

**A REVIEW ON THE SKIN DISEASE PAMA KUSHTHA AND ITS
MANAGEMENT THROUGH AYURVEDA**

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ABSTRACT

Skin is a shield which protects the human body and it is a chain between internal and external environment. Numerous interrelated factors affect the health of skin like hygiene, nutrition, immunity, age psychological state. Every person is conscious for skin because it is important for cosmetic purpose. Ayurveda has a huge collection of much treatment which is also useful in skin disease according to modern times. In Ayurveda skin disease are known as *kushtha roga* and *kshudra roga*, *pama kushtha* is a variant of all these skin disease. Medical management of pama kushtha is done by using properties of *raktashodhak*, *raktashaman*, *vishaghna*, *krimighna*, *kandughna dravyas*. Ayurveda mentioned various numbers of herble medicine and therapy for skin care disease.

KEYWORDS: Pama, Kushtha, Skin, Rakta, Saptakodravaya, Kushthaghna.

INTRODUCTION

Skin is a largest organ of human body which also includes the skin hair & nails etc. it makes up 15 percent of the body weight¹. Skin disease is known as *kushtha roga* in Ayurveda, *kushtha* is a chronic illness that causes the skin to have an unattractive colour, tone, texture, and altered tactile sensibility. *Pama kushtha* is included within eighteen type of *kushtha rogas*. *kushtha rogas* is caused by dysfunction of *saptako dravyavata*, *pitta*, *kapha*, *twak*, *mamsa*, *rakta*, & *lasika*, the *kushtha* caused by these affects the whole body². Acharya Charak has considered six layer of skin while shushrut has told 7 layer of skin. *Pama kushtha* situated at the fourth & fifth layer known as *tamra* and *vedini twacha*. It is associated

with multiple papule like skin lesion with red, black colour and excessive itching³. *Pama kushtha* can be correlate with scabies in modern science, it is a contagious disease caused by a mite, *sarcoptes scabiei* is spread through contact with infected person or contact with infected, bed, clothes, towel and other infected objects⁴. *pamavyadhi* is one of the commonest disease that happens to low socio-economic class. Most of the people are not conscious about their personal hygiene which can lead many systemic illness like, skin disease⁴. Young children and the elderly in resource poor hygein are mostly risk to scabies⁵. It is not a life threatening condition but it can cause various complication like dermatitis, eczema, immunodeficiency etc.

sign, symptoms⁶, & treatment of *pamakushtha* are well described in ayurveda texts⁷. In ayurved samhitas, various acharyas has told about its treatment which is effective. by the using of shodhan and shaman chikitsa it can be eradicated from root, also ahara and vihara have been given priorities for health management in ayurveda⁸.

AIM AND OBJECTIVES

- To the study of *pama* and scabies from ayurveda and modern view.
- A literary review of drugs acting on *pamakushtha* (scabies).

Sign and Symptoms

As per acharya shushruta *pamakushtha* associated with *shrava*, *kandu*, *daha*, and it originates mainly in the hip, arm, and leg⁹.from a modern point of view *pamakushtha* can be correlate with scabies, in which the following symptoms are found

-Pruritus - itching starts after 2 to 4 week of infestation. It is more symptoms of scabies and at night itching sensation aggravate parasites come out of their burrows.

-Burrow lesion_ burrowing lesion on skin is the diagnostic sign of scabies. It is slightly elevated 20 – 80 mm, grayish tortuous or dotted line in the skin ridge. Burrow lesion are easily can be seen in soft part of skin like, hand, feet, penis, scrotum.

-Rash - during initial phase of infection, the host is asymptomatic but after 4-6 weeks itchy rashes develops the rashes comprises, inflammatory excoriated papules which are commonly found in under arms, periareolar region on abdomen, buttocks, thigh¹⁰.

Management of Pama Kushtha Samshodhan Chikitsa¹¹

Panchkarma Procedure	Dravya Used
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Vaman karma	<i>Vamankarma</i> can be done by using madanphal, mulethi, patolpatra, and nimba patra swaras. Due to this procedure <i>kaphadosa</i> is determined outside the body.
Virechana karma	Nishoth, dantimoola or triphala are common drugs for <i>virechana karma</i> , which is described by Acharya Charak ⁷ .
Asthapana basti	As a <i>vatashamak</i> procedure <i>asthapana basti</i> can be given with daruharidra, brihati, khasa, patolpatra, nimbpatra, madanphal, amaltasa ⁷ .
Nasya karma	Saindhava, dantimoola, tulsi, pippali, vidanga, karanja are used for <i>nasya</i> procedure ⁷ .
Dhoompana	Virechana dhoom are mostly useful in <i>kushtharoga</i> , who pacifies <i>urdhvajatrugatakushtha</i> ⁷ .
Raktamokshan	It can be done by using of <i>trikurchakshashtra</i> , indication of <i>raktamokshan</i> are once in every 6 month , told by acharya Charak ⁷ .

In the condition of kushtha roga, excessive vitiation of dosha is found. For the elimination of kupit dosha panchakarma therapy should be given repeatedly like vaman karma in every 15 days, virechan

karma in every 1 month, raktamokshan once in 6month and nasya karma in every 3 days. Mainly kushtha is a kleda pradhan vyadhi, accumulation of kleda is faster because of snigdha, Sandra and pichchhil guna, that's why the vaman is done in every 15 days⁶. The same pitta dosha accumulates slowly

Samshaman Chikitsa

because vishra, sara and katu properties, hence virechana karma should be done in 1month⁶. Raktamokshan karma also helpful in kushtha, rakta is the ashraya for pitta, when kupit rakta is removed the skin gets nourished by the shuddha rakta thus bringing down the kushtha¹².

Bahya prayogarth ¹³		Aabhyantar prayogarth ¹⁴	Single drugs ¹⁵
1.Sindooradya	taila	1.Sitadi avleha,	1. Khadir,
2.Arka-manashila	taila	2.Pathyadi	2. Abhaya,
3.Aaditya paka	taila	3.Mahatiktak	3. Amlalaki,
4.Durvadya	taila	4.Tiktashatpal	4. Arushkar,
5.Somraji taila		5.Kanakarishtha	5. Saptaparna,
6.Trinak taila		6.Khadirarishta	6. Aragvadha,
7.Mulak beejadi	yoga	7.mahamanjishthady	7. Karavir,
8.Kababadi	lepa	arishta	8. Vidanga,
9.Aaragvadha patra	lepa	8.Haridra khand	9. Jatipraval,
10.Jeerak taila		9.Manjishthadi arka	10. Haridra,
		10.Panchtikta	11. Giloy,
		guggulu	12. Kushtha
		11.Triphala guggulu	13. Manjishtha,
			14. Amaltas,
			15. Haridra,
			16. Nimba

Phytoconstituents of Kushthaghna Dravya

There are kushthaghna and kandughna gana described by various acharya, which is used in skin disease. Herble medication work through their physicochemical component, each dravya has its own active principle and it has effect on different disease, some herbs like Chakramard(cassia tora), Neemb(Azadiracta indica), Haridra(curcuma longa), khadir (acasia catechu), Amaltas (cassia fistula) etc are commonly used for skin disease. If seen in Chakramard the main antifungal component identified was chrysophanic acid – 9 anthrone. The component has prevent the growth of

Trichophyton rubrum, Tricophyton montagrophytes, Microsporum canis, microsporum gypseum. L ascorbic acid and ethanolic acid also showed the inhibition of the growth of C albicans¹⁶. Neemb has complex of various constituents including and play role in skin disease. Quercetin and beta sitosterol polyphenolic flavonoids purified from fresh leaf of neem. Where known to have antifungal and antibacterial activities. Quercetin and beta sitosterol shows inhibitory effect on microbial growth of cell wall breakdown. Due to its abundance of antioxidants, neemb has the ability to scavenge free radicals¹⁷. Haridra is commonly used in skin for twak prasadana. It shows antiinflammatory, antioxidant and

antineoplastic properties. Curcumin, beta termerone, curcuminoids are main ingredients of turmeric that act on skin. In an early study conducted in india a combination of neem and turmeric was effective in treating scabies¹⁸. Karanj is one of the herbs of krimighna group that act on skin disease. Karanj, ponapin, kanjone, pongaglabrone and pongenol are responsible for the antiallergic and immunomodulation action. It causes the paralysis and death of adult earthworm and shows antiplasmodium activity¹⁹.

Pathya and Apathya²⁰

Pathya Ahara	Pathya Vihara
Laghu anna, tikta rasa shaka, bhallataka, triphala, nimbpatra, puran anna, jangal mamsa ras, moong daal, parval shaka, karela	Devpujan, gurupujan, sheetal jala snana, ratrihayan, awgahan
Apathya Ahara	Apathya Vihara
Amla dravya, tila, masa, moolak, dadhi, dugdha, vidahi anna, vishtambhi anna, anup jala evam mamsa sevan, guda, drava anna like khichdi peya	Swedanakarma, aatap sevan, kritaghna bhav, vegdharana, maithun karma, divashayan, paap karma

DISCUSSION

The three vitiated doshas, vata pitta kapha in turn vitiate the *twaka* (skin or rasa dhatu), *rakta*(blood), *mamsa* (muscle tissue), *ambu*(lymph or plasma part of blood tissue). These taken together, constitute the seven fold pathogenic substance of *kushtha*. *kushtha* is never caused by the vitiation of only one of the above mentioned pathogenic

substance i.e. all of them are necessarily involved in the causation of skin disease²¹. *Kushthahardravayas* like chakramard, kushtha, khadir, haridra, karanj, haritaki etc having krimighna potency, most of these drugs are tikta rasa in nature and are sheeta veerya in potency except the drug like saptaparna, bhallataka. they go through fragrant metabolic transformation and have a pale, dry colour. Due to above said they act as a good purifiers, complexion enhancers, immune booster, laxative and detoxification effect²². most of the medicine were found to contain katu, tikta, kashaya, madhur rasa, ushna veerya, katu vipaka and laghu ruksha guna. Most of them exhibits kaphaghna and *kapha-pittaghna* properties. As per ayurved samhitas herble drugs that are using for local application act on skin directly, as per aacharya shushruta dosha of *kushtha* roga situated at the fourth and fifth layer of skin names are *tamra* and *vedini* twacha. local application absorbed by skin pores and travels to each layer with the help of *vyanvayu* and they act on the place where *doshas* situated and excrete through sweating and renal perfusion. When drugs are using by oral route, it acts like a purifier with the help of katu, tikta, kashaya guna and sheet veerya potency. *rasadhatu* is the first most important *dhatu* of the body. the purity and the nature of all *dhatu*s depends on the *dhatvagni* of *rasadhatu*.if *rasadhatu* is *samya* then other *dhatu* will also be *samya*, if *rasa dhatu* is contaminated then all other *dhatu* also have contaminated²³. These theory help to treat *kushtha* roga in ayurveda science. Oral medication of *kushthaghnadravya* mixing with the *rasadhatu* in GIT formed as a result of food by *aharapaka*, with the help of circulation it enter into various dosha like *ambu* (mala of

rasa dhatu), rakta, and refine it by mutravaha and swedovaha srotasa.

If seen from the point of view of panchkarma, vaman karma, virechan karma, asthapana basti nasya, dhoompana, and raktamokshan are indicated. In the condition of kushtha roga excessive vitiation of dosha are found, for the elimination of kupit dosha panchakarma therapy should be given repeatedly²⁴.

CONCLUSION

Ayurveda samhitas and nighantus are rich with the knowledge to treat kushtha roga and have various methods to use medication externally and internally. Skin is an important organ of communication with the external world, seat of *sparshanendriya* and has a eternal relationship with mann. therefore, any type of skin disease can affect the mental health. In current day ayurveda medicine are very beneficial because safe for long term use, having less adverse effect and disease can be eradicated from the root by the using of Ayurveda treatment.

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