

## ROLE OF NAVKASHAYA IN SKIN DISEASE

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### ABSTRACT

Skin diseases are a major health problem affecting a high proportion of the population in India. Skin diseases can place a heavy emotional and psychological burden on patients and that may far worse than the physical impact. Increased consciousness especially among the youth of their body and beauty further aggravates their anxiety. Many factors determine the pattern and prevalence of cutaneous diseases among environment factor and diet. In some instances, patients appear to produce their skin lesions as an outlet for nervous tensions arising from interpersonal conflicts or unresolved emotional problems. Example of skin conditions include rosacea, which is characterized by small, red, pus filled bumps on the face. Psoriasis, which causes scaly, itchy, and dry patches. Vitiligo, which result in large, irregular patches on skin. Eczema which causes itching, discoloration, discharge, vesicle. *Navkashaya* has anti-bacterial, anti-fungal, anti-microbial and antioxidant property which is helpful in curing skin disease. *Navkashaya* consist of *Triphala*, *Haridra*, *Patola*, *Manjistha*, *Kutki*, *Vacha*, *Neem*.

**Keywords:** skin, anxiety, eczema, *Navkashaya*, etc.

### INTRODUCTION

*Ayurveda* is a clinical science and its concepts and principles are moulded in such a way that it becomes useful in clinical parlance<sup>1</sup>. The agonizing skin ailments are hunting the mankind since ages past. *Ayurveda* reached the zenith of knowledge regarding skin disease as classical description. Skin diseases are narrated in *Ayurveda Samhitas* under the heading of *Kushtha*.

Skin is an outermost cover of the body. It plays a chief role in maintaining barrier between internal and external environment. According to *Ayurveda*, a disease that tear or pull out and destroy the beauty of the body and any type of skin disease is called *Kushtha*.

The condition in which skin produce discoloration and if not treated properly then ultimately results in disfigurement known as *Kushtha*. Skin is the first organ of the body interacting with the environmental agents like physical, chemical & biological agents. Variations in the environmental stimuli & natural ability of body to deal with these factors result in spontaneous remissions & relapses. Interaction with these factors results in specific reaction pattern producing characteristic skin lesions in different parts of the body. Large community prevalence studies have demonstrated that population have various skin problems requiring attention. Skin is a mirror that

reflects internal & external pathology & thus helps in diagnosis of diseases. Skin ailments affects all ages from the neonates to the elderly & cause harm in several ways such as discomfort, disfigurement, disability, etc. That is, *Kushtha* is a disease which causes discoloration.

#### **Aim and Objectives**

1. To study the role of *Navkashaya* in different type of skin diseases.
2. To study the medicinal use of drugs used *Navkashaya*.

**Material and Method-** The sources for this article were taken from Ayurvedic literature from library, internet, website, and other published sources.

**Causes:** According to basic texts, indulgence in compatible foods and drinks, intake of too much liquids, fatty foods, and heavy diet, suppression of the emesis and other natural urges, doing too much of physical work and exposure to extreme heat after taking heavy meals, and irregular indulgence in cold or hot foods may initiate the aetiopathogenesis of *Kushtha*<sup>2</sup>. In addition, *Acharya Sushruta* has mentioned that *Kushtha* is a type of communicable disease<sup>3</sup>. Therefore, person should prevent from the incompatible foods and as well as contamination of people who are having skin disease.

**Family History:** Family tendencies to diabetes, cardiovascular disease, and tumours, questioning concerning the familial incidences of allergic diseases were considered as they have great importance in a wide variety of skin conditions.

**Environmental Factors:** The environment has an important role on the pathogenesis or exacerbation of certain skin disease. Factors that will cause skin lesions such as hot humid climates, type of sports and activities and contact with others, whether people using their own clothes or other clothes, standard of living, surrounding gardens, type of pets in the house such as cats, dogs and others predispose to skin diseases were also considered.

#### **Samprapti**

When etiopathogenesis start to gather at the body, three humors<sup>4</sup> (*Vata*, *Pitta* and *Kapha*) and four *Dushya* (skin, blood, muscles tissues and fluids) which are in normal condition in the body are begun to vitiate by

etiological factors. Then they become vitiate the skin, blood, tissues, and the body fluids. Mixed humors<sup>5</sup> finally spread through the all tissues. As a result, eighteen type of skin disorder are produced, and they appear on the skin according to *Charaka Chikitsa* chapter 7/3.

#### **Samprapti Ghataka:-**

**Dosha** - *Tridosha*. (*Kapha* for *Vicharchika*)

**Dushya** - *Twaka*, *Rakta*, *Mamsa*, *Ambu* (*Lasika*)

**Srotas** - *Rasa*, *Rakta*, *Mansa* & *Udakavaha*

**Agni** - *Jatharagni* and *Dhatwagnimandya*

**Srotodushti** - *Sanga* & *Vimargagamana*, *Prakara*

**Adhishthana** - *Twacha* (*Fourth layer*– *Charaka* & *Fifth layer* - *Sushruta*)

**Rogamarga** - *Bahya*

**Swabhava** - *Chirkari*

#### **Purvarupa**

The prodromal symptoms of *Kushtha* are – *Atisalaksnta* (excessive smoothness), roughness of skin, *Aswednam* or *Atiswednam*, *Vaivarnyata*, *Daha*, *Kandu*, *Supti*, *Toda*, *Kothotpatti*, *Bhrama*, *shuladhikya* and *Vrana*, early ulceration and late healing, after healing of ulcer or *Vrana* dryness or *Ruksta*, *Lomharsha*, *Karsyarnam*, *Khartvam*, *Ushmayanam*, *Shavyathu*, *Shram*, *Klam*, *Visarpagamnam* etc.

#### **Rupa:**

The symptom of *kushtha* are *kandu* (itching), *Pidika* (lesion), *Shyava* (black discoloration), *Shrava* (discharge).

**Drug Review**

DRUGS	LATIN NAME	Ras	Guna	Virya	Vipaka
<i>Vibhitaki</i>	Terminalia Bellirica	<i>Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Madhur</i>
<i>Haritaki</i>	Terminalia Chebula	<i>Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Madhur</i>
<i>Aamalki</i>	Emblica Officinalis	<i>Amla</i>	<i>Guru, Ruksha, Sheeta</i>	<i>Sheeta</i>	<i>Madhur</i>
<i>Haridra</i>	Curcuma Longa	<i>Tikta, Katu</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>
<i>Patola</i>	Trichosanthes Dioica	<i>Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>
<i>Manjistha</i>	Rubia cordifolia	<i>Tikta, Kashaya, Madhur</i>	<i>Guru, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>
<i>Kutaki</i>	Picrorhiza kurroa	<i>Tikta</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>
<i>Vacha</i>	Acorus calamus	<i>Katu, Tikta</i>	<i>Laghu, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>
<i>Neem</i>	Azadirachta indica	<i>Tikta, Kashya</i>	<i>Laghu</i>	<i>Sheeta</i>	<i>Katu</i>

**Triphala:** Its anti-inflammatory and antioxidant properties help to heal certain skin issues. It helps to protect skin cells. It helps to rebuild skin protein and retain moisture in the skin, in addition to combatting inflammation and oxidative injury.

**Haridra:** It is also known as *Yoshitpriya*<sup>6</sup> and *Var Varnini*<sup>7</sup>. It helps in improving skin tone and strengthening the complexion, it is also useful for many skin diseases, wound healing and diabetes. It has anti-bacterial agent. It is helpful in curing wounds and burns.

**Patola:** It is rich in vitamin C. It helps in reducing skin dryness, wrinkles and even slowing down the aging process. It helps in assisting the healing process of the wound.

**Manjistha:** It supports skin health, helps in reducing pigmentation and improving complexion. It helps in deep detoxification and blood purification.

**Kutki:** It has anti-bacterial and anti-inflammatory action. It is also used to treat skin conditions including eczema, vitiligo, etc.

**Vacha:** In extract of *Vacha*, lactose is used in making bath preparation. It has moisturizing effect on the skin.

**Neem:** It helps in healing mild skin problems like rashes, irritation, burns and infections with its anti-bacterial and anti-inflammatory action.

*Kushtha* denotes '*Kushnati vapu iti kushtham*' means the conditions which deforms the skin is called *Kushtha*. *Kushtha*<sup>8</sup> is broadly divided into *Mahakushtha* and *kshudrakushtha*. *Ekakushtha* has been enlisted first in the list of *Kshudrakushtha*, it may be due to its predominance and prevalence in the society. Most of skin diseases show dryness, itching, discoloration, erythematous plaques, scaling, thickness, etc. Allergies, irritants, your genetic makeup, and certain diseases and immune system problems can cause rashes, hives, and other skin conditions. Many skin problems, such as acne, also affect your appearance. Different types of skin lesions are Blisters, Macule, Nodule, Papule, Pustule, Rash, wheals. Lesions can be categorized according to whether they are caused by cancer. A benign lesion is non-cancerous whereas a malignant lesion is cancerous. For example, a biopsy of a skin lesion may prove it to be benign or malignant, or evolving into a malignant lesion (called a premalignant lesion). Stress can aggravate psoriasis, rosacea, and eczema. It can also cause hives and other types of skin rashes and trigger a flare up of fever blisters. It can also be stressful to have problems with your skin. Although most diseases affecting the skin originate in the layers of the skin, such abnormalities are also important factors in the diagnosis of a variety of internal disease. There is some truth in belief that skin mirrors a person's internal health. Often, the visibility and accessibility of skin make it the first organ of the body to show detectable signs of

**DISCUSSION**

In Ayurvedic classics all skin diseases have been described under the heading of *Kushtha*. The word

underlying disease. Abnormalities of the skin frequently suggest metabolic, malignant, and glandular disease. Emotions affect the health of skin as well. The skin has such vigorous healing properties, however, that widespread injury, as in thermal burns, may be followed by a marked degree of regrowth of the injured or diseased areas, with a disproportionally small degree of scarring. *Navkashaya* have anti-bacterial, anti-microbial, anti-fungal action which help in curing various skin diseases.

## CONCLUSION

*Navkashaya* contains nine drugs. These drugs contain various medicinal properties and hence used in the treatment of various disorders especially skin disorders. These are also good source of various biologically active phytoconstituents. In the present review an attempt has been made to provide a collective knowledge on therapeutical, pharmacological and medicinal applications of *Navkashaya*<sup>9</sup> and its constituent drugs. This collective knowledge on these drugs would motivate to researchers and provide lead to further exploration of pharmacological activities of these ingredients as the demand for Ayurvedic products is growing exponentially due to its fewer side effects as compare to other system of medicine.

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