AYURVEDA “NIDANA” REGIMEN FOR SKIN DISEASES: DIAGNOSIS AND TREATMENT

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ABSTRACT

The science of diagnosis mainly concern about ascertaining and fixing the disease cause and utilization of various therapeutic approaches for the treatment of that particular disease. Ayurveda described various diagnostic approaches for specific physiological conditions. Traditional medicine is based on the needs of individuals since each individual has his or her own constitution and balance of tridosha. Correct disease diagnosis is essential for the right treatment of disease. This article summarizes some observational diagnostic approaches for skin disease. Article promptly describes skin manifestations which are need to be observed while observing skin problem.

KEYWORDS: Ayurveda, Nidana, Disease Diagnosis, Skin Disease.

INTRODUCTION

Ayurveda considered three important factors as basic constitute of body which are; Buddhi (intellect), Indriyartha (sense objects) and Kala (natural rhythms), healthy state of all three of these factors resembles maintained normal physiology and imbalance of these three factors represents abnormal condition of an individual health. Thus ayurveda described consideration of Buddhi, Indriyartha and Kala as an important tool of disease pathology; such type of imbalance may lead to the vitiation of the doshas, accumulation of ama and loss of agni. The imbalance of Buddhi, Indriyartha and Kala as per ayurveda termed as Prajnaparadha, Asatmyendriyartha and samyoga Kalaparinama.
Diagnostic symptoms of Prajnaparadha, Asatmyendriyarth and samyoga Kalaparinama.  

- **Prajnaparadha**  
Improper understanding, wrong conclusion and hazardous actions.

- **Asatmyendriyarth samyoga**  
Inappropriate association of the sense organs.

- **Kala parinama**  
Main symptom involves that individual not harmonized with the rhythms and cycles of Nature.

The basic concept of disease diagnosis based on the observation of abnormal symptoms. As per ayurveda the disease diagnosis is based on pulse check and analysis of symptoms. Human body is made up of multiple systems those work coordinately that lead to healthy condition of body. The imbalance in body system leads to disease condition. The traditional tool of diagnosis encompasses; *Nadi Pariksha, Darshana and Prasna.*

**Nadi Pariksha**  
Pulse is checked by holding the hand of patient and keeping thumb on artery at wrist in fever there will be increase in heat in body then pulse will run fast. The slight changes in pulse can be observed by thumb but this all require long experience. Similarly the pulse rates decreases in condition of cold. Pulse rate also decreases in the condition of pulmonary diseases, rheumatoid disorders and hepatic diseases. Ayurveda describe ‘Dev nadi’ as a specific condition of pulse rate observed when patient is going to die soon and characteristic pulse observed with prolong bit.

**Darshana**  
Disease diagnosis is based on looking at the tongue, pupil of the eye, temperature of the body, complexion variation on face and body, general symptoms and skin manifestation.

**Prasna**  
Various questions will be asked to the patients for knowing the symptoms in detail.
The ayurveda term *nidana* means diagnosis. Ayurveda described five different methods for *Nidana* which are; *Hetu, Purva roopam, Roopam, Upashya* and *Sampraapti*

- **Hetu**: The cause of disease.
- **Purva roopam**: symptoms and signs.
- **Roopam**: symptoms by which a disease exhibits itself.
- **Upashya**: upashya is a form of diagnosis in which a disease is ascertained by the experimental use of particular conduct, diet or drugs.
- **Sampraapti**: the observation of the pathogenesis of the disease.

Skin disorders stand among the most frequent diseases generally occurs due to the contagious effect of disease microbes. Very often, skin diseases offer diagnostic hints to major systemic conditions. The prevalence and array of skin diseases depending on the socio-economic and cultural factors connected to hygiene. Rural areas showed relatively greater prevalence of skin diseases. The diagnosis of skin disease required great attention of physician towards the disease symptoms since chances of misinterpretation are very high in the case of skin disease; this article provides some few diagnostic features related to the specific skin disease along with their possible treatment options.\footnote{1-3}

Allergic skin disorders are a major problem encountered by the urban people. There are studies which prove climatic and environmental conditions as a cause of various skin diseases, on the basis of particular geographical reason the type of skin disease can be predicted since some skin disorders are predominant in particular area for a particular time period. Study also described geographic distribution of skin diseases. Factors like; climate, soil, season, altitude, etc., greatly affects habits, race, standards of hygiene, etc., and thus play important role towards the occurrence of many specific skin diseases. The incidence of skin
diseases differs widely in various geographical locations, probably due to influence of environmental as well as racial factors. Study proved that disease like; acne vulgaris occurs typically among youth, napkin dermatitis which specifically occur among infants and some types of atopic dermatitis which occur mainly in elderly populations.[4]

**(SHVITRA) VITILIGO**
Differential diagnosis of vitiligo is very difficult. To diagnose the exact vitiligo one should be able to differentiate between different conditions of the skin like complete de-pigmentation, hypo pigmentation and normal colour of the skin. Discomfort or pain from sunburn may be a presenting symptom, and patients may report a history of sunburn localized to lesional skin. Diagnosis of vitiligo is very difficult in patients having light complexion of the skin colour. Traditionally vitiligo can be treated by medicinal herbs like; *curcuma longa, picrorrhizakurroa, psoraleacorylifolia, tribulusterrestris*. Red clays can also be used for the treatment of vitiligo. It can be given by mixing with ginger juice.[5]

**VICHARCHIKA (ECZEMA)**
It is common skin disease as per *Charaka samhita* characterized by red rashes over skin. Explanations of blackish lesions with severe itching and watery discharge over the skin are also available in classical versions. Diagnosis of disease mainly consisted examination of red rashes with bumps and associated with profuse discharge, intense itching and often blue discoloration. Painful and dry itching lesions also may observe. Treatment of eczema involve utilization of oil of *alsi (linum usitatissimum)* Linseed, The juice of the *arka*, seeds of the *butea* tree, leaves of the *madhuca* and seeds of the *palasha*.

**EKAKUSHTA (PSORIASIS)**
According to Ayurveda, the skin diseases are classified into "Kushta Rog". Psoriasis involves subcutaneous tissue, skin. As per Ayurveda psoriasis occurs due to the impurities in blood as well as "Rasa – Rakta" dhatu.

**Diagnostic Symptoms of Psoriasis**
- Silvery, gray, red scaly patches at elbows, knees specifically extensor surfaces of the body.
- Pain, Itching and redness.
- Joints may also involved leading to psoriatic arthritis.
Dry, white scales of the skin become tiny blood spots on pulling. This is a special diagnostic sign of psoriasis called Auspitz sign.

The Ayurvedic treatment of psoriasis
1. *Navkarshik Churna*: It has been found to be very effective in cleansing the blood quickly.
3. *Neem*: It quickly clears the blood from toxins.[6]

**KACHCHU (SCABIES)**
Scabies is an intensely itchy dermatosis caused by the mite Sarcoptes scabiei. The infestation occurs at all ages, but particularly in children. It is highly contagious disease. Diagnosis approaches involve consideration of family member’s history of itching within same period of time. The scabies affects skin area which is sensitive and sweat prone like female breast area, abdomen and male genital organs under arms. The characteristic diagnostic features of Scabies involve; little red bumps, nodules or pimple like irritations.[7]

**KUSTHAM (LEPROSY)**
*Kustham* is generally caused by pathogenic defects of the blood that causes the blood to turn blackish. Ayurveda divides kustham into seven different forms known as *Kapala, Udumbara, Mandala, Risyajihwa, Pundarika, Kakanam, and Dadrukustham*.

**Diagnostic Symptoms**
- Pale-colored disfiguring skin sores, lumps or bumps.
- Pain, inflammation and loss of skin rigidity.
- Loss of sensation in the affected area.
- Hair loss (including eyebrows and eyelashes).

Treatment of *Kustham* involves utilization of herbs like; *Vakuchi* seed (*Psoralia corylifolia*), *Khadira* extract (*Acacia catechu*, white) and *Haritaki* fruit (*Terminalia chebula*). Other remedies for leprosy are; *Kaisara Guggulu, Karanja* seed oil and *gou mutra* (cow urine).[8]

**REFERENCES**


