

# CRITICAL REVIEW OF THE DRAVYAS MENTIONED IN ARAGVADHIYA ADHYAYA AND THEIR USES IN VARIOUS SKIN CONDITIONS

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## ABSTRACT

*Skin is the largest organ covering the whole body. Skin as an indicator of physical and mental health. Natural beautiful skin is the reflection of normal fluid balance and mental balance of the body. It is regularly exposed to the various foreign materials, microbes and allergens, which makes it most vulnerable for various skin ailments. Proper skincare, physical and mental balance helps for a lustrous shiny skin and helps to improve the beauty.*

*Ayurvedic texts have extensively described the maintenance of the skin and to protect the skin from various diseases. In Caraka sūtra sthāna 3rd chapter āragvadhīya adhyāya, Acharya Caraka described various preparations related to the maintenance of healthy skin. Around 50 dravyas, like āragvadhā, ēḍagaja, haridrādvaya, khadira, dhava, nimba, nimbūka, ēlaetc., helpful as external application for the treatment of various ailments of the skin and also to maintain the skin health are described. Most of the drugs mentioned are time and again proved as good skin care natural products.*

*Hence a review of the drugs mentioned in āragvadhīya adhyāya are critically analysed and enumerated for their properties and their usefulness in various physiological and pathological conditions of the skin.*

## INTRODUCTION

Skin is the largest organ of the body. It imparts colour, complexion and beauty to the body. Healthy skin indicates pleasant mind and body. Skin protects the other structures of the body from the impact of the external factors like heat, cold, dust, infections etc. Proper hygiene and proper nutrition to the skin leads to beautiful appearance.

Improper skin care leads to

- Allergic reactions
- Skin infections
- Itching
- Discolouration
- Acne or other types of rashes
- Hair loss (generalized or localized) etc.

In Ayurvedic Literature these can be included in

- |           |             |
|-----------|-------------|
| ➤ Kuṣṭha  | ➤ Apaci     |
| ➤ Kilāsa  | ➤ Kaṇḍū     |
| ➤ Kiṭibha | ➤ Vicarcika |
| ➤ Dadru   | ➤ Kōṭha     |
| ➤ Pāma    | ➤ Śōpha     |
| ➤ Arśa    |             |

### ĀRAGVADHĪYA ADHYĀYA:

Āragvadhīya adhyāya is the third chapter of Caraka sūtra sthāna bhēṣajacatuṣka. It contains the formulations or simple combinations of dravyas for the pralēpa and pradēha for the various skin ailments. It indicates that the skin and beauty were also of prime importance even during the olden days. As most of the skin diseases are recurrent and needs continuous care, Caraka Samhitākāra might have mentioned this chapter earlier in the text.

Around 32 preparations for the various ailments as follows:

- ▶ Skin diseases (kuṣṭha, kiṭibha, dadruetc)
- ▶ Vātarōgas (Vātaraktaetc)
- ▶ Śiraśūla
- ▶ Temperature regulation (Dāhpraśamaṇa, etc)

The preparations mentioned for the skin diseases are as follows:

1. Āragvadhā, aiḍagaja, karañja, vāsā, guḍūcī, madana, haridrā, daru haridrā
2. Śryāhva, surāhva, khadira, dhava, nimba, viḍaṅga, karavīrakatvak
3. Bhaurjagranthi, laśuna, śirīṣa, kaśīsa, guggulu, kṛṣṇagandha (shigru)
4. Phaṇijjhaka, vatsaka, saptaparṇa, pīlū, kuṣṭha, sumanaḥpravālāḥ (jātipravālāḥ)
5. Vacā, hareṇu, trivṛtā, nikumbha, bhallātaka, gairikam, añjanaṃ
6. Manaḥśila, haratāla, grhadhūma, elā, kāśīsa, lodhra, ārjuna, musta, sarjāḥ

Procedure:

The drugs mentioned in the one of the above six preparations are powdered with gopitta and then applied by adding sarṣapataila.

These preparations help to cure the following diseases:

- Kṛcchrakuṣṭha (Difficult or chronic skin disorders)
- Navakilāsa (Acute leucoderma)
- Indralupta (Alopecia)
- Kiṭibha (Psoriasis)
- Dadru (Acne or other swellings)

- Bhagandara (Fistula-in-ano)
- Arśa (Haemorrhoids)
- Apacī (Lymph gland swellings)
- Pāmā (Itching and infection)

## 7. Kuṣṭhadilepa:

## Ingredients:

- |               |               |
|---------------|---------------|
| ▶ Kuṣṭhaṃ     | ▶ Suradāru    |
| ▶ Haridra     | ▶ Śigrū       |
| ▶ Daruharidra | ▶ Sarṣapaṃ    |
| ▶ Surasa      | ▶ Tumburu     |
| ▶ Paṭola      | ▶ Dhānya      |
| ▶ Nimba       | ▶ Vanyacaṇḍām |
| ▶ Aśvagandha  |               |

## Procedure:

Cūrṇa of the drugs is made to paste by adding Buttermilk (takra). After anointing with taila, the above cūrṇa is applied to the patient.

## Indications:

- |          |          |
|----------|----------|
| ➤ Kaṇḍū  | ➤ Kuṣṭha |
| ➤ Piḍaka | ➤ Śopha  |
| ➤ Koṭha  |          |

## 8. Kuṣṭhadicūrṇa

## Ingredients:

- |                             |                  |
|-----------------------------|------------------|
| ▶ Kuṣṭha                    | ▶ Musta          |
| ▶ Amṛta                     | ▶ Lodhrā         |
| ▶ Āsaṅga (Tuttha)           | ▶ Saugandhika    |
| ▶ Kaṭaṅkaṭerī (daruharidra) | ▶ Sarjarasa      |
| ▶ Kāsīsa                    | ▶ Viḍaṅga        |
| ▶ Kampillaka                | ▶ Manaḥśīlāla    |
|                             | ▶ Karavīrakatvak |

## Procedure:

The drugs are finely powdered. After anointing with taila, the above cūrṇa is used as dusting powder (avacūrṇa) on the skin lesions.

Indications:

- Dadrūḥ
- Kaṇḍūḥ
- Kīṭibhāni
- Pāmā
- Vicarcikā

#### Various best pradeha for Kusthahara

9. Manaḥśila, haritāla, marica, taila, arkapayaḥ
10. Tuttha, viḍaṅga, marica, kuṣṭha, lodhra, manaḥśila
11. Rasāñjana, prapunnāḍabīja + kapitthasyarasa
12. Karañjabīja, aiḍagaja, kuṣṭhacūrṇa + gomūtra
13. Haridra, daruharidra, kuṭajabīja, karañjabīja, sumana(jāti)pravāla, hayamāratvak and sāra + tilakṣāra
14. Manaḥśilādīlepa

Ingredients:

- Manaḥśilā
- Kuṭajvatvak
- Kuṣṭha
- Kaśīsa
- Aiḍagaja
- Karañja
- Bhaurjagranthi
- Karavīramūla

Procedure:

The drugs are cooked in tuṣodaka or palāśanirdāharasa. And then it is applied as lēpa.

Indications:

Kuṣṭha

15. Āragvadha patralēpa

Procedure:

Paste of the leaves of Caturaṅgula (Āragvadha), kākamāci and karavīra is prepared along with takra. The patient if anointed first with taila and then the above mentioned paste is applied.

Indications:

Kuṣṭha.

#### LEPAS FOR VARIOUS OTHER CONDITIONS OF SKIN

Dāhaśamana:

16. Śaivāla, Padma, utpala, vetra, tuṅga, prapaunḍarika, mṛṇāla, lodhram, priyaṅgu, kāleyaka, candanacūrṇa along with ghṛta→pradēha

17. Sitā, latā, vetasa, padmaka, yaṣṭi, aindrī, nalina, dūrvā, yavāsamūla, kuśa, kāśa, jalam, erak→lēpa

Śītapraśamana:

18. Śaileyam, ela, agurukuṣṭha, caṇḍā, nata, tvak, suradāru, rāsnā→pradēha

Tvagdoṣa and Svedahara

19. Śirīṣa, lāmajjaka, hēma, lodhra→Pragharṣa

Śarīradaurgandhyahara

20. Patra, ambu, lodhra, abhaya, candana→Pradēha

#### DISCUSSION

The formulations mentioned are known to be effective clinically.

The drugs mentioned are some of the best drugs for the management of the skin diseases and other related skin diseases.

Many drugs like haridrā, dāruharidrā are known for their properties on skin like anti-fungal, anti-bacterial and skin colouring and toning properties.

Tikta rasa pradhāna dravyas like kuṭaja, haridrā, dāruharidrā etc are used extensively.

Śīta guna and śītaviryadravya like candana, padma etc are mentioned for reducing the dāha (burning sensation) of the skin and also to reduce excessive perspiration.

Uṣṇaguna and uṣṇavīryapradhānadravya like agaru, kuṣṭha, devadāru etc are mentioned as śītaprasāmana, which induce warmth and maintains the moisture of the skin.

Best kṛmighna dravyas like vidāṅga, śīgru etc are also taken into consideration in the formulations. Indicating the various bacterial and fungal origins identified in the skin ailments.

Viśadravya like karavīra etc and kśara dravyas like arkakṣīra and kśara are also mentioned in the preparations, which are used for cleansing and to maintain the alkalinity of the skin preventing the growth of the flora on the skin.

Some mineral drugs are also mentioned like Manahśīla, kaśīsa etc which are proved to be effective in the management of the skin diseases are also mentioned.

Sarṣapatil is mentioned as the base for the application of the drugs. Because sarṣapatil itself acts on the skin, prevents skin infections and allergies and makes the skin glowing. As it is snigdha, it induces luster to the skin.

Takra, tuṣṭāka etc have also been used as the medium for the pralēpa and pradēha. They soothe the skin and prevent rashes and infections. They also prevent the growth of fungus on the skin.

Lēpas for reducing perspiration and foul smell are also mentioned in the chapter.

## CONCLUSION

Thus from the above it can be concluded that

- ✓ Āragvadhīya adhyāya mentioned in Caraka Samhita is a complete chapter with respect to the external applications for various skin ailments.
- ✓ It covers external applications for skin diseases and cosmetic skin conditions.
- ✓ Preparations related to improving the skin luster, colour, complexion and to reduce the foul smell and perspiration are mentioned.
- ✓ The drugs mentioned are time tested and proved to be the best for the clinical management of skin diseases.
- ✓ Hence many drugs mentioned in this chapter can be utilized for any type of skin conditions and also for most of the cosmetic conditions.