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 Uttar Pradesh (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 sleepstrotodushti 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 kushtagna 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 Kushta-

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, Lakacha, Radish, Kakmachi etc.

Sidhma kushta -

Sidhma kushta -Sidhma is derived from sidh dhatu.

Classified According to Aacharya Charak, Kashyap, Bhavprakasha sidhma described in Mahakushta and Aacharya Sushrut,Vagbhata explained in Kshudra Kushta.

Sidhma kushta Hetu-

Related to Aahar –

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<td>Virodhi Annapan</td>
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Related to Vihar-


Other causes- Purva janam karma.
Dosha-Dushya

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Types of Sidhma Kushta-(According to Acharya Dalhana)

1. Sidhma 2. Sidhmapushpika

Lakshanas of Sidhma Kushta According to Different Classical Text-

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

Sidhma has Raksha outside and Snightha at inner side, it causes dust like powder on rubbing on touch which is shlaksha & thin, white, reddish flower like bottle gourd and generally present on urapradesh.[4]

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 differentKalpa for Sidhna[8]-

Kasmarda Pradeha
Moolaka beeja Pralep
Aaragwadi patra Pralep
Edgajadi Lepa

Treatment of sidhna according toYogratnakar[9]-

Aaragwadi patra yoga
mulakbeejadi yoga
dhatrayadi lepa
kushtadi yoga
shikharirasadi yoga

Gandhapashanadi Lepa
Kasamarda beeja lepa

Treatment mentioned inBhaishjyaratnawali for Sidhna Kashta[10]-Different types of Lepa of Moolak beeja

According to Aacharya charaka- kushtanashak lepa-I.shirish twak

2. Karpas pushpa
3. Aaragwadi patra
4. Kaknachi lepa

Udwartana-I.Chakramarda beeja

2. Sarj rasa
3. Moolak beeja

Kushtaghna Gana Dravya[11]

Khadir, Haritaki, Amalaki, Haridra, Bhallatak, Sappparna, 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 Siddha kushta

Shirish (Albizzia lebbeck) - Alleviates toxic condition giving Antitoxic effect

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

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

2. Amalaki-(Dhatturi) 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 itused 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 Seborrhoeic regions.

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

Predisposing factor- Oily skin, sweating

Association-Acne vulgaris, Seborrhoeic 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 (Azadirecta indica), Vasa (Adathoda vasica), Kutaja (Holarr- antisyentric), Kirattikta (Gentania), Gaduchi (Tinospora cordifolia), Karanja (Pongmia pinnata), Putikaranja (Caesalpinia crista), Manjishtha (Rubia cordifolia), Marva, Savrnaksheeree (Aremone maxicana).

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

Kashaya Dravas AbsorbsSharirgat 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 Siddha 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
strotodashti 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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