

A COMPREHENSIVE CONCEPTUAL STUDY ON DADRU KUSHTA

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Article Received on
03 September 2024,

Revised on 24 Sept. 2024,
Accepted on 14 October 2024

DOI: 10.20959/wjpr202420-34302



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ABSTRACT

Skin disorders are one of the global burden to the human kind since the ages. *Ayurveda* has given an elaborate description about the skin disorders called as *Kushta roga* in general to all types of skin manifestations. *Dadru kushta* being one among the *Kshudra Kushta* can be correlated to Tinea infections based on the signs and symptomatology. According to the study by Noble and Forbes the prevalence rates of Tinea Corporis and Tinea Cruris in India 32.4% and 19.5% respectively. Tinea Corporis indeed seems to have been the most common dermatophyte infection, with Tinea Cruris following closely behind. These findings highlight the importance of understanding and managing such infections in public health initiatives. On scrutinizing the literature, it has been specified about the aetiology, pathophysiology and treatment of *dadru kushta* very precisely. Achieving a complete cure for skin disorders is

challenging; therefore, *Acharya* emphasized the importance of a continuous approach that incorporates both *Bahya* and *Abhyantara* management strategies. *Bahya* chikitsa includes *Raktamokshana*, *Kshara karma*, *Lepa* and *Abhyantara chikitsa* includes *shodana*, *shamana* and *rasayana chikitsa*. In classics including all *bruhatrayee* and *laghutrayee* has given an elaborate description about *kushta roga*, broadly classified into *Mahakushta* and *kshudra kushta*. The pathophysiology of these disorders are explained based on the predominance of many *dosa* and *dhatu* together there seven factors called as *sapta dushyas* involved in the

manifestation of any of the skin diseases. The skin, being the outermost organ of the body, it is frequently exposed to toxins and irritants, resulting in various skin conditions collectively known as *Kushtaroga*. *Kushta*, is characterized by skin deterioration, causing embarrassment and emotional distress if it persists repeatedly as well as continuously. Hence, correction of this condition becomes a challenge for medical profession. Skin disorders are known to be the fourth most common causes of all human diseases affecting nearly 1/3rd of the population in the world.

INTRODUCTION

Ayurvedic disease review

Acharya Charaka says '*Kushnati Vapuhu Iti Kushtam*'^[1] Whereas *Acharya Susruta* Says '*Kushnatiatangam iti Kushtam*'^[2] Which means which disfigures the body is Known as '*Kustha*'. *Acharya Vagabhata* says '*Kalenopekshitam Yasmat Sarvam Kushnati Tadvapuhu*'.^[3] Skin is an extraordinary, protective covering of the body. It is composed of superficial epidermis, underlying connective tissue layer, the Dermis and beneath this another connective tissue layer the Hypodermis.^[4] It has been seen a remarkable increase in the incidence of skin problem in the tropical and developing countries in recent years. All the skin diseases fall under the umbrella of '*Kustha*' in *ayurveda*. Which further classified as *Mahakustha* and *Kshudra kustha*. Dadru is one amongst them. *Acharya Charka* considered Dadru under *Kshudra kustha*^[5] whereas *Acharya Susruta* and *Vagabhata* considered it under *Mahakustha*.^[6,7]

Nidana

Sheetoushna vyatyasa, Santarpana-Aptarpana vyatyasa, intake of Madhu, phanita, matasya, mulak, kakmachi in excess amount or during Ajirna, Chilichima fish with milk, intake of Hayanka, yawaka, chanaka, uddalaka and koradusa with Ksheera, dadhi, takra, kola, kulattha, masha, kusumbha and Sneha, excessive vyavaya, vyayama and surya santapa, entering into cold water immediatly after exhausted due to bhaya, Shrama as well as expose to excessive heat, consuming vidagdha ahara without clearing by emesis, suppressing the vaman vega, atimatra snehpana are causative factors of *Kustha*.^[8]

Puravaroopa

No sweat or excessive sweat, more roughness or more glabrous, discoloration/pigmentation, itching, pricking pain, numbness, burning sensation all over the body, horripilation, coarseness of the skin, feeling of excessive heat, heaviness, swelling, repeated wide spreading

skin disorders, coating all over the body, appearance of pustules, burns, bitten wound, gaping wounds. Similarly excessive pain after falling, non-healing ulcers.

Lakshana

The main *Lakshana* of *Dadru* mentioned in *Charaka Samhita* include *Kandu*(itching), *Raag unnata pidika* (erythematous papule), Whereas in *Susruta Samhita Lakshana* mentioned are, *Raag unnata pidika*(erythematous papule), *Dirgha prataan durvavata*, *Atasi kusumbha chavi*, *Tamra varna*.

And In *Astanga Hridya Lakshana* mentioned are, *Kandu*(itching), *Raag unnata pidika*(erythematous papule), *Dirgha prataan durvavata*, *Atasi kusumbha chavi*, *Anusangi*.

Dadru Lakshana	C.S^[9]	S.S^[10]	A.H^[11]	A.S^[12]	H.S	B.S	M.N^[13]
1.kandu	+	+	+	+	-	+	+
2.Raga	+	-	-	-	-	-	+
3.Pidika	+	+	-	-	-	-	+
4.Unnata	+	+	+	+	-	+	+
5.Atasi pushpa varna	-	+	+	+	-	-	-
6.Tamra varna	-	+	-	-	-	-	-
7.Visarpani	-	+	-	-	+	-	-
8.Durvavat Dirgha prataan		-	+	+	-	-	-
9.Anusangini	-	-	+	+	-	-	-
10.Gajacharma tulya	-	-	-	-	+	-	-
11.Daad tulya	-	-	-	-	+	-	-
12.Mandala	+	+	+	+	+	+	+
13.Chirouthana	-	+	-	-	-	-	-
14.Parisuska	-	-	-	-	-	+	-
15.Ruksa	-	-	-	-	-	+	-
16.Ghana	-	-	-	-	-	+	-

Samprapti

The *samprapti* of *Dadru kusta* involves vitiation of mainly *pitta* as well as *kapha dosha*, *Twcha*, *mamsa*, *Rakta* and *lasika* collectively called as '*Saptako dravyasangraha*'.

Sadhya-Asadhyata

According to Acharya *Charaka*

Kusta with *Tridosha* having *lakshana*, *Trishna*, *Daha*, *Mandagni*- *Asadhya*

Ekdoshaja-Sadhya

Dwidoshja-Kruchrasadhya

Similarity between Dadru and Tinea Corporis

Due to similarity of Symptoms Dadru can be correlated with a Fungal skin infection called Tinea Corporis. It is characterized by the pruritic, round or annular, well marginated patches.^[14]

Treatment

In Modern science, it is managed by topical and antifungal agents as well as by the use of corticosteroids. In *ayurveda*, There is no specific treatment for *dadru kustha* mentioned it is managed by common treatment protocol as *Bahya includes Lepa, Raktamokshana, Kshara karma* and *Abhyantara* includes *Shodhna, shamana and rasayana chikitsa* which are mentioned for *kushta* in general.

In *Vata pradhana Kustha- Ghritpana*

In *pitta Pradhana Kustha- Raktamokshana and Virechana*

In *Kapha Pradhana Kustha- Vamana*

Sodhana chikitsa, or purification therapy, plays a vital role in eliminating vitiated *doshas* from individuals suffering from disease. In the case of *Dadru Kushta*, therapies such as *Virechana* and *Raktamokshana* are essential for expelling excess *Pitta* and impure *Rakta*, facilitating the restoration of balance and health.

1. *Shodhana chikitsa*

Snehana karma

Snehana should be done with *ausadhyukta ghritas* like, *panchtikta ghrita, mahatikta ghrita*.

Swedana Karma

After *snehana karma*, *swedana* Should be done.

Virechana karma

Following a thorough examination of the patient, along with appropriate *Snehana* and *Swedana*, a carefully planned *Virechana* should be administered.

2. *Shamana chikitsa*

Pitta-kaphaghana and *kushthagna Ausadha* should be used for internally and externally.

Internal Drugs

1. *Haridra Khand*

2. *Manjistadi Kwatha*
3. *Panchtikta guggulu*

External Drugs

1. *Durvadi lepa*
2. *Edagajadi lepa*
3. *Visha taila*
4. *Maha marichyadi taila*

CONCLUSION

The comprehensive approach to treating *Dadru Kushta* in *Ayurveda*, which includes external therapies like *Lepa* and *Raktamokshana*, and internal treatments such as *Shodhana* and *Rasayana Chikitsa*, provides a holistic framework for addressing the condition. These methods align well with modern practices of using antifungal agents and corticosteroids, suggesting that integrating Ayurvedic principles with contemporary treatments could enhance therapeutic outcomes.

Understanding the pathophysiology of *Dadru Kushta* through the lens of dosha imbalances and the involvement of various tissues offers a nuanced perspective that can inform more effective, personalized treatment plans.

In conclusion, the study of *Dadru Kushta* not only enriches our understanding of Ayurvedic dermatology but also highlights the importance of a multifaceted approach to treating skin diseases. By synthesizing knowledge from both traditional and contemporary sources, we can achieve a more comprehensive and effective approach to managing skin disorders, ultimately benefiting patient care and public health.

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