



A CLASSICAL CATEGORIZATION OF HERBS/HERBAL COMPOUNDS USED IN SKIN DISORDERS WSR TO ASHTANGA HRIDYA

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ABSTRACT

Ayurvedic texts include a wealth of therapeutic information about medicinal herbs. Among them, *Acharya Vagbhata's* work has made a significant contribution to *Ayurveda*, as has the work of *Acharya Charaka* and *Acharya Sushruta*, who cooperated with their own contributions. *Ayurveda* provides a wide range of medicinal herbs that are particularly effective in the prevention and treatment of a wide number of dermatological conditions. Plant-derived medications have a long history of medicinal value and are well-tolerated. *Ashtanga Hridaya* describes several treatments, both single and formulations, for the treatment of skin conditions. Plants and plant products are increasingly being used in medicine because they are less costly, have a natural foundation, and have higher safety margins. These *Ayurvedic* herbs can be used both internally and externally. Plants, particularly those with ethnopharmacological properties, were the primary sources of medicine for early drug development. This study provides a classical reference of herbs and formulas specified in *Ashtanga Hridaya* for researchers, practitioners, and clinical aspects.

Keywords: Herbs, *Twaka Roga*, *Ashtanga Hridaya*, *Ethnopharmacological*.

INTRODUCTION

The medicinal plants which have been described either under *Kushtha Chikitsa* in *Ashtanga Hridaya* or

primarily in the management of various *Kushtha* elsewhere in *Ashtanga Hridaya* have only been considered

for the present study. The medicinal plants having some secondary *Kushtha Rogahara* (skin disorders) activity but primarily described under other *Roga Chikitsa* such as *Prameha* have not been considered. The plants mentioned under the treatment of *Shwitra* (loss of pigmentation in skin) have also been included in the study as it is mentioned under *Kushtha Chikitsa* itself. Drugs used in the treatment of *Kushtha/Shwitra* in *Ashtanga Hridaya* have been summarized here in following three categories:

- **Single Drugs-** The medicinal plants used singly.

- **Formulations-1** The medicinal plants used as a part of the formulations. These have been considered in following two sub-categories.
 - a. **Non-designated formulations-** The formulation not titled by author.
 - b. **Designated formulations –** The formulations titled by the author himself.

1.1 SINGLE DRUGS OF ASHTANGA HRIDYA USED FOR KUSHTHA– Single drugs with or without their vehicle have been compiled in the following table:

S.No.	Name of the Drug	Disease	References	Route of Drug Administration
1.	<i>Aragvadha Ghrita</i> ¹	<i>Kushtha</i>	<i>AHChi19/13</i>	Internal
2.	<i>Tuvaraka Beeja</i> ²	-	<i>AHChi19/53</i>	Internal/ <i>Rasayana</i>
3.	<i>Bhallataka Beeja</i> ³	-	<i>AHChi19/53</i>	Internal/ <i>Rasayana</i>
4.	<i>Bakuchi</i> ⁴	-	<i>AHChi19/53</i>	Internal/ <i>Rasayana</i>
5.	<i>Chitrakmoola</i> ⁵	-	<i>AHChi19/53</i>	Internal/ <i>Rasayana</i>
6.	<i>Shilajita</i> ⁶	-	<i>AHChi19/53</i>	Internal/ <i>Rasayana</i>
7.	<i>Apamarga Kshara</i> ⁷	-	<i>AHChi19/56</i>	Local
8.	<i>Agada Lepa</i> ⁸	<i>Kushtha</i>	<i>AHChi19/57</i>	Local
9.	<i>Shirisha+Gomutra Lepa</i> ⁹	<i>Kushtha</i>	<i>AHChi19/63</i>	Local
10.	<i>Karpasa+Gomutra Lepa</i> ¹⁰	<i>Kushtha</i>	<i>AHChi19/63</i>	Local
11.	<i>Argvadha+Gomutra Lepa</i> ¹¹	<i>Kushtha</i>	<i>AHChi19/63</i>	Local
12.	<i>Kakmachi+Gomutra Lepa</i> ¹²	<i>Kushtha</i>	<i>AHChi19/63</i>	Local
13.	<i>Snuhi Lepa</i> ¹³	<i>Vicharchik ahara</i>	<i>AHChi19/69</i>	Local
14.	<i>Punarnava+Dadhimand Lepa</i> ¹⁴	<i>Kshudra Kushtha</i>	<i>AHChi19/86-87</i>	Local
15.	<i>Bhallataka Taila</i> ¹⁵	<i>Tridoshaja Kushtha</i>	<i>AHChi19/12</i>	Internal
16.	<i>Tuvaraka Taila</i> ¹⁶	<i>Tridoshaja Kushtha</i>	<i>AHChi19/12</i>	Internal
17.	<i>Sarshapa Taila</i> ¹⁷	<i>Tridoshaja Kushtha</i>	<i>AHChi19/12</i>	Internal
18.	<i>Lelitaka Vasa Sneha</i> ¹⁸	<i>Kushtha</i>	<i>AHChi19/24</i>	Internal
19.	<i>Lelitaka Vasa+Ghrita Sneha</i> ¹⁹	<i>Kushtha</i>	<i>AHChi19/24</i>	Internal
20.	<i>Indrayava Churna</i> ²⁰	<i>Kushtha</i>	<i>AHChi19/40</i>	Internal

FORMULATIONS OF ASHTANGA HRIDYA USED FOR KUSHTHA- Drugs under non-designated formulations have been tabulated first followed by the designated ones.

(a). Non-Designated Formulations of Ashtanga Hridaya used for Kushtha- Drugs used as a part of the non-designated formulations have been compiled in the following table:

1.2: Non-Designated Formulations of Ashtanga Hridaya used under KushthaChikitsa

S. No.	Name of the Drugs /Formulation	Indications	References	Route of Administration
1.	<i>Triphala, Haritaki, Pippali, Guggulu</i> ²¹	<i>Kushtha</i>	<i>AHChi19/1</i>	Internal/ <i>Sneha</i>
2.	<i>Dashmoola+Guduchi +Eranda+Sharangesh ta+Meshsringi</i> ²²	<i>Vataja Kushtha</i>	<i>AHChi19/1</i>	Internal/ <i>Sneha</i>
3.	<i>Nimba+Saptparna+ Chitraka+Kushtha+Maricha+Vacha+ Shala+Priyala+ Argvadha</i> ²³	<i>Kaphaja Kushtha</i>	<i>AHChi19/11</i>	Internal/ <i>Ghrita</i>
4.	<i>Viddanga+Haritaki+ Bhallataka</i> ²⁴	<i>Tridoshaja Kushtha</i>	<i>AHChi19/12</i>	Internal/ <i>Ghrita (Paan)</i>
5.	<i>Khadira+Viddanga+ Shilajita</i> ²⁵	<i>Kitibha, Dadru</i>	<i>AHChi19/48</i>	Internal/ <i>Sneha</i>
6.	<i>Danti Ghrita</i> ²⁶	-	<i>AHChi19/21</i>	Internal/ <i>Ghrita (Paan)</i>
7.	<i>Avartaki Ghrita</i> ²⁷	<i>Kushtha</i>	<i>AHChi19/22- 23</i>	Internal/ <i>Ghrita</i>
8.	<i>Patolmuladi Kwatha</i> ²⁸	<i>Kushtha</i>	<i>AHChi19/28- 30</i>	Internal/ <i>Kashaya</i>
9.	<i>Bhunimbadi Churna</i> ²⁹	<i>Kushtha</i>	<i>AHChi19/33- 34</i>	Internal/ <i>Churna</i>
10.	<i>Varadi Yoga</i> ³⁰	<i>Kushtha</i>	<i>AHChi19/35</i>	Internal/ <i>Churna</i>
11.	<i>Vrikshaka Kwatha</i> ³¹	<i>Twakroga</i>	<i>AHChi19/36</i>	Internal/ <i>Kwatha</i>
12.	<i>Kutajadisiddha Haritaki</i> ³²	<i>Kushtha</i>	<i>AHChi19/37</i>	Internal/ <i>Bhakshana</i>
13.	<i>Darvyadi Kwatha</i> ³³	<i>Kushtha</i>	<i>AHChi19/37</i>	Internal/ <i>Kwatha</i>
14.	<i>Nishadi Ghrita</i> ³⁴	<i>Vataja Kushtha</i>	<i>AHChi19/39</i>	Internal/ <i>Ghrita</i>
15.	<i>Nishadi Kwatha</i> ³⁵	<i>Kaphaja Pittaja Kushtha</i>	<i>AHChi19/38</i>	Internal/ <i>Kwatha</i>
16.	<i>Pathadi Yoga</i> ³⁶	<i>Kushtha</i>	<i>AHChi19/40</i>	Internal/ <i>Churna (Paan)</i>
17.	<i>Lakshadi Churna</i> ³⁷	<i>Kushtha</i>	<i>AHChi19/41</i>	Internal/ <i>Churna</i>
18.	<i>Nishadi Vatika</i> ³⁸	<i>Kushtha</i>	<i>AHChi19/42</i>	Internal/ <i>Vatika</i>
19.	<i>Sapsama Gutika</i> ³⁹	<i>Kushtha</i>	<i>AHChi19/43</i>	Internal/ <i>Vatika</i>
20.	<i>Chandrashakaladi Vataka</i> ⁴⁰	<i>Kushtha</i>	<i>AHChi19/44</i>	Internal/ <i>Vatika</i>
21.	<i>Vidangadi Pindi</i> ⁴¹	<i>Kushtha</i>	<i>AHChi19/45</i>	Internal/ <i>Vatika</i>
22.	<i>Shashanklekhadi Leha</i> ⁴²	<i>Kricchrasadhya Kushtha</i>	<i>AHChi19/46</i>	Internal/ <i>Lehya</i>

23.	<i>Pathyadi Yoga</i> ⁴³	<i>Kushtha</i>	<i>AHChi19/47</i>	Internal/ Pindi
24.	<i>Gudadi Pindi</i> ⁴⁴	<i>Kushtha</i>	<i>AHChi19/47</i>	Internal/ Pindi
25.	<i>Sitadi Avleha</i> ⁴⁵	<i>Kricchrasadhya Kushtha</i>	<i>AHChi19/49</i>	Internal/ Avleha
26.	<i>Mustadi Churna</i> ⁴⁶	<i>Kushtha</i>	<i>AHChi19/50- 52</i>	Internal/ Churna
27.	<i>Mustadi Kwatha</i> ⁴⁷	<i>Kushtha</i>	<i>AHChi19/59- 60</i>	Internal/Kwatha (Snan, Paan)
28.	<i>Karviradi Lepa</i> ⁴⁸	<i>Kushtha vrana</i>	<i>AHChi19/61</i>	Local/ Lepa
29.	<i>Shwetkarviradi Lepa</i> ⁴⁹	<i>Kushtha</i>	<i>AHChi19/62</i>	Local/ Lepa
30.	<i>Nimbadi Ubtana</i> ⁵⁰	<i>Kushtha</i>	<i>AHChi19/65- 66</i>	Local/ Udvartana
31.	<i>Mustadi Avchurna</i> ⁵¹	<i>Dadru, Kitibha, Pama, Vicharchika</i>	<i>AHChi19/67- 68</i>	Local
32.	<i>Manahshiladi Lepa</i> ⁵²	<i>Kushtha</i>	<i>AHChi19/62</i>	Local
33.	<i>Karanjadi Lepa</i> ⁵³	<i>Kushtha</i>	<i>AHChi19/70</i>	Local
34.	<i>Gugguladi Gharshana</i> ⁵⁴	<i>Kushtha</i>	<i>AHChi19/71- 72</i>	Local
35.	<i>Marichadi Lepa</i> ⁵⁵	<i>Sidhma Kush- tha</i>	<i>AHChi19/73- 74</i>	Local
36.	<i>Vayasjanghadi Lepa</i> ⁵⁶	<i>Sidhma Kush- tha</i>	<i>AHChi19/76</i>	Local
37.	<i>Jivantyadi Ghrita/ Taila</i> ⁵⁷	<i>Charmkushtha, Ekkushtha, Kitibha, Alsaka</i>	<i>AHChi19/77- 78</i>	Local
38.	<i>Kushthadi Taila</i> ⁵⁸	<i>Kushtha</i>	<i>AHChi19/83</i>	Local/ Abhyanga
39.	<i>Sikthkadi Taila</i> ⁵⁹	<i>Vicharchika</i>	<i>AHChi19/84</i>	Local/ Taila
40.	<i>Dahshamaka Lepa</i> ⁶⁰	<i>Kushtha, Charmadala</i>	<i>AHChi19/89- 90</i>	Local
41.	<i>Khadiradi Yoga</i> ⁶¹	<i>Krimiyukta kushtha</i>	<i>AHChi19/91</i>	Local- Internal/Paan, Lepa
42.	<i>Gomaya, Samudraphena</i> ⁶²	<i>Kushtha</i>	<i>AHChi19/58</i>	Local/ Gharshana
43.	<i>Laksha+Trikatu+ Chakramar- da+Shrive shtaka+Sarshapa+ Haridra+Kushtha+ Moolaka+Takra</i> ⁶³	<i>Dadruhara</i>	<i>AHChi19/85</i>	Local/ Lepa
44.	<i>Chitraka+Shigru+ Dadhimanda</i> ⁶⁴	<i>Kushtha</i>	<i>AHChi19/86- 87</i>	Local/Lepa
45.	<i>Guduchi+Apamarga+ Devdaru+Dadhimanda</i> ⁶⁵	<i>Kushtha</i>	<i>AHChi19/86- 87</i>	Local /Lepa
46.	<i>Khadira+Dhava+Dadhimanda</i> ⁶⁶	<i>Kushtha</i>	<i>AHChi19/86- 87</i>	Local/ Lepa

47.	Trivrita+Danti+Dravanti-+ Dadhimanda ⁶⁷	Kushtha	AHChi19/86-87	Local/Lepa
48.	Laksha+Rasanjana+Ela+ Dadhimanda ⁶⁸	Kushtha	A.H.Chi 19/86-87	Local/Lepa
49.	Netrabala+Kushtha+ Lauha+Nagkesara+ Tejpatra+Kevatimotha+Chandana+Mrinala+Water ⁶⁹	KaphaPittaja Kushtha	AHChi19/88	Local/Lepa
50.	Apamarga Kshara+Jyotishmati ⁷⁰	Sidhma Kushtha	AHChi19/75	Local/Taila

(b). Designated Formulations of Ashtanga Hridaya used for Kushtha- Drugs used as a part of the designated formulations have been compiled in the following table:

1.3: Designated Formulations of Ashtanga Hridaya used under Kushtha Chikitsa

S. No.	Name of the Formulation	Indications	References	Route of Administration
1.	Mahatiktaka Ghrita ⁷¹	Pittaja Kushtha	AHChi19/8-10	Internal
2.	Tiktaka Ghrita ⁷²	Pittaja Kushtha	AHChi19/2-7	Internal
3.	Vajraka Ghrita ⁷³	Kushtha	AHChi19/18	Internal
4.	Mahavajraka Ghrita ⁷⁴	Kricchrasadhya Kushtha	AHChi19/19-20	Internal
5.	Manibhadra Yoga ⁷⁵	Kushtha	AHChi19/31-32	Internal/ Churna
6.	Vajraka Taila ⁷⁶	Vatakaphaja Kushtha	AHChi19/79-80	-

SINGLE DRUGS OF ASHTANGA HRIDYA USED FOR SHWITRA – Single drugs used in Shwitra with or without their vehicle have been compiled in the following table:

1.4: Single Drugs of Ashtanga Hridaya used under Shwitra Chikitsa

S.No	Name of the Drug	References	Route of Administration
1.	Palasha+Phanita ⁷⁷	AHChi20/2-3	Internal/Kwatha
2.	Bhringaraja (Asansarasadhith milk (Paan) ⁷⁸	AHChi20/8	Internal/Kalka
3.	Putikeeta+Argvadhya Kashaya ⁷⁹	AHChi20/10	External/Lepa
4.	Bhallataka+Snuhikshira ⁸⁰	AHChi20/11	External/Lepa
5.	Krishna Sarpa+Vibhitaki ⁸¹	AHChi20/12	External/Lepa

FORMULATIONS OF ASHTANGA HRIDYA USED FOR SHWITRA: Drugs under non-designated formulations have been tabulated first followed by the designated ones.

(a). Non -Designated Formulations of Ashtanga Hridaya used for Shwitra- Drugs used as a part of the non-designated formulations have been compiled in the following table:

1.5: Non-Designated Formulations of Ashtanga Hridya used under Shwitra Chikitsa

S. No	Name of Formulation	References	Mode of Administration
1.	Avartaki Ghrita ⁸²	AHChi19/22-23	Internal/ Ghrita
2.	Patolmuladi Kwatha ⁸³	AHChi19/28-30	Internal/Kashaya
3.	Khadira+Viddanga +Shilajita+Madhu +Ghrita ⁸⁴	AHChi19/48	Internal/ Ghrita
4.	Mustadi Churna ⁸⁵	AHChi19/50-52	Internal/ Churna
5.	Trikatu+Sarshapa+Haridra+Grihadho oma+Javakhara+Patu+Chitraka+Kus htha+Vatsanabha ⁸⁶	AHChi19/64	External/ Gharshana with Gutika
6.	Marichadi Lepa ⁸⁷	AHChi19/73-74	External/ Lepa
7.	Bakuchi kwatha+Snuhikshira ⁸⁸	AHChi20/2-3	Internal
8.	Malayu+Asana+Priyangu+Shatpushpa ⁸⁹	AHChi20/2-3	Internal/Kwatha
9.	Phalgu+Vibhitaki+Bakuchi ⁹⁰	AHChi20/6	Internal/ Kwatha
11.	Dvipicharma Bhasma+Hasticharma Bhasma ⁹¹	AHChi20/9	External/ lepa
12.	Putikaranja+Arka+ Argvadha+Snuhi+ Jatipallava+Gomutra ⁹²	AHChi20/9	External/ lepa
13.	Hribera Bhasma+Vibhitaki Taila ⁹³	AHChi20/12	External/lepa
14.	Bakuchi +Hartala ⁹⁴	AHChi20/13	External/ lepa
15.	Bakuchi +Gajamaya ⁹⁵	AHChi20/14-15	External/ lepa
16.	Bhallatakadi Lepa ⁹⁶	AHChi20/16-17	External/ lepa

(b). Designated Formulations of Ashtanga Hridya used for Shwitra- Drugs used as a part of the non-designated formulations have been compiled in the following table:

1.6: Designated Formulations of Ashtanga Hridya used under Shwitra Chikitsa

S.No.	Name of Formulation	References	Route of Administration
1.	Tiktaka Ghrita ⁹⁷	AHChi19/2-7	Internal
2.	Mahatiktaka Ghrita ⁹⁸	AHChi19/8-10	Internal
3.	Mahavajraka Ghrita ⁹⁹	AHChi19/19-20	Internal
4.	Manibhadra Yoga ¹⁰⁰	AHChi19/31-32	Internal/ Churna
5.	Mahavajraka Taila ¹⁰¹	AHChi19/81-82	-

DISCUSSION

For centuries, medicinal plants have had therapeutic potential for the treatment and management of skin disorders. *Kushtha* was a prominent ailment among humans in the early *Vedic* and *Samhita* eras, hence *Sanshodhan Dravya* (intoxication procedures) were thoroughly detailed by *Acharya Charaka* and *Acharya Sushruta* in their *Samhitas*. Later, *Acharya Vagabhatta* worked on both *Samhitas* to create *Ashtanga Hridya*, a new concise *samhita*. *Acharya Vagbhatta* utilized various plants and herbal com-

pounds to treat a variety of skin diseases. This review has summarized their work on skin disorders that may be valuable for researchers, practitioners, and pharmaceutical companies.

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