



## A Review on Pama Kustha with Reference to Scabies

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### ABSTRACT-

Skin has a prime importance in protection from external factors such as bacteria, chemicals and other harmful factors. Skin disorders have been given a much importance in *Ayurveda*. Most of the skin diseases are explained elaborately under an umbrella “*Kushta*”. *Pama Kushta* is one of the *Kshudra Kushta* with symptoms like *Daha*, *Srava*, *Kandu* and *Pidaka* at *Sphik*, *Pani* and *Kurpara*. It is *Pittakapha Pradhana Vyadhi*. *Pama Kushta* manifests by *Prasangat*, *Gatrasamsparsat*, *Viruddha Ahara Vihara*, etc. Various modalities including *Shodhana* and *Shamana* are the line of treatment followed in this condition. Presentation of *Pama Kushta* closely resembles to Scabies. In the contemporary science Permethrin, Ivermectin, Benzyl benzoate, etc. are used in treatment aspects and its side effects includes itching, redness, tingling sensation and rashes over skin.

**Key words:** *Pama Kushta*, *Kushta*, *Chikitsa*, *Shodhana*, *Shamana*, Scabies.

### INTRODUCTION-

*Ayurveda* is an ancient system of Indian medicine which primarily focuses on preventive as well as curative aspects of ailments. All the *Twak Vikaras* are compiled under broad heading of *Kushta*. *Acharya Charaka* mentioned 18 types of *Kushta* which are again divided into *Maha Kushta* and *Kshudra Kushta*. *Pama Kushta Kushta* is one among *Kshudra Kushta*. It is *Pitta Kaphaja Vikara*<sup>1</sup>.

**Nirukti:** *Pama Kushta* has derived from the root *Pai-* “*Shoshan Dhatu*” means which dries up the *Dhatu* (Sanskrit English Dictionary, Monier Williams 1970)

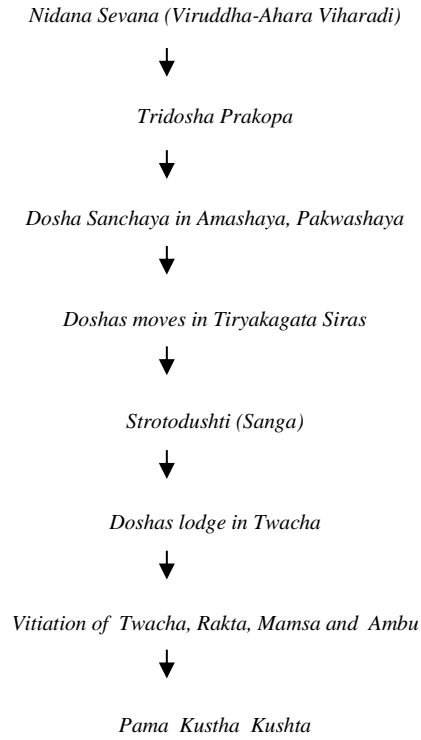
**Nidana:** *Nidana or Hetu:* *Samanya Nidanas* holds good for this *Vyadhi*.

**Aharaja :** *Our Acharyas* mentioned *Nidanas* for *Kushta* like *Adhyashana*, *Vishamasana*, *Atyashana*, intake of food during *Ajeerna*, *Satata* and *Atisevana* of *Madhu*, *Phanita*, *Matsya*, Excessive *Snehana*, *Vidahi Ahara* excessive intake of *Amla* and *Lavana Ahara Rasa*, *Navanna*, *Dadhi*, *Masha*, *Mulaka*, *Pishtanna*, *Kshira*, *Guda*, excessive *Drava* and *Snigdha Ahara* and *Guru Ahara* are the *Aharaja Nidanas*. Excessiv intake of *Lavana*, *Amla*, *Dadhi*.

**Viharaja Nidana:** *Diwaswapna*, *Chardhi Vegadharana*, *Sheetambu Sevana* after coming from sunlight, *Ativyayama*, *Acharya Sushruta* added *Dushivisha*. *Acharya Bhavamishra* added excessive intake of *Gramya*, *Anupa*, *Audaka Mamsa* to the above said *Nidanas* *Acharya Harita* added *Dushita Jala* as the etiological factor for *Kushta* ..

**Manasika Nidana:** *Ati Bhaya*, *Ati Shoka* and *Ati Chinta* are explained as *Hetu* that causes *Kushta Upasargaja Nidana:* *Sushruta Acharya* was the only author who mentioned the *Upasargaja Nidana of Kushta* <sup>2</sup>.

- 1) *Prasangat Gatrasamsparsat*- Frequent touching the body of the patients.
- 2) *Nishwasat*-Inhaling of expired air of patient.
- 3) *Saha Bhojanat*-Dining with patient.
- 4) *Saha Shayya* –Sleeping with patient.
- 5) *Saha Asana*-Sitting together with patient.
- 6) *Vastra Malyanulepanat*- Wearing dress, garlands used by patient

**Samprapti :****Samprapti Ghatakas :**

|                            |   |
|----------------------------|---|
| <b>Dosha</b>               | <i>Tridosha - Pittakapha Pradhana</i>             |
| <b>Dushya</b>              | <i>Twak, Rakta, Mamsa, Lasika</i>                 |
| <b>Agni</b>                | <i>Jatharagni and Dhatvagni</i>                   |
| <b>Ama</b>                 | <i>Tajjanya</i>                                   |
| <b>Srotas</b>              | <i>Rasavaha, Raktavaha, Mamsavaha, Swedavaha,</i> |
| <b>Srotodushti prakara</b> | <i>Sanga, Vimargagamana and Atipravritti</i>      |
| <b>Rogamarga</b>           | <i>Bahya Rogamarga</i>                            |
| <b>Udabhavasthana</b>      | <i>Amashaya</i>                                   |
| <b>Sancharasthana</b>      | <i>Triyaka-Gati</i>                               |
| <b>Vyaktasthana</b>        | <i>Twacha</i>                                     |
| <b>Adhithana</b>           | <i>Chaturtha Twacha-Tamra</i>                     |
| <b>Swabhava</b>            | <i>Chirakari</i>                                  |

**Purvarupa**

*Purvarupa* of *Kushta* can be considered as the *Poorvaroopa* of *Pama Kustha Kushta*. *Asweda, Ati Toda, Suptatha, Paridaha, Lomaharsha, Kharatwa, Atisweda, Vedana, Vaivarnyam, Kandurudhira Krishnata, Toda, Suptatha, Paridaha, Lomaharsha, Kharatwa.*

## ROOPA

The *Lakshanas* of *Pama Kustha Kushta* are *Toda, Kandu, Pidaka, Daha* and *Srava*, etc are explained as follows:

| SI No | Lakshanas             | CS | SS | AH | MN |
|-------|-----------------------|----|----|----|----|
| 1     | <i>Bahupidaka</i>     | +  | +  | +  | +  |
| 2     | <i>Sukshma Pidaka</i> | -  | +  | +  | +  |
| 3     | <i>Shweta Pidaka</i>  | +  | -  | -  | -  |
| 4     | <i>Aruna pidaka</i>   | +  | -  | -  | -  |
| 5     | <i>Shyava Pidaka</i>  | +  | -  | -  | -  |
| 6     | <i>Kandu</i>          | +  | +  | +  | +  |
| 7     | <i>Srava</i>          | -  | +  | -  | +  |
| 8     | <i>Daha</i>           | -  | +  | -  | +  |
| 9     | <i>Kleda</i>          | -  | -  | +  | -  |
| 10    | <i>Ruja</i>           | -  | -  | +  | -  |
| 11    | <i>Sphota</i>         | -  | -  | +  | -  |

### *Sadhyasadyata* of *Pama Kustha*:

*Pama Kustha* can be considered as *Sadhya vyadhi*.

### *Chikitsa* of *Pama Kustha*

Separate *Chikitsa* for *Pama Kustha* have not been described in any of the texts. The *Samanya Chikitsa* advised for *Kushta* has to be taken for *Pama Kustha* also.

### *Samshodhana Chikitsa*

- 1) *Vamana*
- 2) *Virechana*
- 3) *Sirovirechana*
- 4) *NiruhaBasti*

*PatoladiKashaya* mentioned in *Bhaishajya Ratnavali*<sup>3</sup> is indicated in *Pama Kustha Kushta*.

*Saindhavadi Lepa* mentioned in *Bhava Prakash Samhitha*<sup>4</sup> is also indicated in *Pama Kustha Kushta*.

## Concept of Scabies:

Human scabies is an intensely pruritic skin infestation caused by the host-specific mite *Sarcoptes scabiei hominis*. Lesions are commonly found on finger webs, wrists, antecubital fossa, areolae, axillae, periumbilical region, lower abdomen, genitals as well as buttocks<sup>5</sup>. The highest rate of infestation occur in countries with hot tropical climates especially in communities where overcrowding and poverty coexist. In India the incidence ranges from 39% - 59% in rural and urban areas<sup>6</sup>. As, it is highly contagious, it spreads quickly in crowded locations.

**Etiology:** It is caused by the host specific mite *Sarcoptes scabiei hominis*.

**Trasmission:** Direct skin contact, exchanging cloths, playing in soil, unhygiene.

**Incubation period:** In initial attack of scabies, symptoms do not occur for 3 to 4 weeks approximately.

**Diagnosis:** History of nocturnal itching, skin scraping, Needle extraction of the mite, Burrow ink test.

**Treatment:** Drug of choice in modern science for scabies is Ivermectin and Permethrin, etc.

**Comparision between *Pama Kustha* and Scabies:**

|                    | <i>Pama Kustha</i>                                       | Scabies  |
|--------------------|--|--|
| Causes             | <i>Prasangat Gatrasamsparshat, Vastra malyanulepanat</i> | Direct skin contact, Exchanging cloths and unhygiene |
| Type of lesion     | <i>Pidakas</i>   | Papules, pustules                                    |
| Site               | <i>Sphik, Pani, Kurpara</i>                              | Buttocks, finger webs, periumbilical, wrists         |
| Nocturnal pruritus | <i>Kandu</i>   | Nocturna pruritus                                    |
| Discharge          | <i>Srava</i>   | Dicharge   |
| Pain               | <i>Toda</i>  | Pain   |
| Burning            | <i>Daha</i>  | Burning  |

**Discussion:**

In *Pama Kustha* our *Acharyas* mentioned it as *Pitta Kapha Pradhana Vyadhi* with *Kandu, Daha, Ruja, Sravayukta, Sukshma Shyava, Aruna Pidakas* present at *Sphik, Pani, Kurpara*. In modern science Scabies also have same features like pustules, papules, wheals present at buttocks, umbilicus, axillae, groin, hands, finger webs, etc. Nocturnal pruritus is a main complaint in this condition. Hence *Pama Kustha* can be correlated with Scabies. *Pama Kustha* and Scabies both have close common similarities hence *Pama Kustha* can be correlated with Scabies.

**Conclusion:**

Based on causes, lesion, site, pruritus, pain and burning, *Pama Kustha* can be closely compared to Scabies.

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