Ayurvedic Treatment of Various Skin Diseases: A Review

[1]Navdeep Kaur,[2]Anchal Sharma,[3]Ankita Sharma,[4]Sarbjot Singh

[1,2,3]Rayat Institute of Pharmacy,Railmajra,Roopnagar(PB)-144533
[4]Aakash Institute of Medical Sciences, Nalagarh, District Solan (H.P.)-174101

***Abstract*- There has been high occurrence of blister, acne, carbuncle, rosacea ,hives , latex allergy , psoriasis , etc have been begun with high occurrence in India . Since decade many successful formulations in ayurveda prescribed by ayurvedic physicians, for several skin diseases, numerous popular herbs were clinically analysed for various skin diseases . commonly known as diseases that is Raktagatakushta(blister),Mukhadushika (acne), Pidaka(carbuncle) ,Kushta(rosacea) , Sheetapitta(hives) , Vdarda(latex allergy) ,Kitibha(psoriasis) . Ayurvedic traditional formulations showed remarkable result on various skin diseases modification of traditional formulations into new form are satisfied and also potent. ccccHerbal formulations prepared from metals and minerals were also safe and productive internally as well as externally. These studies are considered as methodologies in recent ayurvedic clinical research and drug development.**

***Key word*- carbuncle, rosacea , blister , acne , hives , latex allergy , psoriasis.**

Introduction

Skin disease it is state of our skin in which anatomical and physiological change in our skin takes place . These changes occur due to cross of threshold of skin by any foreign substance. That foreign substance might be sensitive to our skin. Skin diseases normally cause rashes, itching, inflammation, redness, patches, burning sensations, pyrexia, irritation etc. It can cause the change in the appearance of skin. Skin Disease can occur as a result of imbalance in any of the three doshas, but occurs more due to pitta dosha or the heat element. Any activity that contributed to the rise of heat element, in the body, that can lead to skin diseases. From the perspective of Ayurveda. The main cause of any disease related to skin is due to the improper lifestyle and dietary routine that go against the basic nature or constitution of skin also called as prakriti.Before treatment is prescribed for skin disease, Ayurveda recommends to appropriately evaluate the skin condition of the individual and also diagnose their food habits, pulse, lifestyle, general health and dosha composition. The main focus of Ayurveda treatment of skin diseases is to balance the imbalance of doshas in the body and that can be achieved with traditional therapies mentioned in classical Ayurveda text along with balanced diet, meditation, herbs and daily routines. Panchakarma is one of the best Ayurvedic treatments for skin disease that restores the doshic balance and promotes skin disease by removing the toxins that have accumulated in the body.Panchakarma therapy is a complete detoxifying program that flushed out toxins from the body and cleanses it. When the toxins are excreted out from the body, the doshas gain eq. and skin the doshas gain to their normal physiology. There are various herbs, ointments and ayurvedic medicines that gives relief to the skin diseases, its treatment methods are always point on addressing the main cause of the disease so that the individual can heal their skin or eliminate the individual can heal their skin or eliminate the symptoms of skin disease [Thaker H et al,1999].

Causes of Skin diseases

Dietary causes: Excessive intake of block gram, sesame jaggery, milk products, yoghurt, fish, fermented food, oily food, sour food prepared with vinegar or sauce can result in several skin problems, even overeating and consumption of incompatible foods together like fish and milk , sour fruits and milk can be the causative factor for skin disease .

Behavioural causes:-

- Drinking cold water
- Taking a bath with cold water immediately after physical exercise
- Exercising immediately after having meal other causes
- Stress
- Pregnancy
- Diabetes
- Here dietary reasons
- Excessive exposure to the sun and its harmful UV rays

- Reaction to makeup or skin products
- Allergic reactions to certain medications
- Contact with an infected person
- Environmental triggers selenium
- Lupus

Major types of skin diseases various Different kinds of skin disorder include:-

1. **Acne:-**Acne is caused by blocked skin follicles and leads to the build-up of oil dead skin and bacteria in the pores of the skin.

- Commonly appeared on the face, neck , shoulders, upper back and chest .
- Breakout in the form of pimples, cysts blackheads , white heads or painful nodules.

2. **Blister:-**may develop anywhere on the body can develop individually or in the group.

- Appears as a watery, fluid-filled area in a skin colour.

3. **Carbuncle:-**

- A crusty or oozing lump under the skin.
- Is red and protrude in appearance fever, body ache, and fatigue are a few other symptoms.

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4. **Rosacea:-**

- It is a chronic disease that may relapse after the treatment and continue on a cycle.
- There are typically four types of rosacea with a range of different kinds of symptoms.
- Common symptoms include skin dryness, skin sensitivity , facial flush, raised and red bumps.

5. **Latex Allergy:-**

- The condition may often lead to medical emergencies therefore urgent care must be taken.
- A severe latex allergy can cause a shortage of breath and swelling.
- Water eyes, runny and itchy nose due to air borne latex particles.
- A rash may occur on the skin with minutes to hours post-exposure to latex content

6. Psoriasis:-

- It commonly appears on the elbow knees, lower back or scalp.
- May be asymptomatic in nature

- If symptoms appear, itching may be one of the first few.
- Slivery and scalpy patches that are sharply defined(Goyal M et al,2008).

Symptoms of skin disease:-

Apart from a few symptoms mentioned above, below are lister a few typical symptoms of skin disease:-

1) Painful, itchy and red rash
2) Ulcers
3) Skin allergy
4) Loss in skin pigment
5) Peeling of skin
6) Flushing in excess
7) Rough or scaly skin
8) Discolored skin patches
9) Changes in size or color of mole
10) Cracked on dry skin
11) Bumps that are flashy, or other kinds of extended skin
12) White or red raised bumps

Prevention :- various skin conditions that develop because of genetic factors may not be prevented , but taking precautions can prevent the risk of getting a skin disease that may be result of other factors . these preventive measures include

I. Ensure a balanced and nutritious diet
II. Keep yourself hydrated
III. Avoid sharing towels , clothing , and bedding , etc with others
IV. Avoid sharing utensils or drinking glasses .
V. Keep yourself away from any kind of stress .
VI. Take proper sleep .
VII. Avoid contact with infected person
VIII. Maintain proper hand hygiene.
IX. Avoid contact with harsh chemicals
X. Get vaccinated for skin conditions .
XI. Protect your skin against excessive hot or cold temperatures .

Ayurvedic treatment of skin diseases

Number of effective herbs and herbal remedies are there to provide ayurvedic treatment against various skin diseases. These herbs and herbal treatment have only therapeutic effect against skin diseases and don't have any toxic effects .thus we can say that ayurvedic treatment against skin diseases have any side effect . Some of herbs and herbal remedies for the treatment of several skin diseases are :-

- **Kumkumodioil** :- this oil helps in reimposing the standard skin colour after coming in contact with a particular skin disease .
- This oil gives outstanding results for the treatment of acne, pimples , and marks on skin .
- This oil is helpful in clearing and improving skin completion.
- This oil can also be used as ayurvedic medicine for the treatment of itching
- **Nimodikwath**:- this ayurvedic remedy contains antimicrobisal activity

- This is helpful for improvement in overall well being
- This supplement helps to cure provocative or swelling issues as it has anti- inflammatory activity
- **Keram**:-keram is more popularly knowns as coconut oil
- Kerma acts as bas oil in ayurvedic to make many oils for its herbal treatment
- This is helpful in cure of itching, swelling etc
- This oil has smoothing and moisturiting effect on our skin, thus this prevents the complications that can arise due to dry skin
- **Winsoriaoil**:- this oil prevents our skin from hypersensitiveity reaction
- This provides relief from several skin condition like sores, swelling, itching, discoloration and silvery scale of skin
- This oil is particularly used to treat psorious
- **Harida**:-harida is popularly known as turmeric
- Harida is highly used antiseptic and also to treat wounds, bacterial or any other infections and internal healing.
- This is known for its involvement in improving overall well being
- Harida help our skin to fight against numerous skin infection
- **Nalpamaradikeram**:-we can get Nalpamaradikeram by joining divergent species of fig tree
- This helps to prevent itching
- Helps to heal from skin infections
- Helpful for treating ectema

7. **Kukuma:-**kukuma is sometimes also referred as saffron

- **T** kukuma contains anti- provocateur and antiacident activity
- This helps to prevent pimple and acne
- Also helpful in clearing and improving tone complication of skin
- Kukuma is highly helpful in balancing and nurturing all three doshah(K. Nishteswar).

Conclusion: there are huge number of skin diseases arising almost all over India and it is unfeasible to take proper safety measures but maintaining good lifestyle. Proper hand hygiene and balanced and nutritious diet can aid in the prevention of any kind of skin disease.

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