



CLINICAL SIGNIFICANCE OF *NIDANA PANCHAKA* IN DIAGNOSING *KUSHTHA ROGA* (SKIN DISORDERS)

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Abstract

The concept of *Nidana Panchaka*, a systematic diagnostic framework in *Ayurveda*, plays a pivotal role in identifying the etiopathogenesis of diseases, including *Kushtha Roga* (skin disorders). Skin diseases, being multifactorial in nature, demand a comprehensive understanding of causative factors, pathophysiology, and symptomatology. *Nidana Panchaka*, comprising *Nidana* (causative factors), *Purvarupa* (prodromal symptoms), *Rupa* (clinical features), *Upashaya-Anupashaya* (ameliorative and non-ameliorative factors), and *Samprapti* (pathogenesis), provides an integrative approach to diagnosing and managing *Kushtha Roga*. This paper highlights the clinical significance of *Nidana Panchaka* in diagnosing *Kushtha Roga*, focusing on its ability to delineate the progression of disease from its initial causative factors to clinical manifestation. The role of *Samprapti* in understanding dosha-dushya interactions and the contribution of external and internal

nidanas to the chronicity and recurrence of *Kushtha* are discussed. Furthermore, the practical application of *Nidana Panchaka* in contemporary dermatology is explored, emphasizing the holistic and individualized diagnostic approach inherent in *Ayurveda*. The study concludes that integrating *Nidana Panchaka* into clinical practice offers a robust framework for early diagnosis, targeted therapeutic interventions, and preventive strategies in *Kushtha Roga*. This approach underscores the relevance of classical *Ayurvedic* principles in addressing modern dermatological challenges, fostering comprehensive and sustainable healthcare solutions.

Keywords: *Nidana Panchaka*, *Kushtha Roga*, skin disorders, *Ayurveda*, *Samprapti*, etiopathogenesis, *dosha-dushya*, dermatology, holistic diagnosis, preventive healthcare.

Introduction

Ayurveda, the ancient Indian system of medicine, emphasizes a holistic approach to health, focusing on the balance of *doshas* (*Vata*, *Pitta*, and *Kapha*) and the maintenance of harmony within the body, mind, and environment.¹ Among its diagnostic frameworks, the concept of *Nidana Panchaka* holds a central position, offering a systematic methodology for understanding the etiopathogenesis of various diseases.² It encompasses five key components: *Nidana* (causative factors), *Purvarupa* (prodromal symptoms), *Rupa* (clinical features), *Upashaya-Anupashaya* (ameliorative and non-ameliorative factors), and *Samprapti* (pathogenesis). This integrative approach aids in comprehensively analyzing the disease, its origin, progression, and potential therapeutic pathways.³

Kushtha Roga (skin disorders) is one of the most elaborately described disease groups in *Ayurvedic* texts, encompassing a wide range of dermatological conditions. These disorders are characterized by their chronicity, complexity, and multifactorial etiologies, often involving systemic imbalances, lifestyle irregularities, and environmental triggers.⁴ The understanding and management of *Kushtha Roga* necessitate an in-depth analysis of its causative and aggravating factors, as well as its clinical manifestations. By employing the principles of *Nidana Panchaka*, practitioners can unravel the intricate interactions between *doshas* and *dushyas*, guiding the formulation of personalized treatment plans.⁵

The integration of *Nidana Panchaka* in diagnosing *Kushtha Roga* not only highlights the diagnostic precision of *Ayurveda* but also underscores its relevance in addressing contemporary dermatological challenges.⁶ This approach bridges the gap between

classical *Ayurvedic* wisdom and modern clinical practices, providing a robust framework for early diagnosis, prevention, and management. By understanding the principles of *Nidana Panchaka*, practitioners can foster a deeper connection between ancient methodologies and modern therapeutic needs, ensuring a comprehensive and patient-centered approach to healthcare.⁷

Aim

To explore the clinical significance of *Nidana Panchaka* in diagnosing and managing *Kushtha Roga* (skin disorders) through an *Ayurvedic* perspective.

Objectives

1. To analyze the role of *Nidana Panchaka* in understanding the etiopathogenesis of *Kushtha Roga*.
2. To evaluate the diagnostic by *Nidana Panchaka* in identifying causative factors and clinical features of skin disorders.
3. To bridge classical *Ayurvedic* methodologies with contemporary dermatological practices for effective healthcare solutions.

Materials and Methods

1. **Literature Review:** Classical *Ayurvedic* texts such as *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridaya* were studied to extract information on *Nidana Panchaka* and its application in diagnosing *Kushtha Roga*.

Conceptual Study

The conceptual framework of *Nidana Panchaka* in *Ayurveda* provides a detailed understanding of disease progression, encompassing both causative and diagnostic aspects. Each component of *Nidana Panchaka* plays a critical role in the holistic assessment of *Kushtha Roga*:

Nidana (Causative Factors)

In *Ayurveda*, the term *Nidana* signifies the root causes or factors that initiate and contribute to the development of a disease. In the context of *Kushtha Roga* (skin disorders), *Nidana* plays a pivotal role in disrupting the balance of the *doshas*—*Vata*, *Pitta*, and *Kapha*—which are fundamental to maintaining physiological harmony. The

disturbance of *Pitta* and *Kapha doshas* is particularly significant in the manifestation of *Kushtha Roga*.⁸

- **Dietary Habits (Ahara):** Inappropriate dietary practices, known as *Ahithkara Ahara*, are a primary *nidana*. Excessive consumption of incompatible foods (*Viruddha Ahara*), such as mixing milk and fish, and a diet rich in heavy, oily, and sour foods aggravate *Kapha* and *Pitta doshas*. Similarly, excessive intake of spicy, salty, and fermented foods exacerbates *Pitta*, while a lack of fresh and wholesome food weakens the body's immunity and disrupts tissue metabolism (*dhatu agni*), leading to *rasa* and *rakta dhatu dushti* (vitiation of plasma and blood tissues).⁹
- **Lifestyle Irregularities (Vihara):** Irregularities in lifestyle (*Asatmya Vihara*) are another critical factor. Sedentary habits, lack of physical activity, excessive sleep during the day (*Divasvapna*), and overexposure to cold and damp environments aggravate *Kapha*. Conversely, excessive physical exertion, irregular sleep patterns, and prolonged exposure to heat aggravate *Pitta*. Together, these lifestyle factors disrupt *dosha* equilibrium and weaken the skin's resilience.¹⁰
- **Psychological Stressors (Manasika Nidana):** Mental health plays an integral role in the manifestation of *Kushtha Roga*. Chronic stress, anxiety, and unresolved emotional disturbances exacerbate *Pitta* and *Vata doshas*, leading to systemic inflammation and skin hypersensitivity. Psychological imbalances also weaken the body's natural ability to detoxify, making it more susceptible to skin disorders.¹¹
- **Contamination of Rakta Dhatu (Blood):** *Rakta dhatu* (blood tissue) contamination is central to the pathogenesis of *Kushtha Roga*. Factors such as improper digestion (*Ama* formation), environmental toxins, and lifestyle-induced stress contribute to the vitiation of *Rakta dhatu*. This results in impaired circulation, increased heat (*ushna guna*), and the accumulation of toxins (*dosha mala*) in the skin, which manifests as visible lesions and discoloration.¹²
- **External Factors:** Environmental factors, including pollution, allergens, and exposure to harsh chemicals, further exacerbate *Kushtha Roga*. These external irritants act as triggering agents, aggravating the already imbalanced *doshas*. For instance, exposure to dust and toxins can lead to hypersensitivity reactions, while prolonged contact with water or humidity can aggravate *Kapha*, intensifying symptoms like itching and scaling.¹³

Purvarupa (Prodromal Symptoms)

In *Ayurveda*, *Purvarupa* refers to the preliminary or prodromal symptoms that appear before the full manifestation of a disease. In the context of *Kushtha Roga* (skin disorders), *Purvarupa* serves as an early warning system, highlighting subtle imbalances in the *doshas* and *dhatu*s (tissues). Recognizing and addressing these signs at this stage is crucial for preventing the disease from progressing to a more severe or chronic form.¹⁴

- **Dryness (Rukshata):** One of the earliest indications of *Kushtha Roga* is the appearance of dryness on the skin, which is attributed to the imbalance of *Vata dosha*. This dryness often signals impaired moisture regulation within the skin tissues, reflecting systemic imbalances in the *rasa* (plasma) and *rakta dhatu*s (blood). Dryness may start as a localized issue but can gradually spread if left untreated, leading to rough and scaly skin.¹⁵
- **Discoloration (Vaivarnya):** Subtle changes in skin color, known as *vaivarnya*, often precede the full-blown manifestation of *Kushtha Roga*. These discolorations can vary from pale to dark, depending on the predominant *dosha*. For instance, *Pitta-dominant Kushtha* may present with reddish or yellowish discoloration due to excessive heat and inflammation, while *Kapha-dominant Kushtha* may show whitish or pale patches indicative of stagnation and coldness.¹⁶
- **Itching (Kandu):** Persistent or intermittent itching is another common prodromal symptom. Itching reflects *dosha* vitiation, often involving *Kapha* and *Pitta*, and can be accompanied by mild irritation or sensitivity of the skin. This symptom is particularly significant as it indicates an underlying imbalance in the blood and skin tissues, often linked to an accumulation of toxins (*ama*) in the body.¹⁷
- **Mild Eruptions (Pidaka):** Small, mild skin eruptions or bumps may also appear as early signs of *Kushtha Roga*. These eruptions are generally painless or mildly painful and may not cause immediate concern to the patient. However, they reflect deeper systemic imbalances, such as impaired digestion, toxin accumulation, or localized *dosha* aggravation. Over time, these eruptions can develop into more severe lesions if left untreated.¹⁸
- **Other Subtle Indicators:** Additional early signs may include a feeling of tightness or roughness on the skin, a mild burning sensation in *Pitta-dominant* cases, or a

sticky and oily texture in *Kapha-dominant* presentations. These subtle indicators provide valuable diagnostic clues, emphasizing the importance of an in-depth assessment in the early stages.¹⁹

Rupa (Clinical Features)

In *Ayurveda*, *Rupa* refers to the manifested clinical features of a disease, offering a detailed description of the symptoms visible during its fully developed stage. In the context of *Kushtha Roga* (skin disorders), *Rupa* encompasses a wide spectrum of dermatological symptoms that vary in presentation, severity, and chronicity depending on the involvement of *doshas* (functional energies) and *dushyas* (body tissues). These symptoms serve as diagnostic markers, guiding the practitioner in identifying the type and stage of the disease.²⁰

- **Visible Skin Changes** The hallmark of *Kushtha Roga* is the presence of visible abnormalities on the skin. These changes manifest as:
 - **Patches (Mandala or Vartma):** Irregular or circular patches on the skin that may vary in size and texture. These patches can be rough, dry, or oily depending on the predominant *dosha*.
 - **Scaling (Raji):** Scales or flaky skin are commonly seen in *Vata-dominant Kushtha*, reflecting dryness and roughness caused by imbalanced *Vata dosha*.
 - **Pustules (Pidaka):** Small, raised lesions or pustules are common in *Pitta-dominant Kushtha*, indicating inflammation and heat. These may sometimes ooze or cause burning sensations.
 - **Discoloration (Vaivarnya):** Changes in skin color, ranging from reddish and yellowish tones in *Pitta-dominant Kushtha* to pale or white patches in *Kapha-dominant Kushtha*, are diagnostic indicators of the involved *doshas*.
- **Maha Kushtha (Major Types):** *Maha Kushtha* refers to the severe or major types of skin disorders, often characterized by deep tissue involvement, chronicity, and systemic implications. These include conditions involving significant vitiation of all three *doshas* (*Tridoshaja Kushtha*). Symptoms of *Maha Kushtha* often extend beyond the skin, impacting muscles, bones, and even organs, making them more

challenging to treat. Examples include conditions with thick, hardened skin, deep ulcers, or systemic symptoms such as fever or malaise.²¹

- **Kshudra Kushtha (Minor Types):** *Kshudra Kushtha* refers to milder forms of skin disorders, which are more localized and less chronic. These conditions typically involve a single or dual *dosha* imbalance and are easier to manage. Examples include minor rashes, mild discoloration, or localized itching. Though less severe, untreated *Kshudra Kushtha* can progress to more significant conditions over time.²²
- **Dosha-Specific Features** Each type of *Kushtha Roga* presents distinct features based on the predominance of a particular *dosha*:
 - **Vata-dominant Kushtha:** Dryness, roughness, cracks, and dark-colored lesions are typical, with symptoms exacerbating in cold and dry climates.
 - **Pitta-dominant Kushtha:** Redness, inflammation, burning sensations, and pustules, often aggravated by heat and spicy foods.
 - **Kapha-dominant Kushtha:** Oily skin, pale or white discoloration, swelling, and itching, often aggravated by cold and damp environments.
- **Progression and Chronicity** The clinical features of *Kushtha Roga* evolve over time, often transitioning from mild symptoms to more severe manifestations. Chronic cases may lead to thickened skin, fissures, or recurrent infections, reflecting deeper involvement of *dhatus* such as *rasa*, *rakta*, *mamsa* (muscle tissue), and *tvak* (skin).²³
- **Categorization Based on Dushyas:** In addition to *doshas*, *dushya* involvement such as vitiation of *rakta dhatu* (blood) and *mamsa dhatu* (muscle tissue) contributes to the diversity in clinical features. Skin conditions associated with blood contamination often present with discoloration and inflammation, while muscle involvement may lead to induration or nodules.²⁴

Upashaya-Anupashaya

In *Ayurveda*, *Upashaya* and *Anupashaya* are diagnostic tools used to refine the understanding of a disease's nature and its causative factors. *Upashaya* refers to treatments or interventions that provide relief or alleviate symptoms, while

Anupashaya denotes measures that fail to bring relief or may even exacerbate symptoms. In the context of *Kushtha Roga* (skin disorders), these factors are essential for confirming the involvement of specific *doshas* and tailoring individualized treatment strategies.²⁵

- **Role in Dosha Identification** The patient's response to various treatments helps determine the predominant *dosha* involved in *Kushtha Roga*. For instance:
 - If symptoms improve with the application of cooling and soothing remedies, it indicates *Pitta* involvement, as such interventions pacify *Pitta dosha*.
 - If dryness and roughness are alleviated by oily or moisturizing treatments, *Vata* is likely the dominant factor.
 - When symptoms respond to drying and lightening therapies, it points toward *Kapha* predominance, as such measures reduce *Kapha's* heavy and oily qualities.
- **Types of Upashaya** *Ayurveda* identifies several types of *Upashaya*, including:
 - **Ahara Upashaya (Dietary Relief):** Modifying the diet can reveal dosha involvement. For example, a diet rich in bitter and cooling foods alleviating symptoms suggests *Pitta* dominance, while warm and nourishing foods benefiting the patient indicate *Vata* involvement.
 - **Vihara Upashaya (Lifestyle Modifications):** Changes in daily habits, such as avoiding exposure to cold and dampness for *Kapha-dominant Kushtha*, can provide clues about dosha imbalances.
 - **Aushadha Upashaya (Herbal Remedies):** Specific herbal treatments, such as *Neem* for *Pitta-dominant Kushtha* due to its cooling and detoxifying properties, are used to observe the patient's response.
 - **Chikitsa Upashaya (Therapeutic Interventions):** Procedures like *Shodhana* (purification therapies) or topical applications are assessed for their efficacy in alleviating symptoms.²⁶
- **Anupashaya and Diagnostic Clarity** *Anupashaya* plays an equally important role by identifying what does not work or worsens the condition. For example:

- Worsening symptoms after the application of oily treatments may suggest *Kapha* dominance.
- Aggravation of inflammation with hot or spicy foods confirms *Pitta* as the causative factor.
- Increased dryness or irritation following exposure to wind or dry environments indicates *Vata* involvement.²⁷

This negative feedback helps rule out certain *dosha* involvements, leading to a more precise diagnosis.

- **Guidance for Treatment** *Upashaya-Anupashaya* not only aids in diagnosing *Kushtha Roga* but also provides a practical framework for developing treatment protocols. By observing the patient's response to different interventions, practitioners can fine-tune the therapeutic approach. For instance:
 - If cooling therapies like *Pradeha* (poultices) relieve itching and burning, they guide the use of anti-inflammatory and detoxifying treatments for *Pitta-dominant Kushtha*.
 - If warm, lubricating therapies like *Abhyanga* (oil massage) alleviate dryness and scaling, these become a central part of the treatment for *Vata-dominant Kushtha*.
- **Individualized Approach** The utility of *Upashaya-Anupashaya* underscores the *Ayurvedic* emphasis on individualization. No two patients with *Kushtha Roga* respond identically to the same treatment. By continuously analyzing ameliorative and non-ameliorative factors, practitioners ensure that therapies are dynamically adjusted to meet the patient's unique needs.²⁸

Samprapti (Pathogenesis)

In *Ayurveda*, *Samprapti* refers to the sequence of events that lead to the manifestation of a disease, describing the progression from causative factors (*Nidana*) to fully developed clinical features (*Rupa*). For *Kushtha Roga* (skin disorders), *Samprapti* provides a comprehensive framework to understand the dynamic interplay between *doshas* (biological energies), *dhatu*s (tissues), *srotas* (microchannels), and systemic factors.²⁹

- **Initiation of Dosha Aggravation**-The pathogenesis of *Kushtha Roga* begins with the vitiation of *doshas*, primarily *Pitta* and *Kapha*, although *Vata* can also be involved depending on the condition. The causative factors (*Nidanas*), such as improper diet, lifestyle irregularities, and environmental exposure, disrupt the equilibrium of these *doshas*.³⁰
 - *Pitta* contributes to inflammatory processes, heat, and discoloration.
 - *Kapha* leads to stagnation, thickening of skin, and itching.
 - *Vata* induces dryness, roughness, and scaling. The imbalanced *doshas* initiate a cascade of pathological changes, setting the stage for further disease progression.
- **Dhatu Impairment**-The vitiated *doshas* affect the *dhatu*s (tissues), particularly *Rasa* (plasma), *Rakta* (blood), and *Mamsa* (muscle tissue).
 - *Rasa dhatu dushti* leads to impaired hydration and nourishment of the skin, causing dryness and roughness.
 - *Rakta dhatu dushti* is central to *Kushtha Roga*, resulting in inflammation, discoloration, and the accumulation of toxins (*ama*) in the blood.
 - *Mamsa dhatu dushti* can manifest as nodules, thickening of the skin, or indurated patches. The progression of *dhatu dushti* reflects the chronicity and depth of the disease, with more severe conditions involving deeper tissues.³¹
- **Srotas (Microchannel) Blockage**-The *srotas*, or microchannels, are responsible for the circulation of nutrients, fluids, and metabolic byproducts within the body. In *Kushtha Roga*, the vitiated *doshas* obstruct these channels, particularly the *tvak srotas* (skin channels).
 - Blocked *srotas* impair the skin's ability to eliminate toxins, leading to their accumulation in localized areas.
 - This blockage also disrupts the delivery of nourishment to the skin, contributing to visible symptoms such as scaling, lesions, and discoloration. The involvement of *srotas* highlights the systemic nature of *Kushtha Roga*, as the skin reflects the health of internal systems.³²

- **Systemic Imbalances**-The accumulation of *ama* (toxins) due to impaired digestion (*Agni dushti*) plays a critical role in the systemic aspect of *Kushtha Roga*. Weak digestive fire leads to incomplete metabolism, resulting in the production of *ama*, which circulates in the body and lodges in the skin and other tissues. Additionally, the imbalance in *ojas* (immunity) reduces the skin's ability to resist external irritants and infections, exacerbating the condition. The systemic spread of *doshas* from their original sites (*Koshtha*) to peripheral tissues (*Shakha*) marks a significant turning point in the disease.³³
- **Stage-Wise Progression**-The *Samprapti* of *Kushtha Roga* can be understood in stages:
 - **Chaya (Accumulation)**: Initial dosha accumulation due to causative factors.
 - **Prakopa (Aggravation)**: Aggravated doshas begin to disturb the tissues and channels.
 - **Prasara (Spread)**: Vitiated doshas circulate in the body, reaching *Rakta dhatu* and *tvak srotas*.
 - **Sthana Samshraya (Localization)**: Doshas settle in the skin and cause localized symptoms.
 - **Vyakti (Manifestation)**: Full-blown clinical features of *Kushtha Roga* appear, including patches, scaling, and discoloration.
 - **Bheda (Complication)**: Advanced stages with systemic involvement and chronicity.³⁴

Discussion

The diagnostic framework of *Nidana Panchaka*, particularly its application in *Kushtha Roga* (skin disorders), exemplifies the holistic and integrative approach of *Ayurveda*. By systematically addressing the causative factors (*Nidana*), prodromal symptoms (*Purvarupa*), clinical features (*Rupa*), ameliorative and non-ameliorative factors (*Upashaya-Anupashaya*), and pathogenesis (*Samprapti*), *Ayurveda* provides a comprehensive understanding of the disease. This discussion highlights the relevance of

this approach in both classical and contemporary contexts, offering insights into its diagnostic precision and therapeutic potential.³⁵

Unlike modern medicine, which often focuses on isolated symptoms, *Ayurveda* views *Kushtha Roga* as a systemic disorder influenced by lifestyle, diet, psychological factors, and environmental triggers. The inclusion of *Nidana* and *Samprapti* in the diagnostic process allows practitioners to identify the root causes and trace the disease's progression. This comprehensive understanding not only facilitates targeted interventions but also empowers patients to make preventive lifestyle changes, addressing the multifactorial nature of skin disorders.³⁶

The recognition of *Purvarupa* (prodromal symptoms) underscores the preventive focus of *Ayurveda*. Early symptoms such as dryness, discoloration, and mild itching serve as critical warning signs that enable timely intervention. Modern dermatology often overlooks such subtle signs, focusing primarily on advanced manifestations. Incorporating *Purvarupa* into clinical practice bridges this gap, ensuring early diagnosis and management, which are essential in preventing chronicity and systemic complications.³⁷

The principles of *Upashaya-Anupashaya* provide a dynamic feedback mechanism that is unique to *Ayurveda*. By analyzing the patient's response to dietary, lifestyle, and therapeutic interventions, practitioners can refine their understanding of the disease's *dosha* involvement and adjust treatments accordingly. This emphasis on individualization contrasts with the one-size-fits-all approach of many modern therapeutic strategies, making *Ayurveda* particularly effective for managing complex and chronic conditions like *Kushtha Roga*.³⁸

The concept of *Samprapti* offers a nuanced perspective on the systemic nature of *Kushtha Roga*. By highlighting the role of *dosha-dushya* interaction, *srotas* blockage, and *dhatu* impairment, *Samprapti* aligns closely with modern understandings of systemic inflammation and immune dysfunction in chronic skin disorders. This alignment provides a strong basis for integrating *Ayurvedic* principles with contemporary dermatological practices, enhancing diagnostic and therapeutic outcomes.³⁹

The insights gained from *Nidana Panchaka* directly inform treatment strategies. For example, therapies aimed at pacifying specific *doshas*, cleansing toxins through *Shodhana*

procedures, and rejuvenating the skin and immune system through *Rasayana* therapies are guided by the pathogenesis described in *Samprapti*. Additionally, the emphasis on dietary and lifestyle modifications addresses both the symptoms and root causes of *Kushtha Roga*, ensuring long-term management and prevention of recurrence.⁴⁰

The diagnostic precision and therapeutic depth of *Nidana Panchaka* provide a valuable complement to modern dermatology. While conventional medicine excels in symptomatic relief and acute care, *Ayurveda* offers a preventive, holistic approach that addresses underlying imbalances. Collaborative integration of these systems can enhance the management of skin disorders, particularly those that are chronic, multifactorial, or resistant to conventional treatments.⁴¹

Conclusion-The application of *Nidana Panchaka* in diagnosing and managing *Kushtha Roga* (skin disorders) exemplifies the holistic and integrative approach of *Ayurveda*. By addressing the causative factors (*Nidana*), recognizing early indicators (*Purvarupa*), analyzing clinical manifestations (*Rupa*), observing therapeutic responses (*Upashaya-Anupashaya*), and understanding disease progression (*Samprapti*), this framework offers a comprehensive understanding of *Kushtha Roga*. This study underscores the clinical significance of *Nidana Panchaka* in identifying the root causes and systemic imbalances underlying skin disorders. The emphasis on early diagnosis, personalized treatment, and preventive strategies highlights the relevance of *Ayurvedic* principles in managing complex and chronic conditions. Furthermore, the pathogenesis described in *Samprapti* aligns with modern understandings of systemic inflammation and immune dysfunction, creating opportunities for integrating *Ayurveda* with contemporary dermatological practices. The *Nidana Panchaka* approach provides a robust diagnostic and therapeutic framework for managing *Kushtha Roga*. Its emphasis on holistic care and individualization ensures effective and sustainable healthcare solutions, making it a valuable complement to modern medical systems. This integrative approach not only enhances the understanding and treatment of skin disorders but also promotes overall health and well-being.

CONFLICT OF INTEREST –NIL

SOURCE OF SUPPORT –NONE

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