

Topical Use of Manahshila In Skin Disorders

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The prevalence and predominance of skin diseases gradually increasing day by day because of environmental pollution and fast life style. Medical science producing new drugs but drugs effective in skin disorders are very few. It may be due to low vascularity of the skin on systemic use of drug and less absorption of drug when used topically. And the drugs which are effective give more side effects.

In ayurveda many acharyas have indicated manahsila to be used topically in skin disorders.

Manahsila is described under the heading of uprasa by rasa- acharyas. Manahsila is red compound. It imports orange colour is rubbing, gives red fumes on burning and smells like garlic and sulphur. It mixes with acids and alkalies.

Sanskrit Name	-	Manahshila
Hindi Name	-	Mainshil
English Name	-	Realgar/ Red Arsenic
Chemical Formula	-	As ₂ S ₂
Chemical Name	-	Arsenic disulphide
Hardness	-	1.5 to 2
Specific Gravity	-	3.5

Synonyms -Rogshila, Shila, Naipalika, Kunati, Gola, Manogupta, Manogyra, Manohava Nagjihivika, Nagmata, Kalyanika, Rasnetrika.

Home - Spain, China and Kumaw and Chitral Areas in India.

Types-

- 1- Shyamangi
- 2- Kanvirika
- 3- Khandhakhaya (Best Type)

Grahya Manahshila -Grahya manahshila is one which is devoid of stones and peddles, resemble the colour of red lotus heavy and bright.

Shodhan of manahshila- Manahshila will be purified by keeping in water of churna or giving seven bhavanas of agastyapatra or adrak swaras.

Properties-

Rasa	-	Tikta-katu
Guna	-	Snighda,Guru,Sar
Veerya	-	Ushna
Vipak	-	Katu
Prabhav	-	Kushthaghna, Kanduhar

Dose- For syatemic use – $1/32$ – $1/16$ R (4-8gm)

For topical use – as quantity sufficient.

Therapeutic Uses - Act as Rasayan, Lekhan, Vishaghna, Varnakar and useful specially in Kapha-Vataj and Vataj disorders. Systemically it is used in Swash,Kasha,Anah, Jvar,Agnimandhya,Kshay,Krimi and Visharoga.

Due to tikta-katu rasa it has Vishaghna,Krimighna,Paah-prashaman,Kandunashan,Kushthahar,Twak-Mansasthirikaran,Lekhan,Kled-puya upshoshan,Kaphashamak,Sothhar,Vdardhar,Vranavasadan properties.

Manahshila is very effective in skin disorders on topical application e.g. Plaque Psoriasis,Palmer Psoriasis,Plantar Psoriasis,Scalp Psoriasis,Guttale Psoriasis,Lichenifoid changes,Hyperkeratosis,Keratoderma,EczematousDermatosis,Dermatophytosis ,Pityriasis versicolor.

Observing clinical trial conducted on skin diseases it has been seen that manahshila has antibacterial, antifungal, antipruritic and healing effects.

Topically it is used in combination with many herbal drugs e.g. Lodhra, Kushtha, Vidang, Marich, Ark- kshir, Jati, Nimba etc. And the above combination is applied on the skin with mixing in mustard oil.

On topical use manahshila has no side effects except mild irritation in some cases It contains sulphur and arsenic but on external use they have less side effects.

Arsenic poisoning-

Arsenic interferes with cellular respiration by combining with the sulphhydryl groups of mitochondrial enzymes.

Fatal Dose - 0.1 to 0.2 gm

Fatal Period - 1 to 2 days

Signs & Symptoms of arsenic poisoning-

- 1- Most common presentation is gastro enteric type.
- 2- Constriction of throat, difficulty in swallowing
- 3- Garlic like smell in breath.
- 4- Intense thirst and severe vomiting.
- 5- Watery stool resembling rice water stools of cholera.

Antidote- Freshly precipitated hydrated ferric oxide ($\text{FeCl}_3 + \text{MgO}$) and BAL (Dimecarpol) (3 to 5 mg /kg IM) For 7 to 10 days

Signs & Symptoms of Chronic arsenic poisoning Initial stage-

Brownish pigmentation of skin, milk rose complexion, raindrop type of pigmentation, hyperkeratosis of palms and soles, alopecia.

Late Stage-

Peripheral neuritis, muscular atrophy, vessel damage and teratogenic.

Antidote- BAL (Dimecarpol)

Sulfer Poisoning- On topical use sulfer may cause skin dryness,itching,swelling and irritation. Applying sulfer on broken,wounded,sunburned or otherwise irritated skin can worsen the irritation. Don't cover the skin area with bandage or gauge after sulfer use because this could cause over absorption. Don't use sulfer if u have allergy to sulfer or sulfa drugs.

All Patients Directed to use manahshila containing preparation (lepa) Should instructed to wash hands whenever they apply lepa or its other topical preparations.

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