

Skin Problems and Their Treatment by Recent Medication of Ayurved and Allopath

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ABSTRACT

Skin disease is measure problem of human civilization in present era. The purpose of our investigation to cure the most common occurring disease of skin by which large population is suffered. Human body is consists of many organs which are very complicated in which skin is one of the largest organs of body, which protect the body from microbes, radiation and chemicals, hence it is called "Jack of all trades". Before to describe different methods of treatment of skin diseases, first we know about skin. Skin consists of 3 layers- epidermis, dermis and subcutaneous tissue. Purpose of this investigation to cure skin disease not only by allopathic medicine but also by Ayurvedic herbs, medicine, which are present around us and have no side effect.

Key Words: QSAR, Antifungal, Heterocyclic

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LAYERS OF SKIN

Skin is one of the body's largest organs with surface area of approximately 1.8-2.0 (square) meters and weighing 12-15% of the body's total weight, skin is a vital member of the integumentary system, doing its duty to protect the body from harmful external factors.

It protects body from Bacteria, harmful chemicals and regulates Body temperature.

(1) **Epidermis**- It is most superficial layer of skin the level of thickness vary depending on the area of the Body, plans of the hand and heels of the feet, epidermis

- (a) Stratum basale
- (b) Stratum spinosum
- (c) Stratum granulosum
- (d) Stratum lucidum
- (e) Stratum corneum

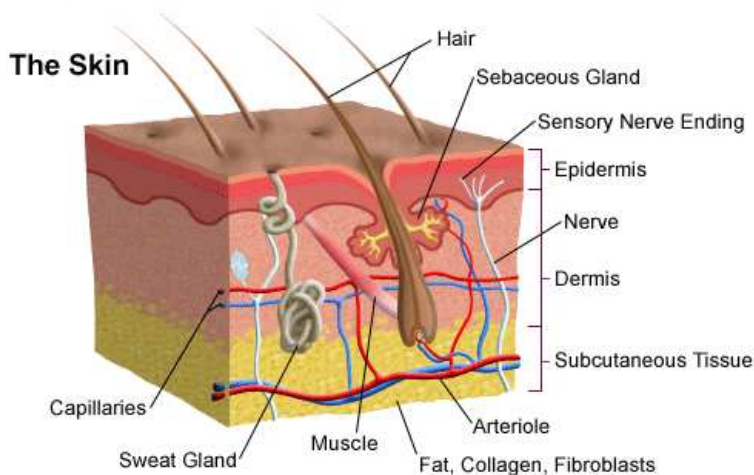
The deepest layer stratum basale is compressed of column like cells being pushed upward into upper layers- as the cells make their journey toward the most superficial layer they become flatter due to the breaking down of nuclei, there cells die and become stratum corneum.

(2) **Dermis**- It is thicker than the epidermis and is comprised of only living cells, the dermis also varies in thickness depending. Where it is, three different type of tissue are found is the dermis: collagen, elastic tissue and reticular fibers, blood capillaries, hair follicles, sweatglands, nerve endings and receptors are all found in this middle layer of skin.

(3) **Subcutaneous Tissue**- it is the deepest layer of skin it is a layer of fat and varies in thickness from person to person and is the home to larger blood vessels and nerve ending. This layer of skin is responsible for temperature regulation and protect the inner organs upon external impact.

LAYERS OF SKIN

The skin is ever-changing organ that contains many specialized cells and structures. The skin functions as a protective barrier that interfaces with a sometime- hostile environment. It is also very involved in maintaining the proper temperature for the body to function well. It gathers sensory information from the environment, and plays an active role in the immunes system protecting us from disease understanding how the skin can function is these many ways starts with understanding the structure of the 3 layers of skin the epidermis, dermis, subcutaneous tissue.



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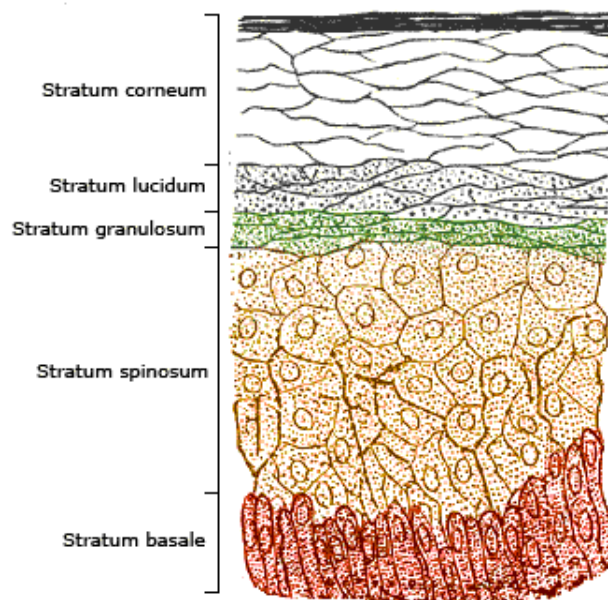
EPIDERMIS

The epidermis is the outer layer of skin. The thickness of epidermis varies in different type of skin. It is thinnest on the eyelids at 0.05mm and the thickest on palms and soles at 1.5mm the epidermis contains 5 layers. From top to bottom.

1. Stratum corneum
2. Stratum lucidum
3. Stratum granulosum
4. Stratum spinosum
5. Stratum basale

The bottom layer, the stratum basale, has cells that are shaped like columns. In this layer the cells divide and push already formed cells into higher layers. As the cells move into the higher layers, they flatten and eventually die.

“The top layer of the epidermis, the stratum corneum, is made of dead, flat skin cells, that shed about every 2 weeks.



Specialized Epidermal Cells-

There are three types of specialized cells in epidermis.

- a. The melanocyte produces pigment (melanine).
- b. The Langerhan's cell is the front line defense of the immune system in the skin.
- c. The Merkel's cells function is not clearly known.

DERMIS

The dermis also varies in thickness depending on the location of the skin. It is 0.3mm on the eyelid and 3.00mm on the back. The dermis is composed of the three types of tissue that are present throughout not in layers. The types of tissue are:

- a. Collagen
- b. Elastic tissue
- c. Reticular fibers

Layers of The Dermis

The two layers of the dermis are the papillary and reticular layers.

- a. The upper, papillary layer, contains a thin arrangement of collagen fibers.
- b. The lower, reticular layer, is thick and made of thick collagen fibers that are arranged parallel to the surface of the skin.

Specialized Dermal Cells- The dermis contains many specialized cells and structures.

The hair follicles are situated here with the erectors pili muscle that attaches to each follicle.

- b. Sebaceous (oil) gland and apocrine (scent) glands are associated with the follicle.
- c. This layer also contains eccrine (sweat) gland. But they are not associated with hair follicles.
- d. Blood vessels and nerves course through this layer. The nerves transmit sensations of pain, itch, and temperature.

e. There are also specialized nerve cells called Meissner's and Vater-Pacini corpuscles that transmit the sensation of touch and pressure.

Subcutaneous Tissue- The subcutaneous tissue is a layer of fat and connective tissue that houses larger blood vessels and nerves. This layer is important in the regulation of temperature of the skin itself and the body. The size of this layer varies throughout the body and from person to person. The skin is a complicated structure with many functions. If any of the structures in the skin are not working properly a rash or abnormal sensation is the result. The whole specialty of dermatology is devoted to understanding the skin. What can go wrong and what to do if something does go wrong.

Skin According to Ayurveda

Naturally fresh and healthy skin is a protector of the body and a thing of beauty. Ayurveda, our ancient science of medicine, has suggested many herbal remedies and natural methods to protect our skin from pimples, acne, dark circles, wrinkles, and marks left by pimples and to increase the fairness of the skin. Pimples, acne, dark circles, wrinkles, and marks give a dull and unhealthy look. Here is a herbal guide for naturally fresh, fair, and glowing skin.

In Ayurveda, according to Sushruta Acharya, the skin has seven layers.

They are:-

1. **Avabhasini**- The outermost layer is called Avabhasini. Pimples, acne, dandruff, etc. arise when this layer gets affected by vitiated doshas.
2. **Lohita**- This is the second layer of skin. Moles, dark circles, block pigmentations occur in this layer.

1. **Avabhasini**- This is the outermost layer. It reflects the complexion and the quality of the Rasa Dhatu (Nutrient fluid, the first of the seven tissue of the Body).

It also acts as a mirror. It indicates whether the physiology as whole is balanced or imbalanced and whether there is inner health or disorder. The Avabhasini layer also reflects the area of the individual- if there is inner bliss, it shows on this layer. It does not have its own color. It reflects the colors of the inner layers, internal and external re-hydration and regular-massage supports the health and appearance of the avabhasini layer of the skin.

2. **Lohita**- This layer supports the outermost layer, it indicates the quality of Rakta Dhatu (Blood) if there is ama (impurities) in blood. If in parts the area of the outer layer and accentuates sensitivity to the sun the color of this layer resembles molten iron.

3. **Shweta**- This is white layer and it provides balances to skin color, lightening the darker colors of the inner layers.

4. **Tamra**- This layer nurtures the upper layer of the skin if supports the immune system. This is the layer that helps the skin performs its function of being a "barrier" skin infections reflect an imbalance in this layer it is copper-colored.

5. **Vedini**- This fifth layer sensually links the skin to the rest of the body. It is the centre for transformation of sensation feeling of pain.

6. **Rohini**- This layer supports healing and regeneration, imbalance in this layer retards feeling and the disappearance of scars over time. A balance diet, rich in nutritional value, supports the rohini layer.

7. **Mamsdhara**- This innermost layer is the platform for the skins stability and firmness. When this layer is in balance, the skin looks young and supple. A skin product that has a vayasthapana effects nourishes this layer to help retard the aging process.

DISEASES OF DIFFERENT SKIN LAYERS AND THEIR TREATMENT

1. EPIDERMIC DISEASE

Psoriasis (Eka Kushta)-

It is chronic autoimmune disease at cellular level, psoriasis is characterized by epidermal Inflammation, Hyperplasia, Abnormal Keratinocyte differentiation and chronic neutrophil and T-Cell infiltrates. Aberrant level of skin kallikreins were found in the stratum corneum and serum of patient with psoriasis, suggesting their involvement in the disease.

Symptoms-

Typically looks like red or pink areas of thickened, raised and dry skin. It may be small flattened bumps, large thick plaques of raised skin, red patches, and pink midly dry skin to big flakes of dry skin that flake off.



Allopathic Treatment-

1. Salicylic Acid
2. Coal Tar
3. Vitamin D Analogues
 - Calcipotriene (Dovonex)
 - Calcitriol (Rocaltrol)
4. Anthralin
5. Topical Retinoids
 - Tazarotene
6. Calcineurin Inhibitors
 - Tacrolimus
7. Acitritin (Acittrin)

AYURVEDIC TREATMENT

Different Herbs used in treatment of Psoriasis-

1. Black Night Shades (Solonum nigrum)- Kakhachi

The juice of the leaves of the black nightshade can be applied locally on the affected regions. It helps in reducing the inflammation of the skin, and also has beneficial properties in allaying the pain and the itch.

2. Garlic (Allium sativum)- Lahsun

Garlic is a blood purifier. Eating a few cloves of garlic every morning on an empty stomach filters the toxin out of the blood and provides protection against psoriasis.

3. Jasmine (Jasminum polynthum)- Chameli

The flowers of the jasmine have good effects in the treatment of psoriasis. The flowers are crushed, made into a paste and are directly applied on the inflamed parts. This application reduces the pain and the itchiness of psoriatic inflammations.

4. Margosa (Azadirachta indica)- Neem

Neem is one among the best blood purifier and detoxifier known to Ayurveda. It enhance immune system and neem oil is an antiseptic in itself. Leaf extracts are used in antiseptics and can be effectively used in treating psoriasis. It destroys fungus and bacteria and is best for

almost all kinds of skin diseases including redness of skin and itching.

5. Turmeric (*Curcuma longa*)- Haldi

The spice has a long history in Ayurveda and is a primary components for cooking. The powdered form can be used with food, or is available as capsules as a dietary supplement. Due to the antibacterial and anti-inflammatory properties of turmeric, it relieves the pain, swelling and inflammation associated arthritides etc.

6. Guggul (*Commiphora wightii*) Mukul Myrrh Tree

It is an Ayurvedic herb from resin of a small tree, which grows in northwestern India, its usefull in treating psoriasis. It has anti-inflammatory and lipid-lowering action, helps remove fat excess fluids from the body and penetrates deep into the tissue. It is a effective Kapha- and Vata-pacifying supplement kaishore guggul is useful remedy for psoriasis.

II. Papilloma- Papilloma is a general medical term for a tumor of the skin or mucous membrane with finger like projection. Papillomas are also known as neoplasm. While the vast majority of papillomas are benign (noncancerous) they can be occasionally be dysplastic (Precancerous) or malignant (cancerous). Papillomas occur on the hands, feet and knees, genitals, conjunctive of the eye and female breast ducts. Papilloma in the throat, wind pipe and lungs is a rare disease called Recurrent Respiratory papillomatosis (R.R.P.). Caused by human papilloma viruses (HPVs) are group of more than 150 viruses that can cause papillomas.

Symptoms



Fig. 26

- a. Black dots in the a wart, often called seed warts.
- b. Clusters of bumps on the skin.
- c. Painful or painless bumps.
- d. Raised or flat warts.
- e. Breast Lumps.
- f. Breast pain.
- g. Breast swelling.
- h. Headachs.
- i. Nasal congestion.
- j. Chronic cough.
- k. Loss of voice.
- l. Hoarseness.
- m. Shortness of breath.

Allopathic Treatment

1. Cimetidine
2. Iniquimod
3. Resorcinol
4. Podophyllum resin
5. Silver nitrate
6. Phenol
7. Trichloroacetic acid
8. Glacial acetic acid
9. Salicylic acid
10. Urea

Ayurvedic Treatment

These herbs effective on papilloma virus-

1. Olive leaf (*Olea europea*)
2. Passionflower (*Passiflora incarnate*)
3. Tronodora (*Tecoma stans*)
4. Osha root (*Ligusticum porterii*)
5. Lomatium root (*Lomatium dissectum*)
6. Chaparral Leaf (*Larrea tridentate*)
7. Echinacea root (*Echinacea angustifolia*)
8. Goldenseal root (*Hydiastis canadensis*)
9. St. John's wort (*Hypericum perforatum*)
10. Usnea (*Usnea spp.*)

Nervine Herbs Includes:

- Echinacea, Goldenseal, Astragalus (*Astragalus membranaceus*), Ginseng (*Panax quinquefolium*) and lomentium root, Garlic (*Allium sativum*), Turmeric (*Curcuma domestica*), Moringa (*Moringa olifera*).
- Green Tea- (*Camellia sinensis*):- Some women use green tea to fight human papilloma virus HPV).
- Nirgundi (*Vitex negundo*):- Leaf extract and decoction used in treatment of HPV.

III. Pityriasis Versicolor-

It is a type of common skin infection that is triggered by the excessive recurrence of the yeast fungus named *pityrosporm orbiculare*.

Symptoms-

- The infection is seen in the upper part of the victim's body. Such as back and the chest. If a person contracts the infection during the summer season, his body develops uneven and well defined patches. These

patches have a scaly texture and they are often brownish and pale red in color in the bodies of some patients, these patches can join making it look like a map.

- During the Autumn season, the patches becomes scaly and they also change their colors. They become whiter and even people with tanned skin can identify the occurrence of the infection.



Allopathic Treatment

1. Most widely used medicine is selenium sulphide shampoo which is commonly called selum.
2. Nizoral cream
3. Ketocannazole shampoo
4. Itraconazola capsule

Ayurvedic Treatment

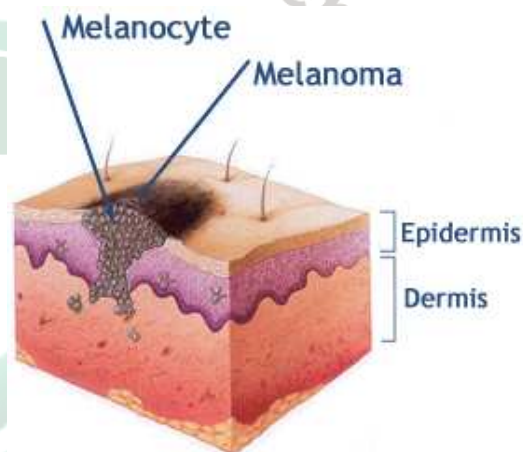
1. Treatment of pityriasis versicolor by Cassia allata leaf extract.
2. Ghrit Kumar (Aloe vera)- It used in treatment of pityriasis versicolor.
3. Chewing cloves regularly will be helpful in reducing tinea versicolor.
4. Fig, almonds and dates are effective diet for tinea versicolor.
5. Margosa (Neem)- The juice of freshly plucked leaves.
6. Wild olive roots are also a very effective in tinea versicolor.

IV. Melanoma-

Melanoma is a life threatening malignant tumor that originates in cells called melanocytes, which are pigment-producing cells. The majority of melanomas are black or brown. However some melanomas are skin-colored, pink, red, purple, blue or white. Melanoma begins on the skin where it is easy to see and treat however, it can grow into the skin, reaching the blood vessels and lymphatics and can spread within the body to various organs when it can be fatal. If it is recognized and treated early, chance of recovery are very good. But if it is not found early, it can grow deeper into the skin and spread to other parts of

body. Once melanoma spreads beyond the skin to other parts of the body, it becomes hard to treat and can be fatal.

Symptoms



The first melanoma symptoms often are :-

1. A change in an existing mole.
2. The development of a new, unusual-looking growth on your skin. Melanoma is often painless and usually produces the following signs.
3. A change in the size, color, shape, or feel of an existing mole.
4. The appearance of new growth or mole on the skin.

Allopathic Treatment

1. Interferon alpha
2. Inter leukin
3. Dacarbazine

Ayurvedic Treatment

1. **Trijat-** It is combination of:

- a. Kali marich (Piper nigrum)
- b. Sunthi (Zinziber officinalis)
- c. Pippali (Piper longum)

Take twice in a day after miles.

2. **Triphala-** It is combination of:

- a. Amalaki (Emblca officinalis)
- b. Haritaki (Terminalia chebula)
- c. Baheda (Terminalia bellerica)

Take twice in a day after miles.

3. We can also usea.

Mandukaparni (*Centella asiatica*)

b. Manjishtha (*Rubia cordifolia*)

c. Saariva (*Hemidesmus indicus*)

d. Yashtimadhuk (*Glycyrrhiza glabra*)

4. In addition, local application can be used for small growth or tumors. An ointment containing Guggul (*Commiphora mukul*), Manjishtha, Saariva, Chandan (*Santalum album*) and Mandukaparni can be used for this purpose.

5. In order to prevent or minimize the spread of the cancer's cell to other parts of the body, medicine like Arogyavardhini, Kanchnaar-Guggul, Guduchyadi qadha, Purnarnovadi-Guggul are used.

6. Herbal medicine which act on the "Ras" and "Rakta" dhatus (tissues) of the body are useful for this purpose. These includes Kutaj (*Holarrhina antidysentrica*), Patol (*Tricosanthe dioica*), Kutki (*Picrorrhiza kurroa*), Patha (*Cissampelos pareira*), Musta (*Cyperus rotundus*), Gokhoru (*Tribulus terrestris*) and Guduchi (*Tinaspora cordifolia*).

V. Pigmented Nevi-

- I. Synonyms :-
- i. Mole (Skin)
 - ii. Nevus Melanocytic
 - iii. Nevus pigmentation
 - iv. Pigmented mole

A benign growth on the skin (usually tan, brown as flesh colored) that contains a cluster of melanocytes and surrounding supportive tissue.

Symptoms-



A nevus will appears as dark-colored patch with any of following-

1. Brown to bluish-black color.
2. Hair.
3. Regular or uneven border.
4. Small satellite areas (may be).
5. Smooth, irregular, or wart like skin surface.

Allopathic Treatment-

1. Hydroquinone
2. Monobenzone

Ayurvedic Treatment1.

Prepare a paste of baking soda castor oil. Soak some gauze in this mixture and tape this gauze over the pigmented nevi. Leave the gauze on overnight. This will possibly remove pigmented nevi overtime. This is one of usefull home remedies for pigmented nevi.

2. The real cure (and prevention) for the pigmented nevi is to eat enough foods that contain potassium or take apple cider vinegar that contain potassium.

3. Take a small piece of garlic, place it over pigmented nevi scraping the flat side of the garlic that touches the mole so the juice can get into it. Keep this for whole day and night. Within two or three days, the mole will disappear.

4. Rub some iodine on the pigmented nevi at night for two three days. This is an effective remedy for the pigmented nevi.

5. Take some ground drumstick pods and leaves and mix with fresh limejuice. And apply on pigmented nevi. This is also good for black heads and dark spots. This is one of the best home remedies for pigmented nevi.

6. Make a paste of roasted & powdered pomegranate skin fresh lime juice and apply over acne, boils, pimple, blackhead and whiteheads.

7. Apply grated potatoes as poultice to treat skin blemishes, wrinkles, boils, pimple, blackheads, whitehead etc.

8. Take a piece of lipe banana peel and apply the pulp side to the pigmented nevi and cover with a band-aid. Remove it only when taking bath apply daily for many months. This is very effective home remedy for pigmented nevi.

9. For old moles, chew some cashews and place it on the pigmented nevi. pigmented nevi disappear in 3-4 weeks.

10. Chop one raw onion and cover with salt and leave overnight. Apply the juice to the pigmented nevi 2-3 times daily until pigmented nevi disappear.

11. Apply the juice of cauliflower on the pigmented nevi daily until it falls.

12. Apply a drop of grapefruit seed extract to the pigmented nevi and cover with a band-aid, 2-3 times daily. This is also very effective home remedy for moles and your moles will disappear in 3-4 weeks.

13. Rub a slice of fresh pineapple or raw potato peelings radish, 2-3 times daily on your pigmented nevi.

14. Apply the milky juice exuding from the stems of figs and leaves.

15. Put the contents of one 100 I.v. natural vitamin E capsule on a band-aid and cover the pigmented nevi pigmented nevi will disappear soon.

16. Apply vitamin E on the pigmented nevi crush a clover of raw garlic and place in on the pigmented nevi. and cover it with an adhesive bandage.

17. Soak a small piece of cotton in aloe gel and tape over the pigmented nevi add more gel every three hours. Change cotton daily. The pigmented should begin to lightening a few days and in a few weeks may disappear.

18. Dandelion (*Taraxacum officinale*)-

Dandelion is extremely effective in the removal of pigmented nevi. the root of the dandelion must be rubbed on the pigmented nevi till the time its juice exude and smear the mole completely repeating this twice or thrice a day helps to remove pigmented nevi.

19. Flaxseed or Linseed (*Linus usitatissimum*)-

Flaxseed has been used since traditional times for the treatment of pigmented nevi. It is directly applied over the pigmented nevi. within a few days the pigmented nevi disappear.

VI. Ringworm or Tinea-

It mostly affects the epidermis layers of skin infections occur due to fungus. It produce round spot on skin most common type of the dermato phyte fungi are trichophyton rubrum, trichophyton tonsurans, trichophyton interdigitale or trichophyton mentogrophytes, milrosporium canis and epidermophyton floccosum.

Symptoms-



The patches of ringworm on the body are usually round or oval, with raised pink and scaly rings which show a clear space in the centre. The itching in the infected parts help to spread infection through the nails to other healthy part of the body. If it is not treated for a long time. The infection becomes chronic and is then difficult to get rid of.



Allopathic Treatment-

Topical Treatment-

1. Antifungal cream contain clotrimazole (cruex cream, Desenex cream, Lotrimin cream, Lotion and Solution)
2. Miconazole (monistat- Derm cream)
3. Ketoconazole (Nizoral cream)
4. Econazole (spectazole)
5. Naftifine (Naftin)
6. Terbinafine (Lamisile cream and solution)

Systemic Treatment-

Effective antifungal tablet are griseofulvin (Fulvicin, Grifulvina and Gris-Peg), itraconazole (sporanox) and fluconazole (diflucan) oral medication are usually given for a three-month course.

Ayurvedic Treatment-

1. Butea (*butea monosperma*)- The seed of butea are effective in ringworm infection.
2. Cassia (*cassia fistula*)- The leaves of the cassia are beneficial in the treatment of ringworm. They are ground into a paste and applied directly over the affected parts.
3. Coriander (*Coriandrum sativum*)- The juice of the coriander leaves mixed with some turmeric is generally given to patient who suffers from ringworm.
4. Holy basil (*Ocimum sanctum*)- The juice of the holy basil leaves are applied locally on the affected regions.
5. Leadwort (*Plumbago zeylanica*)- A mixture of the leaves of leadwort is made into a paste with salt and water. It applied directly on the inflamed skin.
6. Lemon grass (*Cymbopogon citrates*)- a paste of the leaves of the lemon grass is mixed with buttermilk. Applying this on the affected skin helps treat ringworm.
7. Margosa (*azadiracha indica*)- Known popularly as neem tree. The margosa is one of the best treatments for ringworm and is used extensively in ayurvedic medicine.
8. Turmeric (*Curcuma longa*)- Turmeric is used since very ancient time in treatment of ringworm. A solution of the turmeric powder is made and applied directly on the affected skin.

VII. Eczema- It is a form of dermatitis or inflammation of the epidermis (outer layer of skin) term "eczema" comes from Greek words, that mean "to boil over"

Symptoms-

- Term eczema is broadly applied to a range of persistent skin condition. These include dryness and recurring skin rashes that are characterized by one or more of these symptoms- redness, skin edema (swelling), itching and dryness, crusting, flaking, blistering, cracking, oozing, or bleeding.



- Areas of temporary skin discoloration may appear and sometimes due to healed injuries. Scratching open a healing lesion may result in scarring and may enlarge the rash.

Allopathic Treatment-

1. Corticosteroids (hydrocortisone)
2. Higher potency steroid (eg. Clobetasol propionate)
3. Immunomodulators-
Topical immunomodulators like pimecrolimus (Elidel and douglar)
Tacrolimus (Protopic)
4. Immunosuppressants- Ciclosporin, azathioprine, methotrexate.
5. Anti-Itch drugs- antihistamine such as promethazine (Phenergan) or diphenhydramine (Benadryl), capsaicin, hydrocortisone, ceramides, which are major liquid constituent of stratum corneum, have been used in the treatment of eczema.

Ayurvedic Treatment-

1. Linseed poultice- Mix equal amounts of lime water and linseed oil together.
2. Neem leaves- Can be used in a variety of ways for relief.

3. Madhuca- Rub sesame oil on the leaves, warm, then place on the problem areas and cover with bandage needs to be changed every few hours.

4. Haemafine syrup- One added benefit of using this remedy is that it will also improve your complexion.

5. Shilajit (Asphaltum)- it is used in cure of eczema.

6. Coconut oil may be applied to the portions with eczema. Carrot juice and spinach juice in combination is highly beneficial for eczema. Drink plenty of water and take fruit juice like orange.

7. It has been reported that drinking tomato juice clear up eczema in matter of days. If you need to, add some pepper or your favorite spice to give the juice flavor.

8. Add 1- teaspoon camphor to 1- teaspoon sandalwood paste and apply on the affected areas.

9. Rub a nutmeg (hard aromatic seed of an east Indian tree) against a smooth stone slab with a little water and make a paste apply to affected area.

10. Coconut oil may applied to the portions with eczema. Carrot juice and spinach juice in combination is highly beneficial.

11. Pancha Tikta Ghrita Guggul- A Ghee based pure herbal preparation 2 teaspoon full well mixed in a cup of hot milk, should be taken on empty stomach, preferably in the early morning. Followed by some warm water.

12. Butea (Butea monosperma)- Use in cure of eczema.

RECOMMENDATION

1. At initial stage any skin disease can be treated by using ayurvedic herbs with their medicinal value, which are used in daily routine life. As we explain above that paste of turmeric, sandalwood and coconut oil is antibacterials and antifungus which are able to cure any skin disease at initial stage. On other hand alivum sativum and ocimum is also very useful.

2. Trijat, triphala is very useful in constipation, and digestive disorder. If physiology of our body is fit, then other disease cannot be easily attack on our body.

3. All these diseases related with immune system of our body. Weak immune system invites all diseases. Ocimum, aloe vera, Ashwagandha, brahmi, pipali, sunthi, turmeric act as stimulators of immune system.

4. At initial stage, these disease not cured by Ayurvedic medicine or work very slowly then we use allopathic medicine for quick relief. Some allopathic medicine like cimetidine, resorcinol podophyllum resin, ketoconazole shampoo, itraconazole capsule, salicylic acid, coal tar, corticosteroid ointments or cream are not costly and give quick better response.

CONCLUSION

From this investigation we are concluded that, the large population of the world are living in the rural areas, which

is suffered from skin diseases like pityriasis, versicolor, psoriasis, eczema, papilloma, pigmented nevi, melanoma etc. The cause of these skin diseases are microorganism like fungi, bacteria, virus which are present around us. People not only disturbed mentally, physically due to skin disease but also spend lot of money for their cure when these are at chronic stage. If these disease are cured at initial stage then we can save lot of money. Specially in rural areas lot of herb's are present around us. Like ocimum, turmeric, garlic, sunthi, kalimirch, etc. If we used these herb's in daily routine of life, then we not only safe from skin disease but also from other physiological disorders. Triphala, trijat cure skin disease and also used in constipation and other digestive disorders. We can use allopathic medicine also but these are expensive.

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