

## AYURVEDIC PERSPECTIVES ON MANAGING PAMA KUSHTHA (SCABIES) IN CHILDREN: A COMPREHENSIVE REVIEW

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### ABSTRACT

Skin diseases are considered a serious health problem in children because they cause discomfort and considerable morbidity. Dermatological disorders account for nearly one-third of all paediatric outpatient appointments. Scabies is a frequent skin infestation caused by tiny mites known as "Sarcoptes scabiei." It is very contagious and typically spreads through skin-to-skin contact with someone who is already afflicted. Almost all skin problems in *Ayurveda* are explained by the wide term "Kushtha." *Pama* can be correlated with scabies, which is one type of *Kshudra Kushtha* as described in the classics. Because it is highly contagious, it spreads swiftly in crowded environments. The scabies rash can lead to cellulitis, folliculitis, boils, and impetigo. It was discovered that "*Pama*" *Vyadhi* It has been found that "*Pama*" *vyadhi* is one of the most prevalent diseases seen at lower socioeconomic levels and occurs in unsanitary individuals. This paper explored *Pama* disease diagnosis and therapy using in *Ayurveda*.

**Key words:** *Pama*, Mite, scabies, *Kshudra Kushtha*

### INTRODUCTION

Skin diseases are considered to be a primary health problem in children because they cause discomfort and significant morbidity. Almost one-third of pediatric

outpatient appointments are for dermatological issues. The skin is commonly a marker of underlying systemic disorders and various genetic syndromes, in addition

to the large variety of primary skin disorders found throughout childhood.<sup>1</sup> In India, the presence of skin illnesses in children is influenced by a variety of variables, including socioeconomic status, environmental circumstances, dietary habits, climate, hygiene, cultural factors, genetic factors and parental education status.<sup>2</sup> Identification of the different skin lesions and the various patterns they form is a necessity for dermatological diagnosis.<sup>3</sup> Skin diseases are frequent in the paediatric population worldwide, with reported incidences ranging from 9% to 37%.<sup>4</sup> According to WHO, approximately 200 million cases of scabies are reported worldwide per year and up to 5- 10% of children are resources from poor tropical areas affected by scabies. Scabies occurs worldwide but is most common in hot, tropical countries and in high population density, and where there is limited access to treatment. Scabies is one of the commonest skin disorders among the children. Except for Europe and the Middle East, all regions had populations with a prevalence of at least 10%. Overall, scabies prevalence was highest in the Pacific and Latin American regions and was significantly higher in children than in adolescents and adults.<sup>5</sup> In India the incidence ranges from 13% to 59% in rural and urban areas. Itching causes many people to have trouble sleeping and to despise their work and leisure activities. Very few studies are done in India about such patients' affection and quality.<sup>6</sup>

In Ayurveda, almost all skin disorders are explained under the broad term *Kushtha*, *Visarpa*, *Sheetapitta*, *Udarda*, and *Kshudra roga*. *Pama* can be correlated with scabies in modern science, which is a type of *Kshudra Kushtha* as explained in Ayurveda classics. Different Acharyas, like Maharishi Kashyapa, Acharya Charaka, Acharya Sushruta, Acharya Vagbhata, and Acharya Bhavamishra, give different classifications of *Kushtha roga*.

*Pama* being a *Kshudra Kushtha* has *Pitta-Kapha* dominance, and it is characterized by extreme itchy eruptions of white, reddish or black in color. When the disease is left untreated, the *Twaka*, *Mamsa*, *Rakta*, *Lasika* will be putrefied and will start dissolving and create complications spreading all over the body.

## MATERIAL AND METHOD -

### (A)AYURVEDA LITERATURE:

□ In various Ayurvedic classics, there are eighteen types of *Kushtha*. Out of which seven are *Maha kushta* and eleven are *Kshudra kushta*. *Pama* is among the types of *Kshudra kushta*.

□ *Pama* being a *Kshudra Kushtha* has *Pitta-Kapha* dominance, But the opinion about *Pama* differs with some of the Acharyas like Acharya Sushruta and Basavarajeeyam.

□ Acharya Sushruta classified *Pama* as one of the types of *Kshudra Kushtha* and under *Kshudra Rogas*. According to Acharya Vagbhata, *Pama* is a type of the *Kshudra Kushtha*, which also includes *Pitta* and *Shleshma Doshas*.

□ Charaka, Bhavamishra, Yogaratnakara, and Kashyapa had considered *Pama* to be one of eleven *Kshudra Kushthas*. They did not describe the type of *Pama*. Acharya Charaka also mentioned *Pama* in *Raktaja vyadhi*.

1. Only Gangadhara, the commentator on *Charaka Samhita*, mentions two types of *Pama*.<sup>7</sup>

1. *Kapha Pittaja (Alpa Strava)*.

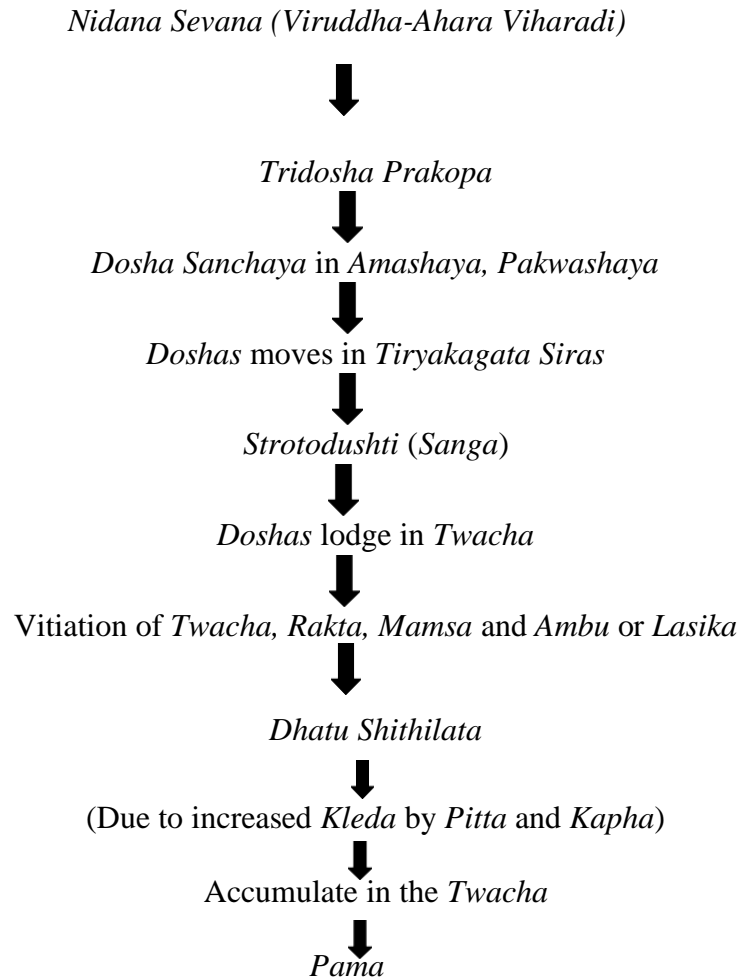
2. *Pittaja (Bahu Strava)*.

Specific *Nidan*, *Poorvaroopa* and *Samprapti* of *Pama Kushtha* has been not described in Ayurvedic classics separately.

So therefore, causative factors related to *Kushtha* can be considered the same for *Pama*.

Acharya Sushruta mentioned *Kushtha* as a communicable disease. With given by *Upashargaj nidan*.

**SAMPRAPTI-**



**Samprapti Ghatakas of Pama Kushtha**

<i>Dosha</i>	<i>Pitta and Rakta</i>
<i>Dushya</i>	<i>Twak, Rakta, Mamsa, Ambu or Lasika</i>
<i>Srotas</i>	<i>Rasavaha, Raktavaha, Swedavaha</i>
<i>Sroto Dushti</i>	<i>Sanga</i>
<i>Udbhava Sthana</i>	<i>Amashaya and Pakwashaya</i>
<i>Vyakta Sthana</i>	<i>Twacha</i>
<i>Rogamarga</i>	<i>Bahya</i>
<i>Swabhava</i>	<i>Chirakari</i>

**ROOPA OF PAMA: -**

➤ According to *Acharya Kashyapa*, Pama consists of itching, pricking pain with secretion and burning sensation.

“*Kandu Toda Paak Stravarushmatee Pama*” (*ka0 chi0*)

➤ According to *Acharya Charaka* in *Chikitsa Sthana*, pama consists of pimples that are white, reddish, and blackish in colour and have extreme itching.

- According to Acharya Sushruta Pama, it is characterised by the appearance of small eruptions that produce exudation, itching, and a burning sensation all over; vesicles that produce a burning sensation and appear on the buttocks, hands, and feet are known as *kacchu*.
- According to Acharya Vagbhata Pama, *kushtha* has eruptions that have severe itching, more exudate, and pain. They are small, blackish red, and large in number, commonly on the buttocks, hands, and elbows.
- Madhava Nidana describes Pama's disease in the chapter on *Kushthanidanam*.

According to Acharya Madhava Pama, *kushtha* is numerus, and small eruptions that secrete secretions, itch, and cause a burning sensation, as well as vesicles that cause a burning sensation and appear on the buttocks and hands, are known as *kacchu*.

- Bhavaprakash Pama is mentioned in the *Kushtharogadikar (Chikitsa prakaran)* chapter in *Madhyam Khand*. Almost all authors, such as Strava, Kandu, Daha, Bahu Pidaka, and Ruja, mention Lakshanas. Bhava Mishra, Vanga Sena, and Yogaratnakar described the quantity of Strava and the harshness of Kandu and Ruja. Only Vagbhata and Charaka mentioned *Pidika's* colour, as did Shyava, Aruna, and Shweta.

#### MODERN LITERATURE:

*Scabies* is a common skin infestation caused by the tiny mites called "*sarcoptes scabiei var hominis*". Scabies mites burrow into the top layer of human skin to lay their eggs, causing intense itching and rash.

It is highly contagious and spreads through skin-to-skin contact with infected people. It spreads most easily in crowded areas and places with a lot of close contacts, such as among families, childcare centres, and nursing homes. <sup>(8)</sup> As a result, infants and children are especially vulnerable to infection from close physical contact with older children and adults at home and at school. <sup>(9)</sup> Scabies symptoms usually appear two to six weeks after the infection because it takes some time for the mite to enter the skin and begin reproducing. <sup>(1)</sup> Clinical signs include "Intense

itching," which may get worse at night, or skin lesions like linear, curved, or S-shaped burrows with black spots at the leading edge. The primary lesions of scabies are burrows, cysts and papules. The burrows are an inch long and are typically seen between the fingers, on the ulnar border of the hand, on the anterior axillary folds, on the navel, around the breasts, around the male genital area, around the waist, and in infants, on the face, on the palms or soles. Vesicles can appear on the inside of burrows or outside of burrows, particularly at the sides of fingers.

#### MANAGEMENT OF PAMA KUSHTHA-

*Ayurveda* includes '*Samshodhana*' (Bio-purification), '*Samshamana*' (Pacification), and '*Nidan Parivarjana*' (Avoidance of causative factors) as primary treatments for various diseases, including skin disorders. Separate *Chikitsa* for *Pama* is not documented in any of the books, although *Pamahara Aushadas* such as *Lepa*, *Kashaya*, *Rasa*, *Choorna*, *Taila*, *Ghrita*, and others are mentioned. The *Samanya Chikitsa* that was prescribed for *Kushtha* must also be used for *Pama*. Acharya Charaka and Sushruta discussed the *Chikitsa* of *Kushtha* in detail.

#### Principles of Treatment

*Kushtha Roga* is among the *Santarpana Janya* diseases. As a result, *Apatarpana Chikitsa* is recommended for all varieties of *Kushtha*, including *Langhana*, *Swedana*, and *Cruikshank*. *Langhana* is the primary *Chikitsa*. It comprises *Samshodhanadi Chikitsa* and *Samshamana Chikitsa*.

- **Samshodhana:** Acharya Shushrut and Yogaratnakar have indicated that *Vamana* (Emesis) should be performed every 15 days, *Virechana* (Purgation) once a month, *Nasya* every three days, and *Raktamokshana* (Bloodletting) every six months. <sup>10</sup>
- 1. Acharya Charaka described *Samshodhana* as being performed repeatedly at regular intervals in all skin diseases in order to remove toxins from the body without vitiating *Vata* and to build *Dosha-Dhatu samya* for healthy nourishment. <sup>11</sup>
- 2. Vagbhata has included the *Raktamokshana*.

*Samshodhana* therapy consists of a set of procedures performed to detoxify the body.

*Samshodhana* therapy holds the same importance in treating *Kushtha* as it does in other diseases.

*Ghratapana* is indicated for the treatment of *Vatika Kushtha*. *Vamana* is the preferred *Shodhana* therapy in *Kapha Kushtha*, whereas *Raktamokshana* and *Virechana* are the preferred therapies in *Pitta*-dominant *Kushtha*.<sup>12</sup> The various drugs are indicated for *Vamana*, *Virechana* and *Snehana* purpose in the texts, which can be used according to the vitiated *Doshas*.

- **Shamshamana:** Palliative therapies such as medications and diets may be ineffective unless the body's channels are thoroughly cleansed and harmful elements are eliminated. *Samshodhana* is thought to purify or cleanse all of the body's tissues and restore bio-humor harmony in order to get long-term benefits. Palliative therapy for *Kushtha* should primarily involve *Tikta* and *Kashaya Rasa*.

It is stated that decoctions containing *Daruhaldi*, *Saptaparna*, *Triphala*, *Khadira*, and *Neem* are beneficial for *Kushtha*.

The *Deepana*, *Pachana*, *Cruikshank*, and *Swedana* form the base of *Samshamana Chikitsa*. The medications used for this purpose can be administered locally or orally. *Upavasa*, *Trishna*, *Vyayama*, *Atapa*, and *Maruta Sevana* are examples of non-drug remedies. The patient can physically exercise these, and voluntary control according to the physician's instructions is required.<sup>13</sup>

- **Local Applications:** According to *Acharya Charaka*, the usage of *Karanja*, *Sarso*, *Ingudi*, *Khadir* oil or medicated ghee prepared from *Khadira*, *Neem*, and *Patola* is useful in pacifying *Kushtha*. *Shirish lepa*, *Aragvada lepa*, *Chitrakadi lepa*, *Mamsyadi lepa*, and *Kshar prayog* are all mentioned.
- **Nidan Parivarjana:** Diets high in *Amla*, *Lavana*, and *Katu Rasa*, milk, curd, jaggery, heavy meals,

and diets that increase *Kapha Dosha* should be avoided.

*Acharya Shushruta* mentioned the role of *Ayaskruti (Loharasayan)* in *Kushtha*. *Rasayan Chikitsa* also plays an important part in *Kushtha* for skin rejuvenation.

#### **The therapeutic scope of Bahiparimarjana Chikitsa**

The *Bahiparimarjana Chikitsa* involves substances that are applied externally and act by coming into touch with the skin. The *lepas* that can be used for *Pama* are listed below. *Aragwadha Patra Yoga*, *Aragwadadhi*, *Bhojapatradi*, *Darvyadi*, *Gandhaka*, *Gandhaka Drava*, *Gandhavirojada*, *Grihadhimooladi*, *Mahagandhahasti*, *Agada*, *Jatyadi Lepa*, *Kushthadi Lepa*, *Maheshwar Ghrita Rasnadi Lepa*, *Manashiladi Lepa*, *Moolakabeejadi*, *Haridradi Lepa*, *Saindhavadi*, *Sindhooradi*, *Vachadi Lepa*. **Abhyanga Chikitsa Tailas:** *Gandhaka Taila*, *Jeerakadya Taila*, *Durvadya Taila*, *Aditya Paka Arkamanahshila*, *Kachhoorakshasa*, *Shweta Karavira*, *Pallavadi*, *Shweta Karaviradi*, *Sindooradya*, *Kushtharakshasa*.

#### ● **Prevention and control:**

The best way to prevent the spread of Scabies mites is to avoid direct, prolonged skin to skin contacts with an infected person. All household members and other potentially exposed people should be treated at the same time to avoid re-exposure and re-infestation. Bedding, clothes, and towels that were used by infected people or their close contacts within the previous three days should be decontaminated by being washed in hot water and sun dried, & gently ironed or sealed in a plastic bag for 72 hours. (Scabies mites rarely survive more than two to three days away from human skin.)

- **Apathya (inappropriate diet and measures) in Pama Kushtha** - Foods in the wet area include meat, milk, curd, oil, *Tila*, *Kulattha*, *Masha*, *Nishpava*, jaggery, sugar, sour or pungent taste, common salt, incompatible foods, overeating, acidic eructations, daytime sleep, and excessive sexual activity.<sup>14</sup>
- **Pathya (recommended foods and measurements) in Pama Kushtha-**

Old rice (Shali and Shashtika), *Mudga*, *Adhaki*, *Nimba*, *Bhallataka*, *Mandukparni*, *Bakuchi*, *Vasa*, flowers of *Arka*, *Chakramarda*, *Patola*, *Vartaka*, *flesh of Jangala* animals without fatty substances, *Aragwadhadhi* group of drugs for rubbing, and *Khadira* decoction for drinks, bath, and washing are recommended.<sup>15</sup>

## DISCUSSION

Skin diseases in children, especially scabies, are common and influenced by a variety of factors, including socioeconomic position and environmental settings. *Ayurvedic* medicine takes a holistic approach, balancing the *doshas* and providing treatments such as bio-purification, palliative therapy, dietary changes, and preventive measures. Integrating *Ayurvedic* therapy with herbal medicine improves treatment efficacy in paediatric dermatology and overall well-being.

## CONCLUSION

*Ayurvedic* therapy has major advantages for treating skin problems in children, particularly scabies (*Pama Kushtha*). Its holistic approach targets the underlying causes of skin disorders by balancing the body's *doshas*, resulting in comprehensive care that goes beyond simply treating symptoms. *Ayurvedic* treatments such as bio-purification (*Samshodhana*) rid the body of toxins, and palliative therapy (*Samshamana*) employs herbal medicines to alleviate inflammation and infection. The emphasis on dietary and lifestyle changes (*Nidan Parivarjana*) aids in preventing and managing skin problems, while local applications of therapeutic oils and pastes relieve symptoms. Additionally, *Ayurveda's* emphasis on preventive measures, such as excellent hygiene and immune system development, helps reduce skin problems' incidence and recurrence.

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