

AYURVEDIC TREATMENT OF ECZEMA

*D.S. Antarkar *, N.S. Bhatt *, H.J. Shroff ***

The ancient treatises of Ayurved have narrated the anatomy and physiology of skin. A correlation with the modern histology is very striking and fascinating. The dermatoses have been described under the heading of KUSHTHA. Dermatoses comprise about 12% of all the medical disorders; eczema constitutes the commonest of all. Any contribution from Ayurved for the pathogenesis or to evolve new modes of therapy will significantly relieve human suffering.

The Hetu and Samprapti of Kushtha in Ayurved emphasise both, the abhyantar (host) as well as bahya (external) factors. The external irritants and allergens are well recognised in modern dermatology. However, the dietary articles which are incompatible (virodhyannapanani) have been stressed in Ayurved and deserve a close scrutiny and research. A special reference has been made to the intake of curds, some species of fish and excessive use of articles of sour and salty taste.

The taxonomy of dermatoses is based on detailed evaluation of the clusters of clinical signs and symptoms such as kandu (itching), strav (exudation), vaivarnya (discoloration) etc. The Tridosha paradigm of Ayurved permits the development of a specific therapeutic modality based on the dominance of Dosha. The predominance of Dosha aids in the diagnostic and therapeutic approaches. The general management of Kushtha covers Aushadhi, Anna and Vihar. Aushadhi covers shodhan, shaman & rasayan treatment. Anna includes restriction of the articles contributory to pathogenesis and inclusion of articles contributing and/or enhancing to the therapeutic response. Vihar covers the daily hygiene and environmental factors.

** Dept .of Kayachikitsa, M. A. Podar Hospital, Bombay*

*** Dept. of Dermatology, J. J. Hospital, Bombay*

SYMPOSIUM ON LIFE & HEALTH SCIENCES

ANCIENT INSIGHTS & MODERN DISCOVERIES, Bharatiya Vidya Bhavan, New Delhi, May 1978.