



Holistic Prevention of Various Skin Conditions to Promote Quality Life: Panchkarma. (A Conceptual Study)

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ABSTRACT

Skin is a barrier protecting the underlying tissue from physical, chemical, and Biological toxic agents around. The majority of skin conditions are not life threatening; However, many can be severe and disfiguring enough to devastate a patient's quality life. It arises due to altered lifestyle, lack of physical activity, poorly maintained hygiene and mental stress, Improper diet, deprivation of sleep, overuse of chemical containing cosmetic therapies and even use of steroid. In today's era chronic skin disease is very commonly found with a negative impact on one's quality of life, affecting their physical, functional, social and emotional well-being. As there is no specific and permanent treatment available in modern science, now a days people shows fascination towards Ayurvedic treatments for skin related issues and diseases. Ayurveda is the ancient system of natural and holistic medicine. Panchakarma is a base of ayurvedic treatment which involves five procedures which helps in eradication of disease completely. In the classical text of ayurveda, acharyas emphasizes the Panchkarma as a line of treatment at various places claims to provide better quality of life.

Keywords: *Ayurved, Skin Conditions, Quality life, Panchakarma.*

INTRODUCTION

Skin is the largest outermost protective organ of human body which protects and covers whole body. Nowadays lifestyle of people has drastically changed. It includes their routines, dietary habits, sleeping patterns even the weather changes too. For good personality, people use cosmetic product internally as well as externally which causes the imbalance of dosha and dushya.

Skin diseases are a common health condition responsible for considerable disability. Patients with skin disease may experience severe symptoms, such as itching, pain, and discomfort that can have a profound psychological impact.(1) Furthermore, patient social and physical activities, including sports and work, may be adversely affected because of reluctance to allow others to see their skin disease. Some treatment modalities can situationally decrease quality of life due to the difficulties involved in using topical creams and ointments . Although mortality rates are generally low, skin diseases have significant effects on quality of life. Diseases affect human life in a profound way. They cause premature death resulting in decreased “quantity” of life, but more often they cause structural and functional limitations that may seriously affect the “quality” of life. Patients with eczema, vitiligo, or psoriasis face embarrassment, worry, and depression.

Ayurveda being the oldest system of medicine in the world adapts a unique holistic approach to the science of life, health and cure. Over the years, the number of patients opting for ayurvedic treatment has also increased dramatically due to less adverse effects and permanent curative methods. This has paved way for tremendous surge of ayurvedic medicine that has been increasingly made use of in treating acute and chronic skin disorders effectively. Panchakarma (biopurification methods) is one among the several mode of treating the disorders in ayurved. Such purification allows the biological system to return to haemostasis and to rejuvenate rapidly and also facilitates the desired pharmacotherapeutic effects of medicine. (2)

RATIONALE OF STUDY

The way world knows a person by their skin is undeniable. Skin is one of the most important physical characteristics, affecting how individuals judge and make Decisions about others. Skin diseases can significantly impact not only a patient's physical appearance but also their social and emotional well- being. At the present Era, skin diseases are among the most common medical complaints globally. In 2010, Skin conditions were three of the top ten most prevalent diseases worldwide and were the fourth leading cause of non-fatal disease burden globally. (3) Because of is yet an incurable disease with a chronic relapsing course. Clinicians should recognize the associated risked and Conditions is extremely Important and should offer appropriate Counseling and treatment to patients Regarding life-long disease control. Amongst all, Panchkarma is mentioned as the best way with greater therapeutic values.

ETIOLOGY AND PATHOGENESIS

According to Acharya , Intake of food And drink made up of incompatible Ingredients in large quantity , as also food and drink that are Liquid, oily and heavy are very common . Suppressing the natural urges, Indulging in physical exercises and exposing Themselves to the extreme heat after overloaded stomach with food and drink, regularly sleeping habit habit in daytime, sexual activities after Intake of food are

not rare one . Using cold And hot edibles successively, indulging in Fasting and going, taking diet with violating proper sequence, afflicted with excessive Perspiration, or toil, or terror, quickly Indulging in cold water are also habitual things. Eating food during indigestion and When previously food is not properly digested, use of Contraindicated items like cakes, bakery products, sugar, Milk, and use of newly cultivated rice, curd, fish, Salt and things that are soury , spicy are very common.(4)

In Ayurveda, skin diseases are explained under the common terminology Kushta. These skin Disorders manifest in variety of forms and Innumerable types of presentations are observed. They can be identified and be named According to involvement of Tridosha and Dushya . These vitiate Tridosha affect Twak , Rakta, Mamsa, Ambu of body. These seven are pathogenic materials of skin disorders. This is the root cause behind the development of skin diseases. Ayurveda deals with skin diseases very scientifically by avoiding causes of formation, Panchakarma treatment and Some proven internal medicines. (5)

PREMONITORY SYMPTOMS

Presence or absence of perspiration of skin

- Skin becomes either very smooth or rough
- Loss of usual color or complexion of skin
- Itching of skin
- Pricking pain
- Loss of sensation of touch
- Burning sensation
- Horripilations
- Appearance of elevated patches over skin
- Giddiness
- Severe pain or injury
- Quickly ulcer formation and remains without healing for long period. (6)

CLASSIFICATION

The skin diseases are quoted as innumerable; However, on the basis of etiology, Pathogenesis, prognosis and treatment, Kushta Further divides into Mahakushta and kshudrakushta .The first seven are called Maha-kushtha and the next eleven are Called Kshudra-kushtha. Named as Kapala, Audumbara, Mandala, Rushyajivha, Pundarika, Sidhma, Kakanaka ,Ekakushtha Charmakhya, Kitibha, Vipadika, Alasaka, Dadru, Charmadala, Pama, Visphotaka , Shataru, Vicharchika.

Skin diseases are categorized on the basis Of predominance of vitiated Dosha as Follows , Vataja (due to vitiation of Vata dosha) –Kapala, Pittaja (due to vitiation of Pitta dosha) –Audumbara , Kaphaja (due to vitiation of Kapha dosha) -Mandala,vicharchika,

Vata-Pittaja (due to vitiation of Vata-Pitta Dosha) – Rushyajivha, Pitta-Kaphaja (due to vitiation of PittaKapha dosha) – Dadru, Shataru, Pundarika, Visphotaka, Pama, Charmadala, Vata-Kaphaja (due to vitiation of VataKapha dosha) – Charmakhya, Ekakushtha, Kitibha, Sidhma, Alasaka, Vipadika, Tridoshaja (due to vitiation of Tridosha) – Kakanaka(7)

MONITORY SYMPTOMS

1.Kapala – The skin resembling a like brown Colour piece of a pot shard; rough, course and thin, painful and intractable 2.Audumbara – Pain, burning sensation of skin, Redness, and itching hair turned to pink in Colour and nodules developing resembling like fruit of udumbara (Ficus infectoria).3.Mandala – Skin is white or red in colour, thickened, and smooth with round Elevated patches joined to each other. 4.Rushyajivha – Skin is very rough in texture, red in Colour outside and black inside, might be painful and Resembles like tongue of black deer. 5.Pundarika – Skin colour is white in the center and Reddish at the edges of lesion exactly similar to the petals of the Lotus flower with reddish elevated patches.6.Sidhma – Skin white or coppery red in Colour, thin, scales coming off on scratching over lesions More commonly found over chest region which resembles like the Flower of pitcher gourd. 7.Kakanaka – Colour of Gunja (Abrus Precatorius), undergoing pus formation, severely painful and caused by aggressive all three Doshas and which less likely respond to Treatment. 8.Ekakushtha – Absence of perspiration, generally Large area of skin involved, skin Resembling the scales of fish. 9.Charmakhya (Xeroderma) – The skin Becomes more thicker like elephant skin. 10. Kitibha (psoriasis) – Spots that are dark (black), rough to touch and hard lesions found on skin .11. Vipadika (skin cracks) – Hands and feet cracking and forming fissures which are quite painful. 12. Alasaka (cracks) – Nodules with itching, and of red colour developing. 13. Dadru (ring worm) – Raised patches studded with small, itching, reddish papules. 14. Charmadala (impetigo) – Skin studded with red, painful, itching nodules, which do not allow touching.15. Pama (scabies) – Small, plentiful, exudating pustules with itching and burning sensation. The same as above symptoms of Pama appearing on the hands and the buttocks with severe pain and itching is called as Kacchu.16. Visphotaka – Boils on the skin, black or blackish red in colour and skin becoming thin. 17. Shataru (erythema) – Innumerable small ulcers which are present in red or blue in colour with severe burning sensation and pain.18. Vicharchika (eczema) – Nodules which have itching, black color and copious exudation. Curability and non-curability of skin diseases is also well explained by many acharya's in Classical texts like charak samhita. Maharshi Sushruta and Madhavakara have explained infectious or contagious diseases.(8)



TREATMENT

According to Ayurveda, treatment of skin Diseases is categorized in three steps as Follows-(9)

- I. Avoid consumption of food as described In etiology.
- II. Skin diseases should be treated with ghee, loodletting and emesis respectively
 - Vataja (due to vitiation of Vata dosha) –Drinking of ghee/oil
 - Pittaja (due to vitiation of Pitta dosha) –Virechana (purgative therapy) first and Then Raktamokshana (blood-letting)
 - Kaphaja (due to vitiation of Kapha dosha) Vamana (emesis therapy)
- III. Internal Medicine.

RESTRICTION

To cure skin diseases and Avoid Recurrence one should observe Following points: Sex and alcohol should be avoided. Old Rice, green gram, barley, etc., bitter Vegetables should be used. Use herbal body wash powder or only Neutral soaps like pears for bathing, avoid Detergents.Wear cotton clothes.Avoid exposure to cold and heat.Avoid non-vegetarian food, especially egg, Chicken, fish and sea food.Do not work near heat, furnaces, colors, Paints, dyes, petrol, etc Avoid all Pitta and blood-vitiating foods Like excess salts, too much soar, pungent,Curd, fried and oily foods.(10)

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