



## MANAGEMENT OF SCABIES (PAMA) THROUGH TOPICAL FORMULATION OF AYURVEDA: A CASE STUDY

**Dr. Prakash Joshi\***

Ph.d scholar, Assistant professor, department of Rachna Sharir, Govt.(Auto) Dhanwantari Ayurved college Ujjain M.P. 456001 \* Corresponding Author

**Dr. Yogesh Wane**

Associate professor, department of Rachna Sharir, Govt.(Auto) Dhanwantari Ayurved college Ujjain M.P. 456001

### ABSTRACT

Skin diseases are considered amongst the most common pathological conditions since their prevalence are very high and people of all age group are facing skin related issues world wide. Scabies is one such contagious pathological condition which can spread from one to another through close contact. According to Ayurveda it is termed as *Pama* and considered as *Ku h ha* which mainly involves vitiation of *Kapha* and *Pitta Dosha*. It is believed that young children mainly get affected with cardinal symptoms of scabies such as; eruptions, itching, blisters, red bumps and burning sensation, etc. Ayurveda drugs like *Gandhaka rasayana*, *Arogyavardhini vati*, *Khadirarishta* and *Aragwadhadhi kashaya*, etc. are useful in such types of skin ailments. Topical formulations play pivotal role to cure *Pama* and present case report support this fact evidently. This case study reported successful management of *Pama* with the help of *Gandhaka Malham* and *Karanj Oil*.

**KEYWORDS :** Ayurveda, Scabies, Pama, Gandhaka Malham, Karanj Oil

### Introduction

Healthy skin is indeed a basic requirement of every human being but there are many skin diseases which can affect health of skin and these diseases are considered as *Kushtha* in Ayurveda. *Kushtha* not only affect person physically but it also imparts social and mental problems to the sufferer. *Kushtha* on the basis of lesions broadly considered as *Mahakushtha* and *Kshudra Kushtha*. Scabies (*Pama*) is one of the *Kshudra Kushthas* which is *Kapha* & *Pitta* predominant disorder. Scabies is caused by *Sarcoptes Scabiei* especially in young children. Scalp, face, palms of hands, sole of feet and neck, etc. are the sites which get affected commonly. The common signs and symptoms are *Toda*, *Kandu*, *Daha*, *Pitika* and *Srava*.

### Cause of Scabies:

- Through skin to skin contact from infected person.
- Sharing clothes, bed and belongings of others.
- Poor immunity
- Poor hygiene
- Overcrowding

Pathologically, this disease involves vitiation of *Kapha* & *Pitta* due to the indulgence in etiological factors which further vitiates *Twak*, *Rakta* and *Lasika*, etc.

General line of treatment involves purification of blood, removal of toxins and pacification of local symptoms. However *Pathya-apathya* including dietary and life style modifications also recommended for relieving disease severity.

### Aim & Objective:

1. It was aimed to cure patient using ayurveda therapy
2. The objective of this report is to establish evidentiary support to the fact that classical ayurveda formulations can cure skin disease like *Pama* effectively. This report also presented probable mode of action of therapy in scabies.

### Materials & Methods

**Gandhaka Malham**- *Gandhaka Malham* is an ointment composed of *Sikta taila*, *Gandhaka*, *Girisindura*, *Tankana Bhasma* and *Ghanasara*. It is prepared by heating *Sikta taila* and other ingredients added and stirred when *Sikta taila* gets cooled down.

The proportional compositions of ingredients may be as follows:

- *Sikta taila*
- *Gandhaka*
- *Girisindura*
- *Tankana Bhasma*
- *Ghanasara*
- *Camphora*

### Karanj Oil

*Karanj Oil* (*Pongamia oil*) is derived from *Milletia pinnata* tree, *Karanja* oil obtained by cold press extraction of *Karanja* seed. The fatty acid compositions of *Pongamia pinnata* crude oil are palmitic acid, stearic acid, oleic acid, linoleic acid and dosocanoic acid, etc. It is thick and orange to brown in colour having medicinal value in the treatment of skin diseases.

### CASE REPORT

A female girl aged 12 years, registration no. 16608 came with chief complaints of scabies; lesions over wrists and forearms, itching in affected area, rashes over both hand especially in fingers, watery discharge and scaling.

### History

Initially patient was asymptomatic but from few months she developed rashes between the fingers with itching. The symptoms started from fingers then spread to the wrist, forearm and itching became worse.

### General clinical examination:

- *Nadi*: 76/min.
- *Sparsha*: *samshitoushna*
- *Mutra*: *Samanya*
- *Nidra*: *Samanya*
- *Jivha*: *niram*
- *Druka* (eyes): *prakruta*

### TREATMENT PLAN

- *Gandhaka Malham*
- +  
• *Karanj Oil*

*Gandhak Malham* diluted with *karanj oil* is given for application on affected area.

### Method of Application

The patient was advised to apply topical preparations twice a day, after cleaning of affected parts with warm water. It was advised to apply formulations evenly over affected area and

ensure longer contact time with skin.

**Follow up period:** After every 10 days

#### Advice (Pathya):

- Patients family members were advised to avoid physical contact
- Maintenance of hygienic condition was strongly advised
- It was advised to avoid salty, sour, spicy and oily foods
- Cleaning of body regularly advised whenever coming from outside
- Avoidance of stress and late night awakening
- It was advised to report immediately in case of any allergic events

#### OBSERVATION AND RESULTS

Assessment on cardinal symptoms of *Pama* was done after follow up period of every 10 days;

**Table 1** represents significant relief in signs and symptoms of *Pama* after one month therapy.

**Table 1: Effect of therapy in symptoms of *Pama*:**

S. No.	Sigand symptom	Before Treatment	After Treatment	
			1st follow up	2nd follow up
1	<i>Kandu</i>	+++	+	--
2	<i>Pidika</i>	+++	++	--
3	<i>Srava</i>	++	+	--
4	<i>Daha</i>	++	+	---

Severe (+++), Moderate (++), Low (+), No symptoms (---)

#### Discussion

*Pama Kushtha* is considered *Pitta-Kapha* predominant *Vyadhi* with symptoms of *Srava*, *Pidika* and *Kandu*, etc. Ayurveda mainly suggested uses of *Deepan*, *Pachana* & *Rukshana* therapies along with *Swedana*. Prescribed drugs possess *Kashaya Rasa*, *Ruksha Guna*, *Sheeta Virya* and *Katu Vipaka* thus imparts *Kapha-Pitta Shamaka* effect therefore relieves pathogenesis of disease. *Vranaropaka*, *Kushthaghna* and *Shonitasthapaka dravya* reduces symptoms of disease. Ayurvedic drugs remove toxins, cause *Shoshan* of *Snigdha* & facilitate *Pachana* of *Kleda*. *Gandhaka Malhara* possesses *Raktashodhaka* and *Vranaropaka* properties therefore improve process of healing. Topical formulations not only facilitate *Shodhana* & *Ropana* of lesions but their *Sheeta Virya* relieves symptoms of *Daha*.

Skin possess great capacity to absorb medications directly when applied topically, therefore *Taila* (oil) based preparation absorbed efficiently from skin and *Snigdha Guna* of *Taila* prevents drying of skin. *Karanj* oil in this way imparts beneficial effects and it also acts as *Kushthaghna* & *Kanduhara* therefore useful to restrict disease pathogenesis and control symptomatic severity of disease simultaneously. *Karanj* oil relieves other symptoms such as; *Toda* and *Daha*. *Gandhaka Malhara* consisted of *Sikthataila*, *Girisindura*, *Gandhaka*, *Tankana Bhasma*, *Karpura* and *Haratala*, these all ingredients together imparts *Vranaropaka* effect therefore provide therapeutic effects in *Pama*.

#### Conclusion

The finding of case report suggested that *Gandhaka Malhar* along with *Karanj* oil is very useful in the management of *Pama Kushtha*. Antimicrobial action of formulations break pathogenesis of disease while anti-inflammatory, demulcent and antipruritic action of these formulations provides symptomatic relief. Moreover drugs possess analgesic action thus reduces pain of soft tissues while blood purifying effect correct vitiation of *Rakta* locally. Hence it can be concluded that *Gandhaka Malhar* and *Karanj* oil along with *Pathya-*

*apathya* including dietary and life style modifications especially maintenance of proper hygiene offer therapeutic relief in *Pama*. Therapy exhibited marked improvement in symptoms of disease like scaling, discharge and itching, etc.

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