



International Research Journal of Ayurveda & Yoga

An International Peer Reviewed Journal for Ayurveda & Yoga



SJIF Impact Factor : 5.69

ISRA Impact Factor : 1.318

ISSN:2581-785X

Review Article

Volume: 3

Issue: 8

Different Causes Of Skin Allergy And Their Management In *Ayurveda*

Dr. Jaikishan Meena¹, Dr. Asit K Panja², Dr Shashi bala Meena³

- 1- P.G. Scholar, P.G. Department of Basic Principle,, NIA, Jaipur
- 2- Assistant Professor., P.G. Department of Basic Principle, , NIA, Jaipur
- 3- P.G. Scholar, Roga Nidan Evam Vikriti Vigyan, All India Institute of Ayurveda, New Delhi.

ABSTRACT: The word “allergy” is derived from the ancient Greek word allos meaning “other” and ergon meaning “work”. Allergy is one of four forms of the hypersensitivity and is formally called as type (or immediate) hypersensitivity. When some allergens are responsible for triggering an immune system response, then it is said to be as allergic skin condition. Irritated skin can be caused by different factors which include immune system disorders, infections (10%), food (35%), cosmetics, drugs (6%) and pollution. 20-30 % of the Indian population is suffering from this disease. Allergic reactions are distinctive because of excessive activation of certain white blood cells called mast cells and basophil by a type of antibody called immunoglobulin E (IgE). In *Ayurveda*, allergic manifestation is mentioned under the concept of *Satmya* and *Asatmya*. It manifests due to exposure to *Asatmya Aahara -Vihara* and contact with different poisonous material (allergens) called as *Dushi Visha* in *Ayurveda*. Symptoms of allergic skin reaction are described as separate chapter under the title of *Sheetpitta, Udarda and Kotha*. In modern science vast treatment of Urticaria and other allergic skin disorders is present but recurrence of the disease is very common. *Ayurveda* demonstrates a great potential in the treatment of allergic skin disorders. This paper will detail the above-mentioned concepts in elaboration.

Key words – Skin allergy, Urticaria, *Satmya*, *Asatmya*

Article received on-17 July

Article send to reviewer on-21 July

Article send back to author on-29 July

Article again received after correction on -4 August

Corresponding Author : Dr. Jaikishan Meena, P.G. Scholar, P.G. Department of Basic Principle,, NIA, Jaipur, Email, Id-drjaimeena88@gmail.com

How to Site the Article : Dr. Jaikishan Meena, Dr. Asit K Panja, Dr Shashi bala Meena, Different Causes Of Skin Allergy And Their Management In *Ayurveda*, IRJAY, August: 2020 Vol- 3, Issue-8; 8-15.
<https://doi.org/10.47223/IRJAY.2020.3801>

INTRODUCTION:

The prevalence of skin disease becoming more due to faulty diet & life style, Excessive and improper use of chemical-cosmetics, soap , Shampoo, deodorant, Unhygienic practices, overuse of antibiotics and steroids. In Ayurveda text books . *Viruddha Ahara-vihar, vegdharana* is *nidana* of all type of *twak vikar*. Knowledge of *nidana* is most important for management of all *twak vikara*. Skin allergy is the body's reaction to any allergens. There are thousands of different allergens all around us and almost any substance in our environment can provoked an allergic reaction in someone (who is very sensitive). We can say that this type of reaction is caused unsuitable or *Asatmya* influences.

Similarly, there may be cases of seasonal or acquired skin sensitivities that is

caused due to, a reactive type toxin *Ama*, which is usually created due to faulty digestion. If *Ama* is continue accumulate in the digestive tract, it can spread to other tissues (*dhatus*) and organs.

Eventually, the *Ama* interacts with the organs, tissue and functions of the body (sub *doshas*) where if not flushed out, it settles and forms a reactive poison called *Dushivisha*. When an *Asatmya* influence or allergen interacts with the *Dushivisha* it can impair cell functioning and may manifest as rashes, discoloration, roughness or irritation. In *Ayurveda* some allergic conditions are mentioned separately such as *Sheetpitta* , *Udarda and Kotha*. Various forms of urticaria and angioedema, having similar symptomatology can be correlated as *Sheetpitta, Udarda and Kotha* are the

three disease described in similar way with few difference characteristic features and causative factors. *Sheetpitta* is a *Vata* predominant condition whereas *Udarda* is a *Kapha* predominant condition.

These are the allergens that can act as triggers of skin allergies

- **Neomycin sulphate:-** A topical antibiotic, also found in soap, cosmetics, antiseptics and dental products
- **Nickel (Nickel sulphate hexahydrate)-** A metal usually in jewellery and clasps or buttons on clothing.
- **Gold (Gold sodium thiosulphate)-** A precious metal used to create jewellery
- **Balsam of Peru (Myroxylon Pereirae)-** A tree resin that is used as a fragrance in perfume and skin lotions.
- **Fragrances-** Artificial scents found in soaps, perfumes, cosmetics, antiseptics and dental products
- **Thimerosal-** A mercury compound used in antiseptics and as a preservative in some vaccine
- **Cobalt chloride -** A blue pigment used in many products like hair dye, antiperspirant, etc.
- **Quaternium 15-** A preservative usually found in cosmetic products or in industrial products such as polishes, paints and waxes.
- **Bacitracin -** A topical antibiotic
- **Soap**
- **Household cleaners**
- **clothing -** fabric like wool that gathers allergy
- **Physical stimuli-** Heat , cold, Sunlight
- **Latex -** Component of gloves, underwear straps and waistbands; people allergic to latex may also cross react to certain tropical fruits such as bananas.
- **Plants -** Some plants can cause skin irritation.
- **Food -** Certain food products can cause allergies.
- **Drugs -** Antibiotics: penicillin's, cephalosporin's, tetracycline's, Sulphonamides, Aminoglycosides,
- **Antifungal agents-** Fluconazole, Ketonazole, Anesthetic agents (local & general), Muscle myorelaxants (curare), Dextran's, Mannitol may cause urticaria)
- **Sunscreen -** PABA- based chemicals
- **Insect stings, contact ant-** Latex, perfumes, wool animals

Types of skin allergy:

Dermatitis (*Twak Shotha*) – Dermatitis is a general term for ‘Inflammation of skin’, it is caused by touching a certain substance. In most cases, the main symptoms are red rash, but it could be one of a number of allergens that causes it including metals, chemicals, rubber, plants and even pets.

Pruritis (*Kandu*) - Pruritis means itching. It is treated more as a symptom . It can be associated with many disorders.

Urticaria (*Sheetpitta*) –When body has an allergic reaction to an allergen, it causes rised red bumps on the skin, which may be itchy ,burning or stinging which is called

Urticaria. That condition is similar to *Sheetpitta* in Ayurveda.

Eczema (*Vicharchika*) – The clinical features of *Eczima* like *Itching , patchy skin, inflamed,cracked and rough skin* which are similar to *Vicharchika* disease in Ayurveda.

MANAGEMENT

In Ayurveda first step of *chikitsa* is “*Nidan Parivarjan*”.

Dinacharya,Ritucharya,Sadvritta,Pathya sewana are some of the measures mentioned by ancient acharyas for prevention as well as cure for skin disorders.

Panchkarma treatment is a very effective to cure many skin problems.¹

Emesis (<i>Vamana</i>)	Should be given with decoction of <i>Patola</i> and <i>Arishta</i> ,
Purgation (<i>Virechana</i>)	Should be given with decoction of <i>Triphala</i> , <i>Guggulu</i> , <i>Pippali</i> .

Acharya Charaka has described *Udarda Prasamana Mahakashaya, Katu taila, Mustadi churna* to treat these problems.² Acharya Shusrut has described *Eladi Gana* .³ Yogratnakar has described *Vardhamaan Pippali ,Vardhamana Lasuna prayoga* ⁴, *Krimighna* and

Dadrughna drugs to treat *Sheetapitta*.⁵ *Bhavpraksh* has described *Shodhana , Shamana* and *Bahiparimarjana chikitsa* in *Sheetapitta* .⁶ He has also described *Navkarshik guggulu, Trikatu , Sharkara, Trikatu, Yavani, Yush, Ardraka rasa, Puran Guda, Amlaki,*

Amalaki in Various combination for *shodhana chikitsa*.⁷In *Bhaishajya Ratnavali* drugs like *Brihat Haridra khanda*, *Shleshmapittantaka Rasa*,

Sheetpittaprabhana rasa has mentioned to treat skin allergies. *Acharya* has also described drugs for external use i.e.

Lepa	with <i>durva</i> and <i>Nisha</i> ,
Udwartana	<i>Tila</i> , <i>Katu taila</i>
Abhyanga	by combination of <i>Kshar</i> , <i>Katu tail</i> and <i>rock salt</i> or by <i>katu taila</i> . ⁸

Ayurveda provides some herbs which act as nutritional supplement for the skin .These herbs make the skin hydrated also remove the dead cells and skin which creates infection or other allergy to the skin.

Chakradutta has described the *Shamana Chikitsa* of these conditions. He has advised that the individual suffering from *Sheetapitta* can be given either *Sheeta* or *Ushna Ahara* and *Paniyas* with due consideration to *doshagati*.⁹ Various etiological factors which causes *rakta dushti* which ultimately causes Skin disorders and patient get relief after letting out the vitiated blood.¹⁰

Pathya- Apathya¹¹

During the management of any skin disorder along with medicine or any *samshodhana* procedure, *Nidana Parivarjana* (avoiding causative factors either diet related of life style related) and *pathya sevana* are important key factors. *Pathya* (Ahara suitable for disease) & *Apathya* (unsuitable *ahara* or which aggravate the disease process leading to discomfort to the patients) plays an important role in the management of any skin disorders.

Pathya- Apathya Ahara are following :

Pathya Ahara -	Apathya Ahara
<i>Jeerna Shali, Jaangala Mamsa, Triphala Mudga Yush, Madhu, Kulattha Yusha, Ushnodaka, Karkotaka Shaka, Karvellaka Shaka, Dadima Phala, Moolaka Yusha, Shigru Shaka, Moolaka Shaka, Vetagra phala, Potika shaka, Shalincca shaka, Kulattha rasa</i>	<i>Ksheera vikara, Ikshu Vikara, Matsya, Naveena Madhya, Viruddha Aahara, Snigdha, Amla, Guru, Drava, Madhura Annapana</i>

CONCLUSION

According to modern science Antihistamines, corticosteroids and leukotriene antagonists are commonly used for skin allergies but reoccurrence of disease is common. *Ayurveda* has lot of potential in the treatment aspect of Allergic skin disorders. The pharmacological and non-pharmacological measures for the management in Skin disorders as described in *Ayurveda* are good immuno-

modulators and anti-stress agent. Therefore, these measures, when used properly are cost effective and provide management in natural way with no adverse effects. According to *Ayurveda* many factors determine skin health. These consist of proper moisture balance (*Kapha*), effective functioning of the metabolism that coordinates various chemical and hormonal reactions of the skin (*Pitta*) and efficient circulation of blood to the different layers of the skin (*Vata*). *Ayurvedic* herbs is used not only

for the external use but also used internal to treat various skin disorders. By the *shaman chikitsa*, the state of imbalance *dosha* in body are brought to an equilibrium and disease is destroyed from root by *shodhan chikitsa* so it does not

regenerate. Ayurveda is a vast world of herbs and medicines used in skin problems, hence one has to deep study of different herbs to cure various skin disorders

Acknowledgement:- Nil

Financial Assistant:- Nil

Conflict of interest :- Nil

REFERENCES

1. Vaidya Lalchandji Bhaishajya ratnawali, Varanasi,, Motilal banarasidas pratisthana Sheetpitta-udarda-Kotha adhikara, pp 601.
2. Brmhanand tripat, Charak Samhita , Varanasi-, Chukhamba Bharti Academy 2007,Sutra sthana Chapter 4,verse 43,pp. 94, Chikitsa sthana Chapter 7 verse 65-67,pp. 313and Sutra sthana Chapter 27, verse 290,pp.536
3. Dr Anant Sharma Sushruta Samhita, Varanasi, Chukhmba surbharati prakashana, sutrasthana chapter 38, verse 25, pp298
4. Vaidya Lakshmipatishastri ,Yogratnakar, Varanasi. , Chaukhamba prakashan, Uttarardha, Sheetpittadinam Chikitsa prakarana, verse 14, pp.236.
5. Vaidya Lakshmipatishastri ,Yogratnakar, Varanasi. , Chaukhamba prakashan, Uttarardha, Sheetpittadinam Chikitsa prakarana, verse 14, pp.236
6. Vaidya,Raghuvanshi Bhavprakash samhita ,Purushottam nanal prakashana,Pune,madhyam Khand, Sheetpitta udarda Kotha Utkohta Adhikar pp.666.
7. Vaidya,Raghuvanshi Bhavprakash samhita ,Purushottam nanal prakashana,Pune,madhyam Khand, Sheetpitta udarda Kotha Utkohta Adhikar pp.666
8. Vaidya Lalchandji Bhaishajya ratnawali, Varanasi, , Motilal banarasidas pratisthana Sheetpitta-udarda-Kotha adhikara, pp 601.
9. Charaka Samhita, Ayurveda-Deepika commentary of Chakrapanidutta, Chaukhamba Orientelia,varanasi-2015,Sutrasthana Chapter 51, verse13
10. Ibidem Susrut Samhita , Sutrasthana , Jalaukavcharniya Adhyaya. 13:4.
11. Vaidya Lakshmipatishastri ,Yogratnakar, Varanasi. , Chaukhamba prakashan, Uttarardha, Sheetpittadinam Chikitsa prakarana, verse 14, pp.236