

A REVIEW ARTICLE ON PAMA VYADHI**Vd. Sudarshana Suresh Walhe^{1*} and Vd. Vaibhav Dattatray Phartale²**¹P. G. Scholar, Kaychikitsa Department, SSAM and Hospital, Nasik.²Associate Professor, Kayachikitsa Department, SSAM and Hospital, Nasik.Article Received on
08 August 2020,Revised on 28 August 2020,
Accepted on 18 Sept. 2020

DOI: 10.20959/wjpr202012-18802

Corresponding Author*Vd. Sudarshana Suresh
Walhe**P. G. Scholar, Kaychikitsa
Department. SSAM College,
Nasik.**ABSTRACT**

Ayurveda is the science of life which deals with prevention of disease first (swasthasya swasthya rakshnam) and then curative measures of disease (Aaturasya vikar prashamana). Now a days in day to day life style people are getting more conscious about their external beauty compared to internal ones and in also some profession they charming proceed. Skin reflects the internal health of an individuals. Healthy skin depicts the personality of an individuals. Now a days, skin diseases are very common, due to various causes, eg. Consumption of unhealthy food or lifestyle modification or environmental pollution or due to stress skin problems are increasing day by day and it also affects the quality of life of an individuals. In daily routine, each and every

general practitioners face 10-15 % of skin disorders due to altered life style, mental status, unhygienic life style, over eating of fast food, nutrition, due to all above mentioned reasons skin disease are mostly encountered. Because of all above reasons skin disorders which are happened they all are included in Kushtha according to Ayurveda. In charak samhita kushtha is of two types – first is Mahakushtha and another one is Kshudra Kushtha. In 11 type of kshudra Kushtha pama is one of the type, which is described as doshik predominance of pitta– kapha. The symptoms like pitika, shotha, kandu and strava seen in pama. According to Ayurveda treatment need to be considered as Raktamokshana, Virechana and Lepa prayoga in pama.

KEYWORDS:– Kushtha, pama, rakt mokshan, virechana.**INTRODUCTION**

Now a days in day to day life style people are getting more conscious about their external beauty compared to internal ones and in also some profession they charming proceed. Skin

reflects the internal health of an individuals. Healthy skin depicts the personality of an individuals. Skin diseases are very common, due to various causes, eg. Consumption of unhealthy food or lifestyle modification or environmental pollution or due to stress skin problems are increasing day by day and it also affects the quality of life of an individuals.^[1] In daily routine, each and every general practitioners face 10-15 % of skin disorders due to altered life style, mental status, unhygienic life style, over eating of fast food, nutrition, due to all above mentioned reasons skin disease are mostly encountered. Ayurveda is a sacred medical science which guides us about all the aspects of life in health, unhealthy, advantageous life along with its span. In ayurveda Pama is one of the 18 types of Kushthas, the diseases is dealt by almost all the authors. As pama is included in Kshudra Kushtha and as the kshudra word itself means not having more importance. The one reason behind this may be at the time when it is described the spreading or incidence of disease may not be more, so haven't paid more attention towards this disease.^[2] In Pama doshik predominance of pitta kapha. The symptoms like pruritus, papula formation, inflammation and oozing.

In modern science, the management of pama is not so effective and produce some undersirable effects as compared to conventional methods of treatment as mentioned in ayurveda. In ayurveda, treatment for kushtha vyadhi has been described individually depending on doshas, alike for vata pradhnya kushtha - ghrutpana, kapha pradhanya kushtha - vaman, pitta pradhanya kushtha - initially raktamokshana and virechana. Pama consists of pitta-kapha doshas for that treatment need to be considered as raktamokshana, virechana and lepa prayoga. Mahatikta ghrita is also mentioned and is more effective in kushtha vyadhi.^[3]

MATERIAL AND METHODS

This present article is based on a review of Ayurvedic text materials related to PAMA. The main ayurvedic text used in this Charak Samhita, Sushrut Samhita and all relevant books which gives idea to complete this article.

Kushtha

तासां प्रथमा अवभासिनी नाम, या सर्वानर्णानवभासयति पंचविधां च छायां प्रकाशयति,
सां ब्रीहेष्टादशभागप्रमाणा, सिध्मपदमकण्टकाधिष्ठाना,
व्दितीया लोहिता नाम, षोडशभागप्रमाणा तिलकालकन्यच्छव्यङ्गधिष्ठाना,
तृतीया श्वेता नाम व्दादशभागप्रमाणा, चर्मदलाजगल्लीमशकधिष्ठाना,
चतुर्थी ताम्रा नामाष्टभागप्रमाणा, विविधकिलासकुष्ठाधिष्ठाना,

पंचमी वेदिनी नाम पंचभागप्रमाणा, कुष्ठविसर्पाधिष्ठाना,
षष्ठी रोहिणी नामब्रीहीप्रमाणा, ग्रन्थपच्यर्बुद श्लीपदगलगण्डाधिष्ठाना,
सत्पमी मांसधरा नाम त्रीहीव्दयप्रमाणा, भगन्दरविद्रध्यशौअष्ठीना ।
यदेतत् प्रमाण निर्दीष्टं तन्मांसलेष्वकाशेषु, न ललाटे सुक्ष्माअगुल्यदिषु च ।

सु. शा. ४ / ४^[4]

According to sushruta there are 7 layers of twak, whereas, Charaka and Vagbhata has described 6 layers.

Vikruti should be studied in the form of Nidan Panchaka. Nidan means HETU i.e causative factors or etiological factors.

Nidan panchaka a proper understanding of etiological factors help in better understanding of Samprapti. Its help to accurate treatment and help for advising nidanparimarjana. This is an important step in chikitsa.

विरोधीन्यन्नपानानि द्रवस्निग्धगुरुणि च ।
भजतामागतां छर्दि वेगांश्चान्यान्प्रतिघ्नताम् ॥
व्यायाममतिसन्तापमतिभुक्तोपसेविनाम् ।
शीतोष्णलङ्घ. घनाहारान् क्रमं मुक्त्वा निशेविणाम् ॥
घर्मश्रमभयार्ताना द्रुतं शीताम्बुसेविनाम् ।
अजीर्णाध्यशिनां चैव पंचकर्मापचारिणाम् ॥
नवान्नदधिमत्स्यातिलवणाम्लनिषेविणाम्
माषमुलकपिष्टान्नतिलक्षीरगुडाशिनाम् ।
व्यवायं चाप्यजीर्णअन्ने निद्रां च भजतां दिवा ।
विप्रान् गुरुन् धर्शयतां पापं कर्म च कुर्वताम् ॥

च.चि. ७/४-८^[5]

स्त्रीपुसयोः कुष्ठदोषात् दुष्टशोणित शुक्रयोः ।
यदपत्य तजोर्जात् ज्ञेय तदपि कुष्ठितम् ॥

सु.नि. १/२७^[6]

Hetu for kushtha

1. Ahar hetu
2. Vihar hetu
3. Manas hetu

1. Ahar hetu: proper intake of food (vidhivat) is essential for proper production of sharir 'Bhavpadarthas' and smooth functioning of the body and mind.

- a) Intake of mutually contradictory food and drink which are liquid, unctuous and heavy.
- b) Excessive intake of food preparations of freshly harvested grains, curd, fish, salt and sour substances.
- c) Excessive intake of masha (phaseolus mango) Mulak (radish) pastry, tila (sesame seeds), milk and jiggery.
- d) Intake of uncooked food and intake of food before the previous meal is digested.

2) Vihar hetu

प्रसङ्गाद् गात्रसंस्पर्शान्निश्वासात्सहभोजनात् ।

सहशय्यासन्नाच्चापि वस्त्रामाल्यानुलेपनात् ॥

कुष्ठम् ज्वरश्च शोषश्च नेत्राभिष्यन्द एव च ।

औपसर्गिक रोगांश्च संक्राम्यन्ति नरान्नरम् ॥

सु.नि.५/३३^[7]

- a. Performance of physical exercise in excessive heat and after taking very heavy meal.
- b. Use of cold water immediately after exposure to the scorching sun, exertion or exposure to frightening situation.
- c. Transgression of the procedure of panchakarma.
- d. Sleep during day time.

3) Manas hetu

The manas hetu are not directly mentioned in the samhita but the tendency to 'pap karma' has been mentioned as one of the cause of 'kushtha' though this cause is not openly discussed by every patient.

Type of kushtha

Basic type of kushtha one is Mahakushtha and other one is Kshudra kushtha.

Mahakushtha having 7 types and Kshudra kushtha are 11 type.

1) In mahakushtha:-

1. Kapal kushtha
2. Audumbar Kushtha
3. Mandal kushtha
4. Vrushya kushtha
5. pundarika kushtha
6. Sidhma kushtha
7. Kakanaka kushtha

2) Kshudra kushtha:-

1. Ek kushtha
2. Charma kushtha
3. Kitibha kushtha
4. Vipadika kushtha
5. Alasaka kushtha
6. Dadru kushtha
7. Charmadala kushtha
8. Pama kushthas
9. Vispotaka kushtha
10. Shataru kushtha
11. Vicharchika kushtha

Purvaroop of kushtha

तेषामिमानी पुर्वरूपणि भवन्ति; अस्वेदनमति स्वेदनं

पारुष्यमतिश्लक्ष्णता वैवर्ण्यम् कण्डुर्निस्तोदः सुप्तता परिदाहः

परिहर्षाः लोमहर्षः खरत्वमुष्यायणं गौरव श्वयथुर्वीसर्पागमनभीक्षणं च कायेच्छिद्रेषुपदेहः

पक्कदग्धदष्टभग्नक्षतोपस्खलितेष्वतिमात्रं वेदना स्वल्पानामपि च दुष्टिरसरोहणं चेति ॥

च.नि.५/७^[8]

Premonitory signs and symptoms of kushtha are as follow

Parushyam – Dryness skin

Atishlashnata – Excessive oily skin

Vaivarnyam – Discolouration of skin

Kandu and toda – Itching, pricking sensation.

Suptata, paridaha – Anaesthesia Burning sensation

Pariharsha, Lomharsha – Tingling numbness

Gaurava, Shavayathu – Edema, Heavyness

Kayachidreshupdeha – Excretory product are stagnated in the pores of skin.

Vrananam adhika shula – Excessive pain in the ulcerated parts and instantaneous appearance and continued persistence of these ulcers.

PAMA – Accordingly from above text kushtha are of two types

1) Mahakushtha 2) Kshudra kushtha

Pama is considered in kshudra kushtha

पामा श्वेत्तारुणश्यावाःकण्डुलाःपिडक् भुशम् ।

च.चि.७/२५^[9]

Pama is characterized by excessive itching eruption which are either, reddish or blackish brown in colour.

It is pittakaphadhikya.

Modern aspect of scabies

Scabies are of two types

1. Human scabies

2. Animal scabies

Human scabies – It is a contagious disease caused by the mite *Sarcoptes scabiei* var. *hominis* contracted through close personal contact or contaminated clothing. Over crowding and poor hygiene helps its spread. The adult female itch mite has a rounded body, four pairs of legs and measures 400 μ in length. She walked rapidly on human skin, covering 2.5 cm per minutes, when she finds a suitable location, she burrow into the horny layer to the boundary of the stratum granulosum. The burrow provides a home for the duration of her life approximately 30 days. Within hours of burrowing she begins laying enormous eggs (2-3 days). These eggs progress through larval and nymphal states to form adult mites in 10 days. The mites concentrates in special sites, two thired on the hands and wrists, bcoz the eruption maybe caused in part immature stages of the mite and by sensitization, the distribution of adult female mites does not parallel that of the typical scabies lesions. It is suggested that fertilized female parasites need to be transferred for the infection to establish and that it is female mite that is responsible for the clinical entity called, scabies.^[10]

Etiology and Pathogenesis

A female mite is approximately half her size and is similar in configuration after impregnation on skin surface a gravid female exudes a keratolytic substance and burrows into the stratum corneum. Female mite deposits one to three oval eggs and numerous brown faecal pellets (scybala) daily when egg laying is completed in 4 to 5 weeks. She dies within the burrow. The eggs hatch in 3 to 5 days releasing larvae that move to skin surface to molt into nymphs.

Clinical manifestation

The infestation of mites may also be transmitted through infested clothing or bedding. Intimate contact isn't necessary.

After the initial exposure to scabies, it can take up to six weeks for symptoms to appear. The symptoms usually develop more quickly in people who have had scabies before.^[12]

Signs and Symptoms

1. The first sign of the infestation often consist of 1-2 mm red papules some of which excoriated, crusted or scaling.
2. Vesicles, papules, pustules, nodules, urticarial wheals excoriations or ulcers can all be seen.
3. Linear hyperpigmentary macules resulting from chronic scratching and irritation are common.
4. Lesions are frequently found on web spaces of hands, flexor aspects of wrist, ulnar borders of hands, back of elbow, axillary folds, nipples areolae, around the wrist, genitalia, buttock, inner thighs
5. Head, Neck, Palm, Soles are generally spread.

Diagnosis of Scabies:– The diagnosis of scabies is generally clinical the characteristic pruritus and the characteristic distribution of clinical lesions should suggest a diagnosis.

Criteria have been proposed to diagnose scabies

- 1) Identifiable typical burrow particularly associated with an itchy rash.
- 2) Positive skin scraping showing eggs or mites or faeces.
- 3) Typical rash which itches more at night.
- 4) Sudden onset of an unexplainable itchy rash with characteristic distribution.

Identification of burrows

Identification of burrows is possible through the following simple tests.

- 1) Burrow ink test
- 2) Tetracycline fluorescence test

Differential diagnosis

- 1) **Infant** – Infantile Acropustulosis.
Impetigo, eczema^[12]

- 2) **Children** – Papular urticaria
Canine scabies^[13]
Adult – Insect bites
Urticaria
Skin infection^[14]

- 3) **Elderly-** Drug reaction
Senile pruritus^[15]

Management

As per Ayurveda Acharya Charaka explained specific chikitsa (treatment) on pama (scabies)

वातोत्तरेषु सर्पिवमनं श्लेष्मोत्तरेषु कुष्ठेषु ।

पित्तोत्तरेषु मोक्षो रक्तस्य विरेचनं चाग्रे ॥

च.चि.७/३९^[16]

In vatapradhana kushtha starting with Ghrutapana,

In Kapha pradhana kushtha starting with Vamana,

In Pitta pradhana kushtha starting with Raktamokshana after that patients gives Virechana upkrama.

According to Ayurveda, pama (scabies) is pittakaphadhikya vyadhi, for that Virechana and Raktamokshana is important.

Virechana dravya

Virechana dravya are mentioned, that is Nishottar, Dantimula, Triphala are more useful in pama kushtha for virechana.

Raktamokshana

In Kshudra kushtha raktamokshana done by Prachhan karma with Alabu and Shrunga.

After raktamokshana Lepa prayoga is mentioned like Chitrakadi Lepa, mansyadi lepa, Trapusadi lepa.

But for specific for Pama vyadhi Aaragwadhadi patra churn lepa like yoga are mentioned.

Some Aushadhi yoga for pama

Mahatiktakadi ghrita

Tiktashatpalak ghrita

Mahakhadiradi ghrita

According to modern treatment

- 1) Topical agents – Topical agents can be harmful in the presence of impaired skin barrier function. Topical agents remained and will remain the drugs of choice in the therapy of scabies, until newer, better and safer systemic agent become available;

Lindane 1%

Permetrin 5%

Benzyl Benzoate 10.25%

Crotamiton 10%

Sulphur 5-10%

Monosulphur 10%

Adjuvant treatment**Antibacterial therapy**

Secondary bacterial infection is one the most important complication of scabies. Staphylococci and streptococci are the common inciting agents. So require appropriate antibacterial therapy.

Anti pruritic medication

Itching is the most troublesome symptoms of scabies and can sometimes very severe. Topical soothing lotion like calamine or cool compresses may allay pruritus.^[17]

CONCLUSION

That now a day to day about life style people are more conscious about their external beauty and conscious about good look for their successful carrier. Skin disease has a high prevalence throughout the world. Pama is one of the skin disease which is disturb our life style. Pama being a kshudra kushtha has kaphapitta dominance with its involvement of tridosha which can be evident by observing its sign and symptoms like Kandu (itching), Pitika (Eruption), Daha (Burning sensation), Puyautapatti (oozing). The sign and symptoms of pama is very difficult to treat so pama disease. In ayurveda according to Acharya Charaka Importance and its management is described.

REFERENCES

1. www.iamj.in – concept of Kshudra roga in Ayurveda.
2. Naresh Babar – Role of Ayurvedic drug compared the management of pama scabies.
3. Charak Chikitsa: Professor Vd. Ya. Go. Joshi, Charaka Samhita of charaka, shrichakra pani dutta, Ayurveda dipika vyakha, Marathi bhashantar and yashwanti tike saha, chikitsa sthana, kushtha adhyaya, 2011; 3: 12.
4. <https://archive.org/details/in.erne> – Sushruta samhita Sharirsthanam – Ghanekar, Dr. Bhaskar Govind.
5. Charak Samhita - Professor Vd. Ya. Go. Joshi, Charaka Samhita of charaka, shrichakra pani dutta, Ayurveda dipika vyakha, Marathi bhashantar and yashwanti tike saha, chikitsa sthana, Kushtha adhyaya, shlok no., 2011; 04(8): 189.
6. Sushruta nidan sthana – Professor Vd. Anant Ram Sharma, Sushrut samhita of Maharashi Sushruta Volume 1, Hindi commentary, Reprint edition Chaukhamba Surbharati Prakashana, Nidan Sthana, Kushtha Nidana Adhyaya, Shloka no., 2015; 27: 499.
7. Sushruta ni dan sthana – Professor Vd. Anant Ram Sharma, Sushrut samhita of Maharashi Sushruta Volume 1, Hindi commentary, Reprint edition Chaukhamba Surbharati Prakashana, Nidan Sthana, Kushtha Nidana Adhyaya, Shloka no., 2015; 34: 500.
8. Ayushportal.nic.in/emr>literaryfina –Charak nidansthana – ayush research portal.
9. Charak Samhita - Professor Vd. Ya. Go. Joshi, Charaka Samhita of charaka, shrichakra pani dutta, Ayurveda dipika vyakha, Marathi bhashantar and yashwanti tike saha, chikitsa sthana, Kushtha adhyaya, shlok no., 2011; 25: 192.
10. <https://www.karger.com>article>.
11. <https://www.healthline.com>health>.

12. <https://www.contemporarypediatrics.com>.
13. <https://www.visualdx.com>diagnosis>.
14. <https://dermnetnz.org>topics>scabies>.
15. <https://emedicine.medscape.com>.