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RESEARCH ARTICLE

EFFECT OF POLYHERBAL FORMULATION IN THE MANAGEMENT OF SCABIES (PAMA) - A CASE REPORT.

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Abstract

Aim: Skin disease has a high prevalence throughout the world. Scabies is contagious and can spread quickly through close physical contact so it is an acute communicable disease. It is highly prevalent in young children. The present study is aimed to show the effect of Polyherbal formulation on scabies in children.

Backgrounds: Scabies is characterized by nocturnal itching, vesicular or pustular eruptions, with small red bumps and blisters. According to Ayurveda Scabies can be correlated to *Pama*. *Pama* is one of the eighteen types of *Kushtha* ("Skin Disease"), according to the Charaka Samhita (ChikitsaSthana) which is caused by vitiation of *Kapha* and *Pitta Dosha*.

Case Description: A 6 years old male patient brought by his father from Kutchh district of Gujarat in OPD of Kaumarbhritya department IPGT & RA with complaints of itching in between the fingers of both the hands, wrists and forearms since 2 years. On local examination, vesiculopustular lesions were present along with dry scaly patches over both the hands, wrists and forearms. Effect of the treatment was assessed on the basis of clearance of lesion and relief from itching.

Conclusion: After intervention of the Polyherbal formulation for one month, there was a marked improvement in symptoms like itching, scaling, and discharge. So, it can be said that Ayurveda has a better remedy for skin related complaints than other contemporary sciences.

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Introduction:-

The human skin is the outer protective covering of the body. Children have thinner and more delicate skin than adults, so it's more sensitive to irritation. Children used to play or stay in groups either in school or at home and unable to maintain their hygiene so they are easily victimized by different skin infections. Scabies is a parasitic infestation of the skin that is caused by the bite of female itch mite "Sarcoptes scabiei".^[1] In infants and young children, common sites of infestation include the scalp, face, neck, palms of the hands and soles of the feet. Lesion distribution and intractable pruritus that is worsen at night as well as scabies symptoms in close contacts helps in

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diagnosis of scabies.^[2] Treating scabies in infants and children is challenging. Many drugs used in adults cannot be used in children because of diverse safety profiles.^[3] Many agents, most of which are topical, have been used to treat scabies, including Sulfur, Gamma benzene hexachloride (lindane), Crotamiton, Benzyl benzoate, Malathion, Ivermectin, and Permethrin.^[4] According to Ayurveda Scabies can be correlated to *Pama*. *Pama* is one of the eleven types of *Kshudra Kushta* ("Minor skin disease"), according to the Charaka Samhita (Chikitsa Sthana) which is caused by vitiation of *Kapha* and *Pitta Dosha*.^[5] *Pama-kushta* is characterized by extreme itchy eruptions of white, reddish or black color seen over *Sphika* (Buttocks), *Pani- Pada* (Hands & Foot), *Kurpara* (Forearm or elbow region). Diagnosis was based upon signs and symptoms of *Pama Kushta* such as *Toda* (Pain), *Kandu* (Itching), *Daha* (Burning sensation), *Pitika* (Burrows), *Srava* (Discharge).^{[6],[7],[8]} The main aim of treatment was to purify the blood and bring out the toxins from the bloodstream and locally to pacify the symptoms like itching and lesions. Also personal hygiene and pathya-apathya i.e. dietary modifications were a very necessary part of the treatment.

Materials and Methods:-

Place of study:-

OPD Kaumarbhritya department, Institute of Postgraduate Teaching & Research in Ayurveda Hospital, Jamnagar, Gujarat, India, 361008.

Case Report:-

A boy aged 6 years old from Kutch district of Gujarat with Registration no. PG18036050 came with his father to OPD of Kaumarbhritya department IPGT & RA Hospital, Jamnagar on 24th April 2018 at around 12 pm with the chief complaints of :-

1. Lesions over both hands, wrists and forearms
2. Itching in between the fingers
3. Itching intensifies during night time
4. Some type of discharge from rashes after itching
5. After healing of rashes, scaling occurs

Patient had above symptoms since last 2 years.

On Examination:-

1. Papulo-vesicular lesions with discrete presentation and distributed bilaterally over hands, wrists & forearms.
2. Multiple erythematous papules, Round shaped with a well-defined border measuring from 0.1 to 0.2 cm in diameter, with no scales.
3. Multiple spherical vesicles with a size range measuring from 0.2 to 0.3 cm in diameter with erosion that has already healed and crusted.

History of present illness:-

According to his Father, patient was asymptomatic 2 years back. But since then patient had developed few rashes in between the fingers and started itching. This itchiness started from his fingers first which widespread to his wrist, forearm within last 12-18 months. Furthermore, he said that the itchiness worsens at night and his sleep was disturbed by intense pruritus. History of pyrexia was denied. They had consulted to allopathic doctor and taken treatment for the same and got relief for some months but again rashes & itching in between the fingers started. Hence they came to Institute of Postgraduate Teaching & Research in Ayurveda Hospital, Jamnagar, Gujarat, India for management.

Past History:-

Not significant

Family History:-

Previously, his elder brother had experienced the same complaint. Also, he had a history of sharing the same room and bed with his brother.

Personal History:-

Table 1:-Personal History

Name: XYZ	Appetite: Moderate	Bowel: Irregular	Wt.: 20 kg
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Age/Sex: 6 yrs/M	Dietary habits: Veg.	Bladder: Regular	Ht.: 108 cms.
Habitat: Rural	<i>Prakriti: Kapha-Pitta</i>	Sleep: Disturbed	BMI: 17.1 Kg/m ²
Occupation: Student	<i>Agni: Vishamagni</i>	<i>Bala: Madhyam</i>	Immunization: Proper as per age
SES: Lower-middle	<i>Kostha: Madhyam</i>	Addiction: None	Growth & Development: Proper as per age

Ashtavidha Pariksha:-**Table 2:** *Ashtavidha Pariksha*

Nadi (Pulse): 78/ min.	<i>Shabda</i> (Speech): Clear
Mala (Bowel): mild constipation	<i>Sparsha</i> (Touch): Normal
Mutra (Bladder): Normal	<i>Drika</i> (Eyes): Normal
Jivha (Tongue): slightly coated	<i>Akriti</i> (Built): <i>Madhyam</i>

Treatment Plan:-

Patient was treated on OPD basis.

Selected Polyherbal formulation for internal use:-

Anubhuta Yoga – (For Internal Use)

Table 3:-Dose, Route, Kala (Drug administration time) and Anupana (Vehicle) of drugs used

Name of medicine	Dose	Route	Kala	Anupana
<i>Balachaturbhadra Churna</i>	250mg	Oral	<i>Adhobhakta</i> (After Meal) 2 time/day	<i>Madhu</i> (Honey)
<i>Khadir Churna</i>	500mg			
<i>Nimba Churna</i>	250mg			
<i>Amalaki Churna</i>	250mg			
<i>Arogyavardhini Rasa</i>	60mg			
<i>Gandhaka Rasayana</i>	60mg			

Duration: 28 Days of treatment with regular follow up every 7 days

Criteria for selection of internal Polyherbal formulation:-**Table 4:-**Ingredients of preparation used for oral administration with their use^{[9],[10],[11],[12],[13],[14],[15],[16],[17],[18]}

Name of medicine	Ingredients	Properties& Uses
<i>Balachaturbhadra Churna</i>	<i>Musta, Pippali, Ativisha, Karkatshringi</i>	<i>Deepana, Pachana, Tridosahar</i>
<i>Khadira Churna</i>	—	<i>Kandughna, Kushthaghna, Vranaropak</i>
<i>Nimba Churna</i>	—	<i>Kapha-Pitta Shamak, Raktadosahar, Vranaropaka, Kushtaghna</i>
<i>Amalaki Churna</i>	—	<i>Rasayana, Sroto-shodhaka, Anulomaka, Deepana, Pachana.</i>
<i>Arogyavardhini Rasa</i>	<i>Gandhaka, Parada, Lohabhasma, Abhrakabhasma, Tamrabhasma, Shilajatu, Guggula, Chitraka, Kutaki, Triphala, Nimbapatra</i>	<i>Deepana, Pachana, Pittarechaka, Hepatoprotective</i>
<i>Gandhaka Rasayana</i>	<i>Shuddha Gandhak, Goksheer, Chaturjata, Guduchi, Pathya, Dhatri, Aksha, Bhringaraja, Aardraka</i>	<i>Raktashodhaka, Vranaropaka, Kandughna, Kushthaghna, Twachya</i>

Selected External Ayurvedic Drugs:-**Table 5:-**Dose, Duration of drugs used externally

Name of medicine	Dose	Duration
<i>Panchawalkala Kwatha Churna</i>	5 gm (2 times /day)	28 Days
<i>Gandhaka Malhara</i>	5 gm (2 times /day)	28 Days

Criteria for selection of External medicines:-**Table 6:-**Ingredients of external medicines with their uses ^{[19],[20],[21],[22]}

Name of medicine	Ingredients	Properties & Uses
<i>Panchawalkala Kwatha Churna</i>	<i>Vata, Udumbar, Ashwatha, Parisha, Plaksha</i>	<i>Shodhana (Cleaning), Ropana (Healing)</i>
<i>Gandhaka Malhara</i>	<i>Sikthataila, Gandhaka, Haratala, Girisindura, Tankana Bhasma, Karpura</i>	<i>Vranaropaka</i>

Preparation of Kwatha:-

Take *Kwatha Churna* (Coarse Powder) in above mentioned quantity then add 8 times of water and allow the herbs to completely get soaked in water for 1-2 hours. Then start boiling this mixture in a wide mouth container in mild fire. Keep on stirring the contents with ladle. Boil this till it reduces to one fourth quantity after that filter it across a clean cloth immediately and use when it is mild hot.

All the internal and external medicines used in this case were prepared in the Pharmacy, Gujarat Ayurved University, Jamnagar, Gujarat, India, so as to assure authenticity of drugs.

Ahara and Vihara (Diet and mode of life) advised during treatment:-**Table 7:-**Pathya- Apathya

<i>Pathya (Regimen to follow)</i>	<i>Apathya (Regimen to be restricted)</i>
Ahara	Ahara
Green gram, Rice, Wheat, Green vegetables, Fruits, Lukewarm water, Ginger water etc.	Ice cream, Cold drinks, Curd, Bread, Toast, Jam, Sauce, Non-Veg, Egg, Oily substances like chips etc, Fast food, Fermented foods, Sweet and sour taste foods, Milk, Yoghurt, Pickles etc.
Vihara	Vihara
Adequate sleep at night (8 hours), Maintain the personal hygiene, Clothes, bed linen, towels should be boiled and changed frequently, While bathing put few leaves of neem in the hot water.	Night awaking (<i>Ratri Jagarana</i>), Day sleeping (<i>Diwaswapa</i>)

Assessment of effect of treatment on the basis of grading pattern of subjective and objective parameters:-**Table 8:-**Grading pattern of subjective and objective parameters

Toda (Pain)	Grade
Severe <i>Toda</i> with disturbed sleep	03
Moderate <i>Toda</i> without disturbed sleep	02
Mild or occasional <i>Toda</i>	01
No <i>Toda</i>	00
Kandu (Itching)	Grade
Continuous itching which interferes daily work or sleep	03
Continuous itching without disturbed daily work or sleep	02
Mild or occasionally itching	01
No itching	00
Pitika (Burrows)	Grade
Many or uncountable <i>Pitikas</i> in the whole affected area	03
5-10 <i>Pitikas</i> in one square cm	02
<i>Pitika</i> almost disappear but discoloration persists	01
No <i>Pitika</i>	00
Daha (Burning sensation)	Grade
Continuous <i>Daha</i> with disturbed sleep	03
Continuous <i>Daha</i> without disturbed sleep	02
Occasional <i>Daha</i>	01
No <i>Daha</i>	00

Srava (Burning sensation)	Grade
Srava without itching	02
Srava with itching	01
No Srava with or without itching	00

Observations & Results:-

Table 9:-Progress of Treatment

Follow up visits (Days)	Toda (Pain) Grade	Kandu (Itching) Grade	Pitika (Burrows) Grade	Daha (Burning sensation) Grade	Srava (Discharge) Grade
After 7 days	1	3	2	3	1
After 14 days	1	2	2	2	1
After 21 days	0	1	1	1	0
After 28 days	0	0	0	0	0

Assessment of signs and symptoms of the patient regarding *Pama* was done during each follow up i.e. after every 7 days. Above table shows that there is significant relief in all signs and symptoms of *Pama* (~Scabies) after about 1 month of intervention. It means selected management of *Pama* is effective.

Discussion:-

As per Ayurveda literatures, *Pama Kushtha* is *Pitta-Kapha* dominant *Vyadhi* and *Kandu, Srava, Pidika* etc. are the clinical features. The *Deepan, Pachana, Rukshana, Swedana* are the basis of *Shamana Chikitsa*. Drugs in *Anubhuta yoga* were having mainly *Tikta, Kashaya Rasa, Ruksha, Laghu Guna, Sheeta Virya, Katu Vipaka* hence they are *Kapha-Pitta shamaka* and acted as *Vranaropaka, Shonitasthapaka, Kushthaghna*. Whereas *Arogyavardhinirasa* helped to improve the liver function by removing the toxins, *Shoshan* of excess *Snigdha Dravya, Pachana* of *Drava* and *Kleda, Raktavardhana. Gandhakarasyana* has *Raktashodhaka, Vranaropaka, and Twachya* Property. Externally used drugs were *Panchawalkal Kwath* for *Shodhana* (cleaning), *Ropana* (healing) of lesions, after external washing of lesion areas *Gandhaka Malahara* was used topically which has *Vranaropaka, Twachya* property, and it is also a drug of choice for *Pama*. Along with above medications, *Pathya-apathya* and hygiene maintenance were also advised to patient. Child has followed the treatment protocol and *Pathya-apathya* properly and responded very well with treatment.

Conclusion:-

Hence it is concluded that external use of *Panchvalkala Kwath* and Local Application of *Gandhaka Malhar* along with internal use of Polyherbal formulation and proper hygiene maintenance are highly effective in the management of Scabies (*PamaKushtha*).

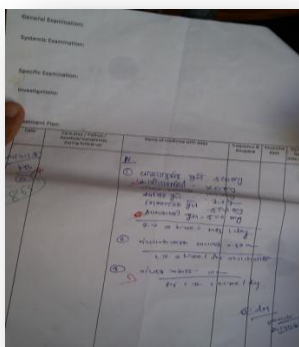


Fig 1:- OPD Case Paper

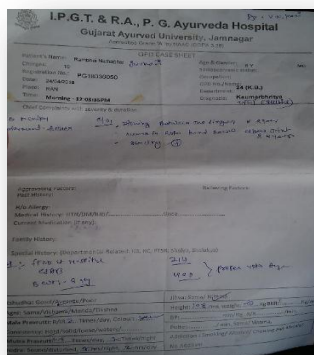


Fig 2:- Treatment on 1st consultation

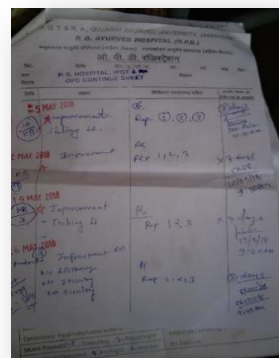


Fig 3:- Regular follow ups for 1 month



Fig 4:-Clinical Picture before treatment.

Fig 5:-Clinical Picture at the Midpoint of Treatment.

Fig 6:-Clinical Picture at the End of the treatment.

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