



Review Article

Ayurvedic Management of *Pama* (Scabies)

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DOI: <https://doi.org/10.5281/zenodo.14236498>

Abstract	Manuscript Information
<p>The present paper is based on the Ayurvedic concept of “Pama” From a Clinical view, It is a skin disease and It is a type of <i>Kshudra kushtha</i> as per Ayurveda. Symptoms of pama is Kandu (itching), Toda pain), Daha (Burning), Pidika (Eruption) and Strava (Discharge) Which resembles Scabies, one of the skin disorders as per contemporary science. They are very difficult to cure. According to Our Samhita, <i>Kshudra kushtha</i> with the appearance of small eruptions that have exudation, itching, and burning sensation all over is Known as <i>Pama Kushtha</i>. These signs and symptoms seem to coincide with SCABIES <i>Twaka Roga</i>. Finally, the main intention for presenting this paper is to share basic details and Ayurvedic management of Pama for proper Treatment.</p>	<ul style="list-style-type: none"> ▪ ISSN No: 2583-7397 ▪ Received: 21-08-2024 ▪ Accepted: 29-09-2024 ▪ Published: 28-11-2024 ▪ IJCRM:3(6); 2024: 98-102 ▪ ©2024, All Rights Reserved ▪ Plagiarism Checked: Yes ▪ Peer Review Process: Yes
	<p>How to Cite this Manuscript</p> <p>Kanchan V Gaidhani, Nitin Urmaliya, Priti Hardenia, Radha Gupta, Amit Sinha. Ayurvedic Management of <i>Pama</i> (Scabies). International Journal of Contemporary Research in Multidisciplinary.2024; 3(6):98-102.</p>

KEYWORDS: Kapha, Visha, Pama, *Kushtha*, *Dushivisha*

INTRODUCTION

As we know Ayurveda is an ancient science. It is a science of life. It is a precious heritage for humanity. It is described in eight branches. Out of which Agad tantra is one of the most significant branches. In Ayurveda, 8 common and severe diseases are mentioned in Samhitas, one of which is *Kushtha*. *Kushtha* is further categorized into two *Mahakushta* and *Kshudrakushta*. Pama is enlisted under *Kshudra Kushta* in Ayurvedic classics. Here Pama is Kapha Pittaja origin.

सास्त्रावकण्डुपरिदाहकाभिः पामाऽणुकाभिः पिडिकाभिर्द्वयम् ॥
(SushrutaNidana 5/14)

Pama Kushtha is characterized by the appearance of small eruptions which have exudation, itching, and burning sensation all over the body. It is found that “PAMA” Vyadhi is one of the most common diseases found in the low socio-economic class and occurs in people who do not take baths regularly and do not follow guidelines of hygiene. Signs, symptoms, pathogenesis, and treatment of Pama are very well described in Ayurvedic texts

which can correlate with scabies in modern dermatology. Scabies is a contagious skin infection that spreads rapidly in crowded conditions and is found worldwide. Personal hygiene is an important preventive measure and access to adequate water supply is important in control (W.H.O.). Scabies mites are found worldwide, affecting all socioeconomic classes and in all climates. Epidemics have been linked to poverty, poor water-supply, sanitation, and overcrowding. As the modern drugs are more useful in Pama (scabies) providing relief within a short period but the recurrence of disease with such drugs is more common.

MATERIALS & METHODS

All Ayurvedic and Modern literature related to *Pama*.

Details are as follows –

A) Ayurvedic literature of Pama

Nirukthi

The word *pama* has been derived from two genders, *Streelinga* and *Napumsakalinga*. The *Streelinga Paman+Manah* (Raja Radha, 1967) and *Napumsaka Linga Pa+Manin* (Raja Radha, 1967). Both indicate skin eruptions like *Kacchu* and *Vicharchika* respectively. In *Amarakosha*, the synonym of *Pama* has given as *Kacchu* and *Vicharchika*. According to *Vishal shabda sagar* *Pama* means *Khujali*, *Kharuja*. The same meaning of *pama* is also given in Ayurvedic *shabdakosh dvitiya* khanda.

Nidanapanchaka of *Pama* are as follows -

Nidana: Actually, *Nidana* of *Pama* is not mentioned in *Samhitas* separately. So, we can consider *Samanya Nidana* of *Kushtha* in *Pama*. Generally, there are two types of *Nidana Abhyantara* *Hetu* and *Bahya Hetu*.

In *Abhyantara Hetu*, we can consider *Dosha* and *Dushyas* but In *Bahya Hetu*, we can comprise *Aoushadhi*, *Kala*, *Ahara* and *Vihara*, etc.

Special *Nidana* of *Pama*

This is mentioned in *Sushruta Samhita* – *Nidanasthana* – 5th chapter. (Su. Ni.5/33-34)

“प्रसडाब्दात्रसंस्पर्शान्निश्रासात सहभोजनात् |
सहशय्यासनाच्चपि वस्त्रमाल्यानुलेपनात् ||
कुष्ठं ज्वरश्च शोषश्च नेत्राभिष्यंद एव च |
औपसर्गिकरोगाश्च संक्रमन्ति नरान्तरम् ||”

- 1) Taking food with the patient,
- 2) Night Sleep with patient,
- 3) Regular contact with the body of the patients
- 4) Inspired the close expired air of patient,
- 5) Regularly Wear the dress etc. used by the patient

Poorvaroop

- Heaviness in body orifices
- Excessive pain
- Excessive smoothness
- Abnormal color
- Itching
- Piercing pain
- Exhaustion
- Weakness
- Numbness
- General burning sensation
- Loss of perspiration or excessive perspiration
- Roughness
- Tingling sensation
- Coarseness
- Redness
- Eruption
- Exertion

Roop of Pama

"पामाश्चैतारुणश्यावः कण्डूला पिडका भूषम" | च.चि. 7/25

"पिटीका पामा कण्डुक्लेदरुजाधिकाः |

सुक्ष्मा : श्यावारुण बाहयः प्रायः स्फिकपाणीकुपुरिः ||

अ.ह.सं.नि.14/28

So, the Symptoms of *Pama* are as follows -

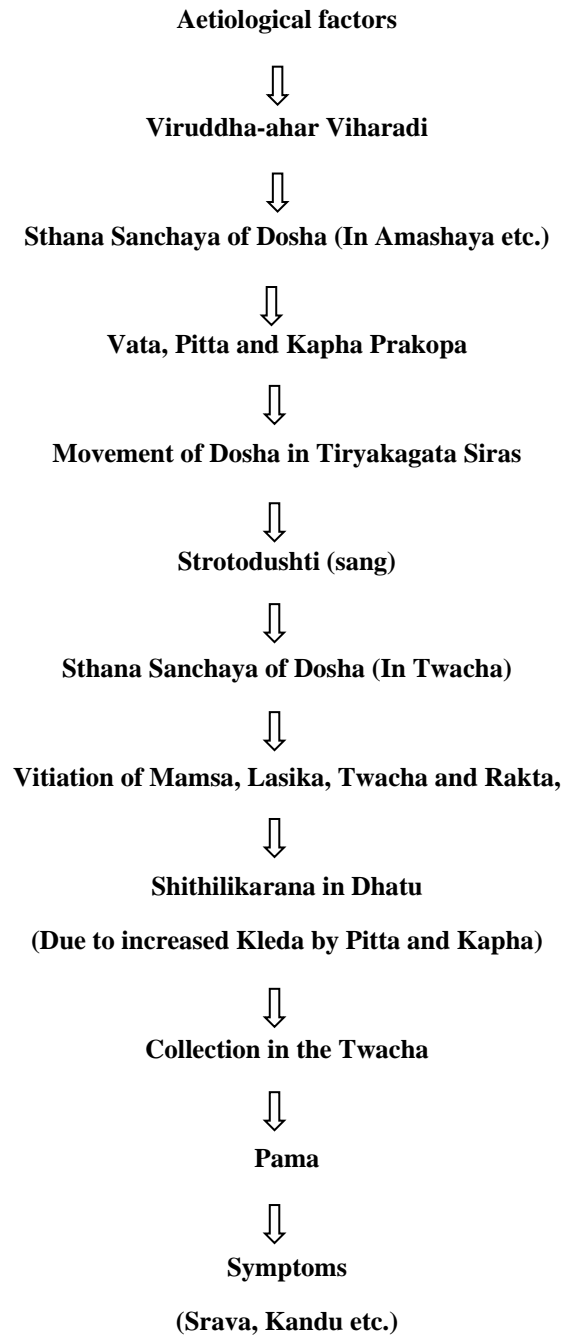
- Burning sensation
- Inflammation
- Papules having a white head
- Discharge
- Exudates
- Pain
- Reddish papules
- Multiple pimple-like eruption
- Small-sized papules
- Itching
- Blach head papules)
- Over buttocks, hands, and elbow

Samprati

“वातादयस्त्रयो दुष्टस्त्वग्रक्तं मांसमम्बु च |

दूषयन्तिस कुष्ठानां समके द्रव्यसंग्रहः”|| च चि 7/9

Schematic Presentation of Samprapti



Sadhyatasadhyata**Asadhya**

- Appearance of Krimis in Dhatu
- When the Dosha covers entire Dhatu.
- When manifestation of severe Balanasha and Daha.

Yapya

When Kushta enter upto Meda dhatu level with Proper Pathya Sevana

Kashta Sadhya

- 1) When there is involvement of two Doshas combinedly.
- 2) When Kushtha enter upto Rakta and Mamsa dhatu level.

Sadhya

- 1) When there is involvement of only one Dosha.
- 2) Pama is a sadhya vyadhi

Management of Kushtha**Principles of treatment**

It is a Santrapana Janya vyadhi.

Apatarpana Chikitsa is mentioned for all type of Kushtha.

Langhana Chikitsa is beneficial for Kushtha.

Samshodhanadi Chikitsa is indicated for Atipravrutta Doshas.

Samshamana Chikitsa is indicated for Alpa doshas.

Special drugs for Pama:

1. **Formulation:** Haridradi Yoga etc.
- **Taila for External use:** Gandhaka Taila etc.
2. **Araghvadhadi Gana drugs**
3. **Churna:** Kushthadi churna etc.
4. **Surasadi gana drugs**
5. **Arkadi gana drugs**
6. **Ghrita:** Mahatiktaka etc.
7. **Avaleha:** Maha Bhallataka guda etc.
8. **Kalka:** Kritamalakadi etc.
9. **Kwath:** Mahamanjishthadi etc.
10. **Vati:** Vajra vati etc.

Pathyapathya:**Pathya**

Aahara: Purana Shali, Kodrava, Godhooma, Yava, Mudga, Tikta Shaka, Jangala Mamsa, Khdira, Laghu Anna, Hita, Bhallataka, Triphala and Nimba Yukta Anna and Ghrita Nitya Aushadha Talpara.

Vihara: Kshatha Roma, Nikha Nityam, Stree Prasanga Varjji, Shranto.

Apathya

Aahara: Madhya, Mamsa (other than Jangala) Amla, Lavana, Ushna, Dadhi, Dugdha, Guda, Anoop Mamsa, Tila, Masha, Guru, Matsya.

Vihara Vyavaya: All the Nidanans has to be taken as Apathya.

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