

A REVIEW OF AYURVEDIC MANAGEMENT ON SIDHMA KUSHTA WITH SPECIAL REFERENCE TO TINEA VERSICOLOR (PITYRIASIS VERSICOLOR)

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ABSTRACT

Ayurveda is traditional system of Indian medicine. It is holistic science which deals with its fundamental principle and having various Precious classical remedies on the skin diseases, The Main motive of Ayurveda is to cure disease and prevent health from disease. There are so many classical formulation prepared from medicinal plants (herbs) which recovers the Skin diseases. Due to change in environment, change in lifestyle like change in working schedule increasing work stress which directly affects health so many related factors responsible for skin diseases which is widely include in the heading of "Kushta". Sidhma kushta is one of the kushta from Mahakushta characterized by Alabu pushpa varna on Urapradesh (chest region), dust like powder on rubbing. In Ayurveda has described many treatment modules for treating sidhma kushta. Tinea versicolor (Pityriasis versicolor) is superficial cutaneous fungal skin infection caused by fungus (Malassezia furfur). In this article we have tried to throw a light on Sidhma Kushta w.s.r to Tinea versicolor (Pityriasis Versicolor).

Key words- Kushta, Sidhma kushta, Tinea versicolor, Skin Disease.

INTRODUCTION-

Ayurveda is Ancient system of Indian medicine. In Ayurveda Daily regimen and seasonal regimen is mentioned. Skin is the largest organ of body. Skin is outer covering of body, Skin health is very important because it is the mirror of good health or maintains of body. Nowadays increasing stress due to change in Lifestyle or regimen, working hours it will leads to stress, Lack of sleep *strotodushti* which causative factor for skin disease. Ayurveda Skin disease described broadly under the heading of "Kushta". Kushta is nothing but whole body becomes despised, having different types, various symptoms like discoloration, itching, pruritis. Kushta is described by different Aacharya with slight difference. Sidhma is the one of the Kushta among *Sapta Mahakushta* [1] According Aacharya charak and Aacharya sushrut, Aacharya Vagbhat Sidhma kushta is mentioned in *Kshudra Kushta*. According Modern science Tinea versicolor (Pityriasis versicolor) is superficial fungal infection, caused by *Malassezia furfur* which is lipophilic. T. Versicolor Having clinical features like Hyper - pigmented or Hypo pigmented Patch on upper central trunk, back, Powdery and thin scales. [2] As per classical text of Ayurveda there where so many Formulations given for Sidhma kushta, which are helpful for Effective treatment of Sidhma kushta. We are trying to focus on *kushtaghna* dravyas which are helpful in the management of Sidhma Kushta w.s.r Tinea versicolor

AIM AND OBJECTIVES

Aim- Study the Management of Sidhma kushta W.S.R to Tinea versicolor(pityriasis versicolor) through Ayurveda.

Objectives-1. Study the Management of Sidhma kushta as per Ayurvedic literature.

Concept of *Kushtha*-

The whole body becomes despised kushta or when the vitiated doshas comes out from the inner part to other part.

Kushta Hetu[3]-

1. Sudden change from cold to heat or heat to cold without observing the rules of gradual change.
- 2.Sudden change from *Santarpana* (rich diet) to *Apatarpana* (dieting)
3. Excessive use of *Honey, Treacle, Fish, Lakucha, Radish, Kakmachi* etc.

Sidhma kushta -

Sidhma kushta-*Sidhma* is derived from sidh dhatu.

Classified According to *Acharya Charak, Kashyap, Bhavprakash sidhma* described in *Mahakushta* and *Acharya Sushrut, Vagbhata* explained in *Kshudra Kushta*.

Sidhma kushta Hetu-

Related to Aahar –

Acharya Charak	Acharya Sushrut	Acharya Vagbhata
Virodhi Annapan	+	+
Drava-snigdha Guru Bhojan	+	+
2.Drava-snigdha Guru Bhojan	+	+
3.Dadhi, Lavana	+	+
4.Fish,Amla	+	+
5. Mulak,Pithmay Anna,Dudh, Til sevan	Ati sevan Gramya Aanup Mansa	+

Related to Vihar-

1. Vega Avrodh 2.Adhyashan 3.Diwaswap 4.Sheet-ushna-Laghan karma bhang 5.Bhaya, Atap ,Vyayam, shram pashyat sheet jalapana.

Other causes- Purva janam karma.

Dosha -Dushya

<i>Kashyapa</i>	<i>Charaka</i>	<i>Vagbhata</i>	<i>Sushrut</i>
<i>Pitta –Shlema</i>	<i>Shlema-Vayu</i>	<i>Vata-shlema</i>	<i>Shlemadhikya Sapta Dhatu</i>

Strotodushiti-1.Annavaha strotas 2.Rasavaha Strotas 3.Udakvaha 4. Swedavaha 5.Ratavaha 6. Mansavaha

Types of *Sidhma Kushta*- (According to Acharya Dalhana)

1. *Sidhma*
2. *Sidhmapushpika*

Lakshanas of Sidhma Kushta According to Different Classical Text-

सिध्मं रुक्ष बहिः स्निग्धमन्तर्घृष्टं रजः किरित् ।
श्लक्ष्णस्पर्शं तनु श्वेतताम्रं दौग्धिकपुष्पवत् ।
प्रायेण च उर्ध्वकाये स्यात् ॥ अ.ह.नि.१४/२१-२२

Sidhm has *Ruksha* outside and *snighdha* at inner side, it causes dust like powder on rubbing on touch which is *shlakshma* & thin, white, reddish flower like bottle gourd and generally present on *urapradesh*. [4]

श्वेतं ताम्रं तनु च यद् रजो घृष्टं विमुञ्चति ।
अलाबुपुष्पवर्णं तत् सिध्मं प्रायेण च उरसि ॥ च.चि.७/१९

White, coppery, thin leaves out dust like powder on rubbing and stimulates flowers of bottle gourd is known as *sidhma kushtha*, it appears mostly on chest [5]

परुषारुणानि विशार्णबहिस्तनुनि अन्तः स्निग्धानि शुक्लरक्तावभाषानि बहुनिअल्प वेदना अल्प कण्डुदाह पुयलसिकानि लघुसमुत्थानानि अल्पभेद क्रिमाणि अलाबुसडकाशानि सिध्मकुष्ठानिति विद्यात्॥ (च.नि.५/६)

Rough, reddish with thin white red lustre, numerous having little pain, itching, heat, pus and lymph having slight causation and little decay and organisms, similar to bottle gourd flowers is known as *sidhma kushtha*. [6]

कण्ड्वन्वितं श्वेतमपायि सिध्म विद्यात् तनु प्रायश उर्ध्वकाये । सु.नि.५/१२

Sidhma is itching, white, painless and thin generally found in the upper portion of the chest. [7]

Management of *Sidhma Kushta* –

1. *Nidan Parivarjan*- Avoidance of Causitive factors of *sidhma kushta*
2. *Shaman chikitsa*
3. *Shodhan chikitsa*

There so many Dravyas are mentined in classical text of Ayurveda in the *chikitsa of kushta*, those are under name of the *Kushthghna Dravyas* and these are cures skin disorders.

According to *Chakradutta* different *Kalpa* for *Sidhma*[8]-

Kasmarda Pradeha

Moolaka beeja Pralepa

Aaragwadh patra Pralep

Edgajadi Lepa

Treatment of sidhma according to Yogratnakar[9]-

Aaragwadh patra yoga

mulakbeejadi yoga

dhatrayadi lepa

kushtadi yoga

shikharirasadi yoga

Gandhapashanadi Lepa

Kasamarda beeja lepa

Treatment mentioned in *Bhaishjyarnawali* for *Sidhma Kushta*[10]-Different types of *Lepa* of *Moolak beeja*

Acording to Acharya charaka- kushtanashak lepa-I.shirish twak

2. *Karpas pushpa*

3. *Aaragwadh patra*

4. *Kakmachi lepa*

Udwartana-I.Chakramarda beeja

2. *Sarj rasa*

3. *Moolak beeja*

Kushtaghna Gana Dravya-[11]

Khadir, Haritaki, Amalaki, Haridra, Bhallatak, Saptarna, Aargwadh, Karveer, Vidang, Jatipravala

Khadir (Acacia catechu)-curing skin diseases main drug among all the *kushtaghna dravyas khadir* is describe as a *agrya* by *Acharya charaka* it will work on *dushta kapha* and having *raktashodhan property*, it will absorb *raktagata kleda*, *khadir* is a drug which is rapidly absorb *kleda*. hence *it is acting as shreshta kushtghna*.

Vidanga (Emblia ribes)-Due to effect of killing parasites and Specially act on *Agnimandya Ajeerna janit kushta* due to its *katu rasa, katu vipak* and *Ushna veerya*.

Aragwadha (cassia fistula)-It having *Madhur Rasa, Madhur Vipaka, Sheet veerya* due to *Madhryata Pittashaman* and having *Sanstrana* property which removes toxin from body.

Chakramarda (cassia tora)-*chakramarda* having *katu Rasa Katu Vipak* and *Ushna veerya* which *vata-kapha shamak* & it has Antifungal property.

Mulak beeja (Raphanus sativus)-*Moolak* has *katu rasa katu vipak* and *Sheet veerya* which having *vat-kapha Shamana* property which help to releave *Sidhma kushta*

Shirish (Albizzia lebbek) -.Alleviates toxic condition giving Antitoxic effect

Kasamarda (cassia angustifolia)- *Kasamarda* has *madhur, tikta rasa, Katu vipak, Ushna Veerya* having *tridoshshamak* property

Triphala-

I.Haritaki- it having it removes toxins by its *malaanulomana* property the toxins which produces *kushta* specially which are *kledajnya* type of *kushta*.

2. *Amalaki-(Dhatri)* having *Sharirshuddhi, Raktashuddhi* property so it will act as a *Twakprasadak*.

*Haridra (curcuma longa)**Haridra* has *Raktadhatushodhan* property & *Raktaprasadan* property which act on *dushta raktagata kapha* it has bactericidal property therefore it used in *kushta*

Gomutra-Due to bactericidal effect & it cures skin disorders.

Tinea Versicolor (Pityriasis Versicolor)[12]-

Tinea Versicolor (Pityriasis Versicolor) is common superficial cutaneous fungal infection.

Causative organism- *Malassezia furfur* –Lipophilic fungus which inhibit sebaceous duct and follicular infundibulum causes lesions in Seborrheic regions.

Patient Profile- Typically occurs in Young adult & adolescents commonly found in Males,

Predisposing factor- Oily skin, sweating

Association- Acne vulgaris, Seborrheic dermatitis

Clinical Features-

1. Asymptomatic, well defined, variably sized Hyper pigmented or Hypo pigmented brownish macules and patches.
2. Scratch Sign /Besniers Sign- Scraping by Sharp Object the lesion become Prominent.
3. Lesions may be variously coloured as Reddish brown, dark brown or black, hence known as Versicolor.

Distribution-

Central Chest, Upper central back, neck, Axillae occasionally face and inframammary folds in females affected.

Diagnosis-

Examination with wood's lamp –Scales florensce golden yellow.

- 10% KOH Solution – Short, broad septate hyphae clusters of thick walled, refractile, round spores that resemble 'Spaghetti and meatballs'
- Skin Biopsy

Treatment-

- Topical – 2.5% selenium sulfide for week for 3-4 weeks 1 month for 3-4 month

Topical clotrimazole, Ketoconazole, Miconazole, Terbinafine

- Systemic (Oral administration) –Fluconazole, Ketoconazole, Itraconazole

Single dose of oral flucocanazole 400 mg, Itraconazole 100 mg BD for 10 Days.

DISCUSSION-

Tikta Rasatmak Drava having property of Raktaprasadan. For example *Nimba (Azadiracta indica)*, *Vasa (Adathoda vasica)*, *Kutaja (Holarr antidycentrica)*, *Kirattikta (Gentania)*, *Guduchi (Tinospora cordifolia)*, *Karanja (Pongmia pinnata)*, *Putikaranja (Caesalpinia crista)*, *Manjishta (Rubia cordifolia)*, *Murva*, *Savrnaksheeree (Aeremone maxicana)*

Katudravya having property of *Agnideepana* releaves *Kushta*, For example *Chitrak (Plumbago zeylanica)*, *Bhallatak (Semecarpus Anacardium)*, *Bakuchi (Psoralea corylifolia)*, *Tuvraka (Hydnocarpus wightianus)*.

Kashaya Dravyas Absorbs *Sharirgat kleda* due this reason it will cure *Kushta*. For example *Khadir (Acacia catechu)*, *Daruharidra (Berberis aristata)*, *Haridra (Curcuma longa)*, *Triphala*. As we havementioned above there is *Kasmarda Pradeha*, *Moolaka beeja Pralepa* etc. these are act as *Sidhma nashak yoga* by their *Rasa*, *Veerya*, *Vipaka*.

CONCLUSION-

Skin is the mirror or Reflection of internal purity of blood, tissues and nutrients and electrolytes. Awareness Skin health is really very important. Avoidance of bad healthy habits is the key for Skin health, Proper seasonal regimen and diet will improve health and this will directly give positive effect on Mana. *Manasfactor* is the one of the important in Skin health. *Shok*, *Chinta* lead to

strotoodushti which leads to Skin disorders, so mental health is very important in skin manifestation. *Ayurveda* plays important role to prevent skin disorders by Ayurveda formulations and regimen mentioned in the *shastra*.

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