

AYURVEDIC MANAGEMENT OF DADRU KUSTHA - A CASE REPORT

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ABSTRACT

Skin is the largest organ of human body. Its size and external location makes it susceptible to wide variety of disorders. In recent years, there has been a considerable increase in the incidence of skin problem in the tropical and developing countries like India.^[1] In *Ayurveda*, all the skin diseases have been classified as *Kushtha* and it is one of the *Ashta-Mahagada*. *Kushtha* is the one which causes vitiation as well as discoloration of the skin. *Dadru* is one among the *Kushta*.^[3] *Acharya Charaka* has included *Dadru* in *Khsudra Kushta*,^[4] whereas *Acharya Vagbhata* and *Acharya Sushruta* have explained under *Mahakushta*.^[5] A 19 year female patient, was apparently healthy before 4 Months. She gradually developed itching sensation, multiple erythematous papulo

vesicular lesions with sharp border and central cleared round red color big patches in groin region. Later it spreads over thigh, genital and buttocks region associated with sleeplessness, treated with *Ayurvedic Shamana Aushadhi*.

INTRODUCTION

Skin diseases are mainly caused by the involvement of several micro-organism where *Tinea* is one among them. *Tinea/Ringworm* infection is caused by a distinct class of fungi. They thrive in keratin layer of the epidermis, nails and hair. However, they do not invade the living epidermis. The serum fungal inhibitory factors in the extra vascular space prevent the

penetration of the fungi in the living tissue. Several factors such as poor nutrition, unhygienic conditions, hot and humid climate, vocation promoting sweating and maceration, Diabetes mellitus, debilitating diseases, administration of corticosteroids and immunosuppressive agent, atopic, close and intimate contact with infected persons, animals and fomites predispose to ringworm. In *Ayurveda*, all the skin diseases have been classified as *Kushtha* and it is one of the *Ashta-Mahagada*. *Kushtha* is the one which causes vitiation as well as discoloration of the skin. *kushtha* is mainly classified into *Mahakushtha* and *Kshudra Kushtha*. *Acharya Sushruta* and *Vagbata* has classified *Dadru* under *Mahakushtha* While *Acharya Charaka* has classified in *Kshudra Kushtha*. It involves the clinical features like *Deergapratana*, *Utsanna Mandala*, *Kandu*, *Raaga*, *Pidakas* and *Anusangi* in nature. *Ayurvedic* classics have considered each type of *Kushtha* to be a *Tridoshaja* manifestation. According to *Acharya Vagbata* and *Charaka* *Dadru* is caused due to vitiation of *Kapha – Pitta Dosha* on the other hand *Acharya Sushruta* said it is due to *Kapha dosha*. In contemporary medicine, *Dadru kushtha* is correlated to Fungal infection that is *Tinea*.

In contemporary Medical science, management of *Tinea* is carried out with usage of topical or systemic antifungal, corticosteroids. Medications are often strong, and their use may cause such undesirable side effects as headache, dizziness, nausea, vomiting, or abdominal pain. Owing to these reasons, there is a need for treatment having good efficacy and no toxicity profile. So, this case study was conducted considering Ringworm as *Dadru kushtha* and *Ayurvedic* management was planned accordingly.

AIM

To study case of *Dadru* through *Ayurvedic* management.

OBJECTIVE

To manage the case of *Dadru* through *Ayurvedic Shaman Chikitsa*.

CASE DISCUSSION

A 19 years female patient was apparently healthy before 4 Months. She gradually developed itching sensation, multiple erythematous papulo-vesicular lesions with Sharp boarder and central cleared round red color big patches in groin region. Later it spreads over thigh, genital and buttocks region associated with sleeplessness.

Past history

Same complains present since 4 month

No H/O any major illness

No H/O any drug allergy or any previous surgery

Asthavidha pariksha

Nadi-78/min

Mala-Niram (Onceaday)

Mutra-Samyak. (5-6timesinaday)

Jivha-Saam

Shabdh-Spastha.

Sparsh-IshatUshna.

Drik-Prakrut.

Akriti-Madhayam.

General examination

BP-120/80mmofhg.

Temperature-Afebrile.

Weight-56kg.

CVS-S₁S₂Normal.

CNS-ConsciousandOriented.

RS-Clear.

Local examination

Site of lesion (Pidika sthana) – Groin

Distribution (Vaypti) – Asymmetrical

Itching (Kandu) - Sever itching is present in both day and night.

Inflammation (Raga) - Moderate present

Nidanapanchak

Hetu-Viruddh-ahara, Atilavanrassevan, poor hygienic condition.

Purvarupa-Itching and Redness in lower back and buttock region.

Rupa-Patchy, Scaly and elevated Lesions.

Anupashaya-Increase in Summer and Rainy season.

Samprapti-AccordingtoAcharyaCharaka,*Hetu sevan* leads to vitiation of *tridoshas* and thus

Sampraptighatak

Dosha–Kushthais Tridoshaja. Dadru is Kapha-Pitta pradhan Vyadhi as mentioned by all Acharyas except Acharya Sushruta who describes it as Kaphapradhan Vyadhi.

Dushya–Twaka, Rakta, Mamsa and Ambu.

Strotas–Rasavaha, Raktavaha.

Strotodushti–Sanga.

Adhishthan–Twaka.

Swabhav–Chirkari.

Rogmarga–Bahya.

Table no. 1: Shows subjective parameters.

Sr. No.	Parameters	Grade0	Grade1	Grade2	Grade3	Grade4
1	<i>Kandu</i> (Itching)	No itching	Occasionally present, Relieve spontaneously	Relieve by itching, Don't disturbs routine work	Disturbs routine Works, Don't disturbs sleep.	Intense and continuous. Disturbs routine Work and sleep.
2	<i>Raga</i> (Erythema)	No color change	Faint and near to normal	Blanch ingandred	Red	Black/Vilolace black color
3	<i>Pidika</i> (Erruption)	No <i>Pidika</i>	1-3 <i>Pidika</i>	4-6 <i>Pidikas</i>	<10	>10
4	Size of <i>Mandala</i> (Lesion)	Below0.5-1cm	1-3cm	<5cm	5-10cm	>10cm
5	No. of <i>Mandala</i>	No <i>Mandala</i>	Only lesion	1-3 Lesions	4-6 Lesions	>7lesions

Table no. 2: Shows line of treatment given.

Sr. No.	Medicine	Matra	Dosage	Kala	Anupan	Duration	Route of administration
1	<i>Arogyavardhini vati</i>	250 mg	OD	<i>Abhakt</i>	<i>Koshnajala</i>	4months	Oral
2	<i>Gandhak Rasayan</i>	250 mg	BD	<i>Paschatbhakt</i>	<i>Koshnajala</i>	4months	Oral
3	<i>Krumikuthar ras</i>	250 mg	BD	<i>Paschatbhakt</i>	<i>Koshnajala</i>	4months	Oral
4	<i>Mahamanjishthadi kwatha</i>	20ml	BD	<i>Paschatbhakt</i>	<i>Jala</i>	4months	Oral
5	<i>Karanja oil</i>		BD			4months	Local application

Pathya apathya

1. Patient was advised to avoid oily, fried, spicy, junk, heavy food including curd, milk, and non vegetarian diet.

- Maintenance of local hygiene by washing the parts twice a day, keeping it dry and wearing cotton and loose-fitting clothes. Patient was also advised to sleep without undergarments to avoid rubbing of the surface in groin.
- Day time sleep was advised to be avoided.
- Cow ghee was advised twice a day in the diet to pacify the Rooksha.

Table no. 3: Shows results Before and After treatment.

Sr. No	Parameters	Before treatment	During treatment (2months)	After treatment (4months)
1	Kandu(Itching)	3	2	11
2	Raga(Erythema)	4	4	13
3	Pidika(Eruption)	3	3	22
4	Size of Mandala (Lesion)	4	3	31
5	No. of Mandala	3	3	2

DISCUSSION

Arogyavardhini Vata-Rakta Dushti and Kleda are the main components of Kushtha Vyadhi. The Rasa Rakta gamitva and Kushthaghna effect of Arogyavardhini is augmented as the unique typical combination of drugs used in the formulation, are subjected to Bhavana of Kandughna and Kushthaghna Nimba. The function of scraping away the stagnant and accumulated Dosha and removing the mout of the body is achieved by Arogyavardhini.^[6]

Gandhak rasayanis a well-known, commonly used formulation mainly indicated in Kushtha Roga. It acts as a blood purifier. It reduces Kandu and Daha. It is Raktashodhak, Vranaropak, Twachya, Krumighna. Gandhaka Rasayana as able to keep the Vata, Pitta, Kapha, Dosha balanced. Hence selected for this study.^[7]

Krimikuthar Ras-It is an important herbo-mineral formulation which contains Karpura, Kutaja, Trayamana, Ajamoda, Vidanga, Hingula Bhasma, Vatsanabha, Palasha Beeja, It is specially indicated in Krimi Janya Tvak Vikara. Sankramika or Aupasargika Roga Nidana of Kustha is explained by Achaya Susrutha. Dadru is also considered as Sankramika Vyadhi. Incidence rate of Dadru gradually increasing day to day because of improper Vihara like uncleanliness of body, sharing cloths of others etc. These Sankramika Vyadhi spreads from person to person by Krimi through Sweda also. Hence this is one of the reasons it is selected for this study.

Mahamanjishthadi kwatha was used for the improvement and maintains the quality of blood because *Shothahar*, *Kushtaghna*, *Vranropak*, *Raktashodhak*, *Vedanashamak*, *kandughna*, *dahaprashaman*. As it is indicated in *Kushtharoga*.^[8]

Karanjah as *Ushna Veerya* it reduces *kandu*. It has anti-inflammatory, analgesic, anti-plasmodial, antidiarrhoeal, anti-fungal, anti-ulcerogenic, anti-hyperglycemic, anti-lipidperoxidative, anti-ulcer, antihyperammonic and antioxidant activity.^[9]

CONCLUSION

Dadru in its acute as well as chronic state is troublesome to the human beings physically as well as mentally as itching and other symptoms continue all the time throughout the day. Ayurvedic is a medical science which gives permanent cure by using the internal medicine and external medicine having properties of *Kushthaghna*, *Kandughna* and *Krimighna* could help treating the patient of *Dadru* in safe and effective way.

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