

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

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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 *Alasaka kushta* by review of *samhitas*, research articles, published articles, and websites. In *Ayurved samhitas* various skin diseases are comes under different classification. Some skin diseases are comes under *Kshudra kushtha*. *Alasaka kushtha* comes under *Kshudra kushta* in some *Ayurvedic samhitas*. *Dravya guna* is one of the *pharmaco*-therapeutic branch of *Ayurveda* deals with herbal drugs. The plant *Ocimum sanctum* better known as *Tulsi* or Holy basil can be used for everything from the common cold to heart disorder due to its highly complex chemical composition. Perhaps best known of many active compounds that have been identified and extracted from the *Tulsi*

plant. *Tulsi* herb can also cure variety of skin disease. Therefore called as “Herb for all reason”.

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.

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 be compared 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*,
Devdandubhi, *Surasa*.

<i>Rasa</i>	<i>Guna</i>	<i>Virya</i>	<i>Vipaka</i>	<i>Doshaghanata</i>
<i>KatuTikta</i>	<i>Laghu Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-vatashamak Pittavardhak</i>

Prabhav : Krumighna

Bhavprakashkar stated *Tulsi* drug have a *kushthaghna* action.

It has properties like :

1. *Sansthanic karma : Charmarogahar, Jantughna, Durgandhanashana, Vatahar, Shothaghna.*
2. *Abhyantar karma : Deepana, Pachana, Anulomana, Krumighna, Raktashodhak, Sweda-janan, Kushthaghna, Kandughna.*

Chemical composition:

1. *Polyphenol rosmarinic acid* (fresh leaves and stem extract) : Acts as powerful antioxidant.
2. Seed oil : Chemo preventive activity
3. *Eugenol* : essential oil – act as local antiseptic and anesthetic.
4. *Carvacrol* : antimicrobial activity, acts against *periodontopathic* bacteria, *starins* and *fungi*.
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 *Bhavaprakash 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, chemo-preventive action with wide margin of safety. And which are usefull 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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Conflict of Interest:

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