

EFFECTIVE MANAGEMENT OF TINEA CORPORIS (DADRU) THROUGH AYURVEDA- A CASE REPORT

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ABSTRACT

Diseases related to skin can affect an individual physically as well as psychologically. *Dadru* is one of the types of *Kshudrakushta*. The main *lakshanas* of *Dadru* include *Kandu*, *Utsanna*, *Mandala*, *Raaga*, and *Pidakas*. It is a *Raktapradoshajvyadhi* in which mainly *Kapha* and *Pittadoshas* are involved. *Dadru* can be very well correlated to clinical features of *Tinea Corporis* which is a fungal infection. In all *Samhitas* repeated *Shodhana* is indicated in the management of *Kushta* as it is *Bahudoshavastha*. **Case report:** A 15 years old boy came with complaints of red, rounded patches with itching over abdominal and back region since 3 months was treated with *Vamana Therapy*. **Methodology:** For *Deepanpachan* first *Trikatuchurna* was given for three days. Following that *Panchtiktaghrita* was given daily in increasing dose for 7 days upto *Samyak Snigdha Lakshanas* observed

in patient. After *Samyak Snigdha Lakshana*, *Vamanaa* was given with *Yashtimadhuphanta*, *Madanaphalachurna*, *Vacha*, *Pippali* and *Saindhava*. Then *Sansarjana Krama* was advised for 5 days. **Result:** Assessment was done after *Sansarjana Krama* and significant improvement was observed in subjective parameters like in *Kandu*, *Utsanna*, *Mandala*, *Raaga*. **Discussion:** *Panchtiktaghrita* and *Yastimadhu* has *Kaphaghna* and *Kandughna* properties so *Panchtiktaghrita* and the best for *Snehpana* and *Yastimadhu* is used for *Vamanaa*. *Vamanaa* helps in elimination of vitiated *Doshas* thus helps in breaking *Samprapti*.

KEYWORDS: *Dadru*, *Kshudrakushta*, *Tinea corporis*, *Shodhan*, *Vamana*.

INTRODUCTION

The word *Kushta* means which produces discoloration over skin region. *Dadru* is classified as *Kshudrakushtha* by Acharya Charaka,^[1] and *Mahakushtha* by Acharya Sushruta.^[2] The symptoms of *Dadru* are *Kandu* (Itching), *Utsanna Mandala* (Elevated round lesions), *Raaga* (Erythema), and *Pidikas* (Eruptions). It is a *Raktapradoshajavyadhi* in which mainly *Kapha* and *Pitta Doshas* are involved. Due to similarity of clinical features *Dadru* can be equated with *Tinea Corporis*, the common fungal infection.^[3] In modern science, it is treated with local application of Ointments and systemic antifungal medications. In all *Samhitas* repeated *Shodhana* is indicated in the management of *Kushta* as it is *Bahudoshavastha*. In this case study *Vamanaa* therapy was given which helps in elimination of vitiated *Doshas* followed by *Shamana Aushadhi* (*Panchtikitaghruta Guggulu*, *Gandhaka Rasayana*, *Eladhighana Choorna* application and local application of *Karanja Thaila* that helps in reducing symptoms.

CASE REPORT

A boy with 15 years of age came to OPD of *Devakana Clinic & Panchakarma Center Paivalike*.

- | | | |
|---|---|----------------|
| 1. Red, rounded patches with severe itching over lower abdomen and back region (<i>Kandu</i>) | } | since 3 months |
| 2. Formation of erythematous lesions (<i>Utsanna Mandala</i>) | | |
| 3. Burning sensation at the site of lesions (<i>Daha</i>) | | |
| 4. Redness (<i>Raaga</i>) | | |

History of present illness: The patient was alright 3 months back, afterward he slowly complaining of round and reddish lesions over lower abdominal and back region, severe itching was also present. Therefore, he came to this Hospital for treatment.

Past history: He had no history of Diabetes Mellitus, Hypertension, Hypothyroidism.

Family history: Nothing specific.

Clinical examination: *Ashtavidhapariksha* was normal.

Local examination: Local examination showed well demarcated lesions with vesicular eruptions over lower abdominal area. There was no discharge.

Diagnosis: After history and examination he was diagnosed as *Dadru* (*Tinea Corporis*).

Therapeutic interventions

I. *Shodhana Chikitsa- Vamanaakarma*

II. *Shamana Chikitsa- Panchatiktagrita Guggulu, Gandhaka Rasayana* and Local application of *Eladhi Gana Choorna*, and *Karanja Thaila*.

I. *Shodhana chikitsa- Vamanaa karma*

(A) *Abhyantara aushadhi*

Poorva karma- As shown in table no.1, *Agni Deepana* with *Trikatu Churna* followed by *Snehapana* with *Panchathiktakagruta*.

Duration: 3 days for *Agni Deepana* and after that 7 days for *Snehapana*.

(B) *Bahya aushadhi*

Abhyanga with *Mahamarichadi Thaila*- a day before and on the day of *Vamanaa*.

Treatment Plan- 1 day prior to *Vamana*

- 1) *Abhishyandi Aahar* (Curd, Fish & Milk Diets)
- 2) *Sarwanga Snehana Swedana* with *Mahamarichyadi Thaila*.

(C) *Vamana therapy*

Vamana dravya- *Madanaphaladi Yoga* (*Madanphalachurna* 3gm, *Vachachurna* 5gm, *Saindhava* 5gm and Honey 25ml) is mixed together and administered.

Vamanaopagadravya- *Kheera* (2000ml), *Yashtimadhuphanta* (1000ml), *Lavanajala*.

Plan for schedule

During *Snehapana* the quantity of *Gruta* was daily increased according to *Agnibala* and *Pachanashakti* of the patient. It was started with 30ml and on last day, the maximum quantity of consumed *Panchatiktakagritha* was 200ml. Patient was advised to take hot water bath to get *Mrudusweda* after *Snehapana*.

Procedure of *vamana karma*

Prior to *Vamana Karma*, the patient was told to consume *Kapha* aggravating food like Curd, Fish, Milk Diets for *Kaphotleksha*. Next day early in the morning at *Kaphakala* at 6 A.M patient was examined for the *Samyak Sneha Siddhi Lakshanas* and Vital parameters were checked. Before *Vamana Karma*, *Mahamarichyadi Thaila* was applied all over the body for *Sarwanga Snehana* followed by *Mrudusweda* to chest and back.

For *Vamana Vamakadravyas* like *Madanaphaladi Yoga* were given. Spontaneous *Vamanavegas* started within 15 minutes. In between *Vamanaopaga* drugs were administered for complete elimination of vitiated *Doshas*. During procedure quantity of input, output, symptoms and number of *Vamanavegas* were observed and noted. *Pittanta Vamana* is observed at the end of the procedure.

The *Antiki*, *Vaigiki*, *Maniki* & *Laingiki* purifications are as mentioned in table no.2.

Six *Vamana vegas* (Emetics) with 3200ml output is suggestive of “*Madhyamashuddhi*”^[4] The time required for entire process was 60 minutes. Patient had experienced relaxation and lightness in the body. After *Samyaka Vamana*, *Dhoompana* with *Dhoomapanavarti* and *Gandusha* was advised. *Sansarjana Krama* was advised to the patient for 5 days.

After the completion of *Samsarjan Krama* following *Shamana Aushadhi* were started as mention in table no.3

Investigations- Complete Blood Count and Random Blood Sugar of patient were normal.

Follow up and Outcomes- Patient was assessed on day 0 and on day 25. (After completion of *Shamana Chikista*)

Assessment criteria- Patient was assessed by observing relief in subjective parameters like *Kandu* (Itching), *Raaga* (Erythema), *Utsanna Mandala* (Elevated Circular Skin, Lesion) and *Pidikas* (Eruptions) and Photographs of lesions on day 0, and on day 25.

Gradation of subjective parameters are as mentioned in table no.4.

OBSERVATION AND RESULTS

Assessment before, during and after treatment are as mentioned in table no.5.

DISCUSSION

Mode of action in *vamana karma*

The *Vamakadravya* possess *Ushna*, *Tikshna*, *Sukshma*, *Vyavayi* and *Vikashi* properties. Due to these properties they get easily absorbed and reach to the heart. *Sookshma* and *Vyavayi* properties enable them to move through *Dhamani* and they reach to *Sthoola* and *Sookshma Strotas* in all directions of the body. *Ushna* property of *Vamakadravyas* help in liquification (*Vishyandanti*) of vitiated *Doshas* which then easily flow through circulation. After that their

complex molecules get fragmented due to action of *Theekshna* property & reached to *Amashaya*, flowing through “*Anu Srotas*” where from stimulated by *Udana-Vayu* and due to the *Agni*, *Vayu Mahabhautika* constitutions and *Prabhava*, they flow in upward direction to remove the vitiated *Dosha*, along with them.^[5]

A *Vamana* expels out the aggravated *Dosha* and dragging them towards the *Urdhvaabhaga* through the *Mukha*. *Vamana* is specific therapy for *Kapha Dosha*. *Vamakadravyas* by their property and *Vayu*, *Aakash*, *Mahabhuta* dominancy helps in eliminating the morbid *Doshas* from the *Shakha* to *Koshtha* and then out of the body by oral route.

Panchatiktaghruta and *Yashtimadhu* has *Kaphagna* and *Kandughna* properties. So *Panchatiktaghruta* it is the best for *Snehapana* and *Yashtimadhu* is used as *Vamanaopagadravya*.

Mahamarichyadi thaila^[6] is *Raktashodhaka*, *Vranropaka*, *Twachaya*, useful in skin diseases.

Panchatiktaghruta Guggulu is mentioned in *Bhaishajya Ratnavali* in *Kushtarogadhikara*. It is *Tikta Rasa Paradhana*, acts as *Raktadosha Pachaka* and later *Rakta Prasadaka*.^[7,8]

Probable mode of action *gandhaka rasayanas*

Gandhaka Rasayana works by purifying blood and averting the risk of secondary infection. *Gandhaka Rasayana* is *Krimighna* and *Kanduhara* properties.

Eladhigana choorna

It keeps the skin clear, bright and healthy. It has the property of *Kandunashana*, *Kaphahara*, *twak Prasadana*. It is used in skin rahes, Itching, Wet lesions, Pigmentation bails etc. it is applied over lesion by making paste with *Gomutra*.

Probable mode of action of *karanja thaila*

Karanja Thaila is mentioned in *Bhaishajya Ratnavali* in *Visarpa Chikista*. It possess *Krimighna*, *Kandughna*, *Vranashodhaka* and *Vranaropaka* properties. All properties enable them to break *Samprapti* by alleviating vitiated *Dosha*. Local application causes smoothening action and oil enhances absorption of locally applied drugs and helps in relieving symptoms.

CONCLUSION

Shodhana Therapy in the form of *Vamana* followed by *Shamana Aushadhi* are more effective in the management of *Dadru*.

Table no. 1: Showing Dose, Route, Kala and Anupan of Poorva Karma drugs.

Name of medicine	Dose	Route	Kala	Anupana	No. of days
<i>Trikatuchurna</i>	5gm twice a day	Orally	Before meal	Lukewarm water	3 days
<i>Panchatiktakaghruta</i>	30ml- 1 st day 60ml- 2 nd day 90ml- 3 rd day 120ml- 4 th day 140ml- 5 th day 180ml- 6 th day 200ml- 7 th day	Orally	Early morning (7 A.M)	Lukewarm water	7 days

Table no. 2: Showing Antiki, Vaigiki, Maniki & Laingiki purifications.

Procedural summary	Measures
<i>Maniki</i> (Measurement) Input	3000ml
Output	3200ml
<i>Antiki</i> (Procedural Result)	<i>Pittanta Vamana</i>
<i>Vaigiki</i> (Total no.of vomiting's)	7
<i>Laingiki</i> (Symptoms)	<i>Kaphachardana</i> Present in vomitus & No bleeding was seen.

Table no. 3: Showing list of shamana aushadi given to the patients.

Sr. no.	Treatment given	Dose with Anupana	Duration/Kala
1	<i>Panchtikitaghruta</i> <i>Guggulu</i>	500mg twice a day with <i>Koshnaja</i>	15days/after food
2	<i>Gandaka Rasayana</i>	500mg twice a day with <i>Koshnaja</i>	15days/after food at night
3	<i>Eladhigana Churna</i>	Local application with <i>Gomutra</i>	Before bath
4	<i>Karanja Thaila</i>	Local application	Once a day

Table no. 4: Showing gradation of subjective parameters.


Sl. No	Gradations	Grade 0	Grade 1	Grade 2	Grade 3
1	<i>Kandu</i>	Absent	Mild Occasional Itching	Moderate Frequent Itching	Severe Itching
2	<i>Utsanna Mandala</i>	Absent	Mild elevated lesion	Moderate elevated lesion	Severe elevated lesion
3	<i>Pidikas</i>	Absent	1-3 eruptions	4-7 eruptions	>7 eruptions
4	<i>Raaga</i>	Absent	Present	-----	-----

Table no. 5: Showing assessment done before, During and After treatment.

Gradations	On day 0	On Day 25
<i>Kandu</i>	3	0
<i>Utsanna mandala</i>	3	0
<i>Pidikas</i>	3	0
<i>Raaga</i>	1	1

**Before treatment: Figure****After treatment: Figure****ORCID**

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