



INTERNATIONAL JOURNAL OF RESEARCH IN MEDICAL
SCIENCES & TECHNOLOGY

e-ISSN:2455-5134; p-ISSN: 2455-9059

Ayurvedic Management of Seborrheic Dermatitis

Dr. Raja Singla, Dr Harish Kumar, Dr Anjali Kamboj

PG Dept of Panchakarma, Shri Krishna Govt Ayurvedic College, Kurukshetra, India

Paper Received: 26th May 2022; **Paper Accepted:** 22nd June 2022;

Paper Published: 23rd June 2022

DOI: <http://doi.org/10.37648/ijrmst.v13i01.010>

How to cite the article:

Dr Raja Singla, Dr Harish Kumar, Dr
Anjali Kamboj, Ayurvedic Management
of Seborrheic Dermatitis, IJRMST,
January-June 2022, Vol 13, 120-125,

DOI:

<http://doi.org/10.37648/ijrmst.v13i01.010>



ABSTRACT

Seborrheic dermatitis is a chronic disorder characterized by greasy scales overlying erythematous patches or plaques. Seborrheic dermatitis can affect scalp as well as other Seborrheic areas and involves itchy and flaking or scaling skin. Commonly patient experiences mild redness, scaly skin lesions and in some cases hair loss. Modern medical science treats Seborrheic dermatitis with corticosteroids. But these therapies give serious side effects like hepato and nephro toxicities, bone marrow depletion etc. Hence, It is need of time to find out safe and effective treatment for Seborrheic dermatitis and here ayurveda plays an important role. In ayurveda Seborrheic dermatitis can be correlated with *eka kushtha*, Due to very much similarities in their symptoms. The present article reviews the concept of Seborrheic dermatitis in ayurveda and role of Panchkarma and *shamana chikitsa* in the management of Seborrheic dermatitis.

Keywords: *Eka Kushtha*, Seborrheic dermatitis, Ayurveda, Panchkarma

INTRODUCTION

All the skin disorders are recounted under *kushtha rogadohikara* in Ayurveda. There are 7 *maha kushtha* (major variety of skin disorder) and 11 *Kshudra kushtha* (minor variety of skin disorders). *Eka Kushtha* is one among the 11 *kshudra kushtha*, which is characterized by *aswedanam* (dryness), *mahavastu* (which covers the entire body) and *matasyashakalawat tvacha* (skin resembles scales of fish) which means *Kushtha*. It is painless, which does not sweat, also extensively spreads over wide area and resembles fish scales. In this, the skin becomes black and pink in color. These features of *eka Kushtha* are similar to that of

Seborrheic dermatitis explained in modern medicine. *Aswedana* which means dry and rough lesions, *matasyashakalawat* is well demarked raised patches with large silvery loose scaling (skin resembles scales of fish) and *krushna aruna varnata* (blackish in color).

As per *Acharya Charaka*, the vitiation of *tridosha* along with *twaka* (skin), *mamsa* (muscular tissue), *rakta* (blood) and *lasika* (fluid and lymph) have major role in the pathogenesis of *kushtha*. But still the sign and symptoms produced in *kushtha* depends on the type of predominance of the *dosha* in it. Thus, it is clear that *eka kushtha*, occurs mainly due to *rasa-rakta-mamsa dhatu*

dushti. It indicates that remaining other *dhatus* are generally not involved. However, after long course of the disease nails and joints involvement also found. This indicates the involvement of deeper *dhatus*.

Seborrheic dermatitis consists of two incidence peaks. The first peak occurs during first three months of life and the second one during the beginning of puberty, reaching its apex at 30 to 40 years of age. The condition affects up to 70% of infants in the first 3 months of life and 3 to 5% of young adults. Seborrheic dermatitis is typically more common in males than females, presumably because androgens stimulate sebum production.

Although there is no specific mentioning of etiological determinants of *ekakushtha* yet considering it as a variety of *kshudrakushtha*, some of the etiological determinants of *kushtha* are to be accepted as the etiological determinants of the *ekakushtha* too.

MATERIAL AND METHOD

Seborrheic dermatitis is one of the most common dermatologic diseases and still stands as a challenge to different medical systems. Many research works have been done on Seborrheic dermatitis in Ayurveda

and modern medical science but no drug has yet been claimed to cure Seborrheic dermatitis completely. Seborrheic dermatitis can be better managed by the Ayurvedic principles of management namely:

1. *Nidana Parivarjana*
2. *Shodhana Chikitsa*
3. *Shamana Chikitsa*

1. *Nidana Parivarjana*

संक्षेपतः क्रियायोगो निदानपरिवर्जनम् ।

वातादीनां प्रतीघातः प्रोक्तो विस्तरतः पुनः ॥
(सु० उ० त० १/२५)

This means avoidance of etiological factors like *mithya ahara-vihara & viruddha ahara*. *Nidana parivarjana* ceases the further continuation of the disease, by limiting the vitiation of *doshas*. Hence main objective of treatment is to resolve metabolic activities in *dhatu* level, to rectify *srotoavrodha* and to enhance nourishment to depleted *dhatus*.

2. *Shodhana Chikitsa*

बहुदोषः संशोधः कुष्ठी बहुशोऽनुरक्षता
प्राणान् ।

दोषे ह्यतिमात्रहते वायुर्हन्यादबलमाशु ॥ च०
चि० ७/४१

As *ekakushtha* is chronic & relapsing in nature and also there is an involvement of *tridosha* & *twaka*, *rakta*, *mamsa*, *lasika* & *kleda* hence repeated *shodhana* is required for treatment.

Mode of Action of Nitya Virechana in ekakushtha:

Aswedanam (absence of sweating) is due to the blockage in *swedavaha srotas* (channels carrying sweat). *Srotoshodhak* (channel purificatory), which is one of the properties of *nitya virechana* opens the microchannels and enhances circulation, that results in perspiration. *Mahavastu* (big lesions) are mainly due to *dushita kapha dosha* and *rakta dushya*, *nitya virechana* with *pitta kaphahara* property has its application in correcting *rakta dhatu*, thus reducing big lesions. *Matsyashakalopamam* (scaling), also known as hyperkeratinization, occurs due to vitiation of *tridosha*, *nitya virechana* works on all *doshas* and controls scaling. *Rukshata* (dryness) mainly because of *vata dosha*, *nitya virechana* corrects it by *vatanulomana* and hence reducing *rukshata*. *Kandu* (itching) indicates the involvement of *kapha*, *rasa*, and *rakta dushya*, *nitya virechana* has *pitta shodhaka* and *rasa raktaprasadana* property, which may be the reason behind reduced *kandu*. *Daha*

(burning) is mainly due to *pittadosha* and *raktadusti*, *nitya virechana* removes vitiated *pitta dosha* and *rakta*, thus reducing *daha*. "Candle grease sign" denotes increased *ruksha* and *khara guna* in *twaka* caused by *vata dosha*, *nitya virechana* pacifies *vata dosha* and thus reduces candle grease sign. *Auspitz* sign is mainly due to *pitta dosha* and *rakta dushya*, *nitya virechana* is therapy for *pitta dosha* and *rakta dushti*. In this way, *nitya virechana* helps in restraining pathogenesis, results in controlling the symptoms of *ekakushtha*.

Mode of action of Takra dhara in eka kushtha:

Takra has *pancha-rasa* except *lavana rasa*, *amla vipaka*, *ushna virya* & *vata kaphaghna* property. *Eka kushtha* is also having *vata kapha* dominant Disease. *Takra* (Buttermilk) contains large amount of lactic acid. It is scientifically proved that lactic acid is used to moisten & lessen the appearance of thickened psoriatic scales. Lactic acid is a good for vehicle transdermal absorption of drugs. Lactic acid-containing products have ability to deliver it to specific skin strata. The penetration of L+ lactic acid to different skin layers of porcine skin from various emulsions was measured invitro using flow-through diffusion cells. As *takradhara*

contain *amalaka* & *musta* which has anti-inflammatory & antioxidant property, lactic acid in *takra* may help in the trans-dermal absorption of these drugs & systemic anti-inflammatory, antioxidant effects in Seborrheic Dermatitis.

3. *Shamana Chikitsa*

As Seborrheic Dermatitis is a disease of *bahya rogamarga*. So, both *antahparimarjana* and *bahi parimarjana* treatments should be used.

स्नेहस्यपानमिष्टंशुद्धेकोष्ठेप्रवाहितेरक्ते।
वायुर्हिशुद्धकोष्ठं कुष्ठिनमबलंविशतिशीघ्रम्॥

च० चि० ७/४२

- a. ***Antah-primarjana*** : Initially, *deepana-pachana*, *anulomana* was done to increase the *agni-bala* to bring *dosha* in *nirama avastha*. *Deepana-pachana* enhances metabolic activity by improving digestive system and helps to digest and eliminate the metabolic waste products accumulated in tissues and system. The mechanism of action of each drug is probably different but they all help to normalize skin cell proliferation and reduce inflammation by *dosha shamana*, *raktashodhana* and *raktaprasadana*.

Katu, tikta, kashaya rasa - kapha shamaka reduces *kandu*. *Laghu snigdha-guna* reduces scaling. *Ushna virya* which increases *swedana* by *vata-kapha nashaka dravya*, *raktashodhaka*, Immuno-modulator, *kushtha-kandu nashaka* property. For eg. *guduchi, patola, gandhaka, aaragvadha, khadira* etc.

मारुतकफकुष्ठघ्नं कर्मोक्तं पित्तकुष्ठिनां कार्यम्।

कफपित्तरक्तहरणं तिक्तकषायैः प्रशमनं च
॥ चचि० ७/५८

- b. ***Bahiye-Parimarjana*** : *Eka Kushtha* being exhibited through the skin, external applications are also advocated. For the external application, drug should be applied after elimination of all the *doshas* from the body by *shodhana karma*. Different varieties of local application are prescribed like *udvartana, pralepa, parisheka, abhyanga* etc.

CONCLUSION

Seborrheic dermatitis (*ekakushtha*) though it is difficult to manage, but if proper

diagnosis is made at proper time, many complications can be avoided. Various Panchkarma procedures doing with internal medicines can be best option of its management.

Source of funding: Nil

Conflict of interest: None

REFERENCES

1. Kasper, Fauci et al, Harrison's principles of Internal medicine, 19th Edition, page no. 347.
2. Stuart H. Ralston, Ian D. Penman, Davidson's Principles and Practice of Medicine, 23rd Edition, Chapter 12, Page no. 314.
3. Charaka samhita chikitsa sthan, adhyay 7 verse 41, 42, 58, Vidyotini Hindi Commentry by Chaukhamba Prakashan.
4. Sushruta samhita uttar sthan, adhyay 1 verse 25, by Ambika Datta Shastri, Chaukhamba Prakashan.