



Review Article

A CRITICAL ANALYSIS OF KUSHTHAGHNA DRAVYAS MENTIONED IN SUSHRUTOKTA GANA WITH COMMENTATOR'S VIEW ON CONTROVERSIAL DRUGS AND THEIR CONCEPT BASED APPLICATION

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ABSTRACT

Ayurveda is one of the oldest medical systems with a holistic approach to health and individualize medicine. All the skin diseases in Ayurveda have been discussed under the broad heading of *Kushtha*. The literal meaning of *Kushtha* is "*Kushnati tad vapuhu*" which means the *Roga* which causes discoloration, disfiguration. Acharya Charaka, Sushruta, and Vagbhata mentioned *Kushthghna Dravyas* (drugs acting on skin diseases) in their books respectively. Sushruta Samhita is one of prime compendium of Ayurveda where various categorization (*Gana*) of drugs acting according to different ailments is mentioned in Sutrasthana 38th chapter named *Dravyasangrehiya-adhyaya*. The objective of the present article is to study the drugs which are mentioned in the category of the drugs which acts on *Kushtha* (*Kushthghna*), with their chemical constituents, and pharmacological actions with special reference to Sushruta Samhita and other related books. *Rasa-panchaka*, botanical names with family, controversial identification according to commentator's views are also discussed for better understanding of *Dravyas*. The review concluded that herbs mentioned in Ayurveda (*Sushrutokta Gana*) are beneficial in skin diseases and cosmetics in one or another way and also this article will help Ayurvedic UG/PG students, PhD scholars and Ayurveda physicians in both academics and clinical aspect.

INTRODUCTION

If we go through ancient literature, it is found that all types of the skin diseases come under term *Kushtha*. Various categorization (*Gana*) of drugs acting according to different ailments is mentioned in *Sushruta Samhita Sutrasthana* 38th Chapter named *Dravyasangrehiya-adhyaya*. *Charaka*, *Sushruta* and *Vagbhata*, mentioned *Kushthghna Dravyas* in their books respectively and the concept of using *Dravyas* (herbs) for skin care as well as to get rid off from skin disorders is well described in Ayurvedic classics.

Ayurveda is a science that has been trusted and relied upon for ages. *Sushrutokt Kushthaghna Gana Dravyas* have been described for their medicinal and cosmetic properties.

Acharya Sushruta mentioned various *Dravyas* in particular *Gana* incorporating different diseases. So here attempt has been made to include all the herbs which are mentioned by *Acharya Sushruta* for skin care and skin diseases also.

Therefore, the present article emphasizes the drugs that have therapeutic applications in various dermatological conditions (*Twakavikara*) and to keep the skin healthy and youthful. The drugs which are described here will be helpful for Ayurvedic UG/PG students, PhD students and physicians for the selection of the particular drug for the various conditions of skin disorders (*Kushtha*).

MATERIAL AND METHOD

The literature of the present study has been reviewed from *Sushruta Samhita*. Other Ayurvedic textbooks like *Bhavprakash-nighantu* (Indian Materia Medica), plants and other drugs of *Sushruta samhita Saptadhyayi*, *Dalhana* and his comments on drugs, *Charaka Samhita*, are also referred. In addition to this, relevant articles, journals, and websites are searched and other textual resources have been scientifically

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analyzed in the present article. Electronic databases like PubMed, Google Scholar, and Scopus were searched for relevant information.

RESULT

Pathogenesis or Samprapti of Kushtha (Skin problems)

All the Acharya of Ayurveda have given more or less the same Samprapti of Kushtha. Kushtha is produced invariably by the vitiation of the seven Salsaradi Gana

factors i.e., three Doshas and four Dushyas. According to Acharya Charaka, Kushtha is of innumerable types but for well-organized study, they are classified into two major groups, seven Mahakushtha and eleven Kshudrakushtha.

Following are the drugs mentioned in Sushruta's Gana (Su.su.38) which possess Kushthaghna properties:

S.no.	Plant	Botanical Name ^a	Family	Rasa	Guna	Veerya	Vipaka	Dosha-Karma	Projya-anga
1.	Salsara	<i>Shorea robusta</i> Gaertn.	Dipterocarpeae	Kshaya Madhura	Ruksha	Shita	Katu	Kapha Pitta- shamaka	Twaka Niryasa
2.	Ajakarna	<i>Vateria indica</i> L.	Dipterocarpeae	Kshaya Madhura	Ruksha	Shita	Katu	Kapha Pitta- shamaka	Taila Niryasa
3.	Khadira	<i>Acacia catechu</i> (L.f.)Willd	Fabaceae	Tikta Kshaya	Laghu Ruksha	Shita	Katu	Kapha Pitta- shamaka	Twaka Khadira- sara
4.	Kadara (shwetkhadira)	<i>Acacia suma</i> Buch.-Ham.	Fabaceae	Tikta Kshaya	Laghu Ruksha	Shita	Katu	Kapha Pitta- shamaka	Twaka Khadir-sara
5.	Kalskandha	<i>Diospyros Peregrina</i> (Gaertn.)	Ebenaceae	Kshaya	Ruksha Laghu	Shita	Katu	Kapha Pitta- shamaka	Twaka Phala Beeja Bheeja-taila
6.	Kramuka	<i>Areca catechu</i> L.	Arecaceae	Kshaya Madhura	Guru Ruksha	Shita	Katu	Kapha Pitta shamaka	Phala
7.	Bhurja (Bhojpatra)	<i>Betula utilis</i> D. Don	Betulaceae	Kshaya	Laghu	Ushna	Katu	Tridosha- shamaka	Twaka
8.	Meshshringa	<i>Gymnema Sylvestre</i> R.Br.	Apocynaceae	Kshaya Tikta	Laghu Ruksha	Ushna	Katu	Kapha Vata- shamaka	Patra Moola
9.	Tinisha	<i>Ougeinia oojeinensis</i> (Roxb.) Hochr.	Fabaceae	Kshaya	Laghu Ruksha	Shita	Katu	Kapha Pitta- shamaka	Kand-sara Twaka
10.	Chandana	<i>Santalum album</i> L.	Santalaceae	Tikta Madhura	Laghu Ruksha	Shita	Katu	Kapha Pitta- shamaka	Kand-sara Taila
11.	Kuchandana	<i>Caesalpinia sappan</i> L.	Fabaceae	Kshaya Tikta Madhura	Ruksha	Shita	Katu	Kapha Pitta- shamaka	Sara
12.	Shishimpa	<i>Dalbergia sissoo</i> Roxb	Fabaceae	Kshaya Katu Tikta	Laghu Ruksha	Ushna	Katu	Tridosh - shamaka	Patra Sara Twaka Moola

13.	<i>Shirisha</i>	<i>Albizia lebeck</i> (L.) Benth.	Fabaceae	<i>Kshaya Tikta Madhura</i>	<i>Laghu Ruksha Tikshna</i>	<i>Ishad Ushna</i>	<i>Katu</i>	<i>Tridosha-shamaka</i>	<i>Twaka Beeja Patra</i>
14.	<i>Asana</i>	<i>Pterocarpus marsupium</i> (Roxb.)	Fabaceae	<i>Kshaya Tikta</i>	<i>Laghu Ruksha</i>	<i>Shita</i>	<i>Katu</i>	<i>Kapha Pitta-shamaka</i>	<i>Kand-sara Niryasa</i>
15.	<i>Dhava</i>	<i>Anogeissus Latifolia</i> Wall.	Combretaceae	<i>Kshaya</i>	<i>Laghu Ruksha</i>	<i>Shita</i>	<i>Katu</i>	<i>Kapha Pitta-shamaka</i>	<i>Twaka Kand-sara Niryasa</i>
16.	<i>Arjuna</i>	<i>Terminalia arjuna</i> (Roxb.)	Combretaceae	<i>Kshaya</i>	<i>Laghu Ruksha</i>	<i>Shita</i>	<i>Katu</i>	<i>Kapha Pitta-shamaka</i>	<i>Twaka</i>
17.	<i>Tala</i>	<i>Borassus flabellifer</i> L.	Arecaceae	<i>Katu</i>	<i>Laghu Snigdha Tikshna</i>	<i>Anushana-Shita</i>	<i>Madhura</i>	<i>Kapha Vata - shamaka</i>	<i>Phala Moola</i>
18.	<i>Shaka</i>	<i>Tectona grandis</i> L.f.	Lamiaceae	<i>Kshaya</i>	<i>Laghu Ruksha</i>	<i>Shita</i>	<i>Katu</i>	<i>Kapha Pitta-shamaka</i>	<i>Sara</i>
19.	<i>Naktmala</i>	<i>Pongamia pinnata</i> (L.) Pierre	Fabaceae	<i>Tikta Katu Kshaya</i>	<i>Laghu Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha Vata-shamaka</i>	<i>Twaka Patra Beeja</i>
20.	<i>Putika</i>	<i>Holoptelea integrifolia</i> Planch.	Ulmaceae	<i>Tikta Kshaya</i>	<i>Laghu Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha Pitta-shamaka</i>	<i>Twaka</i>
21.	<i>Ashwakarana</i>	<i>Dipterocarpus turbinatus</i>	Dipterocarpaceae	<i>Katu Tikta</i>	<i>Laghu Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha Pitta-shamaka</i>	<i>Taila</i>
22.	<i>Aguru</i>	<i>Aquilaria Agallocha</i> Roxb.	Thymelaeaceae	<i>Katu Tikta</i>	<i>Laghu Ruksha Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha Vata-shamaka</i>	<i>Kand-sara Taila</i>
23.	<i>Kaleeyaka</i>	<i>Coscinium fenestratum</i> (Gaertn.) Colebr.	Menispermaceae	<i>Tikta</i>	<i>Laghu Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha Pitta-shamaka</i>	<i>Moola</i>

aPatel Priyalkumari Pravinbhai, Srivastava Rashmi, Upadhyaya Ashwani and Pandit Ram Deo (2023) "Commentators View on Medicinal Plants of Sushrutokta Salsaradi Gana Regarding their Controversial Botanical Identity: A Review", International Journal of Ayurveda and Pharma Research, 10(12), pp. 52-26. doi: 10.47070/ijapr.v10i12.2629.

Commentator's view on Controversial Drugs of *Salasaradigana*

- Ajakarna: Saraaj: shalbhed ev** (Dalhan and its comments on drugs) p-215 *Vateria indica* L
- Kadar: Khadirakar: shwetsara:** khadir bhed by dalhan; (Dalhana and its comments on drugs) p -225 *Acacia suma*Buch.-Ham
- Tala: Tadi** (Dalhana and its comments on drugs) p-240; (plants and other drugs of Sushrutsamhita Saptadhyayi) p-21 and by P.V. Sharma *Borassus flabellifer* L
- Kaleeyaka: Malendrichandanam iti prasidham; Daruharidra** (Dalhana and its comments on drugs) p-229; (plants and other drugs of Sushrutsamhita Saptadhyayi) p-22 and by P.V. Sharma; *Cosnium fenestratum* (Gaertn.) Colebr

Arkadi Gana

S.no	Plant	Botanical Name	Family	Rasa	Guna	Veerya	Vipaka	Dosh-Karma	Projya-anga
1.	Arka	<i>Calotropis Procera</i>	Apocynaceae	Katu Tikta	Laghu Ruksha Tikshna	Ushna	Katu	Kapha Vata-shamaka	Moola-twaka Ksheera Pushpa Patra
2.	Alarka	<i>Calotropis gigantea</i> L.	Menispermaceae	Katu Tikta	Laghu Ruksha Tikshna	Ushna	Katu	Kapha Vata-shamaka	Moola-twaka Ksheer Pushpa Patra
3.	Naktmala (Karanj dwey)	<i>Pongamia pinnata</i> L.	Fabaceae	Tikta Katu Kshaya	Laghu Tikshna	Ushna	Katu	Vata-shamana	Beeja, Twaka, Patra
4.	Putika (karanj dwey)	<i>Holoptelea integrifolia</i> Planch	Ulmaceae	Tikta Kshaya	Laghu Ruksha	Ushna	Katu	Kapha Pitta-shamaka	Twaka
5.	Nagdanti (Jmalgota)	<i>Croton tiglium</i> L.	Euphorbiaceae	Katu Tikta	Laghu Ruksha Tikshna	Ushna	Katu	Kapha Pitta-shamaka	Beeja Bheej-taila
6.	Mayuraka (Apamarga)	<i>Achyranthes aspera</i> L.	Amaranthaceae	Katu Tikta	Laghu Ruksha Tikshna	Ushna	Katu	Kapha Vata-shamaka	Moola Tandul Patra Panchanga
7.	Bhargi (Bharangi)	<i>Clerodendrum serratum</i> L.	Lamiaceae	Tikta Katu	Laghu Ruksha	Ushna	Katu	Vata Kapha-shamaka	Moola
8.	Rasna	<i>Pluchea lanceolata</i> (DC.) C.B. Clarke	Asteraceae	Tikta	Guru	Ushna	Katu	Kapha Vata-shamaka	Patra
9.	Indrapushpi (Langali)	<i>Gloriosa superba</i> L.	Colchicaceae	Katu Tikta	Laghu Tikshna	Ushna	Katu	Kapha Vata-shamaka	Kanda
10.	Shudra-shweta	<i>Albizia procera</i> Benth.	Fabaceae	Kshaya Tikta Madhura	Laghu Ruksha Tikshna	Ishad Ushna	Katu	Tridosha-shamana	Twaka Patrabeeja Pushpa
11.	Mahashweta (katabhi)	<i>Albizia lucida</i> Benth.	Fabaceae	Kshaya Tikta Madhura	Laghu Ruksha Tikshna	Ishad Ushna	Katu	Tridosha-shamana	Twaka Patrabeeja Pushpa
12.	Vrishchikali	<i>Pergularia extensa</i> N. E. Br.	Apocynaceae	Tikta Katu	Laghu Ruksha	Ushna	Katu	Kapha-nisaraka	Patra Moola
13.	Alavana (Jyotishmati)	<i>Celastrus paniculatus</i> Willd.	Celastraceae	Katu Tikta	Tikshna	Ushna	Katu	Vata Kapha-shamaka	Beeja, Taila
14.	Tapas vriksha (Ingudi)	<i>Balanites aegyptiaca</i> (L.) Delile	Zygophyllaceae	Katu Tikta	Laghu Snigdha	Ushna	Katu	Kapha Vata-shamaka	Twaka, Phala, Beeja, Taila, Patra

Commentator's view on controversial drugs of Arkadi Gana:

- Indrapushpi: Indra-pushpaai langalaki** (Dalhana and its comments on drugs) p-221; (plants and other drugs of Sushrut samhita Saptadhyayi) p-32 and by P.V. Sharma; *Gloriosa superb* L
- Kshudrashweta: Shwetsyanda shwet-pushpaa 'sefand' iti loke** (Dalhana and its comments on drugs) p-234; (plants and other drugs of Sushrut samhita Saptadhyayi) p-32 and by P.V. Sharma *Albizia procera* (Roxb.) Benth.
- Mahashweta: Neel-pushpaa: sefand: (Katabhi)** (Dalhana and its comments on drugs) p-234; (plants and other drugs of Sushrut samhita Saptadhyayi) p-32 and by P.V. Sharma *Albizia lucida* Benth.
- d.Vrishchikali: Meshshringi-bhed** (Dalhana and its comments on drugs) p-268; (plants and other drugs of Sushrut samhita Saptadhyayi) p-33 and by P.V. Sharma (*Ras panchak* based on *karam*) *Balanites aegyptiaca* (L.) Delile
- Alavana: Jyotishmati vartulpakvraktPhalaa peet-Tailaa kaakmardantika iti loke prasidha** (Dalhana and its comments on drugs) p-218; (plants and other drugs of Sushrut samhita Saptadhyayi) p-33 and by P.V. Sharma *Celastrus paniculatus* Willd
- Putika: Kantaki vitapkaranj itieke; Kantakikaranj** (Dalhana and its comments on drugs) p-252; (plants and other drugs of Sushrut samhita Saptadhyayi) p-31 and by P.V. Sharma *Holoptelea integrifolia* Planch

Aragwadhadi Gana

S.no	Plant	Botanical Name	Family	Rasa	Guna	Veer ya	Vipaka	Dosh-karama	Projya-anga
1.	Aragwadha	<i>Cassia fistula</i> L.	Fabaceae	Madhura	Guru Mridu Snigdha	Shita	Madhura	Vata Pitta- shamaka	Phala Majja Moola-twaka Pushpa Patra
2.	(Madana)M enphala	<i>Randia spinosa</i> Poir.	Rubiaceae	Kshaya Madhura Tikta, Katu	Laghu Ruksha	Ushna	Katu	Kapha Vata- shamaka	Phala
3.	Gopghonta	<i>Zizyphus xylopyra</i> Willd.	Rhamnaceae	Madhura Amla Kshaya	Laghu	Shita	Madhura	Vata sanshamana	Phala Patra
4.	Kantaki	<i>Flacourtia indica</i> Merr.	Flacourtiaceae	Tikta, Madhura, Amla, Kshaya	Laghu Ruksha	Shita	Katu	Kapha Pitta- shamaka	Twaka Phala
5.	Kutaja	<i>Holarrhena Antidysenterica</i> (G.Don) Wall.ex A.DC.	Apocynaceae	Tikta Kshaya	Laghu Ruksha	Shita	Katu	Kapha Pitta- shamaka	Twaka Beeja
6.	Patha	<i>Cissampelos pareira</i> L.	Menispermaceae	Tikta	Laghu Tikshna	Ushna	Katu	Kapha Pitta- shamaka	Moola Bhomik Kanda
7.	Patla	<i>Stereospermum suaveolens</i> (Roxb.) DC.	Bignoniaceae	Tikta Kshaya	Laghu Ruksha	Ushna	Katu	Tridosha- shamaka	Moola-twaka Pushpa Beeja Patra
8.	Murva	<i>Marsdenia tenacissima</i> (Roxb.) Moon	Apocynaceae	Tikta Kshaya	Guru Ruksha	Ushna	Katu	Tridosha- shamaka	Moola
9.	Indryava (Kutaj- beeja)	<i>Holarrhena antidysenterica</i> (G.Don) Wall.ex A.DC.	Apocynaceae	Tikta Kshaya	Laghu Ruksha	Shita	Katu	Kapha Pitta- shamaka	Twaka Beeja

10.	<i>Saptparna</i>	<i>Alstonia scholaris</i> (L.)R.Br.	Apocynaceae	<i>Tikta Kshaya</i>	<i>Laghu Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha Pitta-shamaka</i>	<i>Twaka</i>
11.	<i>Nimba</i>	<i>Azadirachta indica</i> A. Juss	Meliaceae	<i>Tikta Kshaya</i>	<i>Laghu</i>	<i>Shita</i>	<i>Katu</i>	<i>Kapha Pitta shamana</i>	<i>Pushpa Patra, Twaka Beeja, Taila</i>
12.	<i>Kurantaka</i>	<i>Barleria prionitis</i> L.	Acanthaceae	<i>Tikta Madhura</i>	<i>Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha Vata-shamaka</i>	<i>Panchanga</i>
13.	<i>Dasi Kurantaka (Neel sairiyaka)</i>	<i>Barleria prionitis</i> L.	Acanthaceae	<i>Tikta Madhura</i>	<i>Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha Vata shamaka</i>	<i>Panchanga Visheshat Patra</i>
14.	<i>Guduchi</i>	<i>Tinospora cordifolia</i> (Willd.)Hook.f. & Thomson	Menispermaceae	<i>Tikta Kshaya</i>	<i>Guru Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridosha-shamaka</i>	<i>Kanda</i>
15.	<i>Chitraka</i>	<i>Plumbago zeylanica</i> L.	Plumbaginaceae	<i>Katu</i>	<i>Laghu Ruksha Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha Vata-shamaka Pitta-prakopaka</i>	<i>Moola-twaka</i>
16.	<i>Sharangashata</i>	<i>Dregia volubilis</i> Benth.	Asclepiadaceae	<i>Tikta Kshaya</i>	<i>Guru Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha Vata-shamaka</i>	<i>Moola</i>
17.	<i>Naktmala (Karanj dwey)</i>	<i>Pongamia pinnata</i> L.	Fabaceae	<i>Tikta, Katu Kshaya</i>	<i>Laghu, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vata-shamana</i>	<i>Beeja, Twaka Patra</i>
18.	<i>Putika (karanj dwey)</i>	<i>Holoptelea integrifolia</i> Planch	Ulmaceae	<i>Tikta, Kshaya</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha Pitta-shamaka</i>	<i>Twaka</i>
19.	<i>Patola</i>	<i>Trichosanthes dioica</i> Roxb.	Cucurbitaceae	<i>Tikta</i>	<i>Laghu Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridosha-shamaka</i>	<i>Patra</i>
20.	<i>Kirattikta</i>	<i>Swertia chirayita</i> (Roxb.) H.Karst	Gentianaceae	<i>Tikta</i>	<i>Laghu Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridosha-shamaka</i>	<i>Panchanga</i>
21.	<i>Karela</i>	<i>Momordica charantia</i> L.	Cucurbitaceae	<i>Tikta Katu</i>	<i>Laghu Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha Pitta-shamaka</i>	<i>Panchanga Phala-twaka</i>

Commentator's view on controversial drugs of Aragwadhadi Gana

- Sharangasta: Dregia volubilis Benth.** *Murva* (Dalhana and its comments on drugs); p-166
- Gopghonta: Zizyphus xylopyra Willd.** (plants and other drugs of Sushruta Samhita Saptadhyayi) p-14; by P.V. Sharma; **karkotaki** by dalhan; badar bhed.
- Kantaki: Flacourtia indica Merr.** (plants and other drugs of Sushruta Samhita Saptadhyayi) p-14; by P.V.Sharma; **vikankat** by dalhan
- Kurantaka: Barleria prionitis L** (plants and other drugs of Sushruta Samhita Saptadhyayi) p-17; by P.V.Sharma
- Dasi Kurantaka: Barleria strigosa L.** (plants and other drugs of Sushruta Samhita Saptadhyayi) p-17; by P.V.Sharma

Lakshadi Gana

S.no	Plant	Botanical Name	Family	Rasa	Guna	Veerya	Vipaka	Dosh-Karama	Projya-anga
1.	Laksha	<i>Laccifera lacca</i>	Lacciferidae	Madhura	Ruksha	Shita	Katu	Rakta-pitta Ghana	Niryasa
2.	Arevata	<i>Cassia fistula</i> L.	Fabaceae	Madhura	Guru Mridu Snigdha	Shita	Madhura	Vata Pitta-shamaka	Phalamajja Moolatwaka Pushpa Patra
3.	Kutaja	<i>Holarrhena Antidysenterica</i> (G.Don) Wall.ex A.DC.	Apocynaceae	Tikta Kshaya	Laghu Ruksha	Shita	Katu	Kapha Pitta-shamaka	Twaka Beeja
4.	Ashwmara (Kanera)	<i>Nerium Indicum</i> Mill.	Apocynaceae	Katu Tikta	Laghu Ruksha Tikshna	Ushna	Katu	Kapha Pitta-shamaka	Moola Moolatwaka
5.	Katphala	<i>Myrica esculenta</i> Buch-Ham. ex D.Don	Myriaceae	Kshaya Tikta Katu	Laghu Tikshna	Ushna	Katu	Kapha Vata shamaka	Twaka
6.	Haridra(Haridra dwey)	<i>Curcuma longa</i> L.	Zingiberaceae	Tikta Katu	Ruksha Laghu	Ushna	Katu	Tridosha-shamaka	Kanda
7.	Daruharidra(Haridra dwey)	<i>Berberis aristata</i> Sims	Berberidaceae	Tikta Kshaya	Laghu Ruksha	Ushna	Katu	Kapha Pitta-shamaka	Moola Kanda Phala
8.	Nimba	<i>Azadirachta indica</i> A. Juss	Meliaceae	Tikta Kshaya	Laghu	Shita	Katu	Kapha Pitta-shamana	Pushpa Patra Twaka Beeja Taila
9.	Saptchha da(Saptparna)	<i>Alstonia scholaris</i> (L.) R.Br.	Apocynaceae	Tikta Kshaya	Laghu Snigdha	Ushna	Katu	Kapha Pitta-shamana	Twaka
10.	Malati (Chameli)	<i>Jasminum officinale</i> L.	Oleaceae	Tikta Kshaya	Laghu Snigdha Mridu	Ushna	Katu	Tridosha-shamaka	Patra Moola Pushpa
11.	Traymana	<i>Gentiana kurroo</i> Royle	Gentianaceae	Tikta	Laghu Ruksha	Ushna	Katu	Kapha Vata-shamaka	Moola

Triphala

S.no	Plant	Botanical Name	Family	Rasa	Guna	Veerya	Vipaka	Dosh-Karama	Projya-anga
1.	Haritki	<i>Terminalia Chebula</i> Retz.	Combretaceae	Pachrasa (lavanvarjit)	Laghu Ruksha	Ushna	Madhura	Tridosha-shamaka	Phala
2.	Amlaki	<i>Phyllanthus</i>	Phyllanth	Pachrasa	Guru	Shita	Madhura	Tridosha-	Phala

		<i>emblica</i> L.	aceae	(<i>lavanvarjit</i>)	<i>Ruksha Shita</i>			<i>shamaka</i>	
3.	<i>Bibhitaka</i>	<i>Terminalia Bellerica</i> Roxb.	Combretaceae	<i>Kshaya</i>	<i>Laghu Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridosha-shamaka</i>	<i>Phala</i>

Triushna

S.no	Plant	Botanical Name	Family	Rasa	Guna	Veerya	Vipaka	Dosha-karama	Projya - anga
1.	<i>Pippali</i>	<i>Piper longum</i> L.	Piperaceae	<i>Katu</i>	<i>Laghu Snigdha Tikshna</i>	<i>Anushan-shita</i>	<i>Madhura</i>	<i>Kapha Vata-shamaka</i>	<i>Phala Moola</i>
2.	<i>Maricha</i>	<i>Piper nigrum</i> L.	Piperaceae	<i>Katu</i>	<i>Laghu Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha Vata-shamaka</i>	<i>Phala</i>
3.	<i>Shringver (Shunthi)</i>	<i>Zingiber officinale</i> Rose.	Zingiberaceae	<i>Katu</i>	<i>Laghu Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Kapha Vata-shamaka</i>	<i>Kanda</i>

Every single drug has an active chemical constituent which acts on different ailments. Here different chemical constituents are described as acting on the skin.

Salsaradi Gana

S.no.	Plant	Botanical Name	Chemical constituent	Pharmacological actions and uses
1.	<i>Salsara</i>	<i>Shorea robusta</i> Gaertn.	Ursolic acid (UA) ^[1]	Anti-oxidant, anti-inflammatory hence, UA showed a considerable inhibitory effect of cytokine levels, immunomodulatory mediators, anti-carcinogenic, anti-tumoral, anti-viral, free radical scavenging activity, anti-proliferative properties ^[2]
2.	<i>Ajakarna</i>	<i>Vateria indica</i> L.	Tannins ^[3]	Antioxidant, free radical scavenging, antimicrobial, antiviral, anti-carcinogen an inhibitor of the harmful pro-oxidative enzyme, shows astringent and antiseptic properties happened by binding, precipitating, or shrinking with different protein molecules ^[4]
3.	<i>Khadira</i>	<i>Acacia catechu</i> (L.f.)Willd	Catechin ^[5]	Antibacterial, anti-cancer, anti-inflammatory, anti-viral, possess significant oxidative stress-modulating activity, antifungal activity, antioxidant power, effective against the growth of cancer cell lines (antiproliferative activity) ^[5]
4.	<i>Kadar (shwetkhadir)</i>	<i>Acacia suma</i> Buch.-Ham.	Cyanogenic glycosides, flavonoids, alkaloids, seed oils, cyclitols, fluoroacetate, gums, non-protein amino acids, diterpenes, terpenes ^[6]	Anti-inflammatory, antioxidant, anticancer, antiviral, liver protective effects ^[6]
5.	<i>Kalskandha</i>	<i>Diospyros Peregrina</i> (Gaertn.)	Triterpenes ^[7]	Helpful in wound healing ^[8]

6.	<i>Kramuka</i>	Areca catechu L.	Alkaloids, tannins, flavones triterpenes, steroids, and fatty acids, arecoline ^[9]	Antioxidant effects, anti-bacterial and antifungal effects, anti-inflammatory, anti-allergic effects ^[9]
7.	<i>Bhojpatra</i>	Betula utilis D.Don	Betulin ^[10]	Betulin inhibits the formation of reactive oxygen species (ROS), therefore vehicles containing these compounds look promising as antioxidant delivery systems and as an ingredient in cosmetics and pharmaceuticals applied to the skin ^[11]
8.	<i>Meshshringa</i>	Gymnema Sylvestre R.Br.	Saponin ^[12]	Anti-inflammatory, Anti-oxidant, wound healing (promotes re-epithelialization of the wound), healing the burn wound (saponin increased the expression of factors relevant to proliferation, and consequently, promoted the proliferation of epidermal cells.) ^[13]
9.	<i>Tinisha</i>	Ougeinia oojeinensis (Roxb.)Hochr.	Tannins ^[14]	Previously mentioned
10.	<i>Shirisha</i>	Albizia lebbek	Tannins ^[15]	Previously mentioned
11.	<i>Dhava</i>	Anogeissus Latifolia Wall.	Tannins ^[16]	Previously mentioned
12.	<i>Chandana</i>	Santalum album L.	Santalol ^[17]	Anti-inflammatory and anti-oxidant activity Anti-proliferative and anti-cancerous activity Anti-microbial and anti-viral activity Useful in clinical trials for the treatment of acne, psoriasis, eczema, common warts, and <i>molluscum contagiosum</i> .etc ^[18]
13.	<i>Kuchandana</i>	Caesalpinia sappan L.	Brazilin ^[19]	Useful in skin infections, anti-inflammatory and antioxidant activities, represent potential treatments for oxidative stress-induced photoaging of skin ^[20]
14.	<i>Arjuna</i>	Termanilia arjuna (Roxb.)	Phytosterol, lactones, flavonoids, phenolic compounds, and tannins and glycosides ^[21]	The antimicrobial activity of the extract showed that greater inhibition zone against Gram-negative bacteria than Gram-positive bacteria. (The concentration of the compound was tested against two Gram-positive <i>S. aureus</i> , <i>S. mutans</i> and two Gram-negative <i>E. coli</i> and <i>K. pneumoniae</i> , human pathogenic bacteria). The zone of inhibition of <i>T. arjuna</i> bark extract was compared with standards like chloramphenicol for antibacterial activity. The results showed that the remarkable inhibition of the bacterial growth was against the tested organisms).

				The methanolic extract showed promising antioxidant activity, as absorption of DPPH radicals decreased in the DPPH free radical scavenging assay. Flavonoid components have antioxidant properties present in the methanol extract. ^[21]
15.	(Tala) Tadvriksha	<i>Borassus flabellifer</i> L.	Saponins Alkaloids Flavonoids ^[22]	Antimicrobial activity ^[23]
16.	Asana	<i>Pterocarpus marsupium</i> (Roxb.)	Tannic acid ^[24]	Inflammation caused by external irritation is protected by tannic acid (TA). TA acts as a barrier against external stimulants such as TPA and artificial sweat on the stratum corneum (SC) surface. ^[25]
17.	Shaka	<i>Tectona grandis</i> L.f.	Triterpenoids ^[26] Lignans ^[26]	Helpful in wound healing ^[27] Antioxidant (antioxidant properties of lignans are mainly related to the regulation of radical scavenging enzymes, e.g., SOD and CAT.) Anti-inflammatory (downregulation of pro-inflammatory cytokines, such as TNF- α , IL-6, IL-8, and IL-1 β , etc.) Anti-cancer effects (by suppressing the NF- κ B pathway and modulating apoptotic pathways). ^[28]
18.	Naktmala	<i>Pongamia pinnata</i> (L.) Pierre	Karanjin and pongapin (furanoflavones) ^[16]	Antilipidperoxidase effect, antifungal, antiviral activity, anti-inflammatory activity, anti-filarial potential. ^[16] Prevention and treatment of psoriasis antipsoriatic activity (scavenging activity against nitric oxide). Docking scores of Karanjin and Pongapin with different studied receptors were found to be comparable to that of Methotrexate, a known drug for treating Psoriasis ^[16]
19.	Putika	<i>Holoptelean integrifolia</i> Planch.	Tannins ^[3]	Previously mentioned
20.	Ashwakarana	<i>Dipterocarpus turbinatus</i>	Glycosides, Steroids Tannins, Terpenoids, Alkaloids, Flavonoids ^[17]	Antibacterial activity against <i>Staphylococcus aureus</i> and <i>Klebsiella pneumoniae</i> ^[17]
21.	Aguru	<i>Aquilaria agallocha</i> Roxb.	Sesquiterepene alcohol ^[18]	Anti-oxidant activity ^[18]
22.	Kaleeyaka	<i>Coscinium fenestratum</i> (Gaertn.) Colebr.	Berberine ^[19]	Antimicrobial, antiviral, anti-inflammatory, antioxidative, anticancer effects. Berberine possesses a skin-darkening potential and could be used as a safe

				melanogenic agent for the treatment of hypopigmentation disorders or vitiligo ^[19]
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Arkadi Gana

S.no.	Plant	Botanical Name	Chemical constituent	Pharmacological actions and uses
1.	Arka	<i>Calotropis Procera</i>	Calo-protein ^[20]	Useful in treating skin infection and wound healing, antimicrobial activity, anti-inflammatory potential, anti-fungal activity. The milky latex wet with a clean cloth was applied mainly on affected areas of cut wounds, thorn injuries, and inflamed swellings ^[20]
2.	Alarka	<i>Calotropis gigantea</i> L.	Madrine, Sitosterol Cardenolides Benzoylinesolone Calotropoens ^[21]	Useful in edema, syphilis, leprosy, eczema, eruptive skin, scorpion and bug bites. Anti-inflammatory, antimicrobial, wound healing, anticancer activity. ^[21]
3.	Karanj dwey (Naktmala, Putika)	<i>Pongamia pinnata</i> L. <i>Holoptelea integrifolia</i> Planch.	Karanjin and pongapin (furanoflavones) ^[16]	Previously mentioned
4.	Nagdanti (Jmalgota)	<i>Croton tiglium</i> L.	Terpenes ^[22]	Terpenes have antiseptic, anti-fungal, or anti-inflammatory actions and are useful in wound healing ^[22]
5.	Apamarga (Mayurak)	<i>Achyranthes aspera</i> L.	Tannins, Alkaloids Flavanoids ^[23]	Anti-inflammatory, anti-cancer, antiviral, and antibacterial activity ^[23]
6.	Bharangi	<i>Clerodendrum serratum</i> L.	Saponin	Previously mentioned
7.	Rasna	<i>Pluchea lanceolata</i> (DC.) C.B. Clarke	Quercetin Isorhamnetin	Quercetin has a skin protective effect against damage caused by a variety of insects, including UV radiation, histamine, or contact with toxic chemical compounds. Indeed, quercetin can reduce redness, itching, and inflammation of damaged skin increasing hydration, and reducing water loss. Anti-inflammatory (inhibited the COX-2, TNF- α , and IL-6 production.)
8.	Langali (Indrapushpi)	<i>Gloriosa superba</i> L.	Colchicine	It has beneficial effects on cutaneous conditions, including leukocytoclastic vasculitis, and psoriasis.
9.	Vidarikanda (Shudrashweta)	<i>Plueraria tuberosa</i> (Roxb.) ex Willd.	Puerarin, Daidzein Genistein, Irisolidone	Anticancer, anti-inflammatory, anti-oxidant, wound healing properties
10.	Jyotishmati (Alwana)	<i>Celastrus paniculatus</i> Willd.	Sesquiterpene	Previously mentioned
11.	Ingudi (Tapas vriksha)	<i>Balanites aegyptiaca</i> (L.) Delile	Saponin	Previously mentioned

12.	<i>Mahashweta (katabhi)</i>	<i>Albizia lucida</i> Benth.	Triterpenoids, saponins, flavonoids, phenolic glycosides	Antitumour, antimicrobial, anti-inflammatory
13.	<i>Vrishchikali (Meshshringi Bhed)</i>	<i>Gymnema Sylvestre</i> R.Br.	Saponin	Previously mentioned

Aragwadhadi Gana

S.no	Plant	Botanical Name	Chemical Constituent	Pharmacological action and uses
1.	<i>Aragwadha</i>	<i>Cassia fistula</i> L.	Tannin	Previously mentioned
2.	<i>Menphala</i>	<i>Randia spinosa</i> Poir.	Saponin	Previously mentioned
3.	<i>Gopghonta</i>	<i>Zizyphus xylopyra</i> Willd.	Quercetin, quecitrin	Leaf paste applied on pimples boils
4.	<i>Kantaki</i>	<i>Flacourtia indica</i> Merr.	Steroids, terpenoids, phlabatannins, phenol	Antimicrobial activity, antioxidant activity
5.	<i>Kutaja</i>	<i>Holarrhena, Anti-dysenterica</i> (G.Don) Wall.ex A.DC.	Tannins	Previously mentioned
6.	<i>Patha</i>	<i>Cissampelos pareira</i> L.	Tannins	Previously mentioned
7.	<i>Patla</i>	<i>Stereospermum suavcolens</i> (Roxb.) DC.	Cyclooolivil (lignin derivative)	Wound healing, antimicrobial, anti-inflammatory properties.
8.	<i>Murva</i>	<i>Marsdenia tenacissima</i> (Roxb.) Moon	Triterpenes	Wound healing (modulates the production of ROS in the wound microenvironment, accelerating the process of tissue repair. Triterpenes may also induce cell migration, cell proliferation, and collagen deposition.)
9.	<i>Indryava (Kutajbeeja)</i>	<i>Holarrhena antidysenterica</i> (G.Don) Wall.ex A.DC.	Tannins	Previously mentioned
10.	<i>Satvana (Saptparna)</i>	<i>Alstonia Scholaris</i> (L.) R.Br.	Saponins, and tannins, flavonoids	Previously mentioned
11.	<i>Nimba</i>	<i>Azadirachta indica</i> A. Juss	Nimbin (triterpene), flavonoids, and saponins, tannins and alkaloids	The fungicidal, anti-inflammatory, and antioxidant properties of nimbin help to reduce damage by lowering the generation of reactive oxygen species
12.	<i>Kurantak</i>	<i>Barleria prionitis</i> L.	Alkaloids, terpenoids, tannins, quinones, and flavonoids	Antimicrobial, antioxidant, anti-inflammatory, and antiviral, antibacterial
13.	<i>Guduchi</i>	<i>Tinospora cordifolia</i> (Willd.) Hook.f. & Thomson	Berberine	Berberine has been reported to inhibit mast cell degranulation in a rat model of allergic contact dermatitis, inhibit the expression of MMP-9 and IL-6 in normal human keratinocytes, and to induce an anti-inflammatory response in mice with oxazolone-induced contact dermatitis

14.	<i>Chitraka</i>	<i>Plumbago zeylanica</i> L.	Plumbagin (naphthoquinone)	Prevention of skin cancer. inhibition of ultraviolet radiation (UVR)-induced development of squamous cell carcinomas (SCC)
15.	<i>Patola</i>	<i>Trichosanthes dioica</i> Roxb.	Flavonoids, tannins	Previously mentioned
16.	<i>Kirattikta</i>	<i>Swertia chirayita</i> (Roxb.) H.Karst	Gentianine (monoterpene alkaloid)	Anti-inflammatory (inhibits IL-1 β -induced inflammatory responses in rats) Inhibit the release of matrix metalloproteinases (MMPs) induced by IL-1 β .
17.	<i>Karela</i>	<i>Momordica charantia</i> L.	Saponins, flavonoids, triterpenes	Previously mentioned
18.	<i>Sharangashta</i>	<i>Physalis minima</i> L.	Gallic acid, steroid alkaloids, ellagic acid, catechol, catechins	Anti-inflammatory, antioxidant, antibacterial actions
19.	<i>Karanj dewy</i> (Naktmala, Putika)	<i>Pongamia pinnata</i> L. <i>Holoptelea integrifolia</i> Planch.	Previously mentioned	Previously mentioned
20.	<i>Dasi Kurantak</i>	<i>Barleria prionitis</i> L.	Barlerinoside, iridoid glycosides	Anti-inflammatory, free radical scavenging properties

Lakshadi Gana

S.no.	Plant	Botanical Name	Chemical Constituent	Pharmacological actions and uses
1.	<i>Laksha</i>	<i>Laccifera lacca</i>	Sugars, proteins, soluble salts, insect bodies	Injuries, fungal infections, eczema, scabies, herpes, wounds and other skin diseases
2.	<i>Katphala</i>	<i>Myrica esculenta</i> Buch-Ham. ex D.Don	Myricetin (MYR), a natural flavonoid compound; Tannins	Significantly inhibited UV-induced keratinocyte damage
3.	<i>Kutaja</i>	<i>Holarrhena antidysenterica</i> (G.Don) Wall.ex A.DC.	Previously mentioned	Previously mentioned
4.	<i>Kanera</i>	<i>Nerium Indicum</i> Mill.	Terpenoids, Saponins, Tannins	Previously mentioned
5.	<i>Haridra</i>	<i>Curcuma longa</i> L.	Curcumin	Curcumin protects the skin by quenching free radicals and reducing inflammation through nuclear factor-KB inhibition. Curcumin treatment also reduced wound-healing time, improved collagen deposition, and increased fibroblast and vascular density in wounds thereby enhancing both normal and impaired wound healing
6.	<i>Daruharidra</i>	<i>Berberis aristata</i> Sims	Berberine	Previously mentioned
7.	<i>Nimba</i>	<i>Azadirachta indica</i> A. Juss	Nimbin (triterpene), flavonoids, and saponins, tannins	Previously mentioned

			and alkaloids	
8.	<i>Saptparna</i>	<i>Alstonia scholaris</i> (L.) R.Br.	Previously mentioned	Previously mentioned
9.	<i>Chameli</i>	<i>Jasminum officinale</i> L.	Salicylic acid	Treat various skin disorders; its ability to exfoliate the stratum corneum; comedolytic property
10.	<i>Traymana</i>	<i>Gentiana kurroo</i> Royle	Pectin	Anti-oxidant activity (decrease in the absorbance of a radical-containing solution).
11.	<i>Arevata</i>	<i>Cassia fistula</i> L.	Tannins	Previously mentioned

Triphala

S.no.	Plant	Botanical Name	Chemical Constituent	Pharmacological actions and uses
1.	<i>Haritki</i>	<i>Terminalia Chebula</i> Retz.	Chebulagic acid Chebulinic acid (an ellagitannin) Corilagin (a gallotannin)	Anti-inflammatory Anti-oxidant activity As it can scavenge free radicals that cause inflammation and oxidative stress Anti-inflammatory Anti-oxidant Anti-inflammatory Anti-oxidant
2.	<i>Bibhitaka</i>	<i>Terminalia Bellerica</i> Roxb.	Beta-Sitosterol	It soothes irritated skin and is effective in skin conditions like atopic dermatitis. This phytosterol speeds up wound healing, skin recovery
3.	<i>Amlaki</i>	<i>Phyllanthus emblica</i> L.	Tannic acid Vitamin C	Previously mentioned Anti-oxidant (Vit. C protects the skin from oxidative stress by sequentially donating electrons to neutralize the free radicals.)

Triushna

S.no.	Plant	Botanical Name	Chemical Constituent	Pharmacological actions and uses
1.	<i>Pippali</i>	<i>Piper longum</i> L.	Piperine Piplartine Sesamin	It promotes the absorption of nutrients and helps reduce anaphylaxis on the skin, repigmentation of depigmented skin, and enhancement of skin colouration. Anti-inflammatory It can reduce UVB-induced inflammation
2.	<i>Maricha</i>	<i>Piper nigrum</i> L.	Piperine	Previously mentioned
3.	<i>Shunthi</i>	<i>Zingiber officinale</i> Rose.	Zingiberol Zingiberene Shogaol	Inhibit free radicals and oxidative stress. It reduces UVB-induced intracellular reactive oxygen species level, inhibits induction of COX-2 mRNA and protein as well as NF-kappaB translocation Anti-oxidant, Anti-inflammatory activities Anti-inflammatory 6-Shagaol protects human melanocytes against Oxidative stress through activation of the Nrf2-Antioxidant response Element Signaling Pathway. Inhibit the development of factors like Inflammatory cytokines, TNF- α , etc in Allergic dermatitis.

DISCUSSION

All the skin diseases in Ayurveda have been discussed under the broad headings of *Kushtha*. There are two types of *Kushtha* described in Ayurvedic classics, *Mahakushtha* and *Kshudrakushta*.

In Ayurveda, *Roga* can be considered as the imbalance of *Dosha* (functional unit of the body) and health as their balanced state so, *Sushruta* has clearly said that decreased *Doshas* in the body should be increased and increased *Dosha* should be decreased by means of use of *Dravyas* externally and internally.

Kushtha is always *Tridoshaja* in origin and the dominance of a particular *Dosha* leads to a specific symptom complex. It is produced invariably by the vitiation of the seven factors viz., three *Dosha* and four *Dushya*. Different types of pain, colors, etc are found in *Kushtha* because of *Anshanshakalpana* of the *Dosha* and *Sankhyavikalpa*. Any single *Dosha* is not the cause

According to Acharya Charaka

Type	Vata	Pitta	Kapha	Vata-Pitta	Pitta-Kapha	Vata-Kapha	Tridosha
Dosha	Kapala kushta	Udumbarakushta	Mandala Kushtha, Vicharchika	Rishyajeebha Kushtha	Pundarika Kushtha, Dadru, Charamdala, Pama, Visphota, Shtaru	Sidhama Kushtha, Ekkushtha, Charamkushta, Kitima, Vipadika, Alsaka	Kakanaka Kushtha

A total of 6 *Gana* are mentioned in *Sushrutoktgana* which has direct reference of '*Kushthghna*' in the *Shloka* these *Gana* are 1. *Salsaradi* (23), 2. *Arkadi* (14), 3. *Aragwadhadi* (21), 4. *Lakshadi* (11), 5. *Triphla* (3) and 6. *Triushna* (3).

In which total 75 drugs are mentioned in *Sushrut samhita Sutrasthan* chapter 38 out of which 29 drugs are *Kapha-Pitta shamaka*- ex. *Salsara*, *Ajakarn*, *Kadar*, *Tinish*, *Nagdanti* etc.

21 drugs are *Vata-Kapha-shamaka*- ex. *Shunthi*, *Marich*, *Pippali*, *Traymana*, *Katphala* etc.

14 drugs are *Tridosha-shamaka*- ex. *Mahashweta*, *Patla*, *Murva*, *Patol*, *Kiratikt*, *Guduchi* etc.

Acharya Sushruta has mentioned in *Shlok Su.38/81* that *Vaidya* can use these *Dravyas* as per need in the form of *Lepa*, *Kshayam*, *Tail*, *Ghrit*, or in the form of *Panak*.

Skincare: Before the application of these miraculous herbs for skin care, assessment of the type of skin is very important as some peculiar symptoms are mentioned in classical texts for three types of *Prakriti* ex. a person with *Vatik* skin (dry, rough, loose and wrinkled) and *Pittaj* skin (pigment disorders, rashes,

of *Kushtha*. All three *Dosha* are involved in *kushtha*. Though the provocative morbid *Dosha* are the same in all the varieties yet they are differentiated by the different dose of morbidity, sequel, and location which produce the difference in their characteristic pain, colour, seat, effect, name, and treatment.

Sushruta in *Su. Ni. 5/6* "*SaraavaniKusgthanisa-vatanisa-Pittanisa-shleshmanisa-kriminichabhavanti,*

uttasanastudoshgrehenambhibhavat" quotation states that all types of *kushtha* are *Vata* endowed, *Pitta* endowed, and *Kapha* endowed also microorganisms (ex. Bacteria) endowed. But the categorization of *kushtha* is because of the dominance of any particular *Dosha* over another. That's why symptoms related to that particular *Dosha* (dominant) reflect in a particular type.

acne, and pimples) by judiciously using *Madhura Rasa Dravyas* can get rid of above symptoms and attain more lustrous, shiny, and glowing skin. *Madhura Rasa Dravyas* enhances the growth of all seven *Dhatu* thus leading to increase in the *Oja*, which in turn leads to increase *Prabha* of skin.

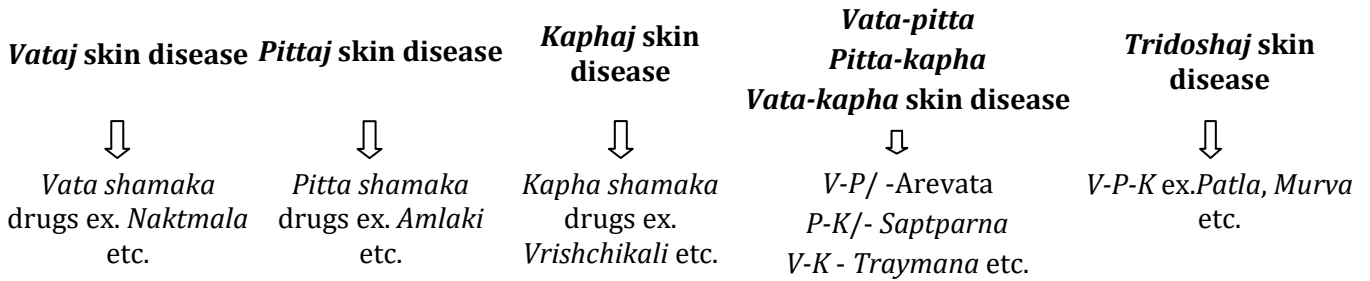
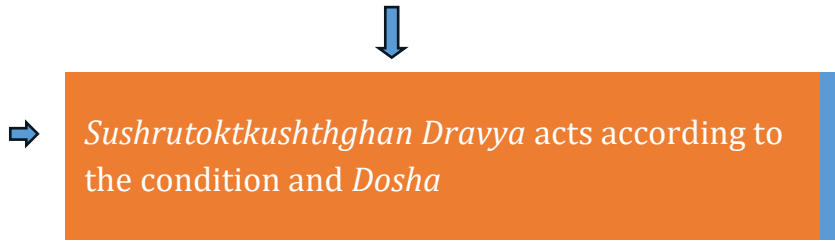
People with *Vatik* skin should also use *Amla Rasa Dravyas* for attaining healthy and youthful skin by their antioxidant property, MMPs inhibitory properties. A person with *Kaphaj* skin can use *Kshaya*, *Tikta*, and *Katu Rasa Dravyas* from above mentioned list of *Dravyas*. Some *Katu Rasa Dravyas* acts on propionibacterium acne and is helpful in the reduction of inflammation.

Kshaya Rasa Dravyas of the list can be selected for acne, wound healing, protection from UV rays and to protect skin from premature aging.

Thus, a person with *Kaphaj* skin (pores, excessively oily skin, and blackheads), as well as *Pittaj* skin (pigment disorders, rashes, acne, and pimples), can use *Kshaya Dravyas* to achieve healthy and lustrous skin.

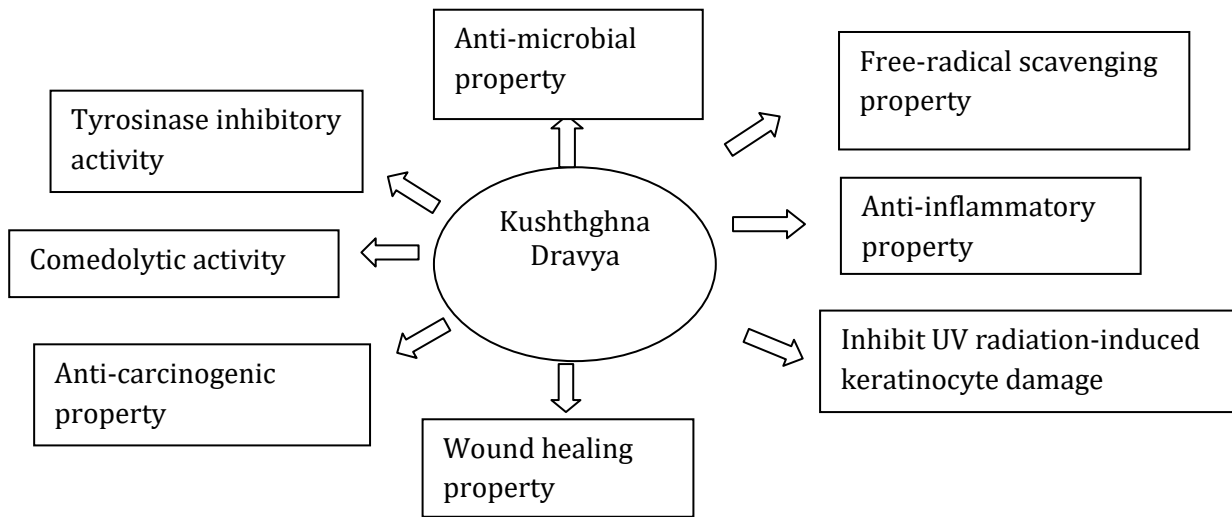
Ayurvedic view of mode of action of Dravyas on skin diseases

Hetu sevān ⇒ Doshaprakūpit (Tridosha) ⇒ Bahyamargdushit ⇒ Sypmtoms acc. to dominant dosha (Vataj, Pittaj, Kaphaj etc.)



Modern view: All skin diseases have one thing in common i.e. inflammation, excessive production of free radicals, superoxides, inflammatory cytokines, Interleukins, TNF, etc. and their manifestation according to the different skin conditions.

Dravyas which are mentioned in list, has antioxidant properties, tyrosinase inhibitory activity, free radical scavenging property, etc which is beneficial for skin disease and is also useful for skin care.



CONCLUSION

In a nutshell, after detailed interpretation of Kushthaghna Dravyas of Sushrutokt Gana, among 75 Dravyas, there are 15 Dravyas which are controversial in above list but after critical analysis with respect to commentator's view, we are now able to describe their botanical sources and explored much more than that. So that a Physician can choose and use more efficiently, frequently and clearly these Dravyas in their clinical practice with full scientific concepts, along with their probable mode of action as far as skin diseases are concerned. Also this critical review will be helpful for AYUSH students, PG scholars, PhD scholars etc. More

research and findings should be encouraged on this topic.

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