

ROLE OF *DUSHIVISHARI AGAD* IN *DUSHIVISHAJANYA DADRU KUSHTHA* (TINEA CORPORIS): A CASE STUDY

Dr. Pooja G. Nagose^{*1}, Dr. N. S. Gangasagre², Dr. S. M. Lahankar³, Dr. S. P. Mirajkar⁴, Dr. Madhura Mutyalwar⁵

PG Scholar^{1,5}, HOD and Professor², Asso. Professor³, Asst. Professor⁴

Department of Agadtantra, Govt. Ayurvedic College, Osmanabad.

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*Corresponding Author

Dr. Pooja G. Nagose

PG Scholar, Department of
Agadtantra, Govt. Ayurvedic
College, Osmanabad.

ABSTRACT

Introduction: Today's lifestyle gives exposure of poisons to the people directly or indirectly. They get entered in the body and stay in the body and aggravate when it gets a favourable factor. Such poison in *Ayurveda* is termed as *Dushivisha*. This *Dushivisha* further causes various diseases. One of such diseases is *Kushtha*. Among *Kushtha Dadru Kushtha* is the commonest among people. *Dadru Kushtha* can be correlated with *Tinea Corporis*. *Kandu* (Itching), *Raga* (Inflammation), *Pidika* (Papules) and *Mandaludgata* (Lesion) are the cardinal features of *Dadru Kushtha*. The *tinea* infections are caused in 5 out of 1000 people.^[1]

Case presentation: A patient of 33 years old came with complaints of severe itching and circular inflamed thick lesion over abdomen from 8 months. History revealed the survival of patient in unhygienic environment, non-veg regularly, tea, more than 5 times a day and many such food items which aggravates *Dushivisha*. So to eliminate these toxins priorly *Shodhan* is given. *Dushivishari Agad* was given to the patient explained by *Acharya Sushruta* in the treatment of *Dushivisha*. **Management and Outcome:** Eliminating toxin as it is the commonest cause. After 1 month she got significant relief in lesion. There is reduction in the itching, inflammation and size of lesion also. This case study demonstrates that *Dushivishajanya Dadru Kushtha* can be successfully managed by *Dushivishari Agad*.

KEYWORDS: *Dadru Kushtha*, *Kushtha*, *Dushivisha*, *Dushivishari Agad* (D.A).

INTRODUCTION

In the today's era the dietary habits and lifestyle have been affected a lot. Our simple life

has been changed by fast food as due to the busy schedule. Such food fall under *Virudhahar* and *Mithya Ahar*. *Viruddha* means such substances which do not have affinity towards each other. Such act as antagonist to the *Dhatus*. Due to the consumption of *Virudhahar* for long time lead to the development of *Ama* and the *Guna of Ama* are similar as *Visha*.^[4] A windy and cloudy day, rainy season (*Kaal*), *Anupdesha* (*Desha*), extreme cold rainy place, (*Anna*) *Kulatha*, sesame etc, constant and regular *Diwaswaap*, all these leads vitiating the *Dhatus* of the body and this poison is known as *Dushivisha*. *Dushivisha* staying in *Rakta Dhatu* shows *Kushtha*, *Visarpa*. All these cause many diseases but mainly skin diseases are caused.^[5]

Skin is the largest organ of the body. It holds significant importance in maintaining normal physiological condition.

In *Ayurveda* all the skin diseases are considered under *Kushtha*.^[6] One of them is *Dadru Kushtha*. It is considered in *Kshudrakushtha* by *Acharya Charaka*^[7] and under *Mahakushtha* by *Acharya Sushruta* and *Acharya Vagbhata*.^{[8][9]} *Pidika*, *Kandu*, *Mandal* are the cardinal features of *Dadru Kushtha*. It is *Tridoshaj Vyadhi* with dominance of *Kapha Pitta*.

Diseases of skin are becoming increasingly important.^[10] Maximum Diseases are chronic and here *dushivisha* plays a great role. In many diseases even after long treatment no relief is obtained. In such cases we should think about *Dushivisha*. The pattern of skin diseases is influenced by level of literacy, developing economy, social backwardness, varied climate, industrialization, access to primary health care and different religious rituals and cultural factors. In the treatment of *Dushivisha*, *Sushruta* has mentioned *Dushivishaari Agad*. *Dushivishaari Agad* was selected in the treatment of *Dadru Kushtha* as the *Dushivisha* cause is considered here.^[7] But before giving *Dushivishari Agad* *Shodhan* is given. In *Shodhan* *Virechan* is selected. *Acharya Charaka* has also mentioned the use of *Agad* in the treatment of *kushtha* which is hard, rough, stable and chronic.^[8]

MATERIAL METHODS

Centre of study: GAC Skin dept Simple random single case study.

CASE STUDY

33 year female came to skin department of our hospital with chief complaints of Severe itching and inflamed, thick lesion over abdomen.

Duration: since 8 months

Past history: History of scorpion bite

History of present illness: The above patient was symptomless before 8 months. But as the symptoms were seen the patient had taken other treatment but as the patient had not got relief the patient came to skin OPD.

Personal history

Occupation: Housewife

Bad habits : unhygiene, eating unhygienic food, on veg, excess tea.

Table 1: General examination.

BP	120/80mmhg
Pulse	78
Aahara	Non veg, curd rice
Vihara	Unhygienic environment
Apetite	Less
Bowel	Once a day
Micturation	5-6 times a day
Sleep	Sound

Table 2: Systemic examination.

Respiratory Examination	No added sounds trachea centrally placed
Cardiovascular examination	Chest bilaterally symmetrical
Per abdomen examination	Soft, non tender, no organomegaly

Table 3: Dashvidha pariksha.

<i>Prakriti</i>	<i>Vata kapha</i>
<i>Vikriti</i>	<i>Kapha pitta</i>
<i>Dushya</i>	<i>Rasa, rakta, mansa, meda</i>
<i>Sara</i>	<i>Madhyam</i>
<i>Samhanan</i>	<i>Madhyam</i>
<i>Satva</i>	<i>Madhyam</i>
<i>Aahara Shakti</i>	<i>Madhyam</i>
<i>Jarana Shakti</i>	<i>Madhyam</i>
<i>Vyayama Shakti</i>	<i>Madhyam</i>
<i>Satmya</i>	<i>Madhyam</i>
<i>Vaya</i>	<i>Madhyam</i>
<i>Praman</i>	<i>Madhyam</i>

On examination

<i>Nadi</i>	<i>Vata pittaja</i>
<i>Mala</i>	<i>Samyaka</i>
<i>Mutra</i>	<i>Samyaka</i>
<i>Jivha</i>	<i>Saam</i>
<i>Druka</i>	<i>Spashta</i>
<i>Shabda</i>	<i>Spashta</i>
<i>Sparsha</i>	<i>Samshitoshna</i>
<i>Aakriti</i>	<i>Madhyama</i>

Dushivisha

- A. History of Jangam visha – Scorpion bite
- B. History of Sthavar visha -
- C. History of Viruddhaahar -
- D. History of Continuous usage of any medicine –
- E. Aggravating factors of *Dushivisha* -
 - a. *Desh* - *Anupa*
 - b. *Kal* - *Varsha rutu*, Night
 - c. *Anna* – Curd, Pickles
 - d. *Nidra* - *Diwaswap*

Local Examination

- 1. Site of lesion : Abdomen
- 2. Distribution : Circular
- 3. Colour : Reddish
- 4. Itching : Severe
- 5. Inflammation: Present
- 6. Discharge : Absent

Assessment criteria.^[9]

Sr No	Parameter	Grade 0	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
1	Itching	No itching	Occasionally mild itching	Mild itching	Moderate itching	Severe Itching	Severe continuous Itching
2	Inflammation	No inflammation	Mild inflammation	Moderate Inflammation	Severe inflammation	Severe inflammation with prominent erythematous base.	Severe inflammation, erythema
3	Colour changes ^[167]	-	Normal skin colour	Faint and near to normal	Blanching and red colour	Red colour	Dark red colour
4	Nature of lesion	No lesion	Mild viable lesion	Moderately visible	Prominent visible lesion	Prominently evident lesion associated with discharge	Prominently visible with Discharge
5	Size	Below	1-2 cm	2-3	3-4	4-5	Above 5 cm

Assessment parameters of effect of therapy

Cured	improvement in all signs and symptoms
Markedly improved	75% or more improvement in all signs and symptoms
Moderately improved	50% or more improvement in all signs and symptoms
Mildly improved	25% or more improvement in all signs and symptoms
Not cured	25% or more improvement in all signs and symptoms

Management of Case**Patient posted for virechan karma**

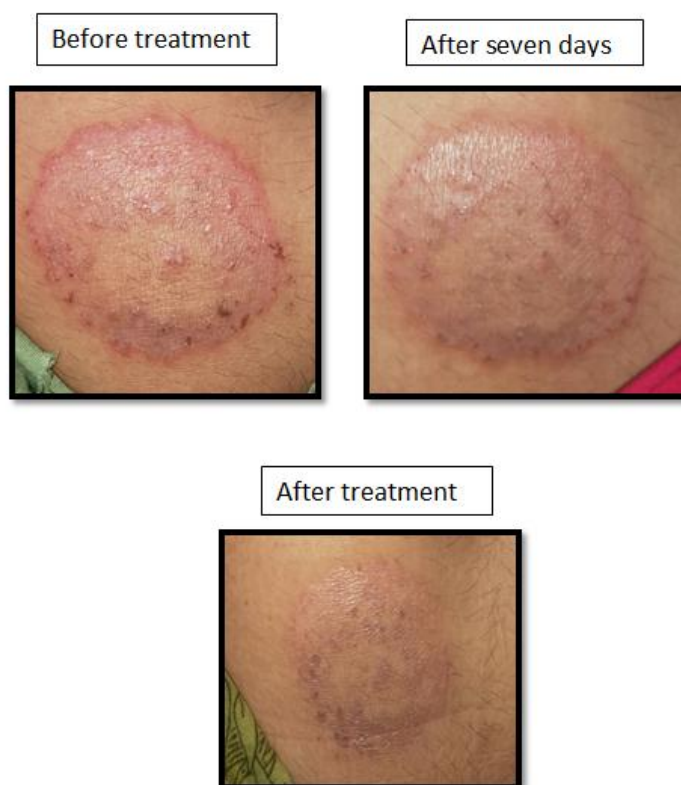
Aushadhi	Matra	Kala	Anupana
Eranda	50ml	Pratah	Koshna jala

Shaman

Aushadhi	Matra	Kala	Anupana
Dushivishari Agad	3gm	After lunch and dinner	Madhu

Follow up was taken after 7th,14th,21th,28th day Observations

Observations	Day 0	Day 7	Day 14	Day 21	Day 28	Treatment
Itching	5	4	3	2	0	D.A
Inflammation	3	2	2	1	0	D.A
Nature of Lesion	4	3	3	3	2	D.A
Size of Lesion	4	3	3	3	2	D.A
Colour of Lesion	4	4	3	2	1	D.A



DISCUSSION

Agadtantra deals not only with the toxins but also with the chronic diseases which are caused by the accumulation of toxins. Among such chronic diseases are skin diseases like *Dadru kushtha*. While explaining about *Dushivisha*, *Acharyas* have mentioned that it causes various diseases, one of them is *Kushtha*. Even while explaining *Hetus* about *Kushtha* *Acharyas* have mentioned *Virudhahara* which is the also factor to form *Dushivisha* in the body. *Dadru Kushtha* is the *Kshudrakushtha*. There were no specific *Hetus*, *Samprapti*, *Chikitsa* for *Dadru Kushtha* is mentioned So the *hetus*, *Samprapti*, *Chikitsa* mentioned for *Kushtha* are considered here. In modern science it can be correlated with the *Tinea Corporis*, due to close similar symptoms of each other. So, here is an effort had been taken for evaluation of *Ayurvedic* formulation for better result, comparatively cheap drug and less cost-effective management. In ayurvedic literature management of any disease refers the *Samprapti vighatana* (breaking off pathogenesis). Many ayurvedic formulations are described in the management of *Kushtha*. There is no specific treatment for *Dushivisha* janya *Dadru Kushtha*. But as *Dushivisha* is considered as *hetu* in *Dadru Kushtha*. *Dushivishari agad* which is a herbomineral formulation told by *acharyas* in the treatment of *Dushivisha*. So *Dushivishari Agad* had been selected for this clinical trial as it help us to neutralize *Dushivisha* inside the body. Prior using the drug *sadyavirechan* is given as it is mentioned in treatment of *Dushivisha* that priorly *shodhan* should be given. As the diseases is *kapha pittajanya* *Sadya Virechan* is decided to be given. *Virechan* is given with *Eranda tail* according to their *Koshtha*. By this elimination of toxins is done. And then second day with all the *pathyas* the drug is given.

Mode of Action

Selectivity and affinity are the leading parameters which characterized the interaction between drug and receptor. Multiple receptors are present in the body for single drug. *Samprapti Vighatana* is said to be the treatment. Therefore, the action of drug means breaking off the *Samprapti Ghatakas* of the disease. Hence to explain the mode of action of a drug means to establish a relationship between the *Samprapti Ghataka* of the disease and pentafold principles of *Rasa*, *Guna*, *Virya*, *Vipaka* and *Prabhava* of the drugs. *Shodhan* is mentioned in the treatment of both *Kushtha* and *Dushivisha*. So *Shodhan* was decided to be given. As before starting *Dushivishari Agad* priorly *SadyaVirechan* is given. As the disease is *kapha pittajanya* so *Sadyavirechan* was selected. It was given with *eranda tail*. Because of its *ushna*, *tikshna* properties it liquifies the toxins and

eliminate the toxins outside. The main action of Virechan is on *Adhobhaga*. And the maximum patients's *Adhobhaga* is affected here. The *virechan dravya* used here is *eranda tail* which itself is *srotovishodhan*, *twachya*, *Adhobhaga doshahara*. So maximum toxins were eliminated through *Virechan*. The remaining toxins were managed by giving *Dushivishari Agad*. The contents of *Dushivishaari Agada* have *Pittakaphaghna* action and due to its *ushna Virya* removes the coating done by kapha and remove the toxins deposited in the tissues. Some of them have *Vishaghna* properties which help to neutralize the *Visha* which were accumulated in the body like *sthavar* or *jangam*. Some of the drugs have *raktaprasadaka* properties which purifies the blood. Some of these drugs like *Lodhra*, *Ela*, *Musta* have *Kushthaghna*, *Kandughna* action and also have action over *twak*. All these help for *samprapti vighatana* of *Dushivishajanya Dadrukushtha*.

CONCLUSION

Dushivishari Agad proved effective in the treatment of *Dadru Kushtha* as the causative factor was *Dushivisha*. *Shodhan* helped to remove the toxins from the body. The remaining toxins were neutralized by *Dushivishari Agad*.

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