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Evaluate the efficacy of freshly prepared juice of “*Cassia alata* L.” leaves in the management of *Sidma* *Kushta* - A preliminary study

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Abstract

Sidma is one of the most common; most asymptomatic dermatological disease can be seen in today's society. It is categorized under the types of *Kushta* in Ayurvedic texts, characterized by very thin, white or copper coloured scaly lesions, located in the upper part of the body. According to modern medicine, this can be described as a relatively common condition among young adults, caused by superficial fungal infection with 'Pityriasis versicolor', presents most commonly on the trunk with reddish brown scaly macules which are asymptomatic. Commonly this freshly prepared juice of “*Cassia alata*” leaves is used by traditional medical practitioners, Sri Lanka as an external application for *Sidma* patients. Therefore this clinical study was carried out to assess the clinical efficacy of juice of “*Cassia alata* L.” in the management of *Sidma* condition. The very mixture only consists of fresh leaves “*Cassia alata* L.” 25 patients of both sexes belong to age 15 – 60 years having symptoms of *Sidma* were randomly selected. The patients were advised to apply the juice on the affected area and wash it away after 30 minutes. Treatment was administered every day (morning and evening) and continued for three weeks. Subsequently all of them were examined weekly and fluctuations were recorded duly. The improvement in these patients was measured manually. After the completion of the treatment 60% was completely recovered, 25% was partially relieved from symptoms and 15% was not cured. Hence, it can be concluded that the fresh juice of “*Cassia alata*” leaves is effective on minimizing symptoms of *Sidma*.

Keywords: *Sidma*, *Cassia alata* leaves, Pityriasis versicolor.

1. Introduction

Dermatological disorders, more commonly known as skin diseases have become one of the major health issues throughout the world. Thus when assigning health priorities, it is given less priorities, concern and attention by the health practitioners. The disease *Sidma* can be introduced as the most common communicable disease among the dermatological disorders seen in today even in Sri Lanka. This disease is called “Aluham” in Sinhala language and it is called “Pethi gomara” or “Mal gomara” among the villagers. According to modern medicine, this can be described as a relatively common condition among young adults, caused by superficial fungal infection with 'Pityriasis versicolor', presents most commonly on the trunk with reddish brown scaly macules which are asymptomatic.

According to Ayurveda, *Sidma* is categorized under the types of *Kushta*. Acharya Caraka has described *Sidma* as white, coppery, thin, leaves out dust like powder on rubbing and stimulates flowers of bottle guard is known as *Sidma kushta* ^[1] and Acharya Vagbhata has mentioned *Sidma* as the patches (skin) are dry outside and moist inside, gives out small scales when scratched, smooth to touch, thin, whitish coppery coloured resembling flower of Alabu, usually common in the upper parts in the body ^[2].

Especially younger generation seems to be paying more attention about the disease due to the bad influence on once appearance and its liability of spreading the disease among many. This study has done to find an effective treatment for *Sidma* patients who are get affected physically as well as mentally. This study was mainly based on to evaluate the efficacy of freshly prepared juice of “*Cassia alata*” in the management of *Sidma*.

2. Materials and Methods

The selected drug formula, which only consists the freshly prepared juice of “*Cassia alata*” leaves was obtained from a traditional medical practitioner, Uva province, Sri Lanka which was already used by him for treating his *Sidma* patients. Study was carried out at Ayurveda Hospital, Diyatalawa. Randomly selected 25 diagnosed *Sidma* patients of both sexes between the ages of 15 to 60 years. Selections of patients were done according to the number of

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patches appeared on their trunk, skin discolouration, Itching and scaling. These symptoms were graded according to a scoring pattern. Patients were made aware about the leaves using authentic samples and photographs of "*Cassia alata*", also they were advised to crush a handful of leaves with least amount of water (minimum one tablespoon) and also advised to prepare the juice just before applying. Patients were asked to apply the juice twice daily morning and evening on the affected area, leave it for 30 minutes and wash it away. Treatment administration continued for 3 weeks and the patients were examined duly and fluctuations were recorded.

3. Results

Among the selected 25 patients, total drop outs were 5 and 20 patients were involved for the study. The analysis of data shows that 12 patients out of the sample, that is 60% were fully recovered from symptoms of number of Patches (Mandala) appeared on their trunk, Skin discoloration, Itching and Scaling. 05 patients means 25% were partially relieved from symptoms. For that group the above mentioned symptoms become reduced for certain extend. Thus for the last category there is no improvement. That is 15%.

4. Discussion

When considering the properties of "*cassia alata* L." leaves, it consists of *Madhura rasa*, *Laghu - Ruksha guna* and *Madhura vipaka*. According to Ayurveda texts, Acharya Caraka say *Sidma* is prominent with the *Doshas* of *Kapha* and *Vata* ^[3]. The leaves of "*Cassia alata* L." consist the abilities of reducing *Kapha Dosh*a by its *Laghu - Ruksha guna* and its *Madhura rasa* and *Madhura vipaka* properties will help to reduce *Vata Dosh*a. It is concluded that applying the juice of "*Cassia alata* L." leaves in *Sidma Kushta* is effective remedy specially for *Sidma Kushta* associated with *Kapha* and *Vata Dosh*as.

5. References

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