

Ayurvedic Treatment on scabies, ringworm and other skin diseases (As well as cosmetics and maintaining healthy hair)

Preface

Everyone wants to look beautiful and there is nothing wrong with this. Skin ailments affect the appearance of an individual directly. How to improve beauty by eliminating skin ailments, has been described beautifully since ancient times in Ayurveda. There are two Volumes on the subject of 'Skin diseases'. In the first Volume, topics such as arrangement of the skin, measures to be taken for keeping the skin healthy have been discussed. Additionally, the symptoms of ailments associated with beauty such as burning of the skin, urticaria, skin ailments associated with beauty, etc. have been discussed and the remedial measures have been described.

In this Volume information has been provided on the symptoms and treatment on ailments such as scabies, ringworm, leucoderma. Readers will also learn about hair related ailments such as dandruff, seborrhoeic dermatitis, baldness, other problems and the associated treatment. This Text also elaborates on the various natural and artificial cosmetics, and their uses. Both the Texts are worth reading for obtaining information on skin diseases and making efforts to maintain the health of the skin. One among the many reasons for the skin diseases is 'demerits of the past life' and the ancient Texts on Ayurveda advise Divine measures for curing them. These Texts also mention these Divine remedial measures. They have been taken from the Sanskrit Text 'Bruhat Nighantu Ratnakar'.

Our prayer at the Holy feet of Vayudevata (Deity of Air) may all be inspired to understand the rules of Ayurveda and act accordingly and may everybody's skin remain healthy and lustrous ! - **Authors**

Index

| | |
|----------------------------------|-----------|
| Chapter 1 : Skin diseases | 15 |
| 1. Ringworm | 15 |
| 2. Herpes | 15 |
| 3. Scabies (Pama) | 17 |
| 4. Warts | 17 |
| 5. Prickly heat | 19 |
| 6. Excessive sweating | 19 |
| 7. Skin tags (Charmakila) | 20 |
| 8. Keloid | 20 |

| | | |
|---|-------------------------|-----------|
| 9. Vesicular eruptions | 10. Dry and rough skin | 21 |
| 11. Fissures (cracks) in soles | 12. Ulcers on wet soles | 22 |
| Chapter 2 : Eczema | | 23 |
| 1. What is eczema ? | 2. Stages of eczema | 23 |
| 3. Ayurvedic treatment in three types of eczema | | 24 |
| 4. Drug allergy | | 25 |
| 5. Insect bite allergy (due to mosquitoes, bugs, cockroaches, etc.) | | 26 |
| Chapter 3 : White spots on the skin | | 27 |
| 1. Causes of white spots on the skin | | 27 |
| 2. Ayurvedic treatment on white spots | | 28 |
| 3. What is Albinism | | 29 |
| 4. Leucoderma (Shvitra) | | 29 |
| Chapter 4 : Elephantiasis (Shlipada) | | 34 |
| 1. What is elephantiasis ? | | 34 |
| 2. Symptoms | | 34 |
| 3. Principles of treatment | | 34 |
| 4. Application of pastes (Lepa) locally | | 35 |
| 5. Local treatment | | 35 |
| 6. Purgatives | | 36 |
| 7. Diet | | 36 |
| 8. Oral medication | | 36 |

| | | |
|---|---------------------------|----|
| 9. Spiritual therapy (Karmavipak) | 37 | |
| Chapter 5 : Abscess (Vidradhi) | 38 | |
| 1. General information | 38 | |
| 2. Why do some individuals suffer from recurrent attacks of abscesses ? | 39 | |
| 3. What measures should be employed to prevent abscess formation ? | 40 | |
| 4. Abscess (Vidradhi) - Ayurvedic concept | 40 | |
| 5. Types of abscesses | 41 | |
| 6. Principles of treatment | 42 | |
| 7. Vataja vidradhi (Abscess with a dominant vata dosha) | 42 | |
| 8. Pittaja and raktaja vidradhi (Abscess with a dominant pitta and rakta dosha) | 44 | |
| 9. Kaphaja vidradhi (Abscess with a dominant kapha dosha) | 45 | |
| 10. Abhighataja, that is, kshataja vidradhi | 47 | |
| 11. Raktaja vidradhi | 47 | |
| 12. General medicines on abscess (adult dosage) | 47 | |
| 13. Antar vidradhi (Internal abscess) | 48 | |
| 14. Diet in abscess | 51 | |
| Chapter 6 : Local applications in skin lesions | 52 | |
| 1. In what form should the medicines be applied on skin lesions ? | 52 | |
| 2. Other medicine applied to the skin externally | 56 | |
| 3. Selection of an appropriate preparation for external application to the skin | 58 | |
| Chapter 7 : Hair | 59 | |
| 1. Constitution and hair | 2. Hair loss | 59 |
| 3. Dandruff | 4. Seborrhoeic dermatitis | 62 |

| | | |
|--|--------------------------------|-----------|
| 5. Lice | 6. Removal of unnecessary hair | 64 |
| 7. Greying of hair | | 66 |
| 8. Medicines which improve the colour of hair (Kesharanjana) | | 68 |
| 9. Medicines which augment the growth of hair (Keshya) | | 69 |
| 10. Diet for the hair | | 69 |
| 11. Nails | | 69 |
| Chapter 8 : Baldness | | 71 |
| 1. Causes | | 71 |
| 2. Treatment (For applications to the scalp) | | 71 |
| Chapter 9 : Shampoo | | 74 |
| 1. What is shampoo ? | | 74 |
| 2. Types of shampoos | | 74 |
| Chapter 10 : Cosmetics | | 77 |
| 1. Definition | 2. Side-effects | 77 |
| 3. Cleansing agents | 4. Soaps | 78 |
| 5. Antimicrobial bar soaps | | 78 |
| 6. Soap free cleansers - Cleansing creams or lotions | | 78 |
| 7. Abrasive cleansers | 8. Bleaching agents | 79 |
| 9. Axillary antiperspirants | 10. Axillary deodorants | 79 |
| 11. Scented oils and perfumes | 12. Lipsticks | 80 |
| 13. Eye shadows and eyeliners | | 81 |
| 14. Bindi causing dermatitis | | 81 |
| 15. Toothpaste | | 82 |
| 16. Dentifrices and mouth wash | | 82 |
| 17. Hair dyes | 18. Rinses and tints | 82 |
| 19. Hair bleaches | 20. Permanent waves | 83 |

| | | |
|--|----------------------------|-----------|
| 21. Hair straighteners | 22. Hair sprays | 83 |
| 23. Hair tonics and lotions | 24. Depilators | 84 |
| 25. Hair conditioners | 26. Nails | 84 |
| 27. Refresheners | 28. Lubricants of the skin | 85 |
| 29. Pimples – Harm caused by beauty products | | 85 |
| 30. Fragrance | | 86 |
| 31. Medica or mendi or mehendi | | 86 |
| Chapter 11 : Facial treatment | | 87 |
| 1. The following nine steps are useful to keep the skin of the face healthy. | | 87 |
| 2. Use of Ayurvedic cosmetics based on the season | | 91 |
| 3. Home remedies to keep the skin of the face healthy | | 91 |
| Chapter 12 : Groups of medicines acting on the skin | | 93 |
| 1. Jivaniya gana (Group) | 2. Brumhaniya gana | 93 |
| 3. Lekhaniya gana | 4. Bhedaniya gana | 93 |
| 5. Sandhaniya gana | 6. Balya gana | 93 |
| 7. Varnya gana | 8. Kushthaghna gana | 94 |
| 9. Kandughna gana | 10. Krumighna gana | 94 |
| 11. Svedopaga gana | 12. Shvayathuhara gana | 94 |
| 13. Dahaprashamana gana | 14. Udardaprashamana gana | 95 |
| 15. Rukshana gana | 16. Snehana gana | 95 |
| 17. Svedana gana | 18. Rakshoghna gana | 95 |
| 19. Rasayana gana | 20. Puyavardhana gana | 96 |
| Chapter 13 : Diet for skin disorders and hair | | 97 |
| 1. Recommended (Beneficial) and not recommended (Harmful) diet | | 97 |
| 2. Spiritual therapy (Karmavipak) | | 98 |