ABSTRACT:
There are many skin disease which is most common among all skin diseases worldwide. Chronic skin conditions are typically not curable, but they can be managed using proper drugs and by paying close attention to lifestyle. Ayurveda focuses on healthy lifestyle practices and regular consumption of adaptogenic herbs. This study is focusing on getting knowledge of the role of Tulsi plant in management of Alasaka kushtha – A literature review.

Keywords: Tulsi, Ocimum sanctum, Kshudra kushthas. Alasaka kushtha

INTRODUCTION:
In Ayurved samhitas, Kushtha is a term used for some skin diseases, which are classified into 2 groups – Mahakushtha and Kshudra kushtha. There are 11 Kshudra kushthas. Alasaka kushtha is a skin disease comes under Kshudra kushtha, mentioned in Charak samhita, Ashtanga hriday, Ashtanga sangraha, and Bhavaprakash samhita.

By reviewing articles and symptoms similarity we can correlate this type of kushtha with Lichen planus, Prurigo nodularis skin diseases which is relatively common disorders. And the treatment available for these diseases has their topical and systemic side effects. There are certain non steroidal medications that also have been used as alternative but the results are not satisfactory.

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“The role of Tulsi plant in management of Alasaka kushtha – A literature review.”

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Tulsi is held sacred by Indian subcontinent and cultivated for religious and traditional medicine purpose. It is used as medicine in day to day practice for various ailments. Ayurvedic classics have also described several uses of Tulsi plant. There is evidence that Tulsi can address physical, chemical, metabolic and psychological stress through a unique combination pharmacological actions.

AIM- To study the role of Tulsi plant in management of Alasaka kushtha.

OBJECTIVES-
1. To study Tulsi herb as a drug.
2. To study Alasaka kushtha as per Ayurveda and modern literature.
3. To study the action of Tulsi drug on Alasaka kushtha.

MATERIALS:
All the description related to Tulsi dravya and Alasaka kushtha available in different samhitas, various website and research articles.

METHODS:

Causes of Kushtha:
There are many reasons, which cause kushtha. Improper lifestyle and food, heredity, infections, due to immunodeficiency disease, and according to more recent research there maybe a psychiatric cause for some skin disease like prurigo nodularis.

Samprapti:
According to Ayurveda there are all three doshas are involved in kushtha vyadhi, and Twacha, Rakta, Mamsa, Ambu dhatu are also involved. Acharya Charaka says –

ALASAKA KUSHTHA-
According to Bhavprakash samhita, Charak Samhita, Ashtanga Hridaya, Ashtang Sangraha Alasaka kushtha is comes under Kshudra kushtha. It is a Vata Kaphaj diseases. And due to this dosha predominance it is Sukhasadhya disease.

Symptoms:
- Gandayukta – Nodular growth on skin associated with Kandu – Itching sensation
- Raga - Redness
- According to symptom resemblance and by review of literature Alasaka kushtha can becompared with Prurigo nodularis and Lichen planus skin disease.

PRURIGO NODULARIS
It is chronic disorder and having unknown etiology. But a variety of systemic conditions like hyperthyroidism, hepatic failure, renal failure may be associated with this disease. There may be autoimmune condition. It characterised by hard dome shaped nodules with central scale crust. The colour varies from brown to skin coloured. And having intense pruritis.

Lichen planus:
It is immune mediated disorder. It is a chronic inflammatory disease affecting mucosal and cutaneous tissue, having symptoms like Purplish-itchy flat topped bumps over skin. And on mucous membrane such as in mouth it forms lacy white patches sometimes with painful
sores.

- Drug review

**Plant name:** Tulsi

**Latin name:** Ocimum sanctum

**Family:** Lamiaceae

**English name:** Holy basil

**Sanskrit names:** Apetarakshasi, Devdundubhi, Surasa.

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**Prabhav : Krumighna**

Bhavprakashkar stated Tulsi drug have a kushthaghna action.

It has properties like:

1. Sansthanic karma : Chamarogahar, Jantughna, Durgandhanashana, Vatahar, Shothaghna.

**Chemical composition:**

1. Polyphenol rosmarinic acid (fresh leaves and stem extract) : Acts as powerful antioxidant.
2. Seed oil : Chemo preventive activity
5. Ursolic acid : anti-inflammatory, anti-oxidant, anti-carcinogenic effects.
6. Oleanolic acid : hepato-protective, anti-tumour, anti-viral.

**Mode of administrations :**

- Swarasa form - 10-20 ml
- Moola kwatha – 50-100 ml

- Patra kalka for for locally application.

We can use Tulsi drug in combination with other drugs, with various anupana, as well as in bahya and abhyantara prayog with following proper pathyapathya mentioned for kushtha vyadhi.

**DISCUSSION :**

1) As per the description of Alasaka kushtha is vata kaphaj disease. And having symptoms like itching, redness, nodular growth over skin.

According to Bhavaprapashkar Tulsi plant acts as deepana pachana, krumighna, Raktashodhak, vata and kapha doshhar, Anulomak when taken as internally. And also acts as Durgandha nashan, twak roghar, kushthaghna, kandughna as per ayurvedic literature. And this action of Tulsi is beneficial for treating Alasaka kushtha.

2) Lichen planus, Prurigo nodularis has the treatment available is topical and systemic corticosteroid medicines which have many side effects. There are certain non steroidal medications that also have been used as alternative but the results are not satisfactory.

Many scientific studies have indicated that Tulsi plant has antioxidant, hepato-protective, immunomodulating, anti-
helminthic, anti-inflammatory, antibacterial, antiviral, antifungal, antipyretic, anxiolytic, antidepressant, anti-tumour, chemopreventive action with wide margin of safety. And which are useful in treating these diseases.

CONCLUSION:
So Tulsi herb can be effective in management of Alasaka kushtha.

We can use Tulsi drug as single medicine in various forms as well as in bahya and abhyantara prayog with following proper pathyapathya mentioned for kushtha vyadhi.

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