

EFFECT OF ARKAMANAHSHILA TAILA IN THE MANAGEMENT OF PAMA (SCABIES): A CASE STUDYSuman^{1*}, Dr. Gaurav² and Sumeshwar Singh³¹Md Scholar Rasa Shastra and Bhaishajya Kalpana Department G.A.C.H. Patna- 800003 Bihar, India.²Assistant Professor, Department of Rasa Shastra and Bhaishajya Kalpana, G.A.C.H. Patna- 800003 Bihar, India.³Professor & HOD, Department of Rasa Shastra and Bhaishajya Kalpana, G.A.C.H. Patna- 800003 Bihar, India.***Corresponding Author: Suman**

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ABSTRACT

Aims:- Skin diseases are a major health problem affecting a high proportion of the population in India. In daily routine, each and every general Practitioners face 10-15% of skin disorders. Scabies is an acute communicable disease, caused by *Sarcoptes scabiei* an Arthropode, of the order Acarina which can spread quickly through close physical contact. Scabies is more often seen in crowded and humidity rich areas. The patient chosen for the study was residing in Patna which is a city located in Bihar, is very prominent for scabies cases due to very high population and location near river Ganga. The present study is aimed to show the effect of Arkamanahshila Taila a Herbo-Mineral Formulation for external use in pama. **Backgrounds:-** Scabies is characterized by nocturnal itching, vesicular or pustular eruptions with small red bumps and blisters. In Ayurveda, almost all the skin disorders are explained under the broad term “Kushtha”. In 11 type of Kshudra kushtha, Pama is one of the types having doshik predominance of pitta and kapha. Pama is characterized by having features like many small Pidikas, Raga, Kandu, Strava and Daha. Due to these analogous symptoms, Pama is often correlated with scabies. **Case Description:-** The present case study deals with a 17 years old male patient having complaints of severe itching over wrist, waist, abdomen, armpit and area between the fingers with moderate rashes, mild erythema and mild burning sensation since 1 month, and itchiness aggravated at night time. This case was diagnose as ‘Pama’ (Scabies) on the basis of symptoms mentioned above. Effect of the treatment was assessed on the basis of clearance of lesion and relief from symptoms like itching. **Conclusion:-** Arkamanahshila Taila was used for treatment (local application) for 2 months. At the end of the treatment, Symptoms improved. Rashes disappeared and itching also get reduced. So, it can be said that Ayurveda is a better option for skin related problems which is safe and cost effective than other contemporary sciences.

KEYWORDS: Kushtha, Pama, Pidikas, Raga, Strava, Scabies, Acarina.**INTRODUCTION**

Skin is a mirror that reflects external and internal health of the body. Skin diseases are a major health problem affecting a high proportion of the population in India. Skin diseases can put a heavy emotional and psychological burden on patients that may be far worse than physical impact.^[1] Due to consumption of unhealthy food, lifestyle modifications, environmental pollution and stress, skin problems are increasing day by day and it also affects the quality of life of an individual.^[2] Scabies is a common highly contagious skin condition, caused by the ectoparasite “*Sarcoptes scabiei* var. *hominis*”. more often seen in crowded areas with unhygienic living conditions.^[3] The common sites of infestation include the scalp, face, neck, palms of the hands and soles of the feet. Lesion distribution and intractable pruritus that is worsen at night as well as scabies symptoms in close

contacts helps in diagnosis of scabies.^[4] In modern science the medicines used for the treatment of skin diseases are mostly **Steroid** based which is not very effective and also decreases body's immunity, if used for a long period.

On the basis of symptoms Scabies can be correlated to *Pama in Ayurveda*. *Pama* is one of the eleven types of *Kshudra Kushta* (“Minor skin disease”), according to the Charaka Samhita (Chikitsa Sthana) which is caused by vitiation of *Kapha* and *Pitta Dosha*.^[5] *Pama-kushta* is characterized by extreme itchy eruptions of white, reddish or black color seen over *Sphika* (Buttocks), *Pani-Pada* (Hands & Foot), *Kurpara* (Forearm or elbow region). Diagnosis was based upon signs and symptoms of *Pama Kushta* such as *Toda* (Pain), *Kandu* (Itching),

Daha (Burning sensation), *Pitika* (Burrows), *Srava* (Discharge).^{[6],[7],[8]}

The drugs which have properties to pacify the vitiated Pitta and Kapha dosha can be considered for the treatment of Pama. All the drugs of ArkaManahshila Tail are Katu and Tikta Rasa pradhana with properties like Aampachaka, Raktashodhaka, Kushtaghana, Kandughana and Kaphahara.^[9] The present case study highlights the effect of this formulation in the treatment of Pama as a local applicant.

MATERIAL AND METHODS

Place of study

OPD, Department of Research Unit, Govt. Ayurvedic College and Hospital, Patna, Bihar, India, 800003.

CASE REPORT

A boy aged 17 Years-old from Kadam kaun, Patna came with his mother to outpatient department of Research Unit of Govt. Ayurvedic College and Hospital, Patna on March 04, 2022 with chief complaints of.

1. Discomfort of full body itchiness.
2. Lesions over his wrist, armpit, waist and abdomen.
3. Itchiness worsens during night.
4. Some type of discharge from rashes after itching.

Patient had above symptoms since last 1 month.

On Examination

- 1) Papulo-vesicular lesions with discrete presentation and distributed bilaterally over his wrists, armpit, waist and abdomen regions.

- 2) Multiple erythematous papules, Round shaped with a well-defined border measuring from 0.2 to 0.3 cm in diameter, with no scales.
- 3) No exudation and cracking was found.
- 4) Scaling of skin was absent
- 5) Effected sites were hyper-pigmented.

History of present illness

According to him, he was asymptomatic 1 month back. But then patient had developed few rashes in his fingers first which widespread in more numbers and different sizes to his wrist, armpit, waist and abdomen within the time frame of two to three weeks. The boy experienced such for the first time and never consult to a doctor before assuming it would disappear by itself. Furthermore, he said that the itchiness worsens at night and his sleep was disturbed by intense pruritus for the past two weeks. His mother applied an allopathic cream(as self medication) to the affected area but symptoms re-appears after stoppage of applying cream. Hence they came to Govt. Ayurvedic College and Hospital, Patna, Bihar, India for management.

According to patient, his mother and elder brother was also experiencing the same complaint.

Past history:- He had no history of past illness, diabetes mellitus, any skin disease and any allergy.

Family History:- According to patient, his mother and elder brother was also experiencing the same complaint. Also, he had a history of sharing the same room and bed with his brother.

Personal History

Table 1: Personal details.

Name : XYZ	Dietary habits: Non veg	Addiction : None
Age/Sex : 17 yrs/M	Prakriti: Kapha-vataj	Bladder : Regular
Occupation: Student	Kostha : Madhyam	Sleep: Disturbed
SES: Lower middle	Agni: Vishamagni	Bowel: Irregular
Habitat: Urban	Bala: Madhyam	Appetite : Moderate
Pulse : 73/mint	BP: 110/70 mmHg	Temp : 98.4 ⁰ F

Dash- vidha Pariksha

Table 2: Dashvidha pariksha.

Prikshya Vishaya	
Prakriti (Physical & mental constitutions)	Kapha -vata
Vikriti (Disease susceptibility)	Kapha- pitta
Sara (Quality of Dhatus)	Mansa sara
Samhanan (Body built)	Madhyam
Praman (Anthropometry)	Madhyam
Satmaya (Adaptability)	Madhyam
Satwa (Mental stamina)	Maghyam
Aahara Shakti (Digestive capacity)	Pravar
Vyayama Shakti (Physical indurance based on exercise)	Pravar
Vya (Age)	Yuva

Treatment Plan:- Patient was treated on OPD basis.

Selected External Ayurvedic Drug**Table 3: Dose and Duration of drug used externally.**^[10]

Name of medicine	Dose	Duration
ArkaManahshila Taila	5 ml (2 times/day)	60 days

Follow up of after 7 days for 1 month and then after 15 days for next month.

Criteria for selection of External medicines**Table 4: Ingredients of external medicines with their uses.**^{[11],[12],[13][14]}

Name of medicine	Ingredients	Properties and Uses
ArkaManahshila Taila	1. Arka patra Swaras 2. Sudha Manahshila 3. Tila tailam	Katu and Tikta Rasa pradhana, Aampachaka, Raktashodhaka, Kushtaghana, Kandughana and Kaphahara.

Preparation of ArkaManahshila Taila

Various process used to prepare Arka Manahshila Taila was Katu Taila Murchhana^[15], Shodhana of Manahshila^[16], Preparation of Arka Patra Swaras^[17] and finally preparation of Arka Manahshila Taila^[18] as described in chapter Sneha Kalpana of Sharangdhara

Samhita with the precautions to be taken while making these preparations.

Medicine used in this case were prepared in the Pharmacy of Ras Shastra evam Bhaishjya Kalpana Department of Govt. Ayurvedic College and Hospital, Patna, Bihar, India, so as to assure authenticity of drugs.

Ahara and vihar (Diet and mode of life) advised during treatment**Table 5: Pathyapathya (Do's and Don'ts).**^{[19],[20]}

Pathya (Do's)	Apathya (Don't)
Ahara -Light, digestible, fresh and warm food especially Old rice, Mudgayusha (juice made of green gram), Ushna jala, Shaka	Ahara - Mamsa, Matsya, Dadhi, Kalaya, Chanaka, Sheeta Jala, Ati madhura- amla-Lavan Dravyas.
Vihara - Chankramana, Ratri Swapna, Diva jagarana, Snana, Shoucha.	Vihara - Diva Swapna, Vega dharana.

Assessment of effect of treatment on the basis of grading pattern of subjective parameters**Table 6: Grading pattern of subjective and objective parameters.**

Pidika	Grade	Srawa	Grade
Severe	3	Severe	3
Moderate	2	Moderate	2
Mild	1	Mild	1
No	0	Absent	0
Kandu		Daha	
Severe	3	Severe	3
Moderate	2	Moderate	2
Mild	1	Mild	1
No	0	Absent	0
Raga		Vedana	
Severe	3	Severe	3
Moderate	2	Moderate	2
Mild	1	Mild	1
No evidence	0	Absent	0

Diagnostic Assessment

Diagnosis was assessed on the bases of symptoms reported by the patient. Haematological findings such as

CBC, ESR, SGOT, SGPT and blood glucose level were within normal limits.

OBSERVATIONS AND RESULTS**Table 7:- Progress of Treatment.**

Symptoms	First visit	7 th Day	14 th Day	21 th Day	28 th Day	56 th Day
Pidika	2	2	2	1	1	0
Kandu	3	3	2	2	2	1
Raga	2	2	2	1	1	0

Srawa	0	0	0	0	0	0
Daha	2	2	2	1	1	0
Vedana	0	0	0	0	0	0

DISCUSSION

Pama is due to the predominance of Kapha and pitta doshas which leads to symptoms like Kandu, Pidika, Srawa, Daha and Raga or fainting of skin etc. Hence the treatment was aimed to normalized vitiated Kapha- Pitta. The therapeutic activity of compound formulation is decided by the action of its major ingredient or by the synergic action of all the ingredients. Arka Manahshila Taila is a herbomineral formulation having Arka, Manahshila and Katu Tail as its major ingredient. Arka Patra contains Katu and Tikta Rasa, Katu Vipaka, Ushna Virya. Its karma is Kushthaghna, Raktashodhaka, Jantughna, Krimighna and Vedana- sthapana. It has antimicrobial, nematicidal and antifungal properties, so therapeutically effective on Kandu and Kustha.

Manahshila also has Katu and Tikta Ras, Snigdha, ushna Guna, Ushana Veerya and Kapha-Vataghana properties. Its Karma is Kanduhara so therapeutically effective on Kandu and Kustha. Whereas Katu Taila has Tikta Ras, Tikshna, Sukshma, Sara, Snigdha Guna, and Ushna Virya. It acts as soothing agents, demulcent and emollient. It is not only acts as a vehicle, but also increases drug absorption by skin through lipophilic pores. The active principles of the Taila reach to the deeper tissues through siramukha & Swedavahi Srotas & stain it with its Sukshma & Tikshna property. Due to its Ushna, Tikshna, Vishada & Sukshma properties it deblocks the obstruction in Swedavahi srotas & allows the local toxins to flow out through the Sweda, Thus clearing out the micro channels.

From the above discussion it was observed that all the drugs of this formulation are having Katu, Tikta Rasa which are having Aampachaka, Raktashodhaka, Kushtaghana, Kandughana and Kaphahara properties, So it is considered to be very much effective in the treatment of Pama.

CONCLUSION

Here, it is concluded that external use of Arkamanahshila Taila was found effective in the management of symptoms like Padika, Kandu, Raga and Daha of Pama. Further clinical and experimental studies are required with large samples to establish the efficacy of the drug in Pama.

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