ABSTRACT
Ayurveda considered the physical appearance as constituents of prakriti, sara, sanahan, twak, Praman and dirghayu lakshyana for an individual. As per Ayurveda the prevalence of skin diseases increases day by day and it greatly affect moral of affected person. Skin disease through dhatus affect fat, muscles, blood & skin layer of body etc. Ayurveda describe treatment of any disease to eliminate its root cause not only superficially & Ayurveda encompasses various therapeutic procedures for the management of skin disease. Shodhana, Kashaya Dhara, Sugandhit snana, Sarvanga lepa, Rakta moksha & use of herbal/Ayurveda formulations, etc. are some major therapeutic approaches of Ayurveda towards the management of skin disease. These therapies help to open shrotas, improve circulation, boost dhatus, pacify vitiated vata and help to expel out the waste/toxins through the body. The literary review reveals that panchkarma may also play significant role in skin disease such as; eczema, chronic urticaria, acne vulgaris, skin allergy & psoriasis etc. This article presents Ayurveda perspective of panchkarma.

KEYWORDS: Ayurveda, Skin Disease, Panchkarma, Acne and Psoriasis.

INTRODUCTION
Skin disorders are very serious health problem & affect people world widely. As per Ayurveda the disease may occur due to the imbalance of doshas and dhatus which may occur due to the disturbed lifestyle & dietary pattern (Viruddhara). Vitiated pitta along with other factors affect dhatus at the skin level & leads skin diseases. The treatment approaches for skin disorders mainly includes shodhana, rakhtamoksham & shamana oushadhis chikitasa. Vitiated vata, kapha & pitta play major role in the manifestation of skin diseases. Vitiated pitta leads to raktha dushti resulted skin manifestation. Panchkarma therapy play significant role in the management of disease, while performing panchkarma consideration of Snehatan & Samyak Snehatan is very essential for Vyadhi lakshnas.¹⁻⁵

Vamana Karma for Skin Diseases
➢ Vamana Karma offer relief in symptoms associated with Kapha Dushti; Jeemutaka is mainly indicated for Vamana Karma in Kushtha Roga.

Procedural protocol
➢ Koshtha Pareeksha may be done using Triphala Churna in morning along with Luke warm water for a day.

➢ Deepana, Pachana may be achieved with Ayurveda formulation till appearance of Nirama Lakshana.
➢ Panchatikta Ghrita, etc. may be administered for Snehatan orally.
➢ Sarvanga Abhyanga and Sarvanga Swedana may be done by Dashamoola Tail & Dashamoola Kwatha respectively.
➢ Vamana Karma should be followed by Samsarjana Karma for Shuddhi.

Virechana Karma for Skin Diseases
Virechana Karma is mainly indicated to cure skin diseases involve Pitta Dosha & Rakta Dushti.

Procedural protocol
➢ The Virechana Yoga (laxative/purgative dravyas) should be given in empty stomach at morning.
➢ Paschat Karma should be done to normalize body functioning.

Vamana & Virechana Karma offer relief in symptoms such as Sweta-Rakta Varna, Kandu, Sukla Picchala Srava, Utsana Mandala and Ananonya Sansaat Mandal.⁶⁻⁸

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Vamana & Virechana also offer following beneficial effects in symptoms associated with skin manifestation such as:
- Reduces Ati Sweda
- Control Asweda
- Improve Shareera Guruta
- Remove Malabaddhata
- Boost Agni Mundyap
- Relief Toda

PANCHAKARMA IN ACNE
Acne is skin disease which resembles yavana pidaka as per Ayurveda & improper dietary habit may be considered responsible factor. It involves vitiation of Kapha & Vata Dosas along with Rakta & Medhadhatu Dhatus disturbances. Hormonal imbalance, excess consumption of meat, disturbed sleeping pattern & side effects of cosmetics are other etiological factors of disease. Ayurveda described various herbs & traditional formulations for the management of disease along with Raktha Prasadana Chikitsa & Lepam therapy.

- Naturalizes Twacha, Rakta, Mamsa & Lasika Vyaktasthan
- Panchakarma eliminate toxins & purifies the skin at deeper level.
- It helps to maintain natural constitution of skin.
- Remove pimples through purifying Raktha.
- Vamana, Virechana & Nasya are mainly used for this purpose along with purva-karma.

PANCHAKARMA IN ECZEMA
The disease eczema described Vicharchika in Ayurveda; characterized by itching, skin dryness reddening and flaking. Severity may leads rashes after scratching the skin. It mainly affects ears, face, eyebrows, armpits, umbilicus, breasts and groin. The main triggering factors are: disturbances of body immunity, adverse effects of soap; shampoos, disinfectants & allergens, bacterial infection, Viruddhara (spicy, fermented, sour & dry food items) disturbed pattern of life style. The disease involves vitiation of the pitha dosha & accumulation of ama. The treatment approaches involve pacification of pitha dosha, improving agni and elimination of the toxins. Therefore detoxification process along with udhwarthanam, lepam, dhooapanam & oral medication prescribed for the treatment of Vicharchika.
- Snehpana (oleation) offer doshokleshana effects & suppress pitha dosha responsible for disease.
- Snehpana (oleation) separates accumulated toxins for easy elimination.
- Vamana and virechana removed the toxins.
- Panchkarma improves jatharagni and dhatvagni to reduce production of ama.

PANCHKARMA IN PSORIASIS
Psoriasis is an inflammatory skin disease, characterized by presence of erythromatous plaques with scales. Pathological it involves increases epidermal proliferation associated with excessive cell division in basal layers. Elbows, scalp, nails, palms, knees and lower back are the commonly affected areas. Genetic predispositions, Viruddhara, exposure of the skin cut, adverse effect of medicines & irritants are main causative factors of disease. As per Ayurveda vitiation of the vata and pitta dosha are responsible for psoriasis. Disturbed agni & accumulation of ama are mainly responsible for pitha dosha and toxins accumulation. Accumulation of such toxins in tissues like; rasa, rakta, mansa and lasika leads Psoriasis. Ayurveda treatments approaches involves therapies such as; Snehana, Dhara, Steam Bath & Panchakarma. Virechana, vamana, vasthi & rakhtamokshana are main procedure of panchakarma which offer relief in psoriasis.

- Shodhana chikitsa through Panchakarma therapies help to detoxify body.
- Panchakarma boost agni & thus reduces production of ama.
- Panchakarma remove vitiated dosha; vata and pitta which are responsible for psoriasis.
- Vamana Karma along with Madana Phala Pippali Churna, Yastimadhu Churna, Kutaaja Beej Churna & Madhu Saindhava play vital role in Psoriasis.

PANCHKARMA IN VITILIGO
Vitiligo is very common skin disorder & termed as Kilasa or Switra in Ayurveda. It involves destruction of skin pigmentation. Disease characterized by appearance of white patches on body. Hands, wrists, knees & neck are mostly affected by Vitiligo. Auto-immunity, neurological & auto-toxicity are major causes of disease. Gastric disorders, deficiency of calcium, adverse effect of drugs (steroids), stress, liver dysfunction & excess use of skin irritant etc. are additional etiological factors of disease. As per Ayurveda vitiligo involves imbalances of doshas (Vatha, Pitta & Kapha) which disturbed Rakta, Mansa and Medhas dhatus. Viruddha ahaar sewan leads formation of toxins (ama) which disturb the immune system & causing destruction of skin pigmentation. Nidana, parthyaga, Shodhana Chikitsa, Shamana Chikitsa & Patya conduction are major treatment approaches of Ayurveda to treat Vitiligo.
Virechana karma for Vitiligo: Deepana, Pachana, Snehapaana, Sarvanga Abhyanga & Svedana Yoga (Ajmodadi Churna) may be administered for Virechana; Snehapaana was also done with Mahatikt Ghrita

- Pacify pitta dosha which is the root cause of vitiligo.
- Reduces dashya kapha which impart in disease progression.
- Detoxify affected Rasa; rakta, mamsa & twacha.
- Improve Agni; mandagni & adhisthan thus reduces production of ama which causes abnormal skin manifestations.\[4-9\]

REFERENCES