



EFFECT OF SELECTED AYURVEDIC HERBAL FORMULATION IN THE MANAGEMENT OF SIDHMA KUSHTHA (PITYRIASIS VERSICOLOR)

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ABSTRACT

Ayurveda the traditional medicine of India is one of the oldest scientific medical systems of the world. It is holistic science which deals with its fundamental principle and having various precious classical remedies on the skin diseases. In *Ayurveda* so many classical formulations prepared from medicinal plants (herbs) which cure skin diseases. Keeping this in view a clinical trial of *Malakangni Apamarg Kshar Tailam* has been performed to evaluate their efficacy in *Sidhma Kushtha*¹.

The term *Kushtha* covers almost all the skin diseases. *Kushtha* is produced invariably by the vitiation of the seven factors i.e. 3 *Doshas* & 4 *Dushyas* (*Vata, Pitta, Kapha, Twacha, Mamsa, Rakta, Lasika*)². According to *Acharya Charaka Kushthas* are of innumerable types but almost all the *Acharyas* have classified them into two major groups 7 *Mahakushtha* & 11 *Kshudra Kushtha*³.

According to *Acharya Charaka Sidhma Kushtha* is one among the *Sapta Mahakushtha*⁴ and *Acharya Sushruta*⁵ & *Acharya Vagbhat*⁶ mentioned *Sidhma Kushtha* under the heading of *Kshudra Kushtha*.

KEYWORDS: *Kushtha, Sidhma Kushtha, Skin Disease, Pityriasis Versicolor.*

INTRODUCTION

In recent years, there has been a noticeable increase in the superficial fungal infections of the skin. Studies on fungal infection have revealed the fact that 1/5 of the world's population is suffering from only superficial mycosis. According to modern medical science warm & humid climate, tight jockey shorts & shirts, which prevents Evaporation of the increased perspiration produced during warm weather, is the chief cause of superficial mycosis. Living in polluted environment & unhygienic living conditions also predisposes to these diseases.

श्वेतताम्रतनुच यद्रजो घृष्टविमुंचति ।

अलाबुपुष्पवर्णतत् सिध्मंप्रायेणचोरसि ।।

(च.चि. 7 / 19)

According to *Acharya Charaka*, *Sidhma* is manifested by very thin white or copper coloured scaling lesions. The lesions are *Alabupushpavarnatmakai*. e. white coloured lesions having resemblance with *Alabu Pushpa* they are located in the upper part of body.

Shweta Varna (hypopigmented macules)

Rajo Ghrishtum Vimunchati (furfuraceous scales)

Tamra Varna (coppery macules)

Alabupushpa Varna (hypopigmented macules)

Pityriasis versicolor come under superficial fungal infections of the skin. Pityriasis versicolor is a mild chronic infection of the skin caused by *Malassezia* yeasts, and characterized by discrete or confluent, scaly, hyper or hypo pigmented areas mainly on the upper trunk. As per classical text of *Ayurveda* there were so many Formulations given for *Sidhma Kushtha*, which are helpful for effective treatment of *Sidhma Kushtha*. In this article we are trying to focus on *Malakangni Apamarg Kshar Tailam* which is helpful in management of *Sidhma Kushtha* (Pityriasis Versicolor).

AIM AND OBJECTIVES

Dosha Pradhantva

चरकसंहिता—वात—कफ प्रधान

सुश्रुतसंहिता—कफ प्रधान

अष्टांगहृदय—वात—कफ प्रधान

To clinically evaluate the efficacy of *Malakangni Apamarg Kshar Tailam* in **SIDHMA KUSHTHA** by using tailam externally. As the disease *Sidhma* is described as *Vata- Kaphaj Vyadhi* hence the drugs selected for the study are also *Vata Kapha Shamak*.

SELECTED DRUG

Name of the drug-*Malakangni Apamarg Kshar Tailam*

Refererence- *Ashtang Hridaya Kushtharoga Chikitsa*

मयूरकक्षारजलेसप्तकृत्वः परिस्त्रुते

सिद्धं ज्योतिष्मती तैलमभ्यंगात्सिद्धानाशनम् । (अ.ह.कुष्ठ रोग चिकित्सा 19/75)

Sr. No.	Drug	Latin Name	Family	Part Used
1.	<i>Apamarg</i>	<i>Achyranthes aspera</i> Linn.	Amaramthaceae	<i>Panchang</i>
2.	<i>Jyotishmati</i>	<i>Celastruspanniculatus</i> Willd.	Celastraceae	Seeds

Sr. no.	Name of drug	Rasa	Guna	Veerya	Vipaka	Doshghanta
1.	<i>Apamarg</i>	<i>Katu, Tikta</i>	<i>Laghu, Ruksha, Sara, Tikshana</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vata kapha shamak</i>
2.	<i>Jyotishmati</i>	<i>Katu, Tikta</i>	<i>Teekshna, Sara, Ushna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha vata shamak</i>

Probable mode of action

- Pharmacology of *Ayurveda* is based on the parameters of *Rasa, Guna, Virya, Vipaka* and *Prabhava*. For any drug to be effective it should have the capability to disassemble the *Samprapti Ghatak*. Hence to understand the probable mode of action of any *Aushadh* one needs to look at *Samprapti Vighatan* in respect of *Rasa, Guna, Virya, Vipaka* and *Prabhava*.

- *Apamarg* has *Rakta-Pitta Prasadana* action and *Jyotishmati* has *Pitta Sansthapaka* action. Both the drugs have *Tikta Rasa* thus help in purifying the blood. Hence, they may increase the activity of *Bhrajaka Pitta* leading to formation of melanin pigments in *Twak* (skin) resulting in normal color of hypopigmented lesions.
- Due to *Teekshna* and *Ushana Guna*, *Apamarg Kshar* produced irritation of hypopigmented skin over observed *Sidhma Kushtha* (Pityriasis versicolor) lesions which may have helped in removal of hypopigmented lesions and encourage formation of normal skin color.
- Mild symptomatic relief in *Kandu* was also found, which may also be due to *Kandughana* property of *Apamarg*.
- *Taila* has *Snighdhata* as one of its properties, which may be responsible for reducing dry scales of the lesions.
- As per classical texts *Apamarg* & *Jyotishmati* both have *Kushthaghana* properties.

CONCLUSION

Conclusion is the determination established by investigating in various ways and deducting by means of various reasons. On the basis of the present study, following conclusions can be drawn. Skin is the mirror or reflection of internal purity of blood, tissues and nutrients and electrolytes. Any impairment can cause cosmetic disfigurement. Avoidance of bad healthy habits is the key for skin health, proper seasonal regimen and diet will improve health.

Skin diseases are always a primary concern to the victim. Chronicity and difficulty in management along with the tendency of reoccurrence makes them challenging. *Ayurveda* plays important role to prevent skin disorders by *Ayurvedic* formulations and regimen mentioned in the *Shastra*

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