevent any chances of severe complications related to psoriasis.
- *Shodhana/detoxifying* effect of such drugs helps to eliminate waste toxins which may cause skin diseases like psoriasis.
- *Rasayana chikitsa* not only pacify *Raktadushti* but also cure *Agnimandya* thus helps to acquire early relief from disease symptoms.
- *Katukashay rasa* and *Ushnavirya* of *Rasayana* drugs provides health benefits in skin conditions.
- *Dipana*, *Pachana* and *Kledaghna* of metallic *Rasayana* helps to treat disease.
- *Rasayanas* maintain moisture balance, elasticity and texture of skin.
- *Rasayana* provides nourishing effect, imparts youthfulness and enhances skin clarity.

### CONCLUSION

*Mandala kushta* is skin disease involving symptoms of red spots, patches, burning sensation and itching etc. Vitiating of *Tri-dosha* along with *Rakta* and *Twak* are the major physiological events involved in the disease pathogenesis. *Rasayana Chikitsa* helps to manage *Mandala kushta* since it offers several health benefits in such type of conditions. *Rasayana Chikitsa* balances morbid *Doshas*, correct *Dushya* of *Rakta & Mamsa*, relief itching, reduces *Kleda* and suppress overall pathological progression of disease. *Kushtaghna*, *Kandughna & Krimighna* effects of *Rasayana chikitsa* offers health benefits in *Mandala kushta*. *Katukashay rasa* and *Ushnavirya* of *Rasayana* drugs pacify *Raktadushti* and cure *Agnimandya* thus boost natural process of healing. *Rasayanas* improves physical appearance since it maintains skin elasticity, texture and moisture balance therefore imparts youthfulness.

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