

## EFFECT OF NIRGUNDI TAIL APPLICATION IN PAMA WITH SPECIAL REFERENCE TO SCABIES – A CASE REPORT

Dr Ajinkya Panditrao Patil.

Final year PG, Balroga Department, ADAMC Ashta, Sangli.

Guide name :- Dr Nareshkumar Keshav Babar.

Reader , BAMS MD Kaumarbhritya , ADAMC Ashta, Sangli.

**Hon. Shri. Annasaheb Dange Ayurved Medical College & Post  
Graduate Research Center, Ashta, Sangli**

### Abstract:-

Irrespective of the application of advances in modern science, prevalence rate of many skin diseases are increasing all over the world, in which scabies is one. Scabies is highly contagious and spread quickly through physical contact. Though scabies can occur at any age, it's prevalence is higher among children than adults. The present study is aimed to show the effect of Ayurvedic preparation like *Nirgundi Tail* on scabies in children.

Background: Scabies can be clinically correlated with *Pama* mentioned in Ayurveda as the signs and symptoms of both are similar like itching, burrow, lesion, vesicular eruption with red bumps and blisters. *Pama* is one of the eighteen types of *Kushta* which is caused by vitiation of *Kapha* and *Pitta Dosha*.

**Case Description:** A 8 years old male child brought by his mother in OPD of Kaumarbhritya department with complaints of itching and burning sensation in between the fingers of both hands, wrist and forearms. He was treated with Ayurvedic drug *Nirgundi Tail* for 10 days.

Result of the treatment was assessed on the clearance of lesion and relief from itching.

After external application of Tail for 10 days, there was improvement in symptoms. This suggest that external application of Ayurvedic herbal preparation like Nirgundi Tail has excellent scabicial action and it is a good solution for scabies.

## **INTRODUCTION:-**

Skin is the largest organ of the body which is exposed to external environment. Being one of the five sense organs, it plays a great role in normal well being of human life. As the interface with the surroundings, it plays the important role in protecting against pathogen. Any ailment in the skin leads to skin diseases. Out of this scabies is most common dermatological problem. The highest prevalence rate may be seen in school age children due to improper hygiene and close contact while playing with other children.(1) Scabies is common parasitic infestation caused by mite. This mite “Sarcoptes Scabiei” , is sometimes known as the ‘human itch’ or ‘mange mite’ due to intense itching caused when the pregnant female mite burrows into the top layer of skin lays eggs. (2) The location of burrows in infants and young children differs somewhat from that of adults, commonly involving the palms, sides, soles of the feet, head and neck region.(3) Close physical contact with infected patients spread the disease. In modern Medical science management of scabies carried out with topical scabicial agents like permethin, precipitated sulphur, monosulfiram, crotamiton, malathion, benzoyl benzonate, lindane, ivermectin but uses of these produces toxic effects.(4) So management of scabies in infants and children is challenging. According to Ayurveda scabies can be correlated with Pama. Pama is variety of Kushta, especially Kshudra Kushta. Acharya Charaka has considered Pama as Kapha-Pittaj Vyadhi, but Acharya Sushruta has considered it as only Pittaj Vyadhi.(5) Pama is characterised by Shweta, Aruna, Shyva Varna Pidika associated with Kandu and Strava.(6) In Ayurvedic literature separate Chikitsa for Pama have not been described but Pamahar Aushadhis in the form of Lepa, Kashaya, Rasa, Choorna, Tail etc are mentioned. The Samanya Chikitsa advised for Kushta has to be taken for Pama also.

So disease has to be managed with easily available, easily applicable, cost effective, nontoxic, non irritant, safe herbal drug like Nirgundi Tail which has ideal scabicial properties.

**Key words:** Pama, Kushta, Scabies

**Material and Methods:-**

**Place of study:-**

OPD , Kaumarbhritya department of ADAMC hospital, Ashta, Sangli.

**Case report:-**

8 years old male child came with his mother to OPD of Kaumarbhritya department with following complaints,

1. Itching in between fingers, wrist and forearms.
2. Lesion over the both hands.
3. Itching aggravate during night time.

Patient had symptoms since 2 months.

**On examination:-**

Erythmatous papules and papulo vesicles on the flexor wrist and forearms.

**History of present illness:-**

According to his mother, Patient was asymptomatic before 2 month. After that few interdigital rashes developed with itching. Itching aggregates at night which disturbs his sleep. Itching started from interdigital space spread to his wrist and

forearm. Hence, they came to ADAMC hospital for management.

**Past history:-**

Not significant

**Family history:-**

Previously his elder sister had experienced same complaints.

**Personal history:-**

**Table No. 1: Personal History of Patient**

Name : ABC	Occupation: Student
OPD NO.:	Diet: Veg
Age : 8 yrs	Habitat: Rural
Sex : Male	SES: Lower-middle
Weight: 28kg	Religion: Hindu
Height: 128cm	Birth history: FTND
Prakriti: Kaphapittaj	Appetite: Moderate

**History of Immunisation:-**

**Table No. 2 : Immunisation History**

BCG	Done	MMR	Done
OPV	Done	Hepatitis B	Done
DPT	Done	Others	Done

**Social history:-**

Residential area: Rural

Hygienic status of surrounding: Not well

**General Examination:-**

**Physical examination:**

**Table No. 3 : Physical Examination**

General appearance: Good	Pallor: No pallor
Built: Average	Tongue : Coated
Pulse : 79/min	Oedema: No oedema
Blood pressure: 110/70 mm of Hg	Cyanosis: No
Respiratory rate: 18/min	Nails: Normal
Temperature:98.2 °F	Nourishment : No malnutrition

**c)Ashthvidh Pariksha :-**

**Table No. 4 : Ashtavidh Pariksha**

Nadi(pulse):79/min	Shabda ( speech) : Clear
Mala: Mild constipation	Sparsh: Normal
Mutra: Normal	Drik: Normal
Jivha: Coated	Akruti: Madhyam

**Treatment plan:**

Patient was treated on OPD basis.

**Selected formulation for external use:**

Nirgundi Tail

**Duration:** 10 days

**Route:** External application all over the body

**Table No .5 : Ingredients and proportion of medicine**

Sr.no	Ingredients	Proportion
1.	Nirgundi ( mool, patra swaras)	1 Part
2.	Tila taila	1 part
3.	Water	4 parts

**Table No. 6: Properties of Nirgundi And Tila Tail<sup>(7) (8) (9)</sup>**

<b>Drug</b>	<b>Nirgundi</b>	<b>Tila Tail</b>
<b>Latin Name</b>	Vitex negundo	Sesadum indicum
<b>Family</b>	Verbenaceae	Pedaliaceae
<b>English Name</b>	Indian Privet	Sesame
<b>Rasa</b>	Tikta, Katu	Madhura
<b>Virya</b>	Ushna	Ushna
<b>Vipaka</b>	Katu	Madhura
<b>Guna</b>	Laghu, Rukshya	Guru, Snighdha
<b>Doshaghnata</b>	Kapha-Vat Shamak	Tridoshshamak
<b>Karma</b>	Kushtagna, Kan dugna, Jantughna	Vranaropan, Kandula, Vranashodhan

**Preparation of Nirgundi Tail:**<sup>(10)</sup>

- 1.Mool and Patra of Nirgundi (vitex negundo) are collected, and washed under tap water to remove adhering soil and dust.
- 2.Swaras is prepared from the fresh leaf and root by crushing.
- 3.To the Swaras, equal amount of Tila Taila, followed by four part of water is added.
- 4.This mixture is boiled for two nights till Sneh Siddhi Lakhanas were observed.
- 5.Oil was filtered in clean muslin cloth while warm and kept in air tight bottle.

**Pathya Apathya advised during treatment :**

**Table No.7: Pathyapathya of Pama Kushta.**

<b>Perticulars</b>	<b>Pathya (Do's)</b>	<b>Apathya (Dont's)</b>
<b>Cereals and Pulses</b>	Puranashali,Shashtishali, godhuma, yavaka etc.	Kulatha,masha,nispava
<b>Fruits &amp; vegetables</b>	Tiktapatola,nimba, mandukaparni,triphal etc.	Soy, nuts
<b>Others</b>	Hot freshly prepared food, Jangal Mansa.	Fast food and uncooked food, Sweets and dairy products , fish , frozen meat
<b>Life style</b>		Vegavrodha,diwaswapna Viruddhashana, adhysana



**Table No.8 Assessment Criteria**

	<b>Pathya (Do's)</b>	<b>Apathya (Dont's)</b>
<b>Cereals and Pulses</b>	Puranashali,S hashtishali, godhuma, yavaka etc.	Kulatha,mash a,nispava
<b>Fruits &amp; vegetables</b>	Tiktapatola,ni mba, mandukaparni ,triphala etc.	Soy, nuts
<b>Others</b>	Hot freshly prepared food, Jangal Mansa.	Fast food and uncooked food, Sweets and dairy products , fish , frozen meat
<b>Life style</b>	Daana,seva,ty aga, guru,bhaskara aradhana.	Vegavrodha,di waswapna Viruddhashan a, adhysana

**Table No.9 Observation Table**

<b>Criteria</b>	<b>Grade 0</b>	<b>Grade 1</b>	<b>Grade 2</b>	<b>Grade 3</b>
<b>Kandu(pruritis)</b>	Absent	Occasionally mild pruritis	Moderate pruritis	Continuous pruritis with disturbed routine
<b>Daha(burning sensation)</b>	No burning sensation	Mild burning sensation	Persistent burning sensation	Continuous burning with disturbed routine
<b>Pitika(burrows)</b>	No papules	Few papules	Papules over	More papules all over the body
<b>Strawa(secretion)</b>	No secretion	Mild occasional oozing	Moderate oozing	Severe oozing

Assessment of signs and symptoms of the patient regarding Pama were done during each follow up i.e. after every five days. The results show that there is significant relief in all signs and symptoms of Pama (scabies). It means selected management of Pama is effective.

**DISCUSSION:-**

As per Ayurvedic literature, Pama is a variety of Kushta, especially Kshudrakushta. Ayurvedic literature has a vast description about Kushta but not specifically Pama. Only some Grantha, Sangraha give Pamahara Chikitsa specifically, otherwise Kushta Chikitsa is only considered as Pama Chikitsa. Acharya Charaka has considered Pama as Kapha-Pittaja Vyadhi, but Acharya Sushruta has considered it as only Pittaja Vyadhi. Pama being a Kshudra Kushta has a predominance of Kapha and Pitta dosha giving rise to Shweta, Aruna, Shyava Varna Pitika associated with Kandu and Strawa. Kandu being the predominant symptom. Pama, looking at its clinical signs and symptoms can be compared to Scabies which is a common skin disorder. Poor

personal hygiene, poor residential hygiene, poor living standards, unawareness regarding health are important etiological factors for infestation of Pama. Management of scabies done with many scabicial lotion. Ayurveda also deals with both Bahya and Abhyantar Chikitsa. Various medicated oils have explained in the text for Bahya Chikitsa for Twak Rogas. Nirgundi Tail is mentioned for management of Pama in Bhaishajya Ratnavali. Nirgundi is Vat-Kapha Shamak and having properties like Kushtaghna, Krimighna. Along with this medication , Pathya - Apathya and hygiene maintenance were advised. Child has followed the treatment protocol properly and responded very well with treatment.

**Conclusion:-**

Hence it is concluded that external use of Nirgundi Tail with proper hygiene and Pathya-Apathya are highly effective in the management of Pama ( scabies).

**References:-**

1. Schachner LA, Hansen RG. Preface. In: Pediatric Damatology, 2nd edn. Eds. Schachner LA, Hansen RC. Edinburgh, Churchill Lviningstone, 1995; p IX.
2. Kliegman, Stanton, St.Geme, Schor, Nelson Textbook of Pediatrics, Elsevier publication, 20<sup>th</sup> edition, 2016, Chapter 668, page no. 3224-3226.
3. Arlian LG. Biology, host relations, and epidemiology of *Sarcoptes scabiei*. Annu Rev Entomol. 1989;34(1):139–161.
4. D. M. Thapa. Essential in Dermatology, Jaypee brother medical publishers, 2<sup>nd</sup> edition 2009, 9<sup>th</sup> Chapter, Page no: 76.

5. Maharshi Agnivesha, Charaka Samhita, elaborated by Charaka & Drudhabala, Charaka–Chandrika hindi commentary by Tripathi Brahmanand, Published by Chaukhamba Surbharti Prakashan, Varanasi, 2008. Volume 1, Nidanasthana, 5<sup>th</sup> Chapter no, Shloka no: 4, page no: 624
6. Maharshi Agnivesha, Charaka Samhita, elaborated by Charaka & Drudhabala, Charaka–Chandrika hindi commentary by Tripathi Brahmanand, Published by Chaukhamba Prakashan, Varanasi. 2006, volume 2, Chikitsasthana, 7<sup>th</sup> Chapter, Shloka no:12, Page no: 302.
7. Bramhanand Tripathi, Charak Samhita, Varanasi, Chaukhamba Surbharti Prakashan, Edition 2007, Chikitsa Sthana, Adhyaya 28, Tritiya pada, Shlok no.134/135, page no. 763.
8. P.V Sharma, Dravyaguna Vignana, Chaukhamba Bharti academy, vol 2, page no.66-69, 579-582, 120-123.
9. M.A Khan, A.H. Shah, Z.U Khan, Journal of animal and plant sciences, Miticidal activity of methanolic extract of vitex negundo-lam against sarcoptes scabiei in animals and man, 22(2 supp): 2012, page no.102-107.
10. Shri Ambikadatta Shashtri, Bhaisajyaratnavali, Varanasi, Edition 2010, Nadivrana chikitsaprakarana, Adhyaya 50, Shlok 26/27, page 866.