

## EVALUATION OF KUSTHADYA LEPA IN THE MANAGEMENT OF DADRU

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Article Received on  
21 Dec. 2021,

Revised on 11 Jan. 2022,  
Accepted on 02 Feb. 2022

DOI: 10.20959/wjpr20222-24260

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### ABSTRACT

Skin diseases have gained great importance in the recent years. The increase in the incidence is due to many reasons like Improper sanitation, Unhygienic conditions, Malnutrition, sharing clothes, Poverty, Improper skin care etc. Kustha is a Tridoshaja Vyadhi mentioned in Ayurveda. Dadru is one of the most common variety of kustha affecting the people of all age groups. Nidana, Poorvaroopa, Samprapti of dadru are same as that mentioned in Kustha. It is Kaphapittaja Vyadhi which can be treated by Shamana, Shodhana and Bahiparimarjana Chikitsa. Bahiparimarjana or External or local application of medicated paste called Lepa in Ayurveda has faster

action on the disease as it is easy to apply and gives localised relief in the symptoms. In the present study we have used Kusthadya Lepa as mentioned by Acharya charaka in Aragvadhiya Adhyaya on the patients of Dadru and we have got significant results.

**KEYWORDS:** Ayurveda, Dadru, Bahiparimarjana chikitsa, Shamana Shodhana, Kusthadya Lepa.

### INTRODUCTION

Kushtha Roga has been considered as one of the Ashtamahagada. It has been classified as kshudra and Mahakushtha and Dadru is one among them. It is Kaphapitta Pradhana Twakvikara according to Acharya Charaka and Kapha Pradhana according to acharya sushruta. It can be managed by Shamana, Shodhana, and Bahiparimarjana Chikitsa. It has been classified under kshudra Kushtha by Acharya charaka and Mahakushtha by Acharya Sushruta and Vagbhatta. The clinical features of Dadru are Kandu Mandala, Utsan, Deerghapatana, Ruja, Pidikas etc. Dadru is also mentioned as Anusangika Roga by Acharya

Vagbhata. According to Acharya sushruta black coloured and deep seated Dadru is called Mahakushtha and the one that is superficially seated and not black, infact red in colour is called Kshudra Kushtha. These types of red coloured circular lesions are called Visarpa Kushtha by Acharya Sushruta as it spreads more.

According to contemporary science, Dadru comes under superficial fungal infection of skin which is the most common dermatological manifestation that affects 15% of world's population in all the age groups. In this study Kushthadya Lepa has been selected as Bahiparimarjana Chikitsa and the drug has been taken from Charaka Samhita where it has been mentioned as Bahiparimarjana Chikitsa for the treatment of Kandu, Kitibha, Dadru, Vicharchika etc.

### **AIMS AND OBJECTIVES**

To evaluate the effect of Kushtadya Lepa in the management of the Dadru.

### **MATERIAL AND METHODS**

A total of 30 patients diagnosed suffering from Dadru were selected from the opd of GAMC and hospital, Jammu irrespective of socio-economic status, sex and caste etc.

#### **Inclusion criteria**

1. Patients with the sign and symptoms of the Dadru were selected.
2. patients of both sexes were selected for the study.
3. patients between the age group of 10 to 60 years were taken for the present study.

#### **Exclusion criteria**

1. patients below 10 years and about 60 years were excluded from the study.
2. patients with the systemic diseases like diabetes mellitus, hypertension, COPD etc were also excluded from the study.

#### **Drug and duration of trial**

In the present study we have taken Kushthadya Lepa as drug for the management of Dadru. Patients were advised to use this medicated paste as external application on the affected areas for the duration of 30 days with follow up after 10 days.

### Criteria for the assessment

Assessment of patients was done before the treatment, after the treatment with follow up after 10th day on the basis of improvement of clinical features. The effect of the therapy was assessed subjectively on the basis of scoring depending upon the basis of severity.

### Subjective Criteria

#### 1. Pidika

Grade	Symptoms
0	No pidika at all
1	Few pidika(1- 3)
2	More Pidikas(4-6)
3	Pidikas more than 7

#### 2. Kandu

Grade	Symptoms
0	No Kandu
1	Mild Kandu
2	Moderate Kandu
3	Severe Kandu

#### 3. Colour

Grade	Symptoms
0	Normal colour of skin
1	Slight faint to normal
2	Red color on blanching
3	Red colour

#### 4. Size of Mandala

Grade	Symptoms
0	Zero cm
1	Less than 5cm
2	Between 5-10 cm
3	More than 10 cm

#### 5. Number of Mandalas

Grade	Symptoms
0	No Mandala at all
1	Few Mandalas(1-3)
2	Mandala (4-6)
3	More than 7 Mandalas

## OBSERVATIONS AND RESULTS

Maximum patients (42.50%) were found in the age group of 21-30 years which shows that Dadru was found mostly in the age group of 21-30 yrs representing the onset more in youth and middle aged people. Maximum number of patients i.e. 65% were male and 35% were females. Maximum patients i.e. 55% were having vegetarian diet while the rest 45% were having mixed diet. 21% of patients were from lower middle class, 47% were from semi urban area and remaining 32% were from rural area. In present study, 41% were of Vata Pittaja Prakriti, 31% were of Vata Kaphaja and remaining 28% were of Pitta Kaphaja Prakriti. 43% of patients were having Mandagni and 44% of them had Teekshanagni. Maximum patients i.e. 42% were children, 17.5% housewives and 27% patients were labour class and 13.5% service persons. Majority patient 33.5% were taking Virudhahara and 44.5% vishamashana and 23% were taking opposite Nidana.

## RESULT

1. Pidika- Mean Score before treatment was 2.36 which lowered down to 1.92 after treatment. Pidikas reduced remarkably with p value  $<0.01$  which was highly significant.
2. Kandu-Mean Score before treatment was 2.45 which lowered down to 1.90 after treatment. with p value  $<0.001$  which was extremely significant.
3. Colour-Mean Score before treatment was 3.75 which lowered down to 3.55 after treatment, which suggests significant changes with p value  $<0.02$
4. Mandala-Mean Score before treatment was 2.23 which lowered down to 1.9 after treatment with p value  $<0.02$  which was highly significant.
5. Number of Mandalas-Mean Score before treatment was 2.45 which was lowered down to 2.34 after treatment which was extremely significant.

It has been observed that after the application of the Kushthadya Lepa the mean score of all the above symptoms have reduced after treatment which shows that the results are highly significant.

## DISCUSSION

The aim of present study was to find a safe, effective and economical way for the management of Dadru. In this disease there is appearance of discoid lesions along with itching. The disease is difficult to cure as there are chances of relapse. There is dominance of Kapha despite of Rasagata and keeping this under consideration Acharya Sushruta has mentioned Shodhana Lepa as its treatment. Acharya Sushruta has also mentioned the colour

of lesions are like that of copper or the flower of Atasi and Pidika are in the form of Parimandala which are spreading in nature but slow in progress and chronic in nature along with Kandu. The effects of the treatment or external application were assessed on each symptom of the disease. The drugs in topical application done have Sukshama property due to which it gets penetrated deep through the Swedwahi Srotasa and Siramukha, dissolves the Sanga thus correcting the impaired dhatwagni of Rasa and Rakta Vaha Srotasa. The drugs present in the Lepa have Agnideepana property. Thus it breaks the Samprapti of the disease and provides nourishment to the skin.

It contains drugs like Kushtha, Daruharidra, Kashish, Kampillaka, Amritasanga, Mustafa, Lodhra, Gandhaka, Sarja, Vidanga, Manahshila, Hartal, kareena etc. The drugs like Kushtha, Amritasanga, Daruharidra, Lodhra contains properties like Kushthaghana. The drugs like Kashish Kampillaka, Lodhra and Vidanga have properties like Kandughana and krimi ghana. Thus the drugs present in this preparation have Pitta and Kapha pacifying properties which is favorable for the eradication of disease.

## CONCLUSION

The results obtained shows that the Kushtadya Lepa has significant effect on the patients of the Dadru. It can also be used in other skin conditions or disorders like Pama, Kandu, Kushtha, etc as it possesses properties like Kandughana, Kushthaghana, Kaphapittaghana. So it can be concluded that Kushthadya Lepa can be used in patients suffering from Dadru Kushtha.

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