

**“CLINICAL STUDY ON THE EFFICACY OF SAINDHAVADI TAILA IN THE
MANAGEMENT OF PAMA IN CHILDREN W.S.R. TO SCABIES”**



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ABSTRACT

INTRODUCTION

Ayurveda– the science of life” is the most indigenous system of medicine which has propagated treatment of various illnesses.

The main aim of Ayurveda is to maintain the health of the healthy person and to cure the illness of the diseased person. Ayurveda science covers all aspects of life up to spiritual level. Ayurveda is not like any periodical Relic, which had relevance with that particular period. It is equally important and had its practical values in present era, also will be unique guide of Indian medicine in future.

Kaumarabhritya, is one of the branch of *Ashtanga Ayurveda*¹ which emphasizes the importance of child care. The traditional way of baby and child care was the backbone of the healthy generation and it was beautifully explained by *Acharya Kashyapa*. *Kaumarabhritya* is one of the most appreciated branches of *Ayurveda*, need urgent attention in research, revalidation and practice. Life starts at the time of conception by the union of sperm, ovum & soul together with the mind. Birth is only an event in an individual’s life and the childhood period spans up to the age of 16 years. So, *Kaumarabhritya* is closely related to *Prasuti tantra* also.

The beauty and attraction of an individual lies in the healthy skin along with the general health. Thus, health and beauty are the two faces of a single coin. Skin is the largest organ of the body which is exposed to the external environment. Being one of the five sense organs, it plays a great role in normal well-being of human life. As the interface with the surroundings, it plays the most important role in protecting against pathogens. Any ailment in the skin becomes a great handicap in the society because it is visible. Majority of the skin diseases are not fatal but create comparatively greater stress and strain to the patient.

So, in present scenario, situation is such that even for minor skin problems people prefers special treatment due to cosmetic and social value.

Ayurveda has given importance to skin diseases since the era of *Vedas* and later on in *Samhita Kala* the study of skin diseases were done elaborately and a separate chapter on *Kustha* found the place, but in modern medicine the condition was different.

Scabies is a contagious skin infection that spreads rapidly in crowded conditions and is found worldwide. Personal hygiene is an important preventive measure and access to adequate water supply is important in control (W.H.O.).

Scabies mites are found worldwide, affecting all socioeconomic classes and in all climates. Epidemics have been linked to poverty, poor water- supply, and sanitation and overcrowding. As the modern drugs are more useful in *Pama* (scabies) providing relief within short period but the recurrence of disease with such drug is more common. So, there is a need to evaluate the efficacy of ayurvedic drug which will have best anti-scabietic action, within a short period, with negligible side-effect & decreasing the incidence of recurrence of disease.

In this study *Saindhavadi Taila* is been tried for such action. All drugs of *Saindhavadi Taila* are having *kushtaghna* and *kandughna* properties so it is considered to be very much effective in the treatment of *Pama kushtha*.

AIM AND OBJECTIVES

- To evaluate the efficacy of *SAINDHAVADI TAILA* externally as external application remedy in the management of *Pama Kushta*.
- To study the disease *Pama* (scabies) from *Ayurvedic* & modern view
- A. **STUDY DESIGN:** Single arm Clinical Trial
- B. **SAMPLE SIZE:** 30 patients

MATERIAL AND METHOD:-

The attempts to validate the insinuations from the ancient structures of medicine on the basis of current scientific principles stand as the major step in order to recuperate them in the present era. The materials are the building blocks, whereas the methods are the strategies drawn by the Designer in case of erecting a structure called as the study. The methods employed in a study decide its fate of being acclaimed or otherwise. They design the advancement of the study and lastly its outcome. Hence methods and materials employed is the heart of the research. They are more significant in case of a scientific research movement, where accurate facts are to be exposed.

STATISTICAL ANALYSIS:

Observations of the study were analysed and findings were evaluated by using statistical methods (Student's paired *t* test).

Result:

The present study shows that the trail drug Saindhavadi Taila is effective. No adverse effect of the trail drug was observed during the study.

Conclusion:

Saindhavadi Taila have significant effect in reducing the Pama or Scabies.

Keywords: Pama , Scabies.