

The effect of *sindhooradi taila* topically in *pama* with reference to scabies.Umakant S. Kadam^{*1}, R. B. Kulkarni²

1. M. D. (Scholar),

2. Guide, HOD & Professor , vaidyarajankulkarni@gmail.comKayachikitsa Department, A. S. S. Ayurved Mahavidyalya & Arogyashala Rugnalaya,
Ganeshwadi, Panchvati, Nashik, Maharashtra, India.*Corresponding author: kadamu47@gmail.com; 9970233947, 9158765652

ABSTARCT: *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*.

पामाश्वेतारुणश्यावाः कण्डूलापिडकाभृशम ।

च.चि.७/२७

सुक्ष्माबाह्यः पिडकास्राववत्यः पामेयुक्ताः

कण्डूमत्यः सदाहाः ।

मा. नि. ४९

सासावकण्डूपरिदाहकाभिः पामासऽणुकाभिः
पिडकभिरुह्या १
सु.नि.५/१४

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*, *sindhora* 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.

Materials:

जीरकस्यपलमपिष्ट्वासिन्धुरादधपलमतथा॥
कटुतैलमपचेदाभ्यामसद्यः पामाहरमपरमा॥
वृद्धवैद्योपदेशेनपाच्यमतैलमपलाष्टकम् ।
वंगसेनकुष्ठरोगाधिकार१३७

Sindhooradi Taila-

Sr. No	DRUG NAME	LATIN NAME	FAMILY	RASA	VIPAKA	VIRYA	GUNA
1	JEERAKA	<i>Cuminum syminum</i>	umbeliferae	Katu	Katu	Ushna	Laghu, Ruksha
2	Sarshapa	<i>Brassica campestris</i>	cruciferae	Katu , Tikta	Katu	Ushna	Tikshana, Snigdha (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):-

S.N.	Pain	Score
1	No papules, vesicles	0
2	Papules and vesicles are present in inter digital areas	1
3	Multiple Papules and vesicles are present in inter digital areas, axilla and groin.	2
4	Papules and vesicles are present in all over body.	3

II) *Kandu* (Pruritus):-

S.N.	Feature	Score
1	Absent Pruritus	0
2	Only at night time	1
3	Persistent but do not disturb routine	2
4	Persistent and disturb routine work	3

III) *Strawa* (discharge):-

S.R.	Feature	Score
1	No discharge	0
2	Watery discharge	1
3	Blood discharge	2
4	Purulent discharge	3

• 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 %

Sr.No	Symptoms	Mean		Mean Difference	% Relief
		BT Score	AT Score		
1	<i>Pitika</i>	14	2	12	85.7
2	<i>Kandu</i>	10	3	7	70
3	<i>Starwa</i>	9	2	7	77.77
Total effect in% = 77.82%					

Before Treatment**After Treatment****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 *dhatu*. 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*.

ACKNOWLEDGEMENT:

Special thanks to Dr. PRADIP HATKAR PG SCHOLAR (Kayachikitsa Department), Dr. SNEHAL BORASE PG SCHOLAR (Panchkarma Department), A.S.S. Ayurved Mahavidyalaya, Ganeshwadi, Panchvati Nashik.

REFERENCES:

- 1) By Brahmanand Tripathi
Chaukhamba Surbharti Prakashan,

Varanasi, Edition 2012. Ch.chi.
Page No.184

- 2) Madhan Nidan MadhukoshTika
Reprint 2009 Page No.225 Shlok
No.49
- 3) Kaviraj Dr. Ambikadatta Shastri ,
Shushrut Samhita (Purvardha),
Chaukhambha Bharati Academy,
Varanasi ,Reprint 2007,Page
No.248,Sushrut Samhita Nidan
5/14
- 4) Kaviraj Shri. Shaligramaji
Vaishya, Khemraj Shrikrushna
Dasa Prakashan, Mumbai,
Edition1996, Page No. 630,
Shloka No.137.
- 5) Pranacharya Shri. Sadananda
Sharma, Motilala Banarasidas
Prakashana, Page No.548 Shloka
No .151-152
- 6) Kaviraj Ambikadatta shashtri,
Chaukhambha Amarbharati
Prakashana, Varanasi, Edition 9th
1995,Shloka No.157, Page No.84

Conflict of Interest: Non

Article Type: Review Article

Source of funding: Nil

Cite this article:

The effect of sindhooradi taila topically in pama with reference to scabies.

Umakant S. Kadam, R.B. Kulkarni

Ayurlog: National Journal of Research in Ayurved Science- 2019; (7) (5): 1 - 5