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A REVIEW - CONCEPT OF PAMA IN AYURVEDA AND MODERN SCIENCE

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ABSTRACT :

The prevalence of skin diseases is widespread worldwide and among them, Scabies is a highly contagious condition that can easily spread through close physical contact. This makes it an acute communicable disease, particularly prevalent among young children. Scabies is characterized by itching that intensifies at night, as well as the presence of Vesicular or Pustular eruptions, Small red bumps, and Blisters. In the context of Modern Science, there is a correlation between Scabies and a condition known as *Pama*, which falls under the category of *kustha*, one of the eighteen types. According to *Charaka Samhita*, Scabies is caused by the imbalance or vitiation of the *Kapha* and *Pitta Dosha*. In Modern Science, various ointments like 5% permethrin cream can be recommended for treating Scabies. On the other hand, *Ayurveda* suggests the use of different Oils, *Malahara*, and Medicines such as *Mahamarichyadi Taila* and *Gandhaka Rasayana*, which have proven to be highly effective.

KEYWORD : *Pama, Samprapti, Llakshan, Chikitsa*

INTRODUCTION

Pama is one of the eleven types of *Kshudrakustha* (Minor Skin Disease). According to *Charaka (Chikitsa Sthana)* it is caused by vitiation of *Kapha* and *Pitta Dosha*. According to Modern Science *Pama* is compared to Scabies. The human skin is outer layer or protective covering of body. It is first line of defence of human body. Skin is one of the five special sense organs. Human skin protects the body from deleterious environmental factors like Temperature, Chemicals and Mechanical injuries.

Pamakustha is characterized by extreme itching eruptions of white, reddish or black colour.

Description of **Pama Rupa** found in various Ayurvedic Classics

i) **Acharya Sushruta** :- Describes *Pama* which as small *Pidika* with burning tendency *srawa*, *kandu* and *pain*.

सास्त्रावकण्डूपरिदाहकाभिः पामार्डणुकाभिः
पिडकाभिरुघ्या । (सु०नि० 5/14).

ii) **Acharya Charaka** :- It describes *Pama* as a *kshudrakustha*. As per his description of *Pama* it

is reddish or whitish coloured *Pidaka* with many numbers and itching.

पामा श्वेत्तारुणश्यावाः कण्डूलाः पिडका भृशम् ।
(7/25).

iii) **Acharya Kashyapa** :- Describes *Pama* having Oozing, Itching, *Paka*, *Toda* and is Chronic in nature.

कण्डूतोद पाकरस्त्रावारुष्मतीपामा । (का० कुण्ड चि०)

iv) **Acharya Bridha Vagbhata** :- Describes symptoms of *Pama* as *Kandu*, *Kleda* and many small numbers of *Pidika* with burning. Site of *Pama* is generally buttock, hand and elbow.

सूक्ष्मा बध्यः पिडकासदाघः ।
(मा०नि० 49/21).

v) **Acharya Bhela** :- Describes *Pama Kushtha*, the lesions are moist rough with intense itching the lesions are always many in numbers.

सस्फोटकापामा

दृढ पुनः कण्डूरोधान्चित..... ।

(भेल स०चि० 6/24).

vi) **Acharya Vagbhata :-** Describes that many *pidika* with pain, *pidika* colour is reddish whitish and many small numbers.

.....पामाकण्डूक्लेद ।

सूक्ष्मा श्यावारूणा बध्य प्रायः । (अ०ह०नि० 14/28).

vii) **Madhava Nidana :-** Describes that symptoms of *Pama* is many small numbers of *Pidikasrawa*, *Kandu* and Burning Tendency.

सूक्ष्मा बध्यः पिडिकासदाघः ।।
(मा०नि० 49/21).

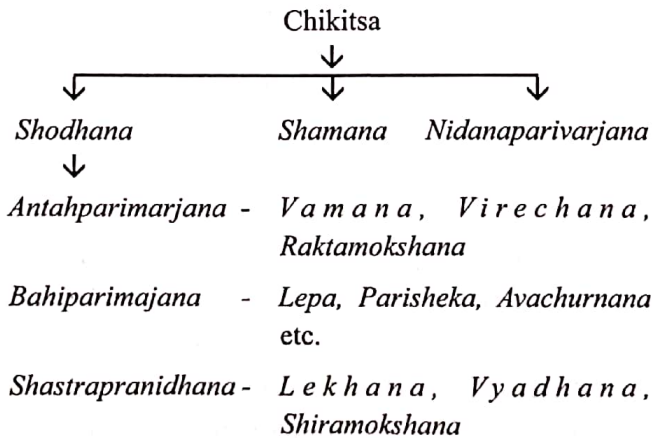
Pama Classified into Two Types

- Dry Scabies** – It is commonly found in the anal orifice and over the nipples.
- Pustular Scabies** – Starts in the finger webs and later spreads to other skin folds. Pus is also filled in the blisters in advancement of disease.

Samprapti (Pathogenesis)

Samprapti shows the complete process of occurrence of disease. *Pama* a type of *Kushtha*, is having involvement of Seven Factors namely three *Doshas*, and four *Dushyas* i.e. *Tvak*, *Rakta*, *Mansha* and *Lasika*.

Chikitsa of Pama



Ayurvedic Treatment for Scabies

- Be away from the infected person

- Wash the clothes separately and dry properly in Sunshine.
- Use Ayurvedic oils and creams
- Dusting of *Tankanabhasma* powder shows effective result in Pustular Scabies.
- Application of *Mahamarich Taila* is effective in Dry Scabies.
- In severity *Rasottamadilepa* is beneficial.
- Internal use of Ayurvedic Medicine such as –

- Gandhaka Rasayana* - It is used in the treatment of the skin diseases itching.
- Mahamanjishtadi Kashaya* - Used in the treatment of skin diseases, non healing wounds
- Arogyavardhini Vati*
- Khadirarishta*
- Mahatiktaka Kashya*
- Rasamanikya*

Modern View of Pama

Pama and Scabies are connected. Scabies is a highly contagious condition that spreads quickly through intimate physical contact. One of the very frequent skin conditions that can cause rashes and itching is Scabies. It is a dermatological disorder brought on by the eight-legged microscopic mite *Sarcoptes Scabiei*. In general, it can have an impact on people of all ages. Over 300 million people worldwide are thought to contract Scabies each year, including one million Americans.

Symptoms

The first time a person affects to the scabies mite, it can take time of 2 to 6 weeks for symptoms to develop.

- Itching** - It is the most common symptoms.
- Rash** - When mite burrows into the skin, it forms line or burrow track

- which are most commonly found in skin folds, patches of scaly skin. Blisters may also be present.
- iii) Sore - Commonly caused by secondary infection with Staphylococcus Aureus.
- iv) Thick Crust - Crusted scabies also called as Nerwegian Scabies, is a form of severe scabies.

Most Common Sites of Infection

- In between fingers
- Around finger nails
- Arm pits
- Waist lines
- Inner part of the wrist
- Inner elbow
- Sole of the feet
- Male genitalia
- Buttocks
- Knees
- Shoulder blades

Medicines can be Prescribed as -

- 10% Crotamiton Cream
- 25% Benzyl Benzoate Lotion
- Sulphur Ointment
- 1% Lindane lotion

- 5% Permethrin Cream

SUMMARY & CONCLUSION

Pama is a *Kshudrakustha*, as may be inferred from the explanation above. According to *Charaka Samhita* *kapha* and *pitta dosa* are to blame. *Pama* and the skin condition Scabies are related in Modern Science. It is a parasitic skin infection brought on by female *Sarcoptes Scabiei* itch mites. Itching that is both intense and persistent is its main characteristic. There are numerous Ayurvedic remedies and medications available that work wonders on skin issues.

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