

Single drug therapy in the management of Skin diseases

Seminar Article

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Abstract

Ayurveda is perceived as one of the most ancient and well documented system of medicine equally relevant in modern times. In Ayurveda, skin diseases are mainly categorized under *Kustha and Kshudra roga. sheetapitta. Visarpa, visphota* like diseases also considered as skin disorders. Some skin conditions can be minor, easily treated, while others can be difficult to cure. Medical management of this condition is done by using drugs having properties of *rakta shodana, rakta shamana, vishagna, krimighna, kandughna*. Drugs mainly which contains Pharmacological activity of antifungal, antiviral, antibacterial are useful in the treatment of skin infections. Ayurveda mentions a good number of herbal medicines for skin care, diseases. Use of herbal drugs as a source of medicine has been an ancient practice and is an important component of the health care system in india. In vedic literature we find few prayogas with single drugs. In Samhita period, Nighantu period a compendium of single drug usage is available. Traditional practice of medicine and folklore practice mainly focuses on single drug usage. Non availability, high cost and ambiguity in the identity of ingredients used are a few major problems in the utilization of compound drugs in ayurveda and there is thus an utmost need to know about single drug therapy. Some of such single drugs *Kakamachi(Solanum nigrum), Vridhadaru(argyria nervosa), Ankola(Alangium salvifolium), Kasamarda(Cassia occidentalis), Punarnava(Boerhavia diffusa), Ageratum conyzoides, Xanthium strumarium* are using in various skin diseases.

Key Words: Skin diseases, Ekamooliga prayoga, folklore claims.

Introduction

Skin is the largest organ in the body. Its size and external location makes it susceptible to a wide variety of disorders. In recent years there has been a considerable increase in the incidence of skin problems in the tropical and developing countries like India due to various reasons like poor sanitation, poverty, pollution affecting all the age of population.

In Ayurveda, Skin diseases are described in various texts. Cause of skin disease is vitiation of *tridosha, dhatus* in ayurveda texts. Acharya Charaka has considered 6 layers of the skin but Susruta said that the skin made up of 7 layers. The seven layers of skin are 1) *Avabhasini seat of sidhma & padmakantaka*, 2) *Lohita seat of tilakalaka, nyaccha, vyanga*, 3) *Swetha seat of charmadala, ajagalli, masaka*, 4) *Tamra seat of kilasa, kushta*, 5) *Vedini seat of Kushta, Visarpa*, 6) *Rohini seat of Granthi, Apachi, Arbuda, Slipada*,

Galaganda 7) *Mamsadhara seat of Bhagandara, Vidradhi, Arshas*.

Acharya Sushruta was the first and foremost to mention a whole group of skin diseases. while most of skin diseases are described under *kushta and kshudraroga*, description of some of other skin diseases is scattered. *Visarpa, sheetapitta, udarda, kotha, masurika* and also in *kshudra roga yavanapidika, vyanga* may take under the skin diseases. In total *kushta* are 18, among them 7 are *mahakushtas (kapala, udumbara, mandala, rsyajihva, pundarika, sidhma, kakanaka)* 11 *ksudrakushta (ekakushta, charma kushta, kitiba, vipadika, alasaka, dadru, charmadala, pama, sataru, vicharchika, sphota)* apart from 18 types of *kushta*, another type of *kushta* namely *shwittra*. *Kushta roga* may cause due to *mithyahara vihara, virudhahara, chardi nigravana, ati amla, lavana sevana*. Medical management of skin diseases is done by using drugs having properties of *rakta shodana, rakta shamana, twak prasadana, vishagna, krimighna, kandughna*. Drugs mainly which contains Pharmacological activity of anti-fungal, antiviral, antibacterial, anti inflammatory, immune modulatory, hepato-protective, anti histaminic, blood purifier are useful in the treatment of skin infections and related disorders.

In vedic literature, number of single herbs are indicated in the management of many diseases. In samhita period, various formulations are introduced for

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the treatment of one or more diseases but references of *ekamoolika prayoga* are also found in abundance. Even *chikista granthas*, *nighantus* play a very important role in *ekamoolika prayoga* as they provide list of diseases on which a single drug is effective. Same drug acts on different diseases when given in different form with different anupana. Some drugs are already proved scientifically where as rich knowledge base of oral tradition is yet to be revealed.

Usage of single herb will reduce the exploitation of plant materials otherwise commonly used. It will also help to reduce the addition of plants to endangered list of medicinal plants.

Aims and Objectives

- To discuss single drug therapy in various skin disorders in ayurveda concept.
- To mention the single drug therapy in different forms, which are available in ayurvedic texts, folklore claims in the treatment of skin diseases.

Materials and Methods

- The material of this review is a comprehensive matter, which is collected from Laghu trayee, bruht trayee, chikista grandhas, folklore and tribal claims.
- On the basis of all the above literature a conclusive list of ekamoolika prayoga which are useful for skin disorders especially Kushta, Visarpa, Visphota, Sheetapitta, vyanga, Yavanapidika.
- *Charakokta kandughna, kushtaghna, vishaghna, krimighna, udarda prashamana, varnya dasaemani* also considered in the management of all skin disorders. *Vagbhata* also mentioned *patoladi gana, asanadhi gana, arkadhi gana, eladi gana* which acts on kushta, kandu, pidaka, kota. Mainly *Eladi gana* drugs have *varnya prasadana* action. So can be used in *vyanga, nilika, yavanapidaka*.

Table No 1: Single drug therapy for Skin diseases mentioned in Charaka samhita

S. No	Name of drug	Mode of administration	Indication	Reference
1	<i>Daruharidra</i>	<i>Rasanjana Kashaya-Snana, Pana, lepa</i>	<i>Kushta</i>	C. Ci-7/97
2	<i>Saptaparna</i>	<i>Kashaya-Snana, Pana, lepa</i>	<i>Kushta</i>	C. Ci-7/98
3	<i>Tinisha</i>	<i>Kashaya-Snana, Pana, lepa</i>	<i>Kushta</i>	C. Ci-7/98
4	<i>Ashvamara</i>	<i>Kashaya-Snana, Pana, lepa</i>	<i>Kushta</i>	C. Ci-7/98
5	<i>Chakramarda</i>	<i>With kanji-udvarthana</i>	<i>Sidhma kushta</i>	C. Ci-7/127
6	<i>Mulaka</i>	<i>Beeja with kanji-udvarthana</i>	<i>Sidhma kushta</i>	C. Ci-7/127
7	<i>Kakodumbarika</i>	<i>Along with guda-sramsana</i>	<i>Svitra</i>	C. Ci-7/162
8	<i>Durva</i>	<i>Swarasa siddha ghruta-lepa</i>	<i>Visarpa</i>	C. Ci-21/96
9	<i>Asvagandha</i>	<i>Sukhoshna lepa</i>	<i>Granthi visarpa</i>	C. Ci-21/123
10	<i>Mulaka (sushka)</i>	<i>Lepa</i>	<i>Granthi visarpa</i>	C. Ci-21/124
11	<i>Karanja</i>	<i>Twak lepa</i>	<i>Granthi visarpa</i>	C. Ci-21/124

Table No 2: Single drug therapy for skin diseases mentioned in Susruta samhita

S. No	Name of drug	Mode of administration	Indication	Reference
1	Haridra	Oral intake along with gomutra	Kushta	S. Ci-9/45
2	Chitraka	Oral intake along with gomutra	Kushta	S. Ci-9/45
3	Pippali	Oral intake along with gomutra	Kushta	S. Ci-9/45
4	Guduchi	Oral intake of swarasa	Kushta	S. Ci-10/14

Table No 3: Single drug therapy for skin diseases mentioned in Ashtanga sangraha

S. No	Name of drug	Mode of administration	Indication	Reference
1	Naktamala	Twak lepa	Vata kaphaja Visarpa	A. S. Ci-20/10
2	Vibheetaki	Lepa	Vata kaphaja Visarpa	A. S. Ci-20/10
3	Haritaki	Lepa	Vata kaphaja Visarpa	A. S. Ci-20/10
4	Khadira	Oral intake of Sheeta kashaya along with honey	Twak roga	A. S. Ci-21/36
5	Vidanga	Oral intake	Kushta	A. S. Ci-21/37
6	Amrutavalli	Oral intake of Swarasa	Kushta	A. S. Ci-21/72

Table No 4: Single drug therapy for skin diseases mentioned in Bhavaprakasha samhita

S. No	Name of drug	Mode of administration	Indication	Reference
1	Bakuchi	With shunti-Udvarthana	Kushta	B. P. M-54/53
2	Amlaki	Dried grinded with water-lepa	Charmadala	B. P. M-54/132
3	Kakodumbara	Oral intake of root with guda	Svithra , Pundarika	B. P. M-54/150

4	Sarsapa	Taila abhyanga	Sheetapitta	B. P. M-55/8
5	Ardraka	Oral intake of Swarasa with purana guda	Sheetapitta	B. P. M-55/11
6	Kutaja	Beeja grinded with tandulambu lepa	Visphota	B. P. M-58/23
7	Putranjiva	Majja grinded with jala lepa	Visphota	B. P. M-58/27
8	Vata	Ankura, masura lepa	Vyanga	B. P. M-61/40

Single drug therapy for skin diseases mentioned in Chakradatta

S. No	Name of drug	Mode of administration	Indication	Reference
1	Trunaka	Lepa & pana	Dadru	C. D-50/24
2	Kasamarda	Moolam pounded with sauvira-lepa	Dadru, Kitiba kushta	C. D-50/25
3	Aragvada	Patra pounded with kanji-lepa	Dadru, Kitiba Kushta, Sidhma	C. D-50/33
4	Haritaki	Oral intake of Fruit cooked with gomutra	Kacchu, Pama	C. D-50/46
5	Bakuchi	Oral intake of bakuchi churna with warm water	Kushta	C. D-50/56
6	Kadhira	Kashaya-Lepa, snana, pana, udvarthana	Sarva twak roga	C. D-50/94
7	Agnimantha	Oral intake root along with ghruta	Sheetapitta, Udarda, kotha	C. D-51/25
8	Amlaki	Oral intake of swarasa with go ghruta	Visarpa	C. D-53/4
9	Ananthamula	Oral intake with rice water	Masurika	C. D-54/7
10	Arjuna	Twak with makshika-lepa	Vyanga	C. D-55/24
11	Manjishta	With makshika-lepa	Vyanga	C. D-55/25
12	Jatiphala	Kalka lepa	Nilika, vyanga	C. D-55/53
13	Shalmali	Kantaka lepa	Yavanapidika, vyanga	C. D-55/49

Single drug therapy for skin diseases mentioned in Vrundamadhava

S. No	Name of drug	Mode of administration	Indication	Reference
1	Mulaka	Seeds kept into snuhi then cooked-lepa	Sidhma kushta	V. M-51/13
2	Haridra	Oral intake of Kalka with gomutra	Kacchu, Pama	V. M-51/50
3	Durva	Swarasa cooked with oil-Abhyanga	Kacchu, Vicharchika, Pama	V. M-51/192
4	Yashtimadhu	Oral intake with sitha	Sheetapitta	V. M-52/3
5	Lashuna	Oral intake with sitha	Sheetapitta	V. M-52/3
6	Amlaki	Oral intake with guda	Sheetapitta	V. M-52/3
7	Gambhari	Oral intake of phala which is soaked in go kshira	Sheetapitta	V. M-52/4
8	Yavani	Oral intake along with guda	Udarda	V. M-52/5
9	Maricha	Oral intake along with ghruta	Sheetapitta	V. M-52/5
10	Sleshmataka	Twak lepa	Visphota	V. M-55/10
11	Matulunga	Kesara with sauvira-Lepa	Masurika	V. M-56/30
12	Varuna	Twak With chaga kshira-lepa	Vyanga	V. M-57/51

Folklore claims

- *Prema tomentosa* (Naagooru chettu) is rubbed on stone, the paste thus obtained is chewed and swallowed to heal up herpes due to vitiated bile.
- *Albizia amara* (Narlinga chettu) leaf/stem bark paste is applied to hands and feet affected with fungal infections.
- *Hyptis suaveolens* leaf paste is applied to heal up fungal infections.
- *Mundulea sericea* leaf paste is applied in Leucoderma.
- *Hesperethusa crenulata* root is rubbed on a stone, paste is applied in Leucoderma.

Other commonly available plants used in various skin diseases

- *Leucas aspera* whole plant in skin allergies
- *Syndrella nodiflora* leaf in Eczema
- *Xanthium strumarium* leaf in Skin diseases, ringworm
- *Lantana camara* lower side of leaf is rubbed on the skin affected with eczema
- *Leonotis nepetaefolia* flower heads in ringworm
- *Grewia subinequalis* leaf in skin diseases
- *Dregea Volubilis* leaf in abscess, bolis, skin diseases
- *Dendrophthoe falcata* whole plant in skin diseases.
- *Guazuma ulmifolia* stem bark in skin diseases
- *Lepidagathis cristata* whole plant in skin diseases

Discussion

Eka moolika prayoga considering the cost effectiveness, simple and easy preparation, conservation of plant resources, reduction in the number of plants being added on to endangered list. Argraya oushada can be as it is applied in the treatment as eka moolika prayoga in a said condition for sure success in the practice. Single drug therapy(eka moolika prayoga) is understood as judicious administration of single plant preparation to a diseased person. If a single herb is sufficient to meet the samprapti vighatana of the diseased, there is no necessity of adding any other drug. Single plant consists of various phytoconstituents. Thus on administering the drug as a whole we are providing comprehensive effect where in each constituents can become a potent drug.

Conclusion

In practice of ayurvedic medicine, we find more single drug therapy in its initial stages and compound formulations being added in latter times. But in the current day clinical practice usage of many compound formulations are seen owing to the influence of marketing trends of pharma companies. In present day scenario, considering the amount of natural wealth being used for wellness and treatment, ayurveda advocates innumerable lists of eka moolika prayoga.

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