

COMMON HERBS USED IN DIFFERENT SKIN DISORDERS AS DESCRIBED IN AYURVEDIC CLASSICS

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ABSTRACT: *Diseases of skin account for a great deal of misery, suffering, incapacity and economic loss, Including the genetic causes the diet, climate, sunlight mental factors and allergy etc. have been proved as aetiological factors beyond doubts. Natural herbs seem to be more promising in the field of dermatology as already described in ancient Ayurvedic texts.*

INTRODUCTION

The antiquity of Indian materia medica goes back to the period of Vedas when Vedic samhitas mention the use of many herbs. Rigveda the oldest literary document presents the knowledge about the medicinal herbs in *Osadhi Sukla* (R. V. 10 : 47.1-23). It also mentions with due prominence the four miraculous herbs namely: *Samavati, asavavati, urjayanti* and *udojas*. (RV 10: 97.7). More elaborate descriptions are available in Atherva veda. However, in spite of the descriptions one does not find any precise concept pharmacology in Vedas. The materia medica in true sense with description of the properties of the drugs and their therapeutic usage and pharmacology seems to have emerged only through the Ayurveda classics like Charaka, Sushruta, Vagbhata Samhitas. Further details are available in medieval texts like Bhavaprakash and several nighantus i.e. special texts dealing with drugs. The rich literature and lively traditional use of Ayurvedic drugs is popular practice in India attracted to many western scholars and studies on these drugs began. This effort has been made after reviewing the above mentioned texts.

The principles of Ayurveda about the production of diseases are very important in the diagnosis of skin diseases as well. Usually skin disease is a local manifestation of generalized phenomena of the body. The origin of the disease can be at other place in the body depending upon the causes of the disease.

In ayurveda skin diseases are known by the general term Kustha. It is of two types; Maha & Ksudra. According to the tridosha theory of Ayurveda unhygienic conditions, irregular dieting affects vata, pitta and kapha which in term affect the skin.

There are innumerable types of Kushtas (skin disorders) according to intensity of the disease but for the purpose of diagnosis and treatment great sages have limited the number of skin disorders. Many among the medical scientists,

economists, politicians and administrators hold the view that if properly exploited Ayurved may prove to be a valuable source of cheap medical relief to a large majority of the people of the world to those specially who lives in rural areas to whom the benefits of modern medicine are

not easily accessible.

Diseases of the skin are a common occurrence. There are not many statistics to prove the exact frequency of skin diseases in this country, but general impression is 10-20 percent of patients seeking medical advice suffer from skin diseases. While infections are more common in the tropics, chemical and psychogenic dermatoses are common in western countries

Diseases of the skin account for a great deal of misery, suffering, incapacity and economic loss. Besides this, they are a great handicap in society because they are visible. Fortunately, however, due to recent advances, cutaneous scars can be successfully removed by plastic planning and skin grafting.

There is a popular adage that skin patients are never cured and never die. Like all generalizations, this is quite untrue. Admittedly, skin diseases are seldom fatal; but, the cure rate in skin diseases compares quite favourably with the cure rate in any other specialty, and cases which cannot be cured outright are often favourably influenced by the control of troublesome complaints. Contrary to popular belief, only a few skin diseases are really contagious. Besides the presence of ubiquitous and tropical diseases, and the problem created by poverty and illiteracy in tropical countries, climatic factors too create special problems in the treatment of skin diseases. A physician practising in the tropics, therefore, must, take them into account.

Economy is important, more so in these days of rising cost, of medical practice. It involves austerity in the use of drugs, cheaper, effective drugs and medicaments, only

essential laboratory investigations, cutting down the period of morbidity and quicker return of work, so that the least working time is lost. Medical economics plays an important role in practice, more so in under - developed countries.

Some common skin disorders

1. Infections

- Pyoderma
- Scabies
- Mycoses
- Warts
- Herpes
- Leprosy
- Tuberculosis
- Leishmaniasis
- Yaws

2. Allergic

- Eczema
- Drug Eruption
- Urticaria

3. Climatic

- Miliaria
- Intertrigo
- Chilblains

4. Miscellaneous

- Acne
- Alopecia
- Vitiligo
- Chloasma
- Psoriasis
- Nevi
- Pemphigus
- Neuro dermatitis
- Lupus
- Lichen
- Internal diseases
- Erythroderma
- Avitaminosis

ESSENTIALS OF PRACTICE DERMATOLOGY

PURPOSE
Loving Tender Care

- Sincerity
- Charity
- Skill

Diagnosispurpose

- Morphological
- Clinical
- Etiological

CURE
Treat the part while handling the patient

- Reassurance
- Remove the cause
- Palliative Treatment
- Physical & Surgical

Medical Economics

- Avoid Therapeutic Panic
- **Help Natural Aids**

<i>S.No</i>	<i>Sanskrit Name</i>	<i>Botanical Name</i>
01.	Aguru	<i>Aquilaria agallocha</i>
02.	Ahifena	<i>Papaver somniferum</i>
03.	Aksota	<i>Juglans regia</i>
04.	Amalaki	<i>Phyllanthus emblica</i>
05.	Amra	<i>Magnifera indica</i>
06.	Apamarg	<i>Achyranthus aspera</i>
07.	Aparajita	<i>Clitoria ternatea</i>
08.	Aragbadha	<i>Casiafistula</i>
09.	Arimeda	<i>Acacia leucoph loea</i>
10.	Arka	<i>Calotropis gigantean</i>
11.	Asvattha	<i>Ficus religiosa</i>
12.	Atasi	<i>Linum usitattissinum</i>
13.	Ati -Visha	<i>Aconitum heterophyllum</i>
14.	Avarttaki	<i>Cassia auriculata</i>
15.	Barbari	<i>Oscimum besilicum</i>
16.	Barbur	<i>Acacia nilotia</i>
17.	Bhandir	<i>Clerodendrum infortunatum</i>
18.	Bhringraj	<i>Eclipta alba</i>
19.	Bhumyamalaki	<i>Phyllanthus niruri</i>
20.	Bhunimba	<i>Andrographis paniculata</i>
21.	Bola	<i>Comiphora myrrha</i>
22.	Brahmi	<i>Bacopa monnieri</i>
23.	Chakramarda	<i>Cassia tora</i>
24.	Champaka	<i>Michelia champaka</i>

25.	Chandrasura	<i>Lipidium sativum</i>
26.	Changeri	<i>Oxalis corniculata</i>
27.	Chirbilva	<i>Holoptelia intergrefolia</i>
28.	Chitrak	<i>Plumbago rosea</i>
29.	Damanak	<i>Artemisia vulgaris</i>
30.	Danti	<i>Baleospermum montanum</i>
31.	Daruharidra	<i>Berberis asistata</i>
32.	Darbha	<i>Eragrostis cynosuroides</i>
33.	Decodaru	<i>Cedrus deodara</i>
34.	Dhatura	<i>Datura metal</i>
35.	Dugdhika	<i>Euphorbia thymifolia</i>
36.	Durva	<i>Cynodon dactylon</i>
37.	Ha	<i>Elettaria cardmomum</i>
38.	Gambhari	<i>Gmelina arborea</i>
39.	GhritKuman	<i>Aloe vera</i>
40.	Guggulu	<i>Commiphora mukul</i>
41.	Gunja	<i>Abrus precatorius</i>
42.	Haridra	<i>Curcuma longa</i>
43.	Indravaruni	<i>Cucumis trigonus</i>
44.	Jalapippali	<i>Phyla nodijlora</i>
45.	Jambiri	<i>Citrus Limon</i>
46.	Japa	<i>Hibiscus rosa-sinensis</i>
47.	Jati	<i>Jasmine officinale</i>
48.	Jatiphala	<i>Miristika Fragrans</i>
49.	Jatamamsi	<i>Nordostachys jatamamsi</i>
50.	Jyotismati	<i>Celastrus panniculatus</i>
51.	Kampiilak	<i>Mallotus ph ilipinensis</i>
52.	Kantaki karanja	<i>Caesalpinia crisis</i>
53.	Kanchanar	<i>Bauhinia variegata</i>
54.	Karira	<i>Capparis decidua</i>
55.	Karpura	<i>Cinnamomum camphora</i>
56.	Kasamarda	<i>Cassia oxidentalis</i>
57.	Katabh	<i>Careya arborea</i>
58.	Kapikachhu	<i>Mucuna pruriens</i>
59.	Karvir	<i>Neirum indicum</i>
60.	Katuka	<i>Picrorhiza kurroa</i>
61.	Karanja	<i>Pongamia pinnata</i>
62.	Karpura - Haridra	<i>Curcuma amada</i>
63.	Karvellaka	<i>Momordica charantia</i>
64.	Ketaki	<i>Pandanus ororatissimus</i>
65.	Khadir	<i>Acacia catechu</i>
66.	Ksiravidari	<i>Ipomoea panniculata</i>
67.	Kutaja	<i>Holarrhena antidysenterica</i>
68.	Kokodumbarica	<i>Ficus hispida</i>
69.	Kusumbha	<i>Carthamus tinctoris</i>
70.	Kulattha	<i>Cassia absus</i>

71.	Lajjalu	<i>Mimosa pudica</i>
72.	Langaii	<i>Gloriosa superba</i>
73.	Madanphala	<i>Randia dometorum</i>
74.	Madayantika	<i>Lawsonia inermis</i>
75.	Madhuka	<i>Madhuka longifolia</i>
76.	Mahanimba	<i>Melia azadarach</i>
77.	Mamira	<i>Coptis teeta</i>
78.	Mandukparni	<i>Centella asiatica</i>
79.	Matsyangi	<i>Alternanthera sessilis</i>
80.	Matulunga	<i>Citrus medica</i>
81.	Masura	<i>Lens culinaris</i>
82.	Mayaphala	<i>Quercus infectoria</i>
83.	Mesasingi	<i>Gymnema sylvestre</i>
84.	Muchkunda	<i>Pterospermum aceri</i>
85.	Musta	<i>Cyprus rotundus</i>
86.	Nagadamani	<i>Crinum asiaticum</i>
87.	Nagakesar	<i>Mesua ferrea</i>
88.	Narikela	<i>Coccus nucifera</i>
89.	Nilini	<i>Indigofera tinctoria</i>
90.	Nimba	<i>Azadiracta indica</i>
91.	Palasa	<i>Butea monospermum</i>
92.	Palandu	<i>Allium cepa</i>
93.	Panasa	<i>Artocarpus integrefolia</i>
94.	Patha	<i>Cycleaburm anni</i>
95.	Padma	<i>Nelumbo nucifera</i>
96.	Padmaka	<i>Prunus cerasoides</i>
97.	Parijata	<i>Nyctanthesarbortristis</i>
98.	Pippali	<i>Piper longum</i>
99.	Prasarani	<i>Ipomoea tridentata</i>
100.	Priyangu	<i>Callicarpa macrophylla</i>
101.	RaktaChandan	<i>Pterocarpus santalinus</i>
102.	Rasona	<i>Allium sativum</i>
103.	Raktapamarga	<i>Desmochaeta prostrate</i>
104.	Rohitak	<i>Amora rohataka</i>
105.	Sahanchara	<i>Nilgirianthus ciliatus</i>
106.	Sarala	<i>Pinus roxburghaii</i>
107.	Sariva	<i>Hemidesmus indicus</i>
108.	Saivala	<i>Ceratophyllum xemersum</i>
109.	Saivala	<i>Ceratophyllum demersum</i>
110.	Salmali	<i>Bombax ceiba</i>
111.	Sallaki	<i>Boswellia serrata</i>
112.	Sankhapuspi	<i>Convolvulus pluricalis</i>
113.	Saptaparn	<i>Alstonia scholaris</i>
114.	Sarsap	<i>Brassica juncea</i>
115.	Satavari	<i>Asparagus racemosus</i>

116.	Sathi	<i>Hedychium coronareum</i>
117.	Shirish	<i>Albizia lebbek</i>
118.	Sigru	<i>Moringa oleifera</i>
119.	Simsapa	<i>Delbergia sissoo</i>
120.	Sihlaka	<i>Liquidamber orientalis</i>
121.	Suchimallika	<i>Jasminum auriculatum</i>
122.	Sunissna	<i>Marselia quadrifolia</i>
123.	Suryamukhi	<i>Helianthus anus</i>
124.	Snuhi	<i>Euphorbia nerifolia</i>
125.	Somavalka	<i>Acacia polyantha</i>
126.	Sthulela	<i>Amomum subulatum</i>
127.	Svarnaksiri	<i>Argemone mexicana</i>
128.	Tamalpatra	<i>Cinnamomum tamala</i>
129.	Tambula	<i>Piper betle</i>
130.	Tavaksiri	<i>Maranla arndinacea</i>
131.	Tripadi	<i>Desmodium triflorum</i>
132.	Trivrit	<i>Operculina turpithum</i>
133.	Tuvaraka	<i>Hydnocarpus taurifolia</i>
134.	Tulasi	<i>Ocimum sanctum</i>
135.	Tvak	<i>Cinnamomum zeylenica</i>
136.	Udumbara	<i>Ficus racemosa</i>
137.	Vacha	<i>Acorus calamus</i>
138.	Vakula	<i>Mimosops elengi</i>
139.	Vakuchi	<i>Psoralea corylifolia</i>
140.	Vamsa	<i>Bambusa arundinacea</i>
141.	Vatsnabha	<i>Aconitum ferox</i>
142.	Vata	<i>Ficus bengalensis</i>
143.	Varuna	<i>Crataea nurvala</i>
144.	Vana-Haridra	<i>Curauma aromatica</i>
145.	Vidari	<i>Pueraria tuberosa</i>
146.	Vidanga	<i>Embelia ribes</i>
147.	Vridhdaruk	<i>Argyreia nervosa</i>
148.	Vanbarbari	<i>Oscimum americanum</i>
149.	Yastimadhu	<i>Glycyrrhiza glabra</i>

CONCLUSION

The list will be of the great help to newer vistas for further research specially in the field of dermatology.

The description along with pharmacognostical recognition will be hallmark to differentiate it from the textual basis.

In the same way a disease by classification on textual basis or referred in other books on medicinal plants should be compiled to facilitate other scientific studies in the field of specific dermatology.