

## **SKIN DISEASES - MANAGEMENT WITH REFERENCE TO RANBIR PRAKASH**

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### **ABSTRACT**

A reliable estimate is that one in twenty people has a skin disease. The quest for health which started with the advent of man on the horizon of this universe is still continuing. Such an attempt was also made during the reign of Maharaja Ranbir Singh of Jammu & Kashmir, when "Ranbir Prakash" a compendium of different Ayurvedic texts came into existence. In the present paper it is tried to bring forth the different therapeutic regimens for the management of different skin afflictions described under Kushtha roga in the "Ranbir Prakash".

The variety of malfunctions which may be observed in the skin is enormous and to remind us that what we see in the skin may be the benchmark for what is occurring internally. No other disease system is as readily recognised by lay people, family, friends and all passers by as quickly noticed are skin diseases. A reliable estimate is that one in twenty people has a skin disease which might benefit from physician attention. No doubt science & technology have made life more comfortable, but they have also introduced us, to a new life style, away from the nature - with chemicals, fertilizers, ecological imbalance, pollution, fast & preserved foods, alcohol, tobacco - full of tension, stress & strain. All this has resulted in an increase in the incidence of those diseases which were unknown to mankind or not as prevalent as they are today - like Hypertension, Diabetes Mellitus, Respiratory & Skin dis-

eases.

The quest for peace, serenity & health which started with the advent of man on the horizon of this universe is still continuing. During the course of time mankind has overcome a lot but still much remains to be achieved. Such an attempt was also made during the reign of Maharaja Ranbir Singh of Jammu & Kashmir when "RANBIR PRAKASH" a compendium of different Ayurvedic texts came into existence. This work containing the basics of Ayurveda as laid down by its ancient scholars also includes the expertise & experience of contemporary medical experts of that time.

Every society has its own peculiarities with reference to their food habits and way of life depending upon the conditions of Desha, Kala, Jala & Vayu. The speciality of the prescriptions mentioned in Ranbir Prakash lies in the exploitation of the local flora along with acceptable Pathya &

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Apathya of the region. Most of the prescriptions include those drugs which were readily & abundantly available in the region. The use of Kushtha, Khadira, Vasa, Vacha, Chakarmarda, Daruharidra, Giloya, Nisha, Dhatura, Vidanga, Amalatas, Punarnava, Bhallataka, Sharsapa, Devadaru and Snuhi have been included in most of the prescriptions for the treatment of various skin ailments. Some of the important drugs of the plant kingdom, for example the much talked about plant of today's scientific world the Nima which has its role in the management of the skin diseases were planted at places of public interest during the era of Maharaja Ranbir Singh.

The mineral wealth of the state was also put to use. Such as, the use of Gandhaka, Shilajita, Mhanahshila and Haritala are a few to mention in this category. The use of different animal origin drugs has also been advocated. To name a few are Urine of different animals especially Cow, Goat, Camel & Donkey, Bile of Peacock, Excreta of Crow & Musk etc. (Data shown in Table No. I).

The Astrological consideration has also been taken into account while describing about the Kushtha Roga. It has been postulated that if Mars occupies the Fourth or the Eighth house and Jupiter is so placed that it sees them with Vairabhava, then the person suffers from Kushtha Roga.

About 150 prescriptions including both for local & oral use are mentioned for the treatment of different skin diseases. The Ayurvedic concept of Shodhana is duly

mentioned in this work. In this pretext more stress has been laid down upon Rakta Mokshana. Although, Rakta Mokshana by Jalauka has been prescribed yet Rakta Mokshana by Prachchana has been advocated more.<sup>1</sup> This technique of blood letting is still in practice in the state as confirmed by different Surveys conducted by the Centre.

The role of Pathya & Apathya in the management of different skin diseases needs special attention because along with almost all the prescriptions, the role of Pathya & Apathya is described keeping in view the Doshika involvement. The use of Salt in the diet has been totally restricted during the course of treatment. Instead, Tilkta Rasa predominant foods like Shaka of Punarnava, Kakamachi, Nima, Giloya and gruel of Chakramarda seeds with rice have been described to use. In addition, old Ghee, easily digestible foods, juice of Giloya and Honey have also been prescribed. The use of Tila, Masha, Mansa, Dadhi, Jaggrey and other incompatible & unwholesome foods as described in other Ayurvedic texts are forbidden. Different Anupanas have also been mentioned for different prescriptions<sup>2</sup>.

A few of the prescriptions described in Ranbir Prakash when put to trial in the O.P.D. of Regional Research Centre Jammu were found quite efficacious. Worth mentioning is the use of Gairik Shata Dhouta Ghrita which was used with success in the treatment of different skin diseases which presented with Daha, Kandu, Pidika, Udarda, Pama and in kitibha. This

combination is quite different from the conventional Shata Dhouta Ghrita which is otherwise in use. Its efficacy was noteworthy after a few of the applications (Data shown in Table No. II).

Another prescription which needs consideration is the use of Nima Fruits. Nima fruits are kept dipped in water in a closed container for twenty one days. After the expiry of this period the powder of Nima fruits in the dose of two to five gms. was given with the above processed Nima water for twenty one days. The use of this medicine was found very effective in the case of Kitibha Kushtha. (Data shown in

Table No. III).

The decoction of locally available Daruharidra & Kushtha as anupana with the different therapies for the treatment of skin diseases was found quite effective. The gruel of Rice & Chakramarda seeds are also being prescribed as Pathya in the treatment of various skin diseases. Described above are a few of the regimens of this Magnum opus, "Ranbir Prakash" which were put to trail in Regional Research Centre for Ayurveda, Jammu.

### TABLE - I

SHOWING COMMON DRUGS OF DIFFERENT ORIGIN AVAILABLE IN J&K REGION, IN THE TREATMENT OF SKIN DISEASES WITH REFERENCE TO RANBIR PRAKASH

#### A. Drugs of Vegetable Origin

- Kushtha
- Khadira
- Vasa
- Vacha
- Chakramarda
- Daruharidra
- Guduchi
- Nisha
- Dhatura
- Vidanga
- Amaltasa
- Punamava
- Sarshapa
- Devadaru
- Snuhi

#### B. Drugs of Mineral Origin

- Gandhaka
- Shilajitha
- Manahshila
- Haritala
- Tuttha
- Khatika

#### C. Drugs of Animal Origin

- Urine of Cow, Goat, Camel & Donkey
- Bile of Cow & Peacock
- Musk
- Honey
- Bee-Hive
- Excreta of Crow

**TABLE II**

SHOWING PERCENTAGE OF SYMPTOMATIC IMPROVEMENT AFTER TREATMENT WITH GAIRIKA SHATA DHOUTA GHRITA.

<b>Signs / Symptoms</b>	<b>No. of Cases</b>	<b>Before Treatment</b>	<b>After Treatment</b>	<b>Improvement</b>
Daha	350	100%	8.24%	91.76%
Kandu	168	48%	13.9%	86.1%
Pidaka	87	24.85%	21.67%	79.33%
Udarda	49	14%	-	100%
Pama	33	9.43%	26.53%	73.47%

**TABLE III**

SHOWING PERCENTAGE OF IMPROVEMENT AFTER TREATMENT IN THE CASES OF KITIBHA TREATED WITH NIMA POWDER AND NIMA WATER.

<b>Signs / Symptoms</b>	<b>No. of Cases</b>	<b>Before Treatment</b>	<b>After Treatment</b>	<b>Improvement</b>
Itching	27	100%	13.33%	86.67%
Scaling	27	100%	7.93%	92.07%
Roughness/ Dryness	27	100%	-	100%

सारांश

## त्वक रोग- रणबीर प्रकाश के अनुसार उनकी चिकित्सा

— नरेश कुमार  
अनिल कुमार

एक विश्वस्त आकलन के अनुसार हर बीस व्यक्तियों के समूह में एक व्यक्ति त्वक रोग से पीडित है । स्वास्थ्य के लिये मानव द्वारा खोज उसके इस संसार में आगमन के साथ ही आरंभ हो गई थी । ऐसा ही एक प्रयास जम्मू तथा कश्मीर के महाराजा रणबीर सिंह के शासन काल में भी किया गया था । जिसके अन्तर्गत विभिन्न आयुर्वेदीय मूल ग्रन्थों पर आधारित एक सारसंग्रह के रूप में रणबीर प्रकाश नामक ग्रन्थ अस्तित्व में आया । इसमें कुछ रोगों के अन्तर्गत विभिन्न त्वक रोगों की चिकित्सा के लिये दिये गये विभिन्न प्रकार के रोगहर उपचारों को प्रकाश में लाने का इस लेख में प्रयत्न किया गया है ।