



ISSN 2456-3110

Vol 9 · Issue 8

August 2024

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Maharshi Charaka
Ayurveda

Indexed

Role of *Dashanga Lepa* in *Prameha Pidika*

Ashima Kahi

Under Graduate Scholar, Jammu Institute of Ayurveda and Research, Jammu, India.

ABSTRACT

Diabetes is a sickness recognized for its multifaceted headaches. Diabetic ulcer is one of the primary complications of diabetes. Diabetes impacts more than 8% of Indian person population. Up to 25% of diabetic sufferers develop foot ulcers. greater than 1/2 of foot ulcers come to be inflamed and require hospitalization and 20% of infections outcomes in amputation. Early powerful control can reduce the severity of complications along with preventable amputations and viable mortality and can also enhance universal pleasant of lifestyles. thousands of researches are being executed in this in which Ayurveda has a main role. distinctive numbers of *Prameha Pidakas* are cited in Ayurvedic Classics, according to Acharya Sushruta there are 10 distinctive styles of *Prameha Pidakas*. *Dashanga Lepa* is a poly herbal practice of Ayurveda, used to treat many skin ailments and *Prameha Pidaka*. In this article details description regarding *Prameha Pidaka* and *Dashanga Lepa* is explained.

Key words: *Prameha Pidaka, Dashanga Lepa, Diabetes, Diabetic ulcer*

INTRODUCTION

The word *Prameha* can be defined as a condition where there is excess urine flow.^[1] The word *Pidaka* means 'Yat Peedayanti Tat Pidak' that which causes *Peeda* or *Vyatha* or *Vedana*. 'Spota Visheshaha *Pidak*'.^[2] The suppurative lesion is also called as *Pidaka*. The aetiopathogenesis of *Prameha Pidaka* also follows the same path as that of the *Prameha*. When the *Vasa* and *Meda Vyapta Pramehi* consumes the *Nidaanarthakara Bhavaas*, *Kapha Dosha* vitiates and further *vitiates Pitta* and *Vata*. These vitiated *Doshas* settles in the *Meda Dhatu* and *Vasa* i.e., *Sneha* of *Mamsa* and manifests the *Prameha Pidakas* in the *Pramehi*.^{[3],[4]} *Prameha Pidakas* are explained in Ayurvedic texts as one of the complications of

Prameha. There are much less study on comparing of *Prameha Pidakas* to allopathic science. Prevalence of Diabetes is 8.3% (95% CI 7.3-9.4%) where as prevalence of pre- diabetes is 6.3% (5.4 7.3%) in India. Out of all persons with Diabetes, only 18% were known case of Diabetes and are on treatment, among whom only about one- third had controlled blood glucose status. Various references regarding *Prameha Pidakas* are found right from Vedic period. Review of literature.^[5,6]

***Prameha Pidakas* are ten in number as explained by Acharya Sushruta. They are,**

- Sharavika*
- Kachchapika*
- Jalini*
- Vinata*
- Alaji*
- Masurika*
- Sarshapika*
- Putrini*
- Savidarika*
- Vidradhi*

Brihatatryis have described *Prameha Pidaka* as a major complication of *Prameha*. These *Pidakas* are mainly

Address for correspondence:

Ashima Kahi

Under Graduate Scholar, Jammu Institute of Ayurveda and Research, Jammu, India.

E-mail: ashimakahi1718@gmail.com

Submission Date: 14/07/2024 Accepted Date: 21/08/2024

Access this article online

Quick Response Code



Website: www.jaims.in

DOI: 10.21760/jaims.9.8.24

found in muscular region, joints and vital points (*Marmas*). *Prameha Pidakas* can also manifest in the persons without *Prameha*.

1. *Sharavika*

Pidaka which is raised at the margin and dipped in its center, so as to resemble as Saucer in its shape and is called as *Sharavika*. It can be compared with the stage of the venous ulcer associated with the diabetic foot. It is also having the sloping edges, looks like the saucer, this lesion can be compared with *Sharavika*.

2. *Sarshapika*

Pimples or pustules resembling white mustard seeds are called *Sarshapika*. Pyoderma affecting the hair follicles, classified according to depth of invasion. Superficial folliculitis also known as Bockhart's impetigo. A small fragile dome shaped pustule occurs at the infundibulum of the hair follicle. This superficial folliculitis looks like the *Shweta Sharshapa*.

3. *Kacchapika*

A skin lesion, resembling the back of a tortoise in shape with burning sensation is called *Kacchapika*. *Acanthosis nigricans* is a non-specific reaction pattern involving major body folds and mucocutaneous regions characterised by hyper-pigmented, velvety, soft, verrucous lesions in a symmetric fashion. *Acanthosis nigricans* is usually associated with the Diabetes mellitus. So it looks like back of tortoise if associated with infection

4. *Jaalini*

A lesion studded with slender vegetations of flesh and with intolerable burning sensation is called *Jaalini*. Diabetic dermopathy superimposed with infections or Carbuncles, a cluster of furuncles, more extensive, deeper communicating, infiltrating lesions that develops when suppuration occurs in elastic skin. This can be compared with *Jaalini*.

5. *Vinata*

A large blue colour lesions appearing on the back or the wall of the abdomen and exuding as slimy secretion and with deep-seated pain is called *Vinata*. *Necrobiosis lipoidica diabetorum*, a dull red raised area on the

skin that evolves into a shiny scar with a violet border, most often on the shin. There is telangiectasia with blood vessels easily visible under the skin. The area will be itchy and painful and crack open. This looks like *Vinata*.

6. *Putrini*

A thin and extensive, studded with serous fluid/pus packets is called *Putrini*. *Bullosis diabetorum*, also known as Bullous disease of diabetes and diabetic bullae, is rare, distinct, spontaneous, non-inflammatory, blistering condition of unknown etiology occurring in the setting of diabetes mellitus. Although bullous disease of diabetes lesions often heal without significant scarring, they may be recurrent and also may lead to ulceration. There have also been reports of osteomyelitis arising at a site of bullous disease of diabetes and reports of amputation due to infection. This can be compared with *Putrini*.

7. *Masurika*

Pimples to the size of lentil seeds are called *Masurika*. Eruptive xanthomas appear as firm, yellow, waxy pea-like bumps on the skin. The bumps which are surrounded by red halos and are itchy, usually are found on the face and buttocks. This looks like *Masurika*.

8. *Alaji*

A dreadful abscess which is of a red and white colour studded over with blisters or exuding vesicles is called *Alaji*. Bacterial infections commonly affecting the skin spreads quickly in diabetic individuals. Bacteria viz., *Staphylococcus* are more common and more serious in people with uncontrolled diabetes. This can be compared with *Alaji*.

9. *Vidarika*

A hard and round abscess as large as a (full-grown) gourd is called *Vidarika*. *Scleroderma diabetorum*, while rare, this skin problem affects people with type 2 diabetes, causing a thickening of the skin on the back of the neck and upper back. This skin lesion looks like the *Vidaarikanda*.

10. Vidradhi

An abscess of the *Vidradhi* type is called *Vidradhika*. Abscess is a localized collection of pus in the cavity lined by granulation tissue, covered by pyogenic membrane.

DISCUSSION

Dashanga Lepa^[7] is a polyherbal formulation consisting of 10 different herbs, such as, *Shirisha* (*Albizia lebbek*), *Yashtimadhu* (*Glycyrrhiza glabra*), *Tagara* (*Valeriana wallichii*), *Rakta Chandana* (*Pterocarpus santalinus*), *Ela* (*Elettaria cardomum*), *Jatamansi* (*Nardostachys jatamansi*), *Haridra* (*Curcuma longa*), *Daruharidra* (*Berberis aristata*), *Kushta* (*Saussurea lappa*), and *Sugandha Bala* (*Coleus vettiveroides*).^[8] It is used as a topical treatment in conditions like *Visarpa* (herpes), *Visha Visphota* (skin eruptions due to poison) and *Dushta Vrana* (non-healing wound). This formulation is found to be safe and dermatological manifestations are extremely rare. This article discusses a case of skin rash in a patient with rheumatoid arthritis, on the site of application of *Dashanga Lepa*. There is a strong association between the event and formulation. This kind of reaction with *Dashanga Lepa* is rare and unexpected. Recurrence of such a type of reaction is avoidable by properly detecting, evaluating, understanding and reporting such an event.

The technique of preparation of the *Lepa*, which the physician has followed is bit a different from the standard reference. As per classics, all the 10 ingredients need to be powdered and made into a *Kalka* (semisolid paste) form and during application it is to be mixed with *Ghritha* (Ghee).

Here *Ghritha* may help in preventing the toxic effects of the formulation and moreover, *Ghritha* has an antidotal effect in *Pitta Prakriti*.^[9] Many of ingredients of *Dashanga Lepa* have not been reported for their toxicity. However, Veleriane alkaloid, which is an active chemical constituent of *Tagara* (*Valeriana wallichii*) and *Jatamansi* (*Nardostachys jatamansi*) has been reported to produce allergic reactions and contact dermatitis.^[10] Furthermore, *Costus* oil (*Kushta*) has

been seen to result in allergic contact dermatitis when used externally.^[11] Hence, in this case, we believe that the event may have occurred because of improper selection of the treatment vehicle or sensitivity of some ingredients of the *Dashanga Lepa*.

CONCLUSION

Dashanga Lepa is an *Ayurvedic Lepa* (Semi-strong paste) containing ten substances and carried out topically to treat numerous skin infections along with *Visarpa* (Herpes), *Visha Visphota* (pores and skin eruptions due to poison) and *Dushta Vrana* (non-recovery wound), swellings, boils, migraine, headache, ulcer, pores and skin poisons erysipelas, and many others. *Dashanga Lepa* is cited in several Ayurvedic literatures and clinically used as an agent in diverse sicknesses. It's miles used by making a paste with lukewarm cow's pure butter (*Gau Ghritha*) as an outside software. All Acharya cited using *Dashanga Lepa* inside the situation of *Visarpa* (Erysipelas or Cellulitis) and in *Shotha* (Inflammatory edema).

REFERENCES

1. Acharya YT, Caraka Samhita, Ayurveda Dipika Commentary of Chakrapanidatta, Sutrasthana, Chapter 17", 82 Shloka, Reprint., Varanasi, Chaukhamba orientalia: 2011.p.103.
2. Bahaddhur Syar Raja Radhakantadeva, Shabdakalpadruma, 1" edition, 3 reprint., Delhi, Naag publications, 2006, p.140/141
3. Shastri Ambikadutta K, Sushruta Samhitha of Maharshi Sushruta, Edited with Ayurveda Tatwal Sandipika, Nidana Sthana, Chapter 6, 16 Shloka, 1" Edition, Reprint., Varanasi, Chaukhamba Sanskrit Sansthan, 2014;p.329.
4. Acharya YT, Caraka Samhita, Ayurveda Dipika Commentary of Chakrapanidatta, Sutrasthana, Chapter. 17 82 Shloka, Reprint., Varanasi, Chaukhamba orientalia: 2011.p.103.
5. Shastri Ambikadutta K, Sushruta Samhitha of Maharshi Sushruta, Edited with Ayurveda Tatwal Sandipika, Nidana Sthana, Chapter 6, 16 Shloka, 1" Edition, Reprint., Varanasi, Chaukhamba Sanskrit Sansthan, 2014;p.329.

6. Acharya YT, Caraka Samhita, Ayurveda Dipika Commentary of Chakrapanidatta, Sutrasthana, Chapter 17 82 Shloka, Reprint., Varanasi, Chaukhambha orientalia: 2011.p.103.
7. Sharma SP, editor. Hindi translation. 7th ed. Varanasi: Chaukhambha Amara BharataPrakashana; 1977. "11th Adhyaya. Uttarasthana" Sharangadhara Samhita; p. 415. [Google Scholar]
8. Vaidhya BG, editor. Hindi translation. Vol. 2. Varanasi: Chaukhambha Bharati Academy; 2005. "547th Drug" Nighantu Adarsha; p. 733
9. Trikrampi AJ, editor. Charaka Samhita. 5th ed. Varanasi: Chaukhambha Sanskrit Sansthan; 2006. "13th Adhyaya" Sutra sthana; p. 399. [Google Scholar]
10. Kemper KJ. Valerian. Longwood Herbal Task Force (Internet) 1999. [Last accessed on 2011 Jul 13]. Available from: <http://www.longwoodherbal.org/valerian/valerian.pdf>.
11. Gupta KA, Neeraj T, Madhu S, editors. Vol. 4. New Delhi: Indian Council of Medical Research; 2006. Quality standards of Indian medicinal plants; p. 212.

How to cite this article: Ashima Kahi. Role of Dashanga Lepa in Prameha Pidika. J Ayurveda Integr Med Sci 2024;8:163-166.
<http://dx.doi.org/10.21760/jaims.9.8.24>

Source of Support: Nil, **Conflict of Interest:** None declared.
