

**Author Understanding role of three ficus species in the management of skin diseases with respect to *pittaj kushtha*****Kulkarni D.V.\*<sup>1</sup>, Kudale Ruchita Raghunath<sup>2</sup>, Pawar Renuka Shahaji<sup>3</sup>**

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**\*Corresponding author: e mail: [dvkulkarni13@gmail.com](mailto:dvkulkarni13@gmail.com)****ABSTRACT**

Skin diseases are most common form of infections. Due to changes in lifestyle, food habits and different causative organisms; the occurrence of skin diseases is increasing day by day. While treating of skin diseases, with the help of modern science, success is mixed with lot of hazards. In *Ayurveda*, all skin diseases are described under the title- '*Kushtha*'. Many medicinal plants are described in treatment of *Kushtha* according to its type. Nyagrodha (*Ficus benghalensis*), Ashvattha (*Ficus religiosa*) and Udumbara (*Ficus racemosa*) are the plants belonging to Moraceae family and Ficus species. These are classified under the *Mishrak gana* viz. - *Panchvalkala Vruksh* and *Panchkshiri Vruksh*, which are used for the treatment of *Pittaj kushtha* since ages. All these three drugs are in possession of *Kashaya Rasa*, *Katu Vipaka* and *Sheeta Veerya* along with *Ruksha guna*. *Kashaya rasa* is composed of *Prithvi* and *Vayu mahabhuta* and is responsible for *Kledshoshak* activity. *Kashaya rasa* and *Sheeta veerya* have *Pittaghna* and *Stambhak* action by which it reduces *kleda* which is one of the main *Dushyas* in *Kushtha*. *Ruksha guna* act as *kled* and *strav shoshak*. Use of *Nyagrodha*, *Ashvattha* and *Udumbara* may found

beneficial in treatment of *Pittaj Kushtha*. As these drugs are easily available and cost effective; they may offer a helping hand for the poor patients suffering from skin diseases. This review reveals their role in *Pittaj Kushtha*.

**Keywords:** - Skin diseases, Ficus species, *Pittaj kushtha*.

**INTRODUCTION**

Skin is the largest organ of body consisting three layers of tissues- epidermis, dermis and sub-cutaneous layer. It is responsible for various activities of body including temperature regulation, insulation, sensation, synthesis of vitamin D and protection of body from different organisms<sup>[1]</sup>. Due to changes in life style and different causative organisms; occurrence of skin diseases is increasing day by day. It is one of the most common human illness occurring in both high and low income categories.

Ayurveda states that overall condition of individual is responsible for healthy skin. Numerous skin care treatments and medicinal plants are described according to one's *prakriti*. According to *Ayurveda*, any alteration in healthy life style and food habits may result in occurrence of skin diseases i.e. '*Kushtha*'. It is a broad term used to denote skin diseases in *Samhitas*.



All types of skin diseases are included in this term.

Ayurvedic literature consists of various medicinal plants which are beneficial in treatment of *Kushtha*. *Nyagrodha* (*Ficus benghalensis*), *Ashvattha* (*Ficus religiosa*) and *Udumbara* (*Ficus racemosa*) are the plants used for treating *Pittaj kushtha* since ages. These three are included in *Mishrak gana* viz.-

Table 1-Mishrak Gana described in Samhitas

<b>Mishrak Gana</b>	<b>Described by</b>
<i>Panchvalkala</i> <i>Vruksh</i> , <i>Panchkshiri</i> <i>Vruksh</i>	Acharya <i>Bhavprakasha</i> <sup>[2]</sup>
<i>Panchvetas</i>	<i>Raj Nighantu</i> <sup>[3]</sup>
<i>Nyagrodhadi gana</i>	Acharya <i>Sushruta</i> <sup>[4]</sup> , Acharya <i>Vagbhata</i> <sup>[5]</sup>
<i>Kashayskandh</i>	<i>Acharya Charak</i> <sup>[6]</sup>

These drugs act according to their *Rasapanchaka* and causes *Sampraptibhang* leading to cure of *Kushtha*.

#### AIM-

- Understanding role of three ficus species in the management of skin diseases with respect to *pittaj kushtha*.

#### OBJECTIVES-

- To study *Nyagrodha*, *Ashwattha*, *Udumbara* for their role in treatment of Skin diseases as per Ayurvedic perspective.
- To study the *Rasa*, *guna*, *virya*, *vipaka* of *Nyagrodha*, *Ashwattha*, *Udumbara*.
- To study current research conducted on *Nyagrodha*, *Ashwattha*, *Udumbara*.

#### METHODOLOGY-

Along with *Tridosha* (*Vata*, *Pitta* and *Kapha*); *Twacha*, *Rakta*, *Mamsa* and *Lasika* are seven *dushyas* responsible for *Kushtha*. Depending on these; seven types of *Mahakushtha* and eleven types of *Kshudrakushtha* are described by Acharya Charaka in *Charak Samhita*<sup>[6]</sup>.

Among the eighteen types, fourteen are having dominance *Pitta dosha*. *Pittaj kushtha* have the symptoms as- *Daha*, *Raga*, *Paristrava*, *Paaka*, *Visra gandh*, *Kleda*, *Vrana*, *Lalima*, *Strava* etc.<sup>[6]</sup>. Occurrence of these symptoms may vary from patient to patient.

Among the *Panchvalkala vruksha*; *Nyagrodha*, *Ashvattha* and *Udumbara* are most commonly found in our surrounding. They belong to *Moraceae* family and *Ficus* species having taxonomical classification as follows-

Table 2- Taxonomy of Ficus species

<b>Kingdom</b>	<i>Plantae</i>
<b>Division</b>	<i>Magnoliophyta</i>
<b>Class</b>	<i>Magnolipsida</i>
<b>Order</b>	<i>Urticales</i>
<b>Family</b>	<i>Moraceae</i>
<b>Genus</b>	<i>Ficus</i>

Description of these drugs on basis of their *rasa*, *veerya*, *vipaka*, *guna* is as follows-

#### 1. *Nyagrodha*

**Latin name-** *Ficus benghalensis* Linn.

***Doshaghnata*- Kapha-pittaghna**<sup>[2]</sup>

**Actions described in *Samhitas***<sup>[2]</sup>-

1. *Vranapaha*
2. *Varnya*
3. *Dahaghna*

#### Pharmacological actions-

1. Rimi Shukla SGJG and others studied the antioxidant effect of aqueous extract of the bark of

*Ficus benghalensis* and found that it has extreme scavenging activity by DPPH radical [7].

2. Biswas TK MB described *Ficus benghalensis* for its wound healing activity when tested in various experimental models [8].



Figure 1- Nyagrodha (*Ficus benghalensis* Linn.)

## 2. Ashvattha

**Latin name-** *Ficus religiosa* Linn.

**Doshaghnata-** Pitta-kaphaghna [2]

**Actions described in Samhitas** [2].

1. Vranaghna
2. Varnya
3. Raktavikarshamak

## Pharmacological actions-

1. Jiwala SA and others done the evaluation of free radical scavenging activity and found that *Ficus religiosa* is rich with phytochemical contents having antioxidant activity [9].
2. R.Preethi and others studied aqueous extract of *Ficus religiosa* and found that the growth of *P.aeruginosa* was remarkably inhibited by it [10].



Figure 2- Ashvattha (*Ficus religiosa* Linn.)

## 3. Udumbara

**Latin name-** *Ficus racemosa* Linn.

**Doshaghnata-** Pitta-Kaphaghna [2]

**Actions described in Samhitas** [2].

1. Vranashodhan-Ropan
2. Varnya
3. Raktavikarshamak



## Pharmacological actions-

1. V.P.Veerapur and others studied the antioxidant activity of *Ficus racemosa* stem bark extract and found that ethanol extract exhibits significantly higher steady state antioxidant activity [11].
2. R.B.Rao and others found that ethanol extract of stem bark of *Ficus racemosa* shows wound healing activity in incised and excised wound in rats [12].



Figure 3- Udumbara (*Ficus racemosa* Linn.)

## DISCUSSION-

### *Rasapanchaka of Nyagrodha, Ashwattha, Udumbara-*

Table 3- Rasapanchaka of *Nyagrodha*, *Ashwattha*, *Udumbara*

Drug name	Rasa	Veerya	Guna	Mahabhuta
<i>Nyagrodha</i>	<i>Kashaya</i>	<i>Sheeta</i>	<i>Ruksha, Guru</i>	<i>Pruthvi, Vayu</i>
<i>Ashwattha</i>	<i>Kashaya, Madhur</i>	<i>Sheeta</i>	<i>Ruksha, Guru</i>	<i>Pruthvi, Vayu, Jala</i>
<i>Udumbara</i>	<i>Kashaya</i>	<i>Sheeta</i>	<i>Ruksha, Guru</i>	<i>Pruthvi, Vayu</i>

#### Comparison of Rasa :

From above table we can clearly see that, *Kashaya rasa* is mostly present in all the drugs. They also have *Madhur rasa* in

#### Comparison of Guna:

All the three drugs are having *Ruksha* and *Guru Guna*.

#### Comparison of Mahabhuta:

All these three drugs have *Pruthvi* and *Vayu mahabhuta*. *Jala mahabhuta* is also present in one of them.

#### Samprapti of Pittaj Kushtha-

Along with *Tridosha* (*Vata, Pitta and Kapha*); *Twacha, Rakta, Mamsa* and *Lasika* are 7 *dushyas* responsible for *Kushtha*. Due to dominance of increased *Pitta Dosha* leads to increase *Ushna* and *Snigdha guna*. This causes the symptoms like- redness of skin, *Daha, Raga, Paka, Kleda, Vrana* formation, discharge of *Rakta-Pooya-Lasika* from skin etc.

Here we need to use drugs of *Sheeta* and *Ruksha guna* which will reduce *Ushna* and *Snigdha guna* and ultimately cure the *Pittaj kushtha*.

Among all these three drugs; there is dominance of *kashaya rasa*, *Sheet veerya* and *Ruksha, Guru guna*. They also have dominance of *Pruthvi* and *Vayu Mahabhutas*. *Kashaya rasa* has *Pittaghna, Stotoshodhak,*

them. Thus *Kashaya rasa* is present 82.5% and that of *Madhur rasa* is 17.5%.

#### Comparison of Veerya:

All the three drugs are having *Sheet veerya*.

*Twakprasadak, Vranropak* activity. With these; increased *Pitta dosha, Stotorodha, kleda* in *Pittaj kushtha* decreases. *Twakprasadana* and healing of *vrana* takes place. Also *madhur rasa* performs its *varnya* activity and *Pittaj kushtha* is healed.

*Sheeta veerya* decreases *daha, paka* and *raga* present in *Pittaj kushtha* and *Ruksha guna* absorbs the *kleda* and *strava*. Thus helps in reducing *Pittaj kushtha*.

Due to dominance of *Pruthvi* and *Vayu mahabhuta*; *Stravashoshaka* and *kledachushana* is done. These drugs also have *Jala Mahabhuta* in minor quantity.

## CONCLUSION

The present study reveals that these three herbs dominantly having *Kashaya Rasa, Sheet veerya, Ruksha guna* and play significant role in treatment of *Pittaj Kushtha*.

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### Cite article

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**Ayurlog: National Journal of Research in Ayurved Science- 2018; (6)(5): 1-5**