



---

---

## A COMPREHENSIVE REVIEW ON ASANADI GANA IN THE MANAGEMENT OF SKIN DISEASES

PRATYUSHA G<sup>1</sup> AND HIREMATH RS<sup>2\*</sup>

1: Final year PG Scholar, P.G. Department of Rasashastra and Bhaishajaya Kalpana, KAHER's Shri B.M.Kankanawadi Ayurveda Mahavidyalya, Shahapur, Belagavi, Karnataka, India

2: Professor and HoD, P.G. Department of Rasashastra and Bhaishajaya Kalpana, KAHER's Shri B.M.Kankanawadi Ayurveda Mahavidyalya, Shahapur, Belagavi, Karnataka, India

\*Corresponding Author: Dr. R.S. Hiremath: E Mail: [drshiremath.pub@gmail.com](mailto:drshiremath.pub@gmail.com)

Received 15<sup>th</sup> July 2024; Revised 20<sup>th</sup> Sept. 2024; Accepted 5<sup>th</sup> Nov. 2024; Available online 1<sup>st</sup> Dec. 2025

<https://doi.org/10.31032/IJBPAS/2025/14.12.9586>

### ABSTRACT

Skin plays a crucial role in the health and wellbeing of our bodies. The entire body is united "under one roof" by our skin. Skin is capable of recognising pressure, temperature, and discomfort. It is vulnerable to injuries within as well as the outside. Although most skin conditions are not fatal, some can be so severe and deformative that they severely impair a patient's quality of life, impacting not just their physical appearance but also their mental and social wellness.

*Ayurveda* recognizes these skin diseases under the broad term of "twak vikaras". These conditions are a sign of internal health issues caused by an imbalance of the *doshas*, hence therapy focuses on restoring harmony and balance to the patient. Classically, *acharyas* have mentioned various groups of drugs known as "ganas" where many drugs are categorised based on their similar pharmacological properties.

Use of these herbal drugs dates back to thousands of years and has its roots in every culture around the world. They are utilised to treat a variety of illnesses and ailments, such as allergies, arthritis, migraines, exhaustion, skin infections, wounds, burns, gastrointestinal problems, and even cancers.

One such *gana* is *Asanadi gana* consisting of 23 herbal drugs mentioned classically for the treatment of diabetes but this review intends to explore its additional indication, namely the treatment of skin disorders, in addition to comprehending the individual qualities of the drugs.

**Keywords:** *Asanadi Gana, Ayurveda, Herbal Drugs, Skin, Skin Allergies, Twak Vikara*

## INTRODUCTION

The practise of combining or mixing various drugs into one group has been practised in *Ayurveda* since its inception. More than 500 different medications were listed by our *Acharayas*, who grouped them all under the *Ganas/Varga's* category [1]. Drugs were categorised into *ganas* based on shared morphological characteristics (*Aakriti Sadharmya*), qualities (*Guna Sadharmya*), and therapeutic purposes (*Karma Sadharmya*).

*Acharya Charaka* grouped ten different drugs into a single category known as *Mahakshayas* [2]. Similar to this, *Acharya Sushruta* as well as *Acharya Vagbhatta* also classified 10-15 drugs into a single category known as *ganas*, where 37 such *ganas* were described [3]. This grouping of the drugs into different categories enables us to quickly comprehend the availability, characteristics, and therapeutic applications of several drugs in a systematic manner.

*Asanadi gana*, a collection of 23 drugs categorised by *acharyas* [4, 5] where the first drug present in the *gana* serves as the inspiration for its name. *Shwitra*, *Kushtha*, *Prameha*, *Krimi*, *Pandu*, *Kaphaja vikara*, and *Medodosh*a are the primary ailments for which this *gana* is recommended.

The skin, the body's outermost layer, acts as a barrier between the interior and exterior environments. It is the body's largest organ and serves as the body's first line of defence

by providing resistance. According to ayurvedic classics, skin is known as “*twacha*” which means “to cover something”. The imbalance of *Tridoshas-Dhatus* and *Raktadushti* results in *twacharogas*. More than fifty skin-related disorders are described in various classical texts.

According to conventional medical theory, the skin is an organ with blood arteries, nerves, and a significant number of hair follicles and sweat glands. Any alteration to these elements results in skin disorders. Healthy skin is the primary need of an individual. Any skin irregularity is a visible pathology that negatively affects a person's quality of life [6]. Skin conditions can cause patients to experience severe emotional and psychological distress that may even be worse than the physical effects [7]. According to the survey, 1.79% of the world's ailments are caused by skin conditions [6]. Many factors, including gender, race, personal cleanliness, the standard of skin care, the environment, and diet, affect the pattern and prevalence of cutaneous diseases [8]. Patients often seem to create skin lesions as an outlet for the pressures brought on by interpersonal confrontations and/or unsolved emotional issues [9].

Skin plays an essential role in defending (the body) from infections and excessive water loss since it interacts with the environment

[10, 11]. Other functions include water resistance, insulation, temperature regulation, feeling, storage, protection of vitamin B folates, absorption of oxygen and medications [12], and synthesis of vitamin D by the action of ultraviolet (UV) light [13]. Skin which is severely damaged tends to recover by producing scar tissue which is frequently depigmented and discoloured.

Skin conditions are a prevalent ailment that can affect a person in multiple ways and affect people of all ages, from newborns to the elderly [14]. Although there are more than a thousand illnesses that can damage the skin, there are nine main categories of skin diseases that are most common namely rashes, viral infections, bacterial infections, fungal infections, parasitic infections, pigmentation disorders, tumours and cancers, trauma and other conditions [15].

Due to a number of benefits, including fewer side effects, improved patient tolerance, being relatively less expensive, and being acceptable due to a long history of use, natural medications derived from plants are becoming more and more popular. Additionally, herbal remedies offer rational approaches to treat a variety of illnesses that are difficult to treat and incurable using conventional medical practices. For these reasons, a number of plants have been researched as potential treatments for conditions affecting the skin, from itchiness to skin cancer [15].

Due to the aesthetic significance that the society places on skin, complexion, and beauty, skin (*Twaka*) has been accorded a significant deal of importance since ancient times. In order to maintain health and avoid sickness, Ayurveda places considerable emphasis on *ahara* (diet) and *vihara* (way of life). The relationship between nutrition and skin conditions has recently gained widespread recognition in modern medicine. According to *acharyas*, the pathophysiology of *twak vikaras* are influenced by seven different elements, including *Vata*, *Pitta*, *Kapha*, *Tvak*, *Rakta*, *Mamsa*, and *Ambu (Lasika)*. *Acharya Charaka* claims that *kushtha* is a *raktaja vikara* [16]. Therefore, when determining the etiology of *twak vikaras*, the causes of the vitiation of these seven components are also taken into account for the treatment aspect [17]. Treatment strategies call for a balanced diet and lifestyle that includes food, exercise, herbs, meditation, and daily rituals.

In classics, many herbal drugs are categorised under the heading of “*gana*” based on the understanding of their pharmacological properties and therapeutic efficacies with special reference to their *rasa panchakas* and their *karmas*. One such *gana* is *asanadi gana* which has been indicated for management of *kushtha*, *shwitra*, *krimi*, *pandu*, *kaphaja vikaras*, *prameha* and *medodosh* by *Acharya Vagbhata* in

ayurvedic literature [5]. The drugs of *asanadi gana* have been the subject of numerous pharmacological investigations over the past few decades in an effort to confirm the traditional therapeutic benefits on contemporary scientific standards.

This review aims at understanding the various pharmacological actions of each drug of *asanadi gana* and its role in treatment of skin disorders.

#### MATERIALS AND METHODOLOGY

Various ayurvedic literatures have been reviewed for the collection of relevant information related to skin disorders and *asanadi gana*. Additionally, the Ayurvedic Pharmacopoeia of India, a number of review and research articles, and websites have been referred to as being pertinent sources of modern medical knowledge.

#### Review of skin disorders

Analysing the patient's *prakriti* and their skin condition(s) is necessary for treating skin illnesses from an Ayurvedic perspective. The term "*tridoshas*" refers to the three basic energies that constitute our body. Skin disorders are caused by any imbalance in these *tridoshas* and *dhatu*s. Large-scale community prevalence surveys have shown that various skin ailments have increased by 46.8% between 1990 and 2017 that need to be addressed [18]. Most skin disorders cause mental agony and have a detrimental effect on one's quality of life.

In Ayurveda, 166 different skin conditions are listed in Brahmaayi. Out of 166 skin conditions, 22 have *vata* predominant, 24 *pitta* predominant, 21 *kapha* predominant, 18 *raktaja*, 10 *pitta kapha* prominent, 10 *vata kapha* prominent, 17 *vata kapha* prominent, 14 *tridoshaja*, 13 *agantuj* (external causes), and other 17 skin conditions. While the majority of skin conditions are discussed under the titles of *kushtha* and *kshudraroga*, descriptions of some other skin conditions are also discussed under the topics of *bahaya visarpa*, *vidradhi*, *shotha*, *nanatmaja vyadhi*, *shukaroga*, *granthi arbuda*, *upadansh*, and *shilipada*. *Udarda-kotha-uattkotha* is the term used to describe allergic symptoms that do not fit into any of these categories. Diabetes mellitus's dermatological complications are known as *prameha pidika* [19]. *Ayurveda* defines "*Kushtha*" as a condition that deprives the body of its beauty and encompasses all skin conditions. It is an illness that causes skin discoloration and, if left untreated, can lead to deformity. However, as most patients with skin illnesses come with comparable clinical symptoms and few significant distinctions in the characteristics, it is crucial to conduct a critical research of skin disorders [20].

Because skin disorders are an external manifestation of an interior ailment, a thorough, conceptual, microscopic investigation of the *twacha* is highly

valuable. According to *Acharya Charak*, the skin (or *twak*) contains six layers: the *udakadhara*, *asrakadhara*, *sidhmakilasa* *adisthana*, *dadrukusta adisthana*, and *arumshi adisthana* layers. Seven different skin layers, each with its unique structure and purpose, are described by *Acharya Sushruta*. Each layer supports the ones above it thanks to the way the layers are constructed. When all the layers are sound and balanced, the skin as a whole may successfully carry out its general functions. Different skin conditions are caused by these layers when they are impacted by imbalanced doshas (the essential energetic forces of the body) [21].

A healthy lifestyle and way of life, including the right amount and balance of food, exercise, herbs, meditation, and daily rituals, are key components of treatment. Ayurveda has given prime importance to *Ahara* (diet) and *vihara* (lifestyle) in the maintenance of

health and prevention of diseases. For the *shamana chikitsa* of dermatological disorders, a number of herbs, including *nimba*, *pippali*, *gunja*, *haridra*, *kumari*, *ashoka*, *palasha*, *khadira chandana*, etc., are described in the classics. These herbs can be used singly or in combination.

According to contemporary medicine, the erector pilli (smooth muscle), sweat glands, blood vessels, hair follicles, and skin all contribute to the well-being of the skin. Any deviation from normal leads to skin disease. Acne vulgaris, atopic dermatitis, alopecia, hirsutism, hyperhidrosis, Hidradenitis Suppurativa, vitiligo, psoriasis, skin malignancies, and sexually transmitted illnesses are some of the examples.

### Review of *Asanadi gana*

As mentioned above the *asanadi gana* consists of 23 drugs whose details are described in Table 1 [18, 23-25].

Table 1: Botanical details of all the Plants of *Asanadi gana*

Sanskrit name	Botanical name	Family	Part used	Therapeutic indications
<i>Asana</i>	<i>Pterocarpus marsupium</i> Roxb.	Leguminosae	Heartwood, exudate	<i>Shwitrachara</i> , <i>Kushtha-nashaka</i> , <i>Kaphaja-vikaraghna</i> , <i>Krimi-roga hara</i> , <i>Panduroga nashaka</i> , <i>Pramehahara</i> , <i>Medo dosha hara</i>
<i>Tinisha</i>	<i>Ougenia oojinesis</i> Roxb.	Leguminosae	Heartwood, stem bark	
<i>Bhurja</i>	<i>Betula utilis</i> D. Don.	Betulaceae	Stem bark	
<i>Shwetawaha</i>	<i>Terminalia arjuna</i> Roxb.	Combretaceae	Stem bark	
<i>Prakirya</i>	<i>Holoptelea integrifolia</i> Planch	Ulmaceae	Stembark, leaves, fruits	
<i>Khadira</i>	<i>Acacia catechu</i> Wild.	Leguminosae	Stem bark, heartwood	
<i>Kadara</i>	<i>Acacia suma</i> Buch. Ham	Leguminosae	Heartwood	
<i>Bhandi</i>	<i>Albizzia lebeck</i> Benth.	Leguminosae	Stem bark	
<i>Shimshapa</i>	<i>Dalbergia sissoo</i> Roxb.	Leguminosae	Stem, stem bark, heartwood	
<i>Meshashringi</i>	<i>Gymnema sylvestre</i> R.Br.	Asclepiadaceae	Root, leaves, seeds	

<i>Shweta Chandana</i>	<i>Santalum album</i> Linn.	Santalaceae	Heartwood, oil
<i>Rakta Chandana</i>	<i>Pterocarpus santalinus</i> Linn.	Leguminosae	Heartwood
<i>Daruharidra</i>	<i>Berberis aristata</i> DC.	Berberidaceae	Root, stem, fruit
<i>Tala</i>	<i>Borassus flabellifer</i> Linn.	Palmae	Leaves, flowers, fruits, exudate, kshara
<i>Palasha</i>	<i>Butea monosperma</i> Lam.	Leguminosae	Seeds, flowers, stem bark, leaves, exudate
<i>Agaru</i>	<i>Aquillaria agallocha</i> Roxb.	Thymelaceae	Heartwood, oil
<i>Shaka</i>	<i>Tectona grandis</i> Linn. F.	Verbenaceae	Stem, leaves, stem bark, seeds
<i>Shala</i>	<i>Shorea robusta</i> Gaertn.	Dipterocarpaceae	Stem bark, exudate
<i>Kramuka</i>	<i>Areca catechu</i> Linn.	Palmae	Fruits, flowers, seeds
<i>Dhava</i>	<i>Anogeissus latifolia</i> Wall.	Combretaceae	Stem bark, exudate
<i>Kalinga</i>	<i>Holorrhena antidysentrica</i> Linn.	Apocynaceae	Seed, stem bark
<i>Chagakarna</i>	<i>Vateria indica</i> Linn.	Dipterocarpaceae	Bark, gum [21]
<i>Ashwakarna</i>	<i>Diptocarpus turbinatus</i> Geartn.f.	Dipterocarpaceae	Oil, bark, fruit [22]

**Table 2** describes the *rasa panchaka* of all the individual drugs of *asanadi gana*. Almost all the drugs in this *gana* have *Kushthaghna*, *Twachya*, *Vrana Ropana*, *Krimighna*, *Vedanasthapana*, *Kandughna*,

and *Shothahara* as common *karmas* (properties). The *karmas* which are specific to the drugs are only mentioned in the **Table 2** [26-30].

Table 2: *Rasa panchaka* and *doshik* action of each drug

Sanskrit name	Rasa	Guna	Veerya	Vipaka	Karma
<i>Asana</i>	<i>Katu</i> , <i>Kashaya</i> , <i>tikta</i>	<i>Laghu</i> <i>ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Rasayana</i> , <i>Kaphapittashamaka</i> , <i>Galadoshaghna</i> , <i>Keshya</i> , <i>Stambhana</i> , <i>Rakta Shodhana</i> .
<i>Tinisha</i>	<i>Kashaya</i>	<i>Laghu</i> , <i>ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Vishaghna</i> , <i>Medohara</i> , <i>Pittahara</i> , <i>Shonitasthapana</i> , <i>Kaphasoshana</i>
<i>Bhurja</i>	<i>Katu</i> <i>Kashaya</i>	<i>Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridoshashamana</i> , <i>Bhutarakshakara</i> , <i>Vishaghna</i> , <i>Balya</i> , <i>Sleshmahara</i> , <i>Medohara</i>
<i>Shwetawaha</i>	<i>Kashaya</i>	<i>Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Vyangahara</i> , <i>Kaphapittahara</i> , <i>Hridya</i> , <i>Bhagnasandhanakara</i> .
<i>Prakirya</i>	<i>Tikta</i> , <i>kashaya</i>	<i>Laghu</i> , <i>ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vedanasthapana</i> , <i>Shothahara</i> , <i>Shulahara</i> , <i>Raktashodhana</i>
<i>Khadira</i>	<i>Tikta</i> , <i>kashaya</i>	<i>Laghu</i> , <i>ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Medohara</i> , <i>Raktashodhana</i> , <i>Kaphapittahara</i> , <i>Dantya</i> .

<i>Kadara</i>	<i>Tikta</i>	<i>Vishada</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kaphapittahara, Varnya, Raktashodhaka</i>
<i>Bhandi</i>	<i>Kashaya, tikta, Madhura</i>	<i>Laghu ruksha, teekshna</i>	<i>Anushna</i>	<i>Katu</i>	<i>Vishahara, Shothaghna, Raktashodhaka.</i>
<i>Shimshapa</i>	<i>Kashaya, katu</i>	<i>Laghu ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Lekhana, Raktashodhaka, Rakta-Pravartaka</i>
<i>Meshashringi</i>	<i>Kashaya, tikta</i>	<i>Laghu ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vishaghna, Sransana, Deepana, Vatahar, Kaphahara, Chaksusya</i>
<i>Shweta Chandana</i>	<i>Tikta, Madhura</i>	<i>Laghu, ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Angamadaprasamana, Dahashamaka, Jwaraghna, Mutrajanana, Raktaprasadana.</i>
<i>Rakta Chandana</i>	<i>Tikta, Madhura</i>	<i>Guru, ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Dahaprashamana, Raktastambhana, Vishaghna, Trishnahara</i>
<i>Daruharidra</i>	<i>Tikta</i>	<i>Laghu, ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Twakdosahar, Grahi, Pittavirechaka, Swedajanana, Varnya, Raktashodhaka.</i>
<i>Tala</i>	<i>Madhura</i>	<i>Snigdha, guru</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Dahatrishnashamana, Raktapittashamaka, Jwaraghna, Balya</i>
<i>Palasha</i>	<i>Katu, tikta, Kashaya</i>	<i>Sara, snigdha</i>	<i>Ushna,</i>	<i>Katu</i>	<i>Saraka, Vrishya, Agnidipaka, Kaphavatashamaka.</i>
<i>Agaru</i>	<i>Katu, tikta</i>	<i>Teekshna, laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Sheetaprashamana, Raktashodhana</i>
<i>Shaka</i>	<i>Kashaya</i>	<i>Ruksha, laghu</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Stambhana, Shonitasthapana</i>
<i>Shala</i>	<i>Kashaya, tikta</i>	<i>Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Putihara, Jantughna, Stambhana, Shulahara</i>
<i>Kramuka</i>	<i>Kashaya</i>	<i>Guru, ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Deepana, Kaphapittajit, Kledanashana, Malabhedhi, Mukhashodhana, Vikasi.</i>
<i>Dhava</i>	<i>Kashaya, Madhura</i>	<i>Laghu, ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Vranaropana, Raktapittashamaka, Grahi, Vishaghna</i>
<i>Kalinga</i>	<i>Tikta, kashaya</i>	<i>Laghu, ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Vranashodhaka, Arshoghna, Jwaraghna, Sthambana</i>
<i>Chagakarna</i>	<i>Katu, tikta, Kashaya</i>	<i>Snigdha, ushna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vatahara, Varnya, Vishaghna, Krimighna, Swedahara, Kaphahara.</i>
<i>Ashwakarna</i>	<i>Tikta, Katu</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatashamaka</i>

The diverse and extensive pharmacological actions of medicinal plants are entirely reliant on the primary and secondary phytochemical components that compose them. For the purpose of developing new drugs, several phytochemicals from plants have been identified. The common phytochemicals found in all *asanadi gana* drugs, such as phenols, polyphenols, tannins, phytosterols, terpenoids, tri-

terpenoids, saponins, alkaloids, carbohydrates, flavonoids, lactones, tannins, phenolic compounds, proteins, glycosides, and anthraquinones, are responsible for their pharmacological effects such as anti-inflammatory, analgesic, wound healing, anti-microbial, anti-bacterial, anti-oxidant, free radical scavenging activity, immune modulatory, hepatoprotective, anti-diabetic, anti-tumor, cytotoxic effect, hypolipidemic

activity, anti-ulcer effects etc. [31-54]. The proportion of phytochemicals in each component of the plant varies, and this affects how those parts act or function. Based on their phytochemicals and pharmacological effects, various portions of a single plant can also be utilized.

## RESULTS

Drugs from *asanadi gana* are beneficial in managing the pathology of the disease due to their properties, specifically with regard to *dosha*, *dushya*, and *samprapti*, with activity proven of individual plants. Without violating the fundamental tenets of *ayurveda*, different components of these plants can be employed, and different combinations can be created, based on the *yukti*, to treat various skin diseases.

## DISCUSSION

The body's outermost layer, the skin, is in charge of serving as a barrier between the interior and exterior factors. Additionally, attractiveness requires both healthy skin and an attractive personality, both of which are natural human inclinations [20]. Skin protects the body in a variety of ways from bacteria, abrasion, heat, and chemicals etc. [19]. Our perceptions of wellness, beauty, and health—as well as those of others—are significantly influenced by the state of our skin and hair. The "benign" psychosocial effects of dermatologic disorders must be acknowledged by doctors. Patients should receive care that takes into account both the

clinical severity of their illness and how it affects their psychological wellbeing [55].

Numerous ailments affecting people nowadays are mostly caused by way of life people lead. Modern medications frequently combat the disease successfully, but they may have severe side effects. They frequently cause adverse effects such facial swelling, body rashes, itching, headaches, inflammation, and drug resistance. Herbal or plant-derived remedies, utilised since antiquity, are considered to be the safer alternative to cure illnesses [56].

Many *ganas* have been referenced in the classics by *acharyas* based on their similar functions as a result of their *rasa panchaka* and *karmas*. These *rasa panchakas* work together to help break the *dosha-dushya samurchhana*. Various pharmacological activities that can be related to their primary and secondary metabolites and used to comprehend this classification are provided in the tables above. Reverse pharmacology investigations of each specific drug's physico-chemical property based on contemporary data can also be used to understand these *ganas*.

Several skin disorders are successfully treated with *asanadi gana*, a 23-drug cocktail with fewer side effects. The presence of alkaloids, terpenoids, polyphenols, glycosides, and other active components are believed to be the cause of these plants' actions. Numerous potential

modes of action for these plant extracts have been predicted. Due to the lacunae in the modern treatment, herbal drugs are a better solution to avoid complications in longer period. Each of these drugs has been examined in detail for how it helps in the management of various skin disorders.

According to ancient texts, the vitiation of the seven factors—the *doshas* and the *dushyas*—is what causes skin disorders. The *samprapti vighatana chikitsa* is needed to cure the disease since the irrespective *hetus* causes the *doshas* to get vitiated and spread throughout the body, which in turn vitiates the *dhatu*s and causes the ailment to appear [17, 57].

These phyto-therapeutics have the potential to assist patients and improve patient compliance because of their low cost, few side effects, and wide range of biochemical actions [56].

This review was useful in analysing classical knowledge with the aid of updated research data based on modern parameters with reference to the pathology linked with various skin conditions that may also be correlated to classical and modern clinical findings.

## CONCLUSION

Patients with dermatological conditions seek treatment from a variety of health care systems in the hopes of finding a cure. Skin conditions cause an immense amount of mental anguish and suffering for the patient.

Herbs offer a tremendous deal of potential to treat many skin conditions. Plants are a great resource that produce a variety of phytochemicals that have potential as medicines to cure and prevent a wide range of human maladies and diseases. In addition, these therapies offer a safer substitute for allopathic medications by addressing the issues of drug resistance, toxicity, and side effects. Since antiquity, a great deal of research and application have been done on the bioactivity of plant extracts and the phytochemicals that make them up. It may be concluded that the *asanadi gana* can be utilised and investigated for the treatment of skin disorders based on the properties of each medicine and the studies and researches undertaken.

## SCOPE FOR FURTHER STUDIES

The dermatological qualities of *asanadi gana* drugs can be very thoroughly investigated, and it is the need of the hour to find new drugs and new dosage forms based on both traditional and modern knowledge, such as through green synthesis, bioinformatics, etc.

## REFERENCES

- [1] Charka Samhita by Agnivesha, revised by Charaka and Dridhabala with Ayurveda commentary of Chakrapanidatta, edited by Vaidya Yadavji Trikamji, Sutrasthana Adhyaya 4; Shloka no.8, Varanasi, Chaukhamba Surbharati Prakashana, print, 2001; 31.

- [2] Charka Samhita by Agnivesha, revised by Charaka and Dridhabala with Hindi commentary by Pt. Kashinath Pandey and Dr. Gorakhnath Chaturvedi, Part I, Sutrasthan, Adhyaya 4; Shloka no.8, Chaukhamba Bharati Academy, Varanasi; Reprint Year, 2013.
- [3] Susruta Samhita of Maharsi-Susruta, edited with Ayurveda-Tattva- Sandipika, Hindi commentary by Kaviraja Ambikadutta Shastri, Part I, Sutrasthan, Adhyaya 38, Shloka no.3, Chaukhamba Sanskrit Sansthan, Varanasi; Edition: Reprint, 2012.
- [4] Astanga samgraha of vriddha vagbhatta with shashilekha Sanskrit commentory by Indu, prologue in Sanskrit and English by Professor Jyotir Mitra, sutra sthana vividhaganasamgrahaadhyaya chapter 16, chowkambha sansrit series office Varanasi, edition 2<sup>nd</sup>, 2008
- [5] Ashtanga hridaya of vagbhatta, edited with the vidyitini hindi commentory by Kaviraj atridev gupta, edited by Vaidya yadunandana Upadhyaya, sutrasthana shodhanadiganasamgraha adhyaya chapter 15, chowkambha prakashana, Varanasi, edition: reprint 2009.
- [6] Dr. Ranjit Singhn and Dr. Upasana Priya; Ayurveda and Modern Perspective on Visarpa and Its Management Through Classical Approaches; wjpmr, 2020,6(12), 136-138.
- [7] Joseph, et al; Skin morbidities among medical students; Indian Dermatology Online Journal - January-March 2014 - Volume 5 - Issue 1
- [8] Dunwell P, Rose A. Study of the skin disease spectrum occurring in an Afro-Caribbean population. Int J Dermatol 2003; 42:287-9.
- [9] Obasi OE, Naguib M. Dermatitis artefacta: A review of 14 cases. Ann Saudi Med 1999; 19:223-7
- [10] Proksch E, Brandner JM, Jensen JM. The skin: An indispensable barrier. Exp Dermatol 2008; 17:1063-72.
- [11] Madison KC. Barrier function of the skin: “la raison d’être” of the epidermis. J Invest Dermatol 2003; 121:231-41.
- [12] Pappas S. Your Body Is a Wonderland of Bacteria. Science NOW. American Association for the Advancement of Science. 2009. Available from: <http://news.sciencemag.org/sciencenow/2009/05/28-01.html>. Last accessed on 19-04-2012.
- [13] Grice EA, Kong HH, Conlan S, Deming CB, Davis J, Young AC, et al. Topographical and temporal diversity of the human skin microbiome. Science 2009; 324:1190-2
- [14] Marks JG, Miller J. Lookingbill and Marks’ Principles of Dermatology. 4th ed. ISBN no. 1416031855: Elsevier Inc.; 2006.

- [15] Tabassum and Hamdani: Effect of different herbs on skin disorders; Pharmacognosy Reviews | January-June 2014 | Vol 8 | Issue 15
- [16] Agnivesha, Charaka, Dridhabal. CharakSamhita. Volume-2, Chaukambhabhaarti academy, Varanasi, 2005, 248.
- [17] Agnivesha, Charaka, Dridhabal. Charak Samhita, Volume1, Chaukambhabhaarti academy, Varanasi, 2005, 445.
- [18] Gupta, Vandana & Keshari, Bipin & Tiwari, S. & K. H. H. V. S. S., Narasimha. (2013). A Review on Antidiabetic Action of Asanadi Gana. International Journal of Research in Ayurveda and Pharmacy. 4. 10.7897/2277-4343.04502
- [19] Khot K., Jain K.J. management of Herpes Zoster (visarpa) through Ayurveda. Ejpnr, 2016, 3(11): 263-268.
- [20] Pandey, Yogesh. (2019). Dermatological Manifestations in Ayurveda:A Review. European Journal of Pharmaceutical and Medical Research.
- [21] Narsingh Patel et al: Role of Oxidative Stress in Skin Diseases An Ayurvedic Approach. International Ayurvedic Medical Journal {online} 2022
- [22] Vandana, Vd & Koni, K & Sarika, Vd & Chopde, Sarika. (2018). Rachanatmak And Kriyatmak Review of Sapta Twacha And Its Modern Correlation With Skin Layers. World Journal of Pharmacy And Pharmaceutical Sciences. 7. 1267-1274. 10.20959/Wjpps20182-10971.
- [23] Shah S, Chingale A, Gambhire V “Management of Skin Disorders In Ayurveda: A Review” IRJAY. [online]2022;5(6); 88-91
- [24] Gupta, Vandana & Keshari, Bipin & Tiwari, S. & K. H. H. V. S. S., Narasimha. (2013). A Review on Antidiabetic Action of Asanadi Gana. International Journal of Research in Ayurveda and Pharmacy. 4. 10.7897/2277-4343.04502.
- [25] Vaidya Banwarilal M.; Dravya guna hastamalak;sharan book depot; 6<sup>th</sup> edition 2006
- [26] The Ayurvedic Pharmacopoeia of India, Government of India, MoHFW. Dept. of AYUSH, New Delhi, First Edition; Part I, Volume I
- [27] The Ayurvedic Pharmacopoeia of India, Government of India, MoHFW. Dept. of AYUSH, New Delhi, First Edition; Part I, Volume V
- [28] The Ayurvedic Pharmacopoeia of India, Government of India, MoHFW. Dept. of AYUSH, New Delhi, First Edition; Part I, Volume II
- [29] Vaidya Banwarilal M.; Dravya guna hastamalak;sharan book depot; 6<sup>th</sup> edition 2006
- [30] The Ayurvedic Pharmacopoeia of India, Government of India, MoHFW. Dept. of

- AYUSH, New Delhi, First Edition; Part I, Volume IV
- [31] Katiyar, Deepti & Mahalwal, Vijender & Ali, Mohd. (2016). Phytochemical and pharmacological profile of *Pterocarpus marsupium*: A review. 31. 31-39.
- [32] Gunasekaran et al; Pharmacognostical And Phytochemical Evaluation Of *Ougeinia Oojeinensis* (Roxb) Hochr. Bark IJPSR, 2011; Vol. 2(3): 706-712
- [33] S L Manohar et al; Overview of *Ougeinia Oojeinensis*: Medicinal Plant; Journal of Chemical and Pharmaceutical Sciences; April – June 2013; vol 6; issue 2.
- [34] N Ghimire, Narayan & Kunwar, Ripu & Hussain, Wahid & Abbasi, Arshad & Bussmann, Rainer & Zambrana, Narel. (2021). *Betula utilis* D. Don Betulaceae. 10.1007/978-3-030-57408-6\_37.
- [35] Mandal S, Patra A, Samanta A, Roy S, Mandal A, Mahapatra TD, Pradhan S, Das K, Nandi DK. Analysis of phytochemical profile of *Terminalia arjuna* bark extract with antioxidative and antimicrobial properties. Asian Pac J Trop Biomed. 2013 Dec;3(12):960-6. doi: 10.1016/S2221-1691(13)60186-0. PMID: 24093787; PMCID: PMC3805097.
- [36] Amalraj A, Gopi S. Medicinal properties of *Terminalia arjuna* (Roxb.) Wight & Arn.: A review. J Tradit Complement Med. 2016 Mar 20;7(1):65-78. doi: 10.1016/j.jtcme.2016.02.003. PMID: 28053890; PMCID: PMC5198828.
- [37] Showkat Ahmad Ganie and Surender Singh Yadav; *Holoptelea integrifolia* (Roxb.) Planch: A Review of Its Ethnobotany, Pharmacology, and Phytochemistry; BioMed Research International; Volume 2014, Article ID 401213, 12 pages
- [38] Sharma P, Lingha R. A Recent Update on the Pharmacognostical as well as pharmacological Profiles of the Acacia Catechu Heartwood: A Mini Review. J Ayu Herb Med 2021;7(3):188-192. DOI: 10.31254/jahm.2021.7304.
- [39] Dash et al; Pharmacognostic Evaluation of the Bark of *Acacia suma* Roxb (Fabaceae); Trop J Pharm Res, June 2014; 13(6): 961
- [40] Balkrishna A, Sakshi, Chauhan M, Dabas A, Arya V. A Comprehensive Insight into the Phytochemical, Pharmacological Potential, and Traditional Medicinal Uses of *Albizia lebbek* (L.) Benth. Evid Based Complement Alternat Med. 2022 Apr 21; 2022:5359669. doi: 10.1155/2022/5359669. PMID: 35497931; PMCID: PMC9050289.
- [41] Parvesh Devi, Sushila Singh and Promila; Phytochemical and pharmacological profiling of *Dalbergia sissoo* Roxb. Stem; Journal of

- Pharmacognosy and Phytochemistry 2017; 6(6): 2483-2486.
- [42] Al-Snafi, Ali. (2017). Chemical constituents and pharmacological effects of *Dalbergia sissoo* -A review. IOSR Journal of Pharmacy. 7. 59-71. 10.9790/3013-0702015971
- [43] Shobha Rupanar, Shirish Pingale; Review: Phytochemical and Pharmacological Profile of *Gymnema Sylvestre.*; IJETSRS; Volume 5, Issue 3, March 2018
- [44] Sindhu, Rakesh. "Santalum Album Linn: A Review on Morphology, Phytochemistry and Pharmacological Aspects." Int J PharmTech Res, 2010.
- [45] Kumar, Rakesh & Anjum, Nishat & Tripathi, Yogesh. (2015). Phytochemistry and Pharmacology of *Santalum album* L.: A Review. World Journal of Pharmaceutical Research. 4. 1842-1876.
- [46] Bulle S, Reddyvari H, Nallanchakravarthula V, Vaddi DR. Therapeutic Potential of *Pterocarpus santalinus* L.: An Update. Pharmacogn Rev. 2016 Jan-Jun;10(19):43-9. doi: 10.4103/0973-7847.176575. PMID: 27041873; PMCID: PMC4791987.
- [47] Potdar, Dipti, R.R. Hirwani, and Sivakami Dhulap. "Phyto-Chemical and Pharmacological Applications of *Berberis Aristata*." Fitoterapia 83, no. 5 (2012): 817–30. doi:10.1016/J.FITOTE.2012.04.012.
- [48] Kasiramar, Gopalsatheeskumar & K, Saranya & G, Arulkumaran. (2019). An Updated Overview on Phytochemical screening and Pharmacological Screening of *Borassus flabellifer* linn. 2347-7881. 10.29161/PT.v7.i5.2019.15.
- [49] Gupta, Piyush & Chauhan, Nagendra & Pande, Milind & Pathak, Anupam. (2012). Phytochemical and pharmacological review on *Butea monosperma* (Palash). International journal of Agronomy and Plant Production. 3. 255-258.
- [50] Janey Alam, Mohd. Mujahid, Badruddeen, Md. Azizur Rahman, Juber Akhtar, Mohmmad Khalid, Yasmeen Jahan, Abdul Basit, Akhlaque Khan, Mohd Shawwal, Shoiab Shadab Iqbal. An insight of pharmacognostic study and phytopharmacology of *Aquilaria agallocha*. J App Pharm Sci, 2015; 5 (08): 173-181.
- [51] Syed Mohammed Basheeruddin Asdaq, Naira Nayeem, Abida, Md. Tauquir Alam, Saleh I. Alaqel, Mohd. Imran, El-Waleed Elamin Hassan, Syed Imam Rabbani, *Tectona grandis* L.f: A comprehensive review on its patents, chemical constituents, and biological activities, Saudi Journal of Biological Sciences, Volume 29, Issue 3, 2022, Pages 1456-1464

- 
- [52] Kumari shikha et al; A Phyto-Pharmacological review on Shorea robusta Gaertn. (SAL); IJLSAS. 2020; 2(2): 14-26
- [53] Ahsan, Farogh & Mahmood, Tarique & Bagga, Paramdeep & Shamim, Arshiya & Shariq, Mohammad & Ansari, Abdullah & Ahmad, Shoaib. (2021). Areca catechu: A phytopharmacological legwork. Food Frontiers. 1. 1-21. 10.1002/fft2.70.
- [54] Singh et al; Anogeissus latifolia: A Recent Update on its Chemistry and Pharmacological Application; Pharmacologyonline 2: 446-449 (2010)
- [55] Ahsan, Farogh & Mahmood, Tarique & Bagga, Paramdeep & Shamim, Arshiya & Shariq, Mohammad & Ansari, Abdullah & Ahmad, Shoaib. (2021). Areca catechu: A phytopharmacological legwork. Food Frontiers. 1. 1-21. 10.1002/fft2.70.
- [56] Singh et al; Anogeissus latifolia: A Recent Update on its Chemistry and Pharmacological Application; Pharmacologyonline 2: 446-449 (2010)
- [57] Patil, Udaysing & Gaikwad, Dattatraya. (2011). Ethno-pharmacological Review of a Herbal Drug: Anogeissus latifolia. International Journal of Pharma Sciences and Research.