



CONCEPT OF ALLERGIC SKIN PROBLEMS OF COSMETIC IMPORTANCE IN RELATION TO DOOSHI VISHA: A COMPARATIVE CLINICAL STUDY

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ABSTRACT

Allergy or altered immune response is one of the harmful effects of the immune system. There are many types of itchy skin allergies and rashes. However, not all rashes that itch are related to skin allergies. The atopic dermatitis, urticaria, contact dermatitis is the most common types of allergic skin rashes.

There is no direct reference of allergy as such in classical *Ayurvedic* literature, but *Ayurveda* has explained various types of diseases or symptoms (*Asatmya*, *Viruddha* and *dushivisha*) that are similar to allergy. Altered immune response or *ojovyapad* finds intrinsic and extrinsic causes in *Ayurveda*. One among is *dushivisha*. The references regarding *dushivisha* point out that it can generate similar harmful effects as that of hypersensitivity reactions.

In the management of this disease two *kalpityogas* are selected on the basis of it actions (*Kusthigna*, *Krimigna*, *Shothhar*, *Kandugna*, *Twachya*, *Tridosahar*, properties) immunomodulation (Oral) and to suppress allergic activity (oral & local), respectively. In the present study, tablets Aller -16 has been selected for oral route and Glowshine pack have been selected for local use.

Internal medication (Ghanvati) provides very good result in symptoms Of Itching, redness, shotha (inflammation), wheal formation, shonit dustilakshan, hyper-pigmentation etc. by improving immunity. External application of lepa provides better relief in Burning or Acne formation,

Keywords: allergy, immunity, urticaria, dushivisha, Viruddhaharas

INTRODUCTION

Allergy or altered immune response is one of the harmful effects of the immune system. There are many types of itchy skin allergies and rashes. However, not all rashes that itch are related to skin allergies. The atopic dermatitis, urticaria, contact dermatitis is the most common types of allergic skin rashes.

In *Ayurveda*, all skin diseases have been described under the umbrella of kushtha. There is no direct reference of allergy as such in classical *Ayurvedic* literature, but *Ayurveda* has explained various types of diseases or symptoms (*Asatmya*, *Viruddha* and *dooshivisha*) that are similar to allergy. Altered immune response or *ojovyapad* finds intrinsic and extrinsic causes in *Ayurveda*.¹⁻⁷ One among is *dushivisha*. The references regarding *dushivisha* point out that it can generate similar harmful effects as that of hypersensitivity reactions indicates the latent or subclinical allergy. While the reference is indicative of the harmful effects it can impart on the body. The peculiarity of *dushivisha* is that it remains latent in dhatus (tissues) and on vitiation it produces hazardous consequences on the body. Only upasaya and anupasaya can perceive this subclinical disease.

Type one hypersensitivity reactions are mediated via allergen specific antibodies of IgE Class. locally produced allergen specific IgE binds to mast cells. Subsequent exposure results in release of mediators, which produce allergic reaction. Allergy results from antigen entering specific skin area and causing localised anaphylactic reaction. The toxic effects of the antigen are not completely neutralized and bind to the mast cells. This improperly neutralized visha (toxin) when comes in contact with antigen, produces injurious consequences in the sensitised host.⁸⁻⁹ The antigen-antibody mediated abnormal immune responses can be correlated with the pathological and clinical feature of '*dhatugata visha*' or '*dooshivisha*' in *Ayurveda*.

MATERIALS & METHODS

This research has been passed- F.5(1)/Ac./Thesis/2008-09/942, dated- 28/4/09

Present study was planned with following aims and objectives.

1. To get relief from allergic skin problems of cosmetic importance by using *Ayurvedic* preparations.
2. To improve immune system by using internal *Ayurvedic* supplements to reduce allergic disorders.
3. To conduct a randomized clinical trial to evaluate efficacy of the anti allergic *Ayurvedic* drugs combination in oral and local application.

Drug review

In the management of this disease two *kalpityogas* are selected on the basis of it actions (*Kusthigna*, *Krimigna*, *Shothhar*, *Kandugna*, *Twachya*, *Tridosahar* properties) immunomodulation (Oral) and to suppress allergic activity (oral & local), respectively.¹⁰⁻¹¹

In the present study, tablets Aller -16 has been selected for oral route and Glow shine pack have been selected for local use having following ingredients¹²⁻¹⁴

Tablets Aller -16 Glow shine pack

1.	Kanchnaar
2.	MandukParni
3.	Haldi
4.	Shiris
5.	Ella
6.	Jatamansi
7.	Vidanga
8.	Amaltaas
9.	Guduchi
10.	Manjistha
11.	Lodhra
12.	Chopchini
13.	Kumari
14.	Madhuyasti
15.	Guggulu
16.	Rasmanikya

1.	KhadirTwak
2.	NimbaTwak
3.	ChandanKasth
4.	Haridra
5.	Chakramard Beej
6.	Sarson Beej
7.	LodhraTwak
8.	Shalmali Kantak
9.	Vacha
10.	Shudh Gandhak
11.	Base –Multaanimiti

Criteria of Selection:

1. Patients of all age groups of either sex were considered.
2. Patients having allergic skin problems were selected for the present study.
3. Patients were selected randomly for the study.

Criteria of exclusion:

1. Patients of burn
2. Patients of severe infective disease
3. Patients of psoriasis
4. Patients of leukoderma and leprosy
5. Patients of herpes
6. Patients of measles

Investigations: **Blood:** - HB%,TLC, D.L.C., E.S.R ,T.E.C. , Ig E

Grouping & posology:

Group A: - Aller-16 (Ghanvati)

Dose: 500 mgs / Day in Two Divided Doses

Anupan: Luke Warm Milk

Duration: Three Months

Route: Oral

Follow Up: Three Months

Group B: - Aller-16 ghanvati and Glowshine pack both

Dose: 500 mgs Twice in A Day/Q.S. Once In a Day

Duration: Three Months/One month

Route: Oral/Externally On Skin

Follow Up: Three & One Month

Group C: - Glowshine pack

Dose: Q.S. Once in A Day

Duration: One Month

Route: Externally on skin

Follow Up: 15 days

RESULTS & DISCUSSION:

Table 1 shows that highly significant results were observed in itching with 86.96%, burning with 80%, Redness with 91.67%,inflammation with 80%,scaly rashes with 75%, nodule formation with 88.69%, acne due to allergy with 80%, photosensitivity with 73.33% wheal formation with 88.46% and shonitdusti with 85.19%. The relief was found 66.67% in hyperpigmentation, 60% in hypopigmentation and 60% in keshnaas. In the treatment therapy of group A of chief complaints or symptoms maximum symptoms cured with highly significant result except scaly rashes, hypopigmentation and keshnaash (not significant). (Table 1)

The table shows that highly significant results were observed in itching with 94.44%, burning with 88.46%, Redness with 85.19%, inflammation with 84%, scaly rashes with 77.78%, nodule formation with 89.47%, acne due to allergy with 90.48%, photosensitivity with 81.82% wheal formation with 89.47% and shonitdusti with 89.47%. The relief was found 81.82% in hyperpigmentation, 77.78% in hypopigmentation and 50% in keshnaas. In the treatment therapy of group B of chief complaints or symptoms maximum symptoms cured with highly significant result except scaly rashes, hypopigmentation and keshnaash (not significant). (Table 2)

Table- 1 Effect of only Tablet Aller-16 on Symptoms of Skin Allergy in Group A

Chief Complaints	N	Mean		Relief %	S.D. ±	S.E. ±	W	P
		BT	AT					
Itching	9	2.56	0.33	86.96	1.09	0.36	6.10	<0.0001
Burning	9	2.22	0.44	80.00	0.67	0.22	8.00	<0.0001
Redness	6	2.00	0.17	91.67	0.41	0.17	11.00	<0.0001
Inflammation	3	1.67	0.33	80.00	0.58	0.33	4.00	<0.0286
Scaly rashes	2	2.00	0.50	75.00	0.71	0.50	3.00	<0.1024
Nodule formation	7	2.57	0.29	88.89	0.76	0.29	8.00	<0.0001
Acne due to allergy	5	2.00	0.40	80.00	0.89	0.40	4.00	<0.0081
Photosensitivity	7	2.14	0.57	73.33	0.53	0.20	7.78	<0.0001
Hyperpigmentation	4	2.25	0.75	66.67	0.58	0.29	5.20	<0.0069
Hypopigmentation	2	2.50	1.00	60.00	0.71	0.50	3.00	<0.1024
Wheal formations	8	3.25	0.38	88.46	0.64	0.23	12.69	<0.0001
Shonitdustilakshan	8	3.38	0.50	85.19	0.83	0.30	9.74	<0.0001
Keshnaas	2	2.50	1.00	60.00	0.71	0.50	3.00	<0.1024

Table- 2 Effect of Both Tablet Aller-16 and Glowshine pack on Symptoms of Skin Allergy in Group B

Chief Complaints	N	Mean		Relief %	S.D. ±	S.E. ±	W	P
		BT	AT					
Itching	7	2.57	0.14	94.44	0.53	0.20	12.02	<0.0001
Burning	8	3.25	0.38	88.46	1.13	0.40	7.22	<0.0001
Redness	8	3.38	0.50	85.19	0.83	0.30	9.74	<0.0001
Inflammation	8	3.13	0.50	84.00	1.19	0.42	6.25	<0.0002
Scaly rashes	3	3.00	0.67	77.78	1.53	0.88	2.65	<0.1127
Nodule formation	6	3.17	0.33	89.47	0.75	0.31	9.22	<0.0001
Acne due to allergy	6	3.50	0.33	90.48	0.41	0.17	19.00	<0.0001
Photosensitivity	7	3.14	0.57	81.82	1.27	0.48	5.35	<0.0003
Hyperpigmentation	7	3.14	0.57	81.82	0.53	0.20	12.73	<0.0001
Hypopigmentation	3	3.00	0.67	77.78	1.15	0.67	3.50	<0.0364
Wheal formations	6	3.17	0.33	89.47	0.98	0.40	7.06	<0.0004
Shonitdustilakshan	7	2.71	0.29	89.47	0.79	0.30	8.17	<0.0001
Keshnaas	2	1.00	0.50	50.00	0.71	0.50	1.00	<0.2500

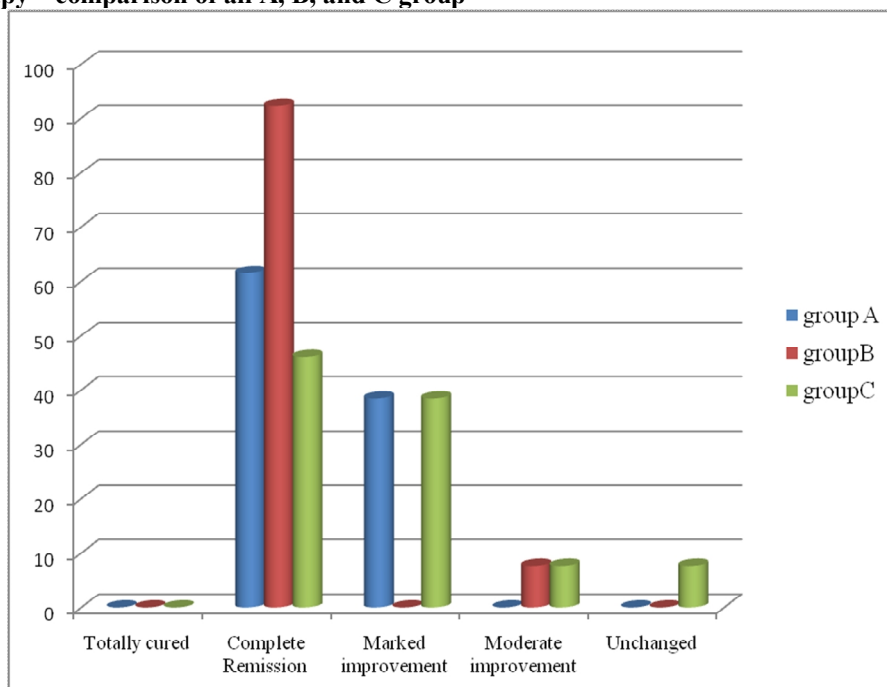
Table -3 Effect of only Glowshine pack on Symptoms of Skin Allergy in Group C

Chief Complaints	N	Mean		Relief %	S.D. \pm	S.E. \pm	W	P
		BT	AT					
Itching	5	2.80	0.80	71.43	1.22	0.55	3.65	<0.0109
Burning	6	3.17	0.33	89.47	0.75	0.31	9.22	<0.0001
Redness	7	3.43	0.57	83.33	0.69	0.26	10.95	<0.0001
Inflammation	6	3.00	0.67	77.38	1.03	0.42	5.33	<0.0013
Scaly rashes	2	2.50	1.00	60.00	0.71	0.50	3.00	<0.1024
Nodule formation	4	3.00	1.50	50.00	0.58	0.29	5.20	<0.0069
Acne due to allergy	9	2.78	0.44	84.00	0.87	0.29	8.08	<0.0001
Photosensitivity	6	2.50	0.67	73.33	0.75	0.31	5.97	<0.0009
Hyperpigmentation	8	0.63	0.75	71.43	0.99	0.35	5.35	<0.0005
Hypopigmentation	2	2.00	0.50	75.00	0.71	0.50	3.00	<0.1024
Wheal formations	6	2.33	0.50	78.57	0.98	0.40	4.57	<0.0030
Shonitdustilakshan	6	2.17	0.33	84.62	0.75	0.31	5.97	<0.0009
Keshnaas	0	0	0	0	0	0	0	0

Above table shows that highly significant results were observed in itching with 71.43%, burning with 89.47%, Redness with 83.33%, inflammation with 77.78%, scaly rashes with 60%, nodule formation with 50%, acne due to allergy with 84%, photosensitivity with 73.33% wheal formation with 78.57% and shonitdusti with 84.62%. The

relief was found 71.43% in hyperpigmentation, 75% in hypopigmentation and 0% in keshnaas. In the treatment therapy of group C of chief complaints or symptoms maximum symptoms cured with highly significant result except scaly rashes, and hypopigmentation (not significant).

Total effect of therapy – comparison of all A, B, and C group



CONCLUSION

- ❖ Internal medication (Ghanvati) provides very good result in symptoms Of Itching, redness, shotha (inflammation), wheal formation, shonidustilakshan, hyperpigmentation etc. by improving immunity.
- ❖ External application of lepa provides better relief in Burning. Acne formation, Photosensitivity and very little relief in Kandu, Scaly rashes and nodule formation were found by its properties.


In present study, better results were observed in group B than compare to group A and group C.

- ☑ **Totally cured** – There are no patients of totally cured and without recurrence in all A, B, C groups.
- ☑ **Complete remission** was noted in 46.15% in group C, 61.53% in group A and 92.30% in group B

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