

**AYURVEDIC MANAGEMENT OF PAMA W.S.R. TO SCABIES IN CHILD - A CASE REPORT****Akshay Gurav¹, Vikas Kumar², Nisha³**

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Article Received: 22/07/2022 - **Peer Reviewed:** 23/07/2022 - **Accepted for Publication:** 26/07/2022**ABSTRACT**

Scabies is a highly contagious common ectoparasitic infestation of humans caused by an itching mite, *Sarcoptes scabiei* var. *hominis*. It is characterized by severe pruritus and typical distribution of skin lesions. Unlike adults in children, lesions occur on the scalp, face, palms, and soles. In *Ayurveda*, according to signs and symptoms and presentation of the lesion, it can be correlated with *PAMA* which is a type of *Kshudra Kustha* according to all the *Brahatraysis* and *Sadhya Kustha* according to *Acharya Kashyapa*. The present case was carried out in Kaumarabhritya IPD, of KLE's Sri BMK Ayurveda Hospital, Shahapur, Belagavi Karnataka with an aim to assess the efficacy of *Ayurvedic* treatment protocol in the management of SCABIES WSR *PAMA* in children. *Ayurvedic* treatment protocol *Kostha Shodhana*, *Shamana*, and *Lepana karma* was followed, and assessment was done before and after 7 days of treatment and on the 15th day of follow-up. On the basis of the assessment, a conclusion was drawn. The given *Ayurvedic* treatment protocol was found to be effective in the management of *PAMA* which shows the true potential and efficacy of our ancient science.

Keywords: Scabies, *Pama*, *Ayurveda*, *Sarcoptes scabiei* var *hominis*

INTRODUCTION

The parasitic infestation is more common in crowded slum children. Scabies is caused by the itch mite *Sarcoptes scabiei* and is highly contagious by severe pruritus and typical distribution of skin lesions. A prevalence rate ranging from 9.44-31% have been reported. Though it is common in below 5 years children, the higher incidences are seen in older children by reported cases. The scabies mite is a highly delicate organism adapted to the lifestyle of the human body and is capable of free existence. It spreads through close contact as in over crowded schools, hugging and sleeping in crowded area¹. In older children, lesions are seen on other wrists, web spaces, elbows, axilla, and umbilical area and over the buttocks which are in the papules, vesicles, pustules, and crusted lesions². *Ayurveda* explains skin diseases under the umbrella term *Kustha* and has been subdivided into *Mahakustha* and *Kshudra Kustha*. *Acharya Charaka, Sushruta, and Vagbhata* considered pama as *kshudra kustha*³, whereas *Acharya Kashyapa* described *Pama* as one among nine *sadhya Kustha Roga* in *kustha Chikitsa Adhyaya* with features of *Kandu* (itching), *Toda* (pricking pain), *Paka* (suppuration) and *Srava* (discharges), *Aru* (tawny color) and *Usna* (color)⁴. The *Ayurvedic* treatment protocol has a big role in the management of skin disease; hence one such protocol has been followed to treat the present case.

CASE STUDY:

A 14-year male child who belongs to a lower-class family complaint of blackish skin lesions all over the body associated with severe itching and pricking pain for 3 months which gradually developed first on both upper limbs then abdomen later on the lower limb, then all over the body, on scratching watery and bloody discharge present all over the body. The patient didn't have any other specific significant history but had the same complaint for all the members of the family. For the same, they had undergone treatment but did not get relief, so they approached KLE's Sri BMK Ayurveda Hospital's Kaumarabhritya OPD

which then was admitted to IPD for further management.

Personal History: -

Diet – Mixed

Appetite – Reduced

Bowel – Clear Normal consistency (once daily)

Urine – Normal (4-6 times)

Sleep – sound

General Examination: -

The patient was thin, undernourished, alert, active, with normal sensorium.

Non-pallor with no signs of icteric, cyanosis, clubbing,

No lymphadenopathy

No oedema.

Vitals signs

Temperature: - Afebrile, Heart Rate – 84 bpm, Respiratory Rate – 18rpm

ANTHROPOMETRY

WIEGHT– 26 kg

HEIGHT –148cm

LOCAL EXAMINATION: -

Color: reddish skin color with a rough texture.

Lesion: Initially papule and on 6th day turned into vesicular lesions

Secretion: Present

Character: Size: small

Shape: asymmetrical

SYSTEMIC EXAMINATION:

CVS: S1S2 Present, No Murmur

CNS: Normal

RS: -Airway entry b/l equal clear

PA: Soft, No Tenderness, no organomegaly seen.

Diagnosis: Diagnosed the case as *PAMA* and the signs and symptoms were similar to that of *SCABIES*.

Treatment Plan: *Ayurvedic* treatment protocol was followed after assessing the *dosha* involved. The assessment was done before and after treatment and follow-ups were done after the 15th day.

For better and further case management patient had been consulted and after assessing strength, *Prakruti*, *Agni*, etc, treatment has been planned for this patient.

DAY	TREATMENT
1 st day & 2 nd day	<i>Karanja taila</i> L/A <i>Siddhartaka Snana Choorna</i> application during bath <i>Dushivishari Aagada</i> 2-tab tid <i>Vidangarishta</i> 10 ml tid with equal amount of water
3 rd day	<i>Sarvanga Abhyanga</i> with <i>Karanja taila</i> f/b <i>parisheka</i> with <i>Panchavalkala kwatha</i> <i>KosthaShodhana</i> with <i>Gandharvahastadi taila</i> (35 ml) morning 50 ml milk + Guda
4 th day	<i>Dushivisha agada</i> 2-tabtid <i>Vidangarishta</i> 10 ml tid with equal amount of water <i>Karanja taila</i> for local application <i>Siddhartaka Snana Choorna</i> local application during bath
5 th day & 6 th day	<i>Dushivishari Aagada</i> 1-tabtid <i>Vidangarishta</i> 10 ml tid with equal amount of water <i>Karanja taila</i> for local application <i>Siddhartaka Snana Choorna</i> local application during bath

The patient was discharged on the 7th day with the following medication: -

Patolakaturohinyadi Kashaya 10 ml bid with equal amount of water

Siddhartaka Snana Choorna local application during bath
LaghusootaShekhara choorna ½ tsf + *Dushivishari Aagada* 1tab tid with warm water
Karanja taila for local application over lesions

RESULT:

	Before Treatment	After Treatment	Follow Up (15 th day)
<i>Kandu</i> (Itching)	++++	+	-
<i>Pidika</i> (Eruptions)	+++	++	-
<i>Srava</i> (Discharge)	++	-	-
<i>Vaivarnya</i> (Discoloration)	+++	+	+
<i>Daha</i> (Burning Sensation)	+	-	-



DISCUSSION

Pama is associated with *Pitta Kapha dosha* along with *Raktadusti*. Hence *Pittakaphahara* line of treatment was adopted like both internal medication & local application which is specifically used in the treatment of *Kushta*. This treatment protocol is based on the principle of *Kustaghna*, *Kandugna*, and *Krimighna*.

The mode of action of the treatment is as follows:

✓ *Karanja taila* has the properties of *Teekshna guna*, *Tiktakashaya rasa*, and *Ushna veerya* which balance *Vata* and *Kapha doshas*. Thus, acts as antimicrobial, anthelmintic, germicidal, antipruritic, anti-inflammatory.

✓ *Siddhartaka snana churna* is a mixture of herbal ingredients used for lepana which acts as *Tridosha-hara*, *Twacha*, and *Varnaprasadana*.

✓ *Dushivishari Agada* is indicated in all types of *Visha*, which is effective in *Sthavara*, *Jangama*, and also *Garavisha* (poison). The properties of *Dushi-vishari Agada* are *Rakta shodhaka* (blood purifying), *Vishaghna* (antitoxic), and *Tridoshahara* (pacifies three humours), *Twak doshahara* (cures skin diseases). Almost all the drugs of this *Yoga* are *Seetha veerya* (cold potency) in nature, capable of antagonizing the adverse effect of *Visha* due to mites.

✓ *Vidangarishta* acts as *Krimighna*, *Jantughna* hence patient got relief from the symptoms.

✓ *Panchavalkala* is having antimicrobial properties and in this case, *Panchavalkala Parisheka* was done for proper cleaning and removal of all *Bahya krimi*.

✓ *Kostha Shodhana (Sadhyo Virechana)* with *Gandharvahastadi taila* was done to detoxify the vitiated *dosha* and bring *Pitta* into a normal state. Also, *Sadhyo Virechana* helps in the proper absorption of drugs to get the desired effect.

✓ *Laghusutashekhar Choorna* is having *Pittahara* in nature which helps in relieving *Daha* and *Kandu*.

✓ *PatolaKaturohinyadi Kashaya* is a poly herbal decoction mentioned under *Shodhanadigana* in *As-tanga hridaya* which has *Kushtaghna*, *Jwaraghna*, and *Vishaghna* properties and helps in pacifying *Kapha* and *Pitta doshas*. It also possesses *Raktaprasadana*, *Amapachana* and *Agni dipana* properties due to its *Tikta rasa*.

CONCLUSION

Ayurvedic concept of dermatological disorders is mentioned in the chapters on *Kusta* and *Visarpa*. The basic approach to skin diseases is understanding the *doshas* and *dushya* involved in the same and thereby treatment has to be planned. Treatment includes purification therapies followed by local applications, internal medications with *Kusthagna*, *Raktashodhana*, and *Raktaprasadana* properties. In treating *PAMA (Sadhya kustha)* line of treatment of *Shodhana (Virechana karma)* along with *Shamanaushadhi* can give satisfactory results. The patient got relief from the symptoms.

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