



A STUDY OF ANCIENT METHOD OF TREATING SKIN DISEASE

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ABSTRACT

The objective of the study was to study the scientific base of Kushtagnani dashemani and its influence on treating skin diseases. Furthermore, the study aims to develop treatment protocol for managing the skin disease using the kushtagna dashemani. Review of literature shows that through ancient, it is used for treating skin related diseases. Based on review of literature, botanical names, family and synonymous for the dashemani are established. For example, Combrete acease is faerminal chebula is botanical name. Similarly, Khadir, leguminoseae is family name and Acacia catetchu is botanical name. Rasa panchak talika is also established based on drugs and its rasa, guna, veerya, and vipaka. The pharmacodynamics are also established for example, for Khadir, the chemical composition is catechin, c atetchu, and tanic acid. For haritaki, chemical composition is chebulagic acid and chebulaginic acid. The study concluded that Kushtagna dashemani can be used for treating skin related diseases, however, further, scientific research is required in this regard.

Keywords: Kushtagna Dashemani, Ancient, Drug, Treatment, Skin, Disease

INTRODUCTION

Modern human life is subject to long working hours, hard work, materialism, sleeping problems, lack of spirituality and so on. All these factors are contributing in adding toll to human mind and body resulting in severe health related problems. One such problem is skin disease which is considered as a largest body organ and account for 16 to 20% of total body weight. Human skin consists of several tissues and layers and provide a protective cover

between internal body and external environment conditions. Skin diseases are problematic since it can cause human suffering. Treatment of human skin can be based on ancient medicine. One ancient medicine is mahakashayas in charak sutra sthan adhyay. The drug works well in miraculous in skin diseases.

Objective of the Study

The study objectives are as follows;

- To study the scientific base of Kushtagnani dashemani and its influence on treating skin diseases.
- To develop treatment protocol for managing the skin disease using the kushtagna dashemani.

Background

Skin disease is a common disease these days for modern human being. Generally, every one in twenty people have caught some sort of disease. Ayurved Kushta is an umbrella term refers to different type of skin diseases. Kushta works for treating the root cause of the skin problem. Kushta is thus used for treating different layers of skin diseases . Acharya Charak in sutra sthan adhyay four Shadvirechanshatahritiya provide us four type of iconic classification including Karmatmak division which scientifically illustrated 50 mahakashayas. The kushtagna dashemani is now commonly used in herbal clinics around the world. Mostly, this medicine is administered with some combination or even alone and known for possessing majestic properties for treating in skin diseases.

Table 1: Pharmacognosy

<i>Basonyms</i>	Family	Botanical Name	<i>Synonyms</i>
HARITA KI	COMBRETE ACEAE	Terminalia chebula	Abhaya, pathya
Khadir	Leguminosae	Acacia catichu	Balpatra Vagyiya
AMALA KI	EUPHORBE ACEAE	Emblica officianalis	Dhatri, amla
HARIDRA	ZINZIBERE ACEAE	Curcuma longa	Nisha, gauri
BHALLATAK	ANACARDE ACEAE	Semecarpus anacardium	Shophkrut, arushkar
SAPTA RNA	APOCYNACEAE	Alstonia scholaris	Sharad, vishaltvak
Karver	Apocynaceae	Nerium indicum	Ashwamaar, haymaar
Vidang	Myrsineaceae	Embelia Ribes	Krimighna, chitra Tandool

As provided in table 1 above, it shows the botanical name, family and synonymous for the dashemani based on modern and Samhita granth.

Table 2: Rasa Panchak Talika

Drugs	Rasa	Guna	Veerya	Vipaka
KHADIR	TIKTA ,KASHAYA	LAGHU,RUKSHA	SHEETA	KATU
HARITAKI	PANCH RASA ,KASHAY PRADHAN	LAGHU, RUKSHA	USHNA	MADHUR
AMALAKI	PANCHRASA AMLA PRADHAN	GURU , RUKSHA ,SHEET	SHEET	MADHUR
HARIDRA	TIKTA ,KATU	LAGHU , RUKSHA	USHNA	KATU
<u>BHALLATAK</u>	<u>KATU,TIKTA,KASHAYA</u>	<u>LAGHU,SNIGDHA,TEEKSHANA</u>	<u>USHNA</u>	<u>MADHUR</u>
<u>SAPTPARNA</u>	TIKTA,KASHAYA	LAGHU,RUKSHA	USHNA	KATU
KARVEER	KATU,TIKTA	LAGHU,RUKSHA,TEEKSHNA	USHNA	KATU
VIDANG	KATU,KASHAYA	LAGHU,RUKSHA,TEEKSHNA	USHNA	KATU
JATI	TIKTA , KASHAYA	LAGHU,RUKSHA,TEEKSHNA	USHNA	KATU

Table 2 provide the raspanchak of respective drugs.

Pharmacodynamics

Table 3: Pharmacodynamics

DRUGS	CHEMICAL COMPOSITION
KHADIR	CATECHIN, CATETCHU, TANIC ACID
HARITAKI	CHEBULAGIC ACID ,CHEBULAGINIC ACID
AMALAKI	CURCUMIN ,VITAMIN B
HARIDRA	TANNIC ACID ,GALLIC ACID ,BEST SOURCE OF VITAMIN C
<u>BHALLATAK</u>	<u>BHILAWANOL,SEMICARPOL</u>
SAPTPARNA	DITTAMINE, ECHITAMINE, ECHITINE, ECHIRINE
ARAGWADH	ANTHRAQUINONE, GLUTINE
KARVEER	NEDRIODINE, NERIUMD, SCOPTELIN
VIDANGJATI	SALICYLIC ACID, JASMINE

Table 3 provide composition of respective dashemani and its relevant efficacy.

Discussion

Ancient people or ancestors have developed a treatment for skin diseases based mahakashays. Most pharmacology also works and have similar clafficiation scheme in place such as drugs for antibacterial drug and anti-dermatitis. The difference is that modern

medical science investigates things scientifically and recorded; whereas, ayurved regimen failed to maintain knowledge and transferred to the next generations. Based on this limitation, we have some good record related to the Kushtagna dashemani but still more scientific research is required for this.

CONCLUSION

Kushtagna Dashemani was explored and discovered by ancient text based on acharya charak and works well for skin diseases. The drugs come under Kushtagn Dashemain and have equal effects to quantitative and qualitative dosha. The karmatmak vargikaran of each drug in itself a major contribution in ayurvedic pharmacology. The only requirement is that we need to understand these medicines in more scientific manner.

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