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## **MANAGEMENT OF MANDALA KUSTHA THROUGH AYURVEDA: A CASE REPORT**

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*Kustha is a term that encompasses a broad spectra of skin diseases in the classical texts of Ayurveda. Almost all the Kusthas can be diagnosed clinically in the present Era on the basis of its classical presentations but needs keen expertise. Skin diseases are common these days due to improper changes in life style, consumption of Viruddha Ahara (antagonistic food), unsanitary condition and mental stress. Mandala Kustha is one of the seven Mahakusthas which occurs due to predominance of Kapha Dosha. It clinically presents as Shveta (~whitish), Rakta (~Blood Reddish), Sthira (~immobile), Styanah (~dense), Snigdha (~unctuous), Utsanna (~Elevated), Mandala (~Circular) skin lesions. A 29 years old female presented at the OPD of Government Ayurvedic Institute at New Delhi with chief complains of multiple Reddish white circular elevated skin lesions 1-2 cm in diameters on the face for last 3-4 months. It was spreading gradually to different parts of the body. Brihat Manjisthadi Kashayam, Pancha Tikta Guggulu Ghrita, Arogyavardhani Vati, Draksharishta, Avipattikar Churna, Gandhak Rasayan were administered in the patient with the proper follow of Pathya (compatible health regime). Complete remission of the skin lesion was noted within a span of 6 months with no recurrence in post treatment as visible in the images. Classical Ayurvedic formulations with Nidana Parivarjanam (avoidance of etiological factors) are a boon to treat chronic skin conditions in a very effective and cost friendly approach*

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