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 Evem 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 descried 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
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 provoke 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

<table>
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<th>Emesis (Vamana)</th>
<th>Should be given with decoction of Patola and Arishta,</th>
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<tr>
<td>Purgation (Virechana)</td>
<td>Should be given with decoction of Triphala, Guggulu, Pippali.</td>
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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 Pipaali, Vardhamana Lasuna prayoga 4, Krimighna and Dadrughna drugs to treat Sheetipitta.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. In Bhaishajya Ratnavali drugs like Brihat Haridra khanda, Shleshmapittantaka Rasa, and Sheetpittaprabhana rasa have mentioned to treat skin allergies. Acharya has also described drugs for external use i.e.

<table>
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<th>Lepa</th>
<th>with durva and Nisha,</th>
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<tr>
<td>Udwartana</td>
<td>Tila, Katu taila</td>
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<tr>
<td>Abhyanga</td>
<td>by combination of Kshar, Katu tail and rock salt or by katu taila.</td>
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Ayurveda provides some herbs which act as nutritional supplements 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. Various etiological factors which cause rakta dushti which ultimately cause skin disorders and patients get relief after letting out the vitiated blood.

Pathya- Apathya

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:**

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<tr>
<th>Pathya Ahara</th>
<th>Apathya Ahara</th>
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**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.

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