

Understanding *Charmadala* in Children - An Ayurvedic Review Based on *Kashyapa Samhita*

Dr. Renija R

Assistant Professor, Department of Kaumarabhritya, JS Ayurveda Mahavidyalaya, Nadiad, Gujarat, India

Email: renija18[at]gmail.com

Abstract: In Ayurveda all types of skin disorders are collectively referred as Kushta. It is classified as Mahakushta and Kshudra kushta with Charmadala being categorized under kshudra kushta by most of the acharyas. Among them Acharya kashyapa has given a distinct emphasis to Charmadala, recognizing it as Vata pradhana twak vikara primarily affecting infants and toddlers who are in a delicate stage and has immature Dhatus. Acharya kashyapa has dedicated an entire chapter to Charmadala detailing the Nidana panchaka with specific etiological and clinical considerations specific to pediatric age group. It is primarily characterized by Charmavadarana - cracking of skin, dryness, itching, redness and papules. The current review analyses the ayurvedic understanding of Charmadala including its clinical features, etiopathogenesis and treatment modalities

Keywords: Kashyapa Samhita, Kushta, Charmadala

1. Introduction

Ayurveda is a holistic science grounded in the principles of balance, natural healing and individualized care. Among the classical texts that form the foundation of Ayurvedic knowledge, *Kashyapa Samhita* holds a prominent position especially in the branch of *Kaumarabhritya*. *Kashyapa Samhita* provides important insights in to various diseases, including dermatological conditions. One such unique condition described is the disease *Charmadala*. *Charmadala* in children is different from the form seen in adults, both in symptoms and how the disease develops. *Acharya kashyapa*, has given special importance to this condition by dedicating a whole chapter to it. In this chapter, he explains the nidana panchaka of the disease *charamadala* which is specifically seen in children. The term *Charmadala* refers to a disease characterized by *Charma avadarana* (cracking of skin),

Kandu (itching), *Raga* (redness), *Pidaka* (papules) etc predominantly affecting the outer layers of the skin. Though grouped under *Kshudra Kushta*, *Charmadala* presents with disturbing symptoms that can affect quality of life of children. It is an *Utpata roga* (recurring in nature) as mentioned by Acharya kashyapa. The description of *Charmadala* in the *Kashyapa Samhita* referred as *Kashyapokta charmadala*

2. Nirukti and Paribhasha

The word *Charmadala* is derived from the word *Charma dalayati*, and *dala-An Pratyaya*¹ It is defined as “*Charmadalamethi Charmavadaranaath*”² which means it is characterized by *Charmavadarana* ie Splitting or Cracking of the skin, caused by predominance of Vata.

Table 1: Samanya Nidana of Charmadala in children

Ahara Nidana	Viharaja Nidana	Other factors
<ul style="list-style-type: none"> In <i>Ksheerapa</i> (child who is only on breast milk) due to <i>Stanyadosha</i> (vitiation of breast milk) In <i>Ksheeramada</i> (child who is on breast milk and solid foods)- due to <i>Stanya</i> and <i>Ahara Dosha</i> 	<ul style="list-style-type: none"> Excessive rubbing with <i>Vastra</i> (Cloth) <i>Anila, atapa sevana</i> (exposure to wind and sunlight) <i>Sveda, Upanaha</i> (excessive sweating & poultices) <i>Svamala mutra samsparshat</i> (by contact with his own urine & faeces) <i>Asoucha</i> (unhygiene) <i>Paani pidanat</i> (excessive scratching) <i>Ati udvarthanat</i> (excessive rubbing with powder) 	<ul style="list-style-type: none"> <i>Sukumara</i>-delicate <i>Asthira dhatu</i>-immature body tissues <i>Kula pravrutti</i>-genetic factors <i>Mridu shareera</i>-sensitive skin

Distribution of Charmadala³

- Mukha* (face)
- Gala* (neck)
- Hasta* (hands)
- Pada* (legs)
- Vrishana* (scrotal region)
- Kati* (sacral region)
- Anga sandhi* (joints)

- Klesha sahata* (capability of withstanding the difficulties)

Classification of Charmadala⁵

- Vataja*
- Pittaja*
- Kaphaja*
- Sannipataja*

Reasons of non-appearance of Charmadala in older children⁴

- Sthira Katina samhata Tvak*, *Asthi*, *Dhatu* (Due to stable and compact body elements)
- Nitya vyayamo upachita gatra* (body being strong due to daily physical activity)

Volume 14 Issue 4, April 2025

Fully Refereed | Open Access | Double Blind Peer Reviewed Journal

www.ijsr.net

Table 2: Nidana of Vataja, Pittaja and Kaphaja Charmadala

Type	Nidana
<i>Vataja charmadala</i>	<ul style="list-style-type: none"> • <i>Ruksha ahara</i> , <i>ruksha samudacharaa</i>(dry mode of life and dietics) • <i>Udavarta sheela</i> (suppression of natural urges) • <i>Upavasana sheela</i> (fasting) • <i>Ati chankramana</i> (excessive walking) • <i>Ati vyayama</i>(excessive physical activity) • <i>Ati kleshana</i>
<i>Pittaja charmadala</i>	<ul style="list-style-type: none"> • <i>Krodha</i> (excessive anger) • <i>Santapa</i> (excessive exposure to sun) • <i>Ushna</i> (excessive heat) • <i>Amla, lavana katu ahara sevana</i> (excessive intake of sour, salt and pungent food) • <i>Vidagdha</i> (Indigestion) • <i>Adhyashana</i> (Intake of food before digestion of previous meals)
<i>Kaphaja charmadala</i>	<ul style="list-style-type: none"> • <i>Guru, amla, lavana madhura Ahara</i> (Excessive intake of heavy, sour, salt, sweet food) • <i>Abhishyanda ahara</i> • <i>Diva swapna</i> (day sleep) • <i>Alasya</i> (laziness) • <i>Ahita</i> (non congenials)

Table 3: Charmadala Lakshana ⁵

Types	Stanya lakshana	Rupa in Baala
<i>Vataja</i>	<i>Udake prakshipta</i> (floats in water), <i>Plavate</i> (scattered), <i>Vichyandate</i> <i>Chatrayate</i> (spreads like umbrella), <i>Shyavabhasa</i> (Blackish) <i>Tikta kashaya rasa</i> (Bitter and astringent taste)	<i>Kandu</i> (Itching), <i>Sphutana</i> (cracking), <i>Parushata</i> (roughness), <i>Shyavata</i> (blackish) <i>Tanu vivarna Atisara</i> (diarrhoea with scattered and discoloured stool), <i>Pravepaka</i> (convulsions) <i>Mukha shosha</i> (dryness of mouth), <i>Romaharsha</i> (horripilation)
<i>Pittaja</i>	<i>Udake prakshiptam</i> (floats in water) <i>Harita rakta asitavabhasam</i> (greenish, reddish and slight blackish in colour) <i>Katu amla lavana tikta rasa</i> (Pungent, sour, salty and bitter) <i>Ushna sparsha</i> (Hot in touch)	<i>Rakta neelavabhasini</i> (Red and blue lusture), <i>Shyava peetabhani</i> (black or yellow colour), <i>Shushka chavi</i> (dry in appearance), <i>Ushna</i> (Hot) , <i>Kuthita dosha purna</i> (With putrifaction), <i>Visrapani</i> (spreading), <i>Tvak mamsa darana</i> , (cracking of skin and flesh) , <i>Padma prakashani agni</i> <i>Dagdopamani</i> (resembles leaf of lotus which is burnt with fire), <i>Atisara</i> (harita ,peeta) (Green and yellow coloured Diarrhoea) , <i>Gudapaka</i> (anal suppuration) <i>Daha</i> (burning sensation) , <i>Mukha shosha</i> (dryness of mouth, <i>Chardi</i> (vomiting)
<i>Kaphaja</i>	<i>Jale nishitatyadastat</i> (settle down in water) <i>Sandra</i> (thick) <i>Sneha bahala</i> (over unctuous) <i>Sheeta sparsha</i> (cold in touch) <i>madhura rasa</i> (sweet in taste)	<i>Sheeta mandala</i> (patches which are cold), <i>Snigda</i> (unctuous), <i>Sandra</i> (dense), <i>Shveta</i> (white) <i>Na Atyartha vedana</i> , (No much pain associated) <i>Sarshapa matribhi pidaka</i> , (Papules resembling mustard), <i>Chira paki</i> (late Suppuration), <i>Kandu</i> (Itching), <i>Toda</i> (Pricking pain) <i>Pratishyaya</i> (Coryza) <i>Arochaka</i> (Anorexia), <i>Anga gourava</i> (Heaviness of Body parts), <i>Kasa</i> (Cough), <i>Bahula, pichila Atisara</i> , (Diarrohea with solid stools) <i>Nishtanati</i> (Difficulty in breathing) <i>Shleshma Chardi</i> (Vomits mucous), <i>Tandra</i> (Drowsiness) <i>Shveta talu</i> and <i>aushta</i> , (whitish discolouration of palate and lips)
<i>Sannipataja</i>	Mixed symptoms	<i>Krishna raktavabhasa mandala</i> (black and red discoloured patches) , <i>Dagda prakasha</i> (resembles burnt jaggery) , <i>Kshipra paka</i> (early suppuration) , <i>Vigandhini</i> (foul smelling) <i>Puti kunapa visravi</i> ,(putrifaction) <i>Nishtanatya nisham</i> (difficulty in breathing) <i>Krichrena rodati</i> (cries with difficulty) <i>Stanam nabhinandati</i> (refusal to breast milk) <i>Krishna arunavabhasa atisara</i> (Blackish and reddish loose stools)

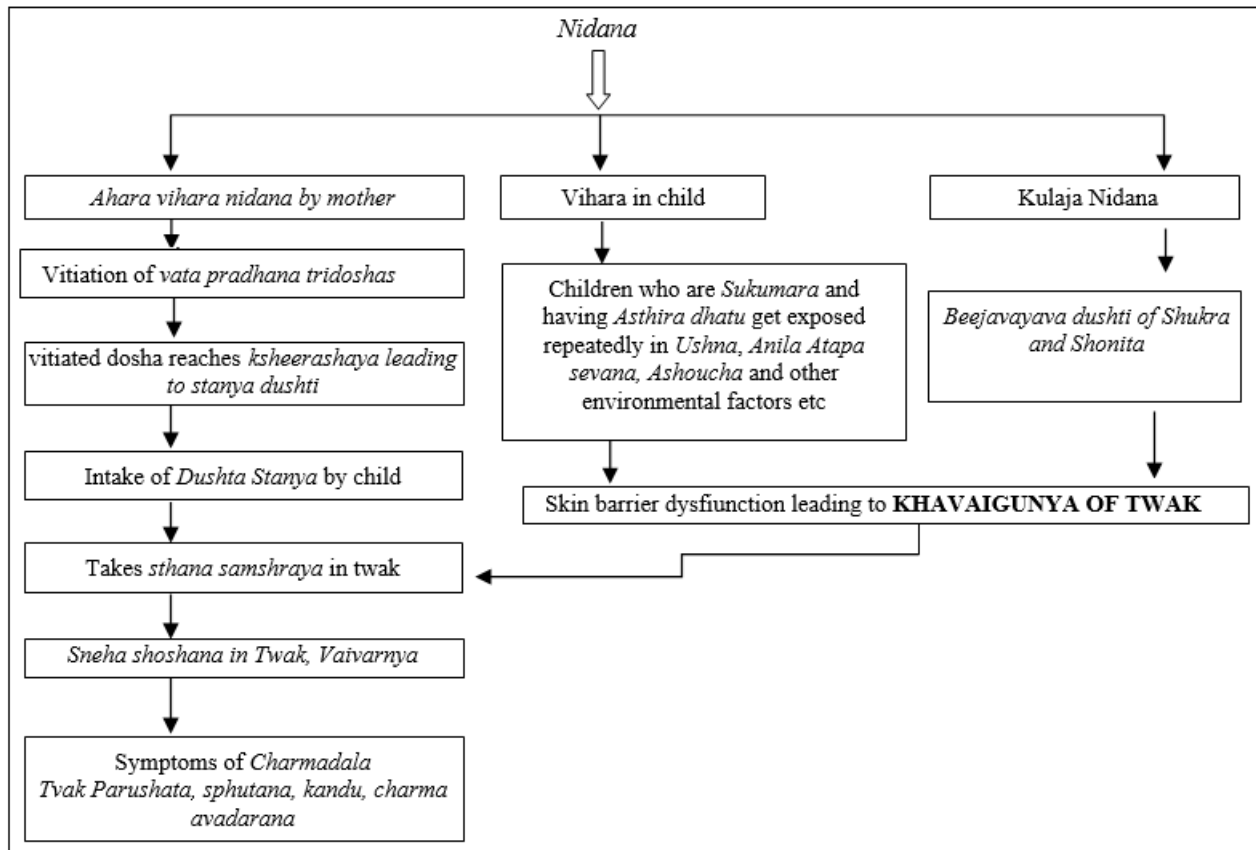


Figure 1: Samprapti of Charmadala

4.Samprapti ghatakas

Dosha – Vata pradhana tridoshas

Dushya –Rasa,rakta

Srotas - Rasavaha srotas,raktavaha srotas

Srotodushiti – Sanga

Udhbava sthana-Twak

Sanchara sthana – Sarva shareera

Vyakta sthana-Twak

Rogamarga – Bahya roga marga

Acharya Kashyapa has given a detailed explanation regarding the treatment protocol of Charmadala seen in children. Shodhana should be given to Dhatri after considering the bala of Rogi and Roga and severity of the disease followed by Pathya bhojana. He also opines that the physician should not attempt to treat incurable one and the curable one should be treated with efforts. Charmadala in which the features of two Doshas are seen, if associated with suppuration, then appropriate treatment should be given considering severity of disease inspite of giving treatment repeatedly.

Treatment of Vataja Charmadala

Treatment to Dhatri

Dhatri should be given Sneha Abhyanga (oleaginous massage) and Svedana (sudation) first, there after Ghrita should be given for drinking either mixed with powdered Nilika or else with Trivrut. After wards Laghu yusha (methodically prepared soft cooked rice) added with Snigdha Dravyas, Dadima and Rock salt should be given to eat. She should sleep and sit in air free place and should not have Ajeerna (indigestion) and should not indulge in Vyayama (exercise) and maithuna (sexual intercourse).

Vyadhi swabhava- Yapya

Asadhya lakshanas of Charmadala ⁶

Chardi (vomiting), Trishna (Thirst), Jvara (Fever), Adhmana (Distention of abdomen), Shvayathu (inflammation), Hikka (hiccough), Shwasa (Dyspnea), Svava bheda (Dysphonia)

Treatment Principles of Charmadala ⁷

For the purification of breast milk-

Dhatri should be given decoction of Vidarigandha, Eranda, Bruhati, Goksuraka, Punarnava and Prshniparni or decoction of both Panchamula for drinking. Paste of Rasna, Sugandha and Nakuli should be anointed over breast and Pradeha (thick ointment) with Ajagandha, Avalaguj, Bruhati and Kantakari should be applied.

Treatment to child

Acharya Kashyapa has advised only Bahirparimarjana Chikitsa yogas for Children with Charmadala.

Pradeha -Kalka (paste) prepared out of shatahva, madhuka, ajagandha, kashmarya, brihati,kantakari, bala, peelu, guduchi or Kalka prepared out of bhadramusta and agaru or Kalka out of tila and purana sarpi

Parisheka or Seka -Ksheerapaka (milk decoction) or Sukhoshna kwatha (luke warm decoction) prepared out of Puga, Palasha, Patali, Rasna

Abhyanga -Oil prepared out of Devadaru, Rasna ,kernel of Bahirna or Oil prepared out of Bilva,Devadaru, Choota, Muktiphala or Oil prepared out of Dvibala, Bilva moola, Suradaru, Amra peshi

Treatment of Pittaja Charmadala-**Treatment to Dhatri**

Dhatri should be given with *Sneha abhyanga* and to be treated with *Vamana* and *Virechana*. *Vamana* should be induced with decoction of *Nimba* along with paste of *Pippali* or with *Pippali* and *Lavana* for *Dosha nirharana* (elimination of *Doshas*). *Virechana* should be given either with *Mrdvika*, *Ikshu rasa* and *Abhaya* etc. or with combination of *Mrdvika* and *Amalaka* or else with milk decoction or decoction prepared out of *Aragvadh* fruit pulp by considering the strength of the patient. After *Shodhana samsarjana karma* (diet) to be followed using *Yavagu* and *Yusha* (both plain and seasoned soup).

For purification of breast milk

Decoction of *Kashmari*, *Madhuka*, *Parushaka*, properly cooled and mixed with sugar and *Madhu* or the decoction of *Payasya*, *Sariva*, *Amrta*, *Madhuka* and *Mrdvika* mixed with sugar should be given for drinking. *Stana lepa* (anointment of breast) with paste of *Prapoundarika*, *Sariva*, *Ushira* and *Chandana* to be done.

Treatment to child

Pradeha -Kalka prepared out of *Madhuka*, *Ksheera*, *Chandana*, *Rasanjana*, *Tunga* or *Kalka* prepared out of *Yashtimadhu* and *Chandana* or *Kalka* with *Madhuka*, *Chandana*, *Bhadramusta*, *Manjishta*, *Rasanjana* or *Kalka* with *Rasanjana*, *Sariva*, *Madhuka*, *Chandana*, *Ushira* or *Kalka* prepared out of *Kakubha*, *Udumbara*, *Ashwatha*, *Vata*, *Nala mula*, *Shaluka* and *Vanjula* mixed with ghee or *Kalka* with *Visha*, *Mrinala*, *Padmaka*, *Manjishta*, *Padma*, *Rasanjana* *Abhyanga* and *avachoorana-Abhyanga* with *Ghrita* prepared out of *Madhuka*, *Madhuparni*, *Veda*, *Vetasa*, *Shatavari*, *Nala moola*, *Kadali*, *Kusha*, *Kasha*, *Padma*, *Utpala*, *Ikshu*, *Vidari*, *Vata*, *Udumbara*, *Tvak*, *Jambu*, *Kumbhika*. After *Abhyanga*, *Avachurnana* (dusting) with powdered *Lodhra*, *Madhuka*, *Daruharidra*, *Amalaki*, *Tvak*, *Patra* to be done over the body. By this *Jvara*(fever), *Daha* (burning sensation), *Raga*(redness), *Paka*(suppuration) and *Vrana*(ulcers) will reduce.

Treatment of Kaphaja charmadala**Treatment to Dhatri**

Vamana should be carried out in *Dhatri* following the *Snehana* and *Swedana* procedure. *Vamana* should be given with Gruel either prepared with decoction of *Nimba*, *Madanaphala* mixed with good quantity of salt or else with *Madanaphala*, paste of *Tila* and rice or else, to the one having drink *Sneha* mixed with good quantity of salt, the vomiting should be induced by giving hot water mixed with *Pippali* for expulsion of *Sleshma*. After emesis the *Sirovirechana* should be given, and then soft cooked rice with soup of *Mudga*, *Satina*, twig of *Vetra*, *Patola*, *Nimba*, *Mustaka* etc should be given for eating.

Drugs like *Kutaja phala*, *Musta*, *Priyangu*, *Sarngishta*, *Pata*, *Lodhra*, *Guduchi*, *Murva* etc in the dose of one Aksha mixed with luke warm water to be given for drinking or the paste of *Pata*, *Shringabera* or paste of fruits of *Kutaja* and *Patha* or powder of *Kiratiktaka* and *Musta* should be given with honey for licking. Fermented

decoction of *Bhadramusta*, *Arista*, *Patola*, *Murva*, *Daruharidra*, *Triphala*, *Sapta parna* and *Tvak* with honey should be used just like electuary.

Stana Lepa should be done with paste of *Mustaka* and leaves of *Malati*.

Treatment to child

Pradeha -Kalka prepared out of *Kutaja*, *Arishta*, *Aragvada*, *Mada*, *Svadukantaka* *Mustaka* with *Naktamala* should be applied or *Kalka* with *Kushta*, *Shukanasha*, *Rohini*, *Mustaka*, *Kirata tikata*, *Ativisha* or *Kalka* with *Surasa*, *Shigru*, *Musta*, *Kalamalaka*, *Vidanga*, *Hinguparni* or *Kalka* with *Triphala* and *Daruharidra* or *Kalka* prepared out of *Haridra* and *Rasanjana*

Abhyanga -Oil cooked with *Bhadramusta*, *Ushira*, *Asphota*, *Atarushaka*, *Haridra*, *Karanja*, *Sumana* and *Arishta*.

6.Conclusion

In Ayurveda *Charmadala* is identified as *Vata Pradhana Tridosha vyadhi*. It is mentioned under the category of *Kshudra kushta* by other *Acharyas*. These references generally describe *Charmadala* in a brief manner, primarily in the context of adult presentations of skin diseases. However, *Acharya Kashyapa* offers a detailed description of *Charmadala* in *Kashyapa Samhita* wherein he addresses *Charmadala* as a pediatric condition emphasizing its unique presentation in children. He has dedicated an entire chapter to this disease named *Charmadala Chikitsadhyaya* in *Khila stana* wherein he has explained the *Nidana panchaka* in detail.

Acharya kashyapa explains that *Charmadala* primarily affects children during *Ksheerada* and *Ksheerannada Avastha*. These are considered critical developmental phases when a child's digestion and immunity are still immature and dependent on maternal factor. The disease is often caused by intake of *Dushta stanya* (vitiated breast milk) which is due to mother's improper diet and regimens. It is characterized by *Charma avadarana*, *Parushta*, *Kandu*, *Pidaka*, *Raga* etc symptoms. *Acharya Kashyapa* places a special emphasis on *Kulaja Nidana* (genetic predisposition) and has mentioned it as a *Utpata roga*(Recurring in nature).

By devoting a separate chapter to *Charmadala*, *Acharya Kashyapa* not only brings attention to its clinical importance in pediatric age group but also provides a holistic and structured approach to its management, which includes both *Shodhana* and *Shamana* therapies, along with dietary and lifestyle guidance for both mother and child.

References

- [1] Sri Bhattacharya TT. Vachaspatyam. Delhi: Oriental Book Store; 2002.Vol 4. p.2903.
- [2] Tewari P V (editor), Acharya Vriddhajivaka. Kashyapa Samhita or Vriddhajivakiya Tantra, Sutra sthana. Ch.15. Ver.6. Varanasi: Chaukhambha Vishwabharati; 2018: p.622.

- [3] Tewari P V (editor), Acharya Vriddhajivaka. Kashyapa Samhita or Vriddhajivakiya Tantra, Sutra sthana. Ch.15. Ver.4. Varanasi: Chaukhambha Vishwabharati; 2018: p.622.
- [4] Tewari P V (editor), Acharya Vriddhajivaka. Kashyapa Samhita or Vriddhajivakiya Tantra, Sutra sthana. Ch.15. Ver.5. Varanasi: Chaukhambha Vishwabharati; 2018: p.622.
- [5] Tewari P V (editor), Acharya Vriddhajivaka. Kashyapa Samhita or Vriddhajivakiya Tantra, Sutra sthana. Ch.15. Ver.6-10. Varanasi: Chaukhambha Vishwabharati; 2018: p.622-4.
- [6] Tewari P V (editor), Acharya Vriddhajivaka. Kashyapa Samhita or Vriddhajivakiya Tantra, Sutra sthana. Ch.15. Ver.11. Varanasi: Chaukhambha Vishwabharati; 2018: p.625.
- [7] Tewari P V (editor), Acharya Vriddhajivaka. Kashyapa Samhita or Vriddhajivakiya Tantra, Chikitsa sthana. Ch.15. Ver.15. Varanasi: Chaukhambha Vishwabharati; 2018: p.625-8.

Author Profile



Dr Renija R, BAMS, MD(Ayu), working as an Assistant Professor, Department of Kaumarabhritya, J S Ayurveda Mahavidyalaya, Nadiad, Gujarat