The effect of *sindhooradi taila* topically in *pama* with reference to scabies.  
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**ABSTRACT:** *Pama* is described in *kshudra kushtha* as *doshik* predominance of *pitta kapha*. The symptoms like *Kandu* (pruritus), *Pitika* (papule formation), inflammation and *Strawa* (oozing) seen in *Pama* is analogous to the symptoms of eczema which is seen in mild, moderate and aggravated form. Eczema, also known as dermatitis an inflammatory condition, provoked by a wide variety of stimuli i.e. direct injury from toxic chemicals, mechanical trauma and immunological reactions, is defined as distinctive reaction of the epidermis to a variety of agents, endogenous and exogenous; very common in the developed countries. In modern science, the management of *Pama* is not so effective and produce some undesirable effects as compared to conventional methods of treatment as mentioned in *ayurveda*. In this study, we were taken five patients having above symptoms and we apply externally them *Sindhooradi taila* at affected sites and reduction in symptoms was seen.  
**Keywords:** *Pama*, eczema, Ayurveda, Sindhooradi taila.

**Introduction:**  
India is country having highest population in the world, because of this higher population people facing many problems such as poverty. So they unable to maintain personal hygiene so they suffered from infectious contagious skin disease like scabies. According to National Health Portal of India Prevalence rate of scabies is 13%. Scabies is highly infectious and may spread in group of population within short period. Due to close contact or skin to skin contact contaminated clothes it can be correlate with *Pama* disease mentioned in Ayurvedic classics.  
*Pama* is *Kapha Pittaja* disorder which is explained both in *Brihatrayi* and *Laghutrayi* which comes under *Kshudra kushta* characterized by many small *Pitikas, Srava, and Kandu*.  

पामाश्वेतारुणश्यावा: कण्डूलापपडकाभृशम ।  
च.चि. ७/२७  
सुक्षमाभावः: पिडकासाववतः: पामेयुक्ता:  
कण्डूमत्य: सदाहा: ।  
मा. नि. ४९
Modern medical science provides various types of medical treatment on scabies but most of the treatment is steroid based. Which causes harmful side effects on human body alternative medical system like Ayurveda are now coming into focus to find out better remedy for this condition.

Sindhooradi taila contains Jiraka, sindhoora and katu taila externally cures scabies according to Vangasena.

AIMS AND OBJECTIVES:

Aim: Study of effect of Sindhooradi Taila in Pama.

Objectives:
1. To study the Ayurvedic literature of Pama.
2. To study the modern literature of Scabies.
3. To study of Sindhooradi taila from Ayurvedic literature.

MATERIAL AND METHODS:

Selection of patient and study duration: In the present study 5 patients showing symptoms of Pama of different age group are selected at OPD of Aarogyashala Rugnalaya Nashik, and the study was carried out for total duration of 1 month.

A) Inclusion criteria
1. Patient diagnosed as the case of Pama.
2. Both male and female patient irrespective of cast, socio-economic status.
3. Age Group -12 to 50 yrs.

B) Exclusion criteria:
1. The patient suffering from any chronic skin disease, immune suppressed systemic disorders.
2. Pama with secondary infections.
3. Patients suffering from any other systemic disorders like Tuberculosis, HIV, and Leprosy etc.
4. Scabies leading to complications such as Eczematization, Secondary streptococcal infection, Urticaria etc.

Materails:

<table>
<thead>
<tr>
<th>Sr. No</th>
<th>DRUG NAME</th>
<th>LATIN NAME</th>
<th>FAMILY</th>
<th>RASA</th>
<th>VIPAKA</th>
<th>VIRYA</th>
<th>GUNA</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>JEERAKA</td>
<td>Cuminum</td>
<td>umbeliferae</td>
<td>Katu</td>
<td>Katu</td>
<td>Ushna</td>
<td>Laghu, Ruksha</td>
</tr>
<tr>
<td>2</td>
<td>Sarshapa</td>
<td>Brassica</td>
<td>cruciferae</td>
<td>Katu, Tikta</td>
<td>Katu</td>
<td>Ushna</td>
<td>Tikshana, Snigdha (taila)</td>
</tr>
</tbody>
</table>

Sindhooradi Taila-
3) Naga Sindhoor
According to Rasajalanidhi, there are two types of Sindhoor
1) Giri Sindhoor (HgO)
2) Nag Sindhoor (PbO)
Nag Sindhoor and mruddharshrunga has same chemical composition (Red Oxide of Lead)
So, Shodhan Karma of both must be same.
Shodhan karma and Properties of mruddharshrunga (PbO) mentioned in Rasa Tarangini 21/167-171

• Subjective criteria:-
I) Pitika (Black head papules, vesicles):-

<table>
<thead>
<tr>
<th>S.N.</th>
<th>Pain</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>No papules, vesicles</td>
<td>0</td>
</tr>
<tr>
<td>2</td>
<td>Papules and vesicles are present in inter digital areas</td>
<td>1</td>
</tr>
<tr>
<td>3</td>
<td>Multiple papules and vesicles are present in inter digital areas, axilla and groin.</td>
<td>2</td>
</tr>
<tr>
<td>4</td>
<td>Papules and vesicles are present in all over body.</td>
<td>3</td>
</tr>
</tbody>
</table>

II) Kandu (Pruritus):-

<table>
<thead>
<tr>
<th>S.N.</th>
<th>Feature</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Absent Pruritus</td>
<td>0</td>
</tr>
<tr>
<td>2</td>
<td>Only at night time</td>
<td>1</td>
</tr>
<tr>
<td>3</td>
<td>Persistent but do not disturb routine</td>
<td>2</td>
</tr>
<tr>
<td>4</td>
<td>Persistent and disturb routine work</td>
<td>3</td>
</tr>
</tbody>
</table>

III) Strawa (discharge):-

<table>
<thead>
<tr>
<th>S.R.</th>
<th>Feature</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>No discharge</td>
<td>0</td>
</tr>
<tr>
<td>2</td>
<td>Watery discharge</td>
<td>1</td>
</tr>
<tr>
<td>3</td>
<td>Blood discharge</td>
<td>2</td>
</tr>
<tr>
<td>4</td>
<td>Purulent discharge</td>
<td>3</td>
</tr>
</tbody>
</table>

• Preparation of Taila -
Taila will be prepared as per Sharangadhar Samhita. Guidance of experts from the department of Rasashastra Bhaishajya Kalpana will be taken.

• Treatment Details:
Method of application of Taila: First wash lesion with simple water then Taila will be applied on the lesion and kept for 6 hr and rinsed out by warm water.
Timing of application of taila: BD, 8 am and 8 pm.
OBSERVATION AND RESULT:
this study done on 5 patients of Kayachikitsa department; The observations is as below:
% Relief in all symptoms and Total effect in %

<table>
<thead>
<tr>
<th>Sr.No</th>
<th>Symptoms</th>
<th>Mean BT Score</th>
<th>Mean AT Score</th>
<th>Mean Difference</th>
<th>% Relief</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Pitika</td>
<td>14</td>
<td>2</td>
<td>12</td>
<td>85.7</td>
</tr>
<tr>
<td>2</td>
<td>Kandu</td>
<td>10</td>
<td>3</td>
<td>7</td>
<td>70</td>
</tr>
<tr>
<td>3</td>
<td>Starwa</td>
<td>9</td>
<td>2</td>
<td>7</td>
<td>77.77</td>
</tr>
</tbody>
</table>

Total effect in % = 77.82%

Discussion:
In Ayurveda Pama is described as kshudra kushtha with doshaj predominance of Kapha pitta. All kushtha is described as tridoshaj Vyadhi. But by analyzing tar tam of dosha rationally management of Pama is carried out. Hence the medicine screened and selected for the study is Sindhooradi taila. Due to ingestion of etiological factor of Pama, tridosha aggravated which then vitiates twak, rakta, lasika, mansha dhatu and
produce *shaithilyata* in dhatus. Due to *shaythilyata* of dhatu kha vaygunya is produced where *dosha* is situated in srotas and produce *samprapti chakra* of Pama. Along with above medication Pathya, Apathya and hygiene maintenance were also advised to patients.

**Conclusion:**

Hence it is concluded that external use of *Sindhooradi taila* and proper hygiene maintenance are highly effective in the management of Pama.

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