

EFFECTIVENESS OF POLYHERBAL FORMULATION IN THE MANAGEMENT OF PAMA (SCABIES)- A CASE REPORT

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ABSTRACT

Skin is the largest organ of human body which is protective covering of all other body organs and is exposed to number of harmful and disease causing agents. Skin diseases are very common, have serious impact on life as they can cause physical damage, embarrassment, social and occupational restrictions and it has a high prevalence throughout the world. In *Ayurveda*, almost all the skin disorders are explained under the term "*Kushtha*". *Pama* is described in *kshudra kushtha* as *doshik* predominance of *pitta kapha* and it can be correlated to Scabies which is characterized by nocturnal itching, vesicular or pustule eruptions, with small red bumps and blisters. The symptoms like *Kandu* (pruritus), *Pitika* (papule formation), inflammation and

Strawa (oozing) are seen in *Pama*. Drug of choice in modern science for Scabies is Permethrin and Ivermectin but the intense use of Pyrethrin and Pyrethroids may led to development of resistance in arthropods, which now constitutes a serious threat to management protocols. In modern science, the management of *Pama* is not so effective and it also produce some undesirable effects as compared to conventional methods of treatment as mentioned in *Ayurveda*. So the present study is aimed to find out the efficacy of Polyherbal formulation in *Pama* (Scabies) in children.

INTRODUCTION

Skin is a mirror that reflects the external and internal health of our body. Being a largest organ it covers the entire body and protect all internal vital parts against cold, heat, light, mechanical and chemical injuries. Due to consumption of unhealthy food, environmental pollution, lifestyle modifications and stress, skin problems are increasing day by day and it affects the quality of life of an individual. It is found that the “PAMA” *Vyadhi* is one of the commonest diseases found in the low socio-economic class and it occurs in person who do not follow hygiene. Children have thinner and delicate skin than adults and are unable to maintain their hygiene so that they are easily victimized by different skin infections. In *Ayurveda* all the skin diseases are described under *Kushtha roga* and in *Charak samhita* two types of *Kushta* are explained i.e. *Mahakushtha* and *kshudra kushtha*.^[1] *Pama* is one of the type of *Kshudra Kushta* among 11 types of *Kshudra Kushta* that can be considered as scabies in contemporary science.^[2] *Pama* is a *pittakapha* dominant disorder which have features like *pitika*, *shotha*, *kandu* and *strava*.^[3] Scabies is a disease caused by parasite *Sarcoptes scabiei* var.^[4] In infant and young children, common sites of infestation include the scalp, face, neck, palms of the hands and soles of the feet.^[5] In modern science, the management of *Pama* is not so effective as permanent cure cannot be assured in all cases with any modern drug known today for its treatment. Different medicated oils and other formulations were used in the treatment of the skin diseases depending on the condition and severity of the disease. All the drugs which are used in this study having the property of *kushtghna*, *kandughna*, and *krimighna* hence used in *Pama* as external and internal medication. So the present study is an attempt to assess the probable mode of action of this polyherbal formulation on *Pama*.

Case history

A male patient Mrs. ABC of 6 year age visited the OPD of PMT'S, Shevgaon, Ahmednagar with the following complaints-

1. Lesions over both hands, wrist, abdomen and genital area
2. Itching at the site of lesions
3. Itching intensifies during night time
4. Discharge from rashes after itching
5. Healing of rashes occurs with scaling

Patient had above symptoms since 5 months

History of present illness

Patient was asymptomatic 5 months back but since then he has developed few rashes in between fingers, wrist and then over abdomen and genital region. The itchiness worsens at night and he was suffering from disturbed sleep by intense pruritis. He had taken allopathic treatment for the same and got relief for some months but again the rashes and itching was started. Hence he came to Pravara Medical Trust Hospital, shevgaon, Ahmednagar, India for management.

Past history

Not significant

Family history

Previously his elder sister had experienced the same complaint.

Personal history

Name- XYZ	Appetite- Moderate	Bowel- Regular	Ht.-106 cm
Age/Sex- 6 yrs/M	Dietary habits- Non vegetarian	Bladder- Regular	Wt.-22 kg
Occupation- Student	<i>Agni- Madyamagni</i>	Addiction- None	BMI- 19.57 Kg/m ²
Habitat- Rural	<i>Koshta- Madhyam</i>	Sleep- Disturbed	Growth and development- proper as per the age
SES- Lower middle	<i>Prakriti- Vata-pitta</i>	<i>Bala- Madhyama</i>	Immunization- proper as per the age

Ashtavidha pariksha

<i>Nadi</i> (Pulse)- 76/min	<i>Shabda</i> (Speech)- normal
<i>Mala</i> (Bowel)- mild constipation	<i>Sparsha</i> (Touch)- normal
<i>Mutra</i> (Bladder)- normal	<i>Drika</i> (Eyes)- normal
<i>Jivha</i> (Tongue)- slightly coated	<i>Akriti</i> (Built)- <i>madhyam</i>

Treatment plan

Patient was treated on OPD level

Selected polyherbal formulation for internal use

Anubhuta yoga (For internal use)

Name of medicine	Dose	Route	Kala	Anupan
<i>Vidanga + Vasa + Guduchi + Yashtimadhu Kwatha</i>	20 ml BD	Oral	<i>Adhobhakta</i>	-
<i>Arogyavardhini vati</i>	60 mg BD	Oral	<i>Adhobhakta</i>	<i>Madhu</i>
<i>Gandhaka rasayana</i>	60 mg BD	Oral	<i>Adhobhakta</i>	<i>Madhu</i>

Duration- 28 days of treatment with a regular follow up after every 7 days.

Criteria for selection of internal polyherbal formulation^[6,7,8,9,10,11]

Name of medicine	Ingredients	Properties and uses
<i>Vidanga</i>	-	<i>Deepana, Kushtaghna, Krimighna</i>
<i>Vasa</i>	-	<i>Kaphapittashamaka, Kushtaghna</i>
<i>Guduchi</i>	-	<i>Kushtaghna, Krimighna, Deepana, Rasayana</i>
<i>Yashtimadhu</i>	-	<i>Shothahar, Vranaropaka</i>
<i>Arogyavardhni Vati</i>	<i>Shuddha Gandhaka, Shuddha Parada, Lohabhasma, Abhraka bhasma, Tamra bhasma, Shilajatu, Guggula, Chitraka, Kutaki, Triphala, Nimbapatra</i>	<i>Pittarechaka, Deepana, Pachaka, Hepatoprotective</i>
<i>Gandhaka Rasayan</i>	<i>Shuddha Gandhaka, Gokshira, Guduchi, Chaturjata, Pathya, Amalaki, Aksha, Ardraka, Bhrungaraj</i>	<i>Tvachya, Kandhughna, Kushtaghna, Vranaropaka, Raktashodhaka</i>

Selected external ayurvedic drugs

Name of medicine	Dose	Duration
<i>Gandhaka Druti</i>	As per requirement	28 days
<i>Pachavalkala kwatha</i>	As per requirement	28 days

Criteria for selection of external medicines^[12,13,14]

Name of medicine	Ingredients	Properties and uses
<i>Gandhaka Druti</i>	<i>Shuddha Gandhaka, Trikatu Choorna, Tilataila</i>	Antimicrobial action
<i>Panchavalkala kwatha</i>	<i>Vata, Ashwattha, Udumbara, Parisha, Plaksha</i>	<i>Shodhana (cleaning), Ropana</i>

Pathya apathya advised during treatment^[15,16]

<i>Pathya</i>	<i>Apathya</i>
<p><i>Ahara-</i> Green vegetables, fruits, lukewarm water, wheat, green gram, puran tandula- gahu, jangala mansa, brinjal, cucumis acutangulus, snake gourd, bottlegourd</p>	<p><i>Ahara-</i> Curd, ice cream, cold drinks, bread, jam, toast, oily substances, sweet and sour taste foods, milk, pickles, sauce, fermented foods, non-veg, egg, jaggery</p>
<p><i>Vihara-</i> Maintain personal hygiene, clothes, bedsheets, towels should be boiled and changed frequently, take adequate sleep at night, put few leaves of neem in hot bath Water</p>	<p><i>Vihara-</i> <i>Divaswap, ratri jagaran</i></p>

Assessment of treatment effect on the basis of grading pattern of Subjective and Objective parameters^[17]

<i>Pitika</i>	Grade
Many <i>Pitikas</i> in the affected area	03
5-10 <i>Pitikas</i> in one square cm	02
<i>Pitika</i> almost disappears but the discoloration persists	01
No <i>Pitika</i>	00
<i>Daha</i>	Grade
Continous <i>Daha</i> with disturbed sleep	03
Continous <i>Daha</i> without disturbed sleep	02
Occasional <i>Daha</i>	01
No <i>Daha</i>	00
<i>Kandu</i>	Grade
Continuous itching with interferes daily routine	03
Continuous itching without interferes daily routine	02
Mild or occasional itching	01
No itching	00
<i>Toda</i>	Grade
Sever <i>Toda</i> with disturbed sleep	03
Moderate <i>Toda</i> without disturbed sleep	02
Mild or occasional <i>Toda</i>	01
No <i>Toda</i>	00
<i>Srava</i>	Grade
<i>Srava</i> without itching	02
<i>Srava</i> with itching	01
No <i>strava</i>	00

OBSERVATIONS AND RESULTS

Follow up visit (Days)	<i>Pitika</i>	<i>Kandu</i>	<i>Daha</i>	<i>Toda</i>	<i>Srava</i>
After 7 days	03	03	02	01	01
After 14 days	02	02	01	01	00
After 21 days	01	01	01	00	00
After 28 days	01	00	00	00	00

On the basis of above table, there is significant relief in all signs and symptoms of *Pama* (Scabies). It means selected management of *Pama* (Scabies) is effective.

DISCUSSION

As per the *Ayurvedic* literature, *Pama* is one of the type of *Kshudra kustha* which has doshika dominance of *Pitta-kapha dosha*. *Deepana*, *Pachana*, *Swedana* and *Rukshana* are the basis of *Shamana chikitsa*.^[18] Drugs which are used for internal use include *Arogyavardhini vati*

which acts by removing toxins, *pachana* of *kleda* and *drava*, *shoshana* of excess *snigdha guna*.^[19] *Gandhaka Rasayana* has *Tvachya*, *Kandughna*, *Kushtaghna*, *Vranaropaka*, *Raktashodhaka* property.^[11] Drugs which are mentioned in *Anubhuta yoga* has *Deepana*, *Krimighna*, *Kushtaghna*, *Shothahar*, *Vranaropaka*, *Kaphapittashamak*, *Rasayana*, *Pittarechaka* properties.^[6,7,8,9] Externally used drugs were *Panchavalkala kwatha* which helps in *Shodhana* (cleaning) and *Ropana* of lesions.^[13] After *Dhavana* with *Panchavalkala kwatha Gandhaka druti* was used topically which has Antimicrobial properties.^[12] *Pathya apathya* and hygiene were also advised to the patient and he has followed it properly.



Before the treatment



After the treatment

CONCLUSION

From the above, it is concluded that internal use of this polyherbal formulation and external use of *panchavalkala kwatha* and *Gandhaka druti* along with proper maintenance of hygiene and properly following the *pathya-apathya* are effective in the management of *Pama* (Scabies).

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