

## CLINICAL STUDY TO EVALUATE THE EFFICACY OF AATRUSHADI KASHAYA IN DADRU KUSHTHA – A CASE SERIES

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### ABSTRACT

The human skin is the biggest organ in the body. It is vulnerable to a wide range of illnesses due to its size and external position. Skin diseases are regarded as a serious public health issue. In tropical and developing nations like India, the prevalence of skin disorders has significantly increased recently for a variety of reasons, including pollution, inadequate sanitation, poverty, and unsanitary conditions. Skin illnesses are classified as *Kushtha* in *Ayurveda* and are regarded as one of the *Ashthamahagada*.<sup>[1]</sup> *Twakavarna* and *Sparsha* are crucial in *Ayurveda* to understand the state of *Dhatu* and *Dosha* in the *Shareera*. *Twaka* has placed great emphasis on the traits of *Rasadhatu Sararta*, which are detailed in *Twakasarata*.<sup>[2]</sup>

**KEYWORDS:** Skin, *Dadru*, Dermatophytosis, *Aatrushadi Kashaya*.

### INTRODUCTION

*Dadru* is one of the type of *kushtha*, Various *Acharyas* told that there are various *dadru lakshnas*. *Kandu* (Itching), *Raga* (Erythema), *Pidika* (eruptions), and *Utsanna Mandala* (an elevated circular skin lesion) are the clinical characteristics of *Dadru Kushtha*.<sup>[3]</sup> *Dadru kushtha* is similar to Dermatophytosis condition.<sup>[4]</sup> Based on *Dosha Anshansh Kalpana*, *Sthan*, *Varna*, and *Lakshanas*, there are numerous categories into which *Kushtha* can be classified.<sup>[5]</sup> *Dadru* and *Tinea*'s clinical traits have a strong correlation.<sup>[6]</sup> *Tinea* typically spreads by direct touch between individuals.

Health and hygiene go hand in hand. In this context, it's important to remember that the *Sushruta Samhita* lists poor hygiene as one of the causative factor of *kushtha*.<sup>[7]</sup> According to reports, the prevalence of Dermatophytosis ranges from 6.09% to 27.6%.<sup>[8]</sup>

Now a days due to busy life schedule sometimes it is not convenient to Subjects to do *bahiparimajan chikitsa*, so here we will do only *Antaparimajan Chikitsa* and also the *Kashaya* which I have choosen for study has comparatively less drugs which are affordable to Subjects in future. Here, we have selected *Aatrushadi Kashaya*, the ingredients present in the formulation are *Aatrush*<sup>[9]</sup>, *Guduchi*<sup>[10]</sup>, *Erandmooltwak*<sup>[11]</sup>, *Bakuchi*<sup>[12]</sup>, *Haritaki*<sup>[13]</sup> which have *Kushthaghna*, *Kandughna*, *raktashodhan* properties, which results in *sampraptivighatan* of *Dadru Kushtha*. In present case study 6 patients of *dadru kushtha* were taken in view of inclusion criteria, in which *Aatrushadi Kashaya* was internal medicine.

## MATERIALS AND METHODS

**Aim and Objectives-** To Evaluate the efficacy of *Aatrushadi Kashaya* in the management of *Dadru kushtha*.

Center of study - SSNJ hospital Solapur.

### Inclusive criteria

- 1) Subjects presenting with classical sign & symptoms of *Dadru kushtha* irrespective of chronicity are selected.
- 2) Patients of either gender and age group between 20- 60 years irrespective of religion, occupation and socio-economic status will be selected.
- 3) Subjects having symptoms of *Dadru Kushtha* within the time period of 6 month.

### Exclusive criteria

- 1) Patients of *Dadru kushtha* with any secondary complication.
- 2) Patients who are suffering from any other type of skin disease like Herpes Zoster, eczema.
- 3) Patients who are suffering from any other known case of systemic diseases i.e Uncontrolled DM etc.
- 4) Pregnant and lactating women.
- 5) Patients taking immunosuppressive medications.

### Assessment criteria

Assessment of patient was done on the basis of improvement in subjective parameters like

*Kandu*(Itching), *Raga* (Erythema), *Utsanna mandala* (Elevated circular skin Lesion) and *Pidika*(Eruption) and photographs of lesion before, and after treatment.

**Table No. 1: Showing Assesment Criteria.**

Sr.No.	Parameter	Grade 0	Grade 1	Grade 2	Grade 3
1.	<i>Kandu</i> (Itching)	Absent	Mild	Moderate	Severe
2.	<i>Raga</i> (Erythema)	Absent	Faint Reddish Skin	Red colored Skin	Reddish Brown skin
3.	<i>Pidika</i> (Eruptions)	Absent	1-3 Papules	4-7 Papules	>7 Papules
4.	<i>Utsanna mandala</i> (Elavated patches)	Absent	Mild Elavation	Moderate Elavation	Severe

### Chikitsa

**Table No. 2: Showing Contents of Aatrushadi Kashaya.**

Sr.No.	Name Of Dravya	Latin Name	Rasa	Virya	Vipaka
1.	<i>Aatrush</i>	Adhatoda Vasika( Nees)	<i>Tikta, Kashaya</i>	<i>Sheet</i>	<i>Katu</i>
2.	<i>Guduchi</i>	Tinospora cordifolia(wild)	<i>Tikta</i>	<i>Ushna</i>	<i>Madhur</i>
3.	<i>Erandmooltwak</i>	Ricinus Communis	<i>Madhur, Tikta, Katu</i>	<i>Ushna</i>	<i>Madhur</i>
4.	<i>Bakuchi</i>	Psoralea corylifolia	<i>Madhur, Tikta, Katu</i>	<i>Ushna</i>	<i>Katu</i>
5.	<i>Haritaki</i>	Terminalia Chebula	<i>KashayaPradhan, Lavanvarjit pancharas</i>	<i>Ushna</i>	<i>Madhur</i>

First 1 part of *bharad churna* of all *Dravyas* (mixed in equal quantity) was taken and 16 timesthat of water was added to it. It was heated till it remained 1/8th of total.<sup>[14]</sup>

(*Aatrushadi Bharad* 20 gm/day was given to the patient and procedure of *Kashaya Nirman* explained as per classical text. Advice given to take freshly prepared *Kashaya* every time.) 10 gm *Choorna* + 160 ml *Jala* 1/8th *Shesha*(20ml)

- Dose: 20 ml *Kashaya* twice in a day
- *Aushadhi sevan kala*: *Pashchatbhakta* (vyan udan kala)
- Route of Administration: oral
- Duration: 45 days
- Follow up: Every 15th day.

***Pathyapathya<sup>[15]</sup>***

*Pathya* - Dadim, Mudga, Patola, Draksh, Karvellaka, Nitya snan, Mrudu Vastra dharana, Koshataki.

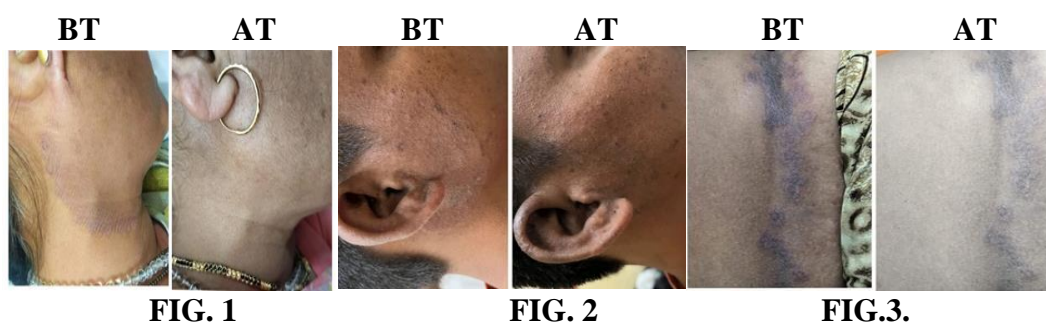
*Apathya*- Anupa Mamsa, Divaswapa, Atapasevana, Paryushit Ahara, Harit shak, Masha, Dadhi.

**Follow up and outcome**

After completion of treatment there was mark improvement in signs and symptoms i.e. in *Kandu* (Itching), *Raga*(erythma), *Pidika*(eruptions), *Utsanna Mandala*. No any *Vyapada* (complications) during full course of treatment and during follow up was seen. On follow up after 45 days, patients were satisfied with the management. There was 84% relief in the previous symptoms.

Lakshana	Patient 1		Patient 2		Patient 3		Patient 4		Patient 5		Patient 6	
	BT	AT	BT	AT	BT	AT	BT	AT	BT	AT	BT	AT
<i>Kandu</i> (Itching)	3	0	3	0	2	0	3	0	3	0	3	0
<i>Raga</i> (Erythema)	3	0	3	0	3	0	3	1	2	0	3	0
<i>Pidika</i> (Eruptions)	2	0	3	1	3	0	2	0	3	0	3	1
<i>Utsanna mandala</i> (Elevated patches)	3	0	2	0	3	1	2	1	3	0	3	0
Size of <i>Mandala</i>	3	1	2	1	2	0	3	0	3	0	2	1

BT- Before Treatment, AT-After Treatment Pictures



**FIG. 4.**

## DISCUSSION

*Dadru* is *kaphapitta* dominant disease. It is one of the *Aupsargik Roga*. *Nidanparivarjan* and *Pathyapathya* was an important issue during treatment. Among these patient, 4 patients shown early positive outcome, these patients followed proper *Pathyapathya* as per advice given to them. *Kashaya* has shown the effect on *Kandu* with its properties of *Tikta Pradhan Rasa*, *Ushna Virya*, *Kaphapittahara* and *Kushthaghna* property. The *Pidika* are produced due to the *Kapha Pitta Pradhana Tridosha*. The *Ushna*, *Ruksha*, *Tikshna Gunas* acts on reducing the *Pidikas*. *Mandalas* are result of *Tridosha* and four *Dushya Dhatu*. *Kushthaghna*, *Twakdosahara*, *Raktadosahara*, *Laghu*, *ruksha Guna*, etc. *Gunas* of *Kashaya* helped in reducing the *Mandalas* of *Dadru*.

### Mode of action of *Aatrushadi Kashaya*<sup>[16]</sup>

*Aatrushadi Kashaya* contains ingredients are *Aatrush*, *Guduchi*, *Erandmooltwak*, *Bakuchi*, *Haritaki* which have *Kushthaghna* properties. These all drugs mainly has *tikta & katu rasa*, *ushna virya* and *kativipaka*, having *kandughna*, *Kushthaghna* properties. As all *kushtha* involves vitiation of all three *doshas*. In *Dadru Kushtha* mainly *kapha & pitta dosha dushti* is present.

*Tikta*, *katu ras* act on *kaphadosha*, relieving *kaphadushti* by eliminating *kleda* of that area & helps in reduction of *kandu*. In *Dadru Kushtha* there is vitiation of *bhrajaka pitta*. These drugs help in normal functioning of *bhrajaka pitta*. *Bhrajaka pitta* is responsible for *varna*. Hence by acting on *bhrajaka pitta* it helps to reduce discoloration and restoration of normal skin color. Also It leads to *kandunash*, restoration of normal skin colour, ultimately helps in reduction of *kandu*, *raga*, *pidika* and *mandalotpatti* present in *Dadru Kushtha*.

In this study *Kashaya* was gave for 45 days. There is significant reduction in itching. *Aatrush* has *tikta* and *Kashaya rasa*, *katu vipaka*. Its *tikta Kashaya rasa* and *laghu ruksha guna* act as *kaphanashak*, *kleda shoshan* and *kandunashak*. *Aatrush* mainly acts on *kaphapradhan kushtha* by reducing *kushthagata kleda* and *srava shoshan*. *Tikta rasa* and *Sheet virya* acts as *kandu* and *Dahanashak*. *Acharya charak* and *Acharya Vagbhat* has mentioned *Dadru Kushtha* as *kaphapitta pradhan* and *Acharya Sushruta* as *kaphapradhan kushtha*. Hence in *dadru* it reduces local *kleda* and *kandu lakshana*.

*Guduchi* has *Tikta rasa pradhanya*. It Reduces *Kledakaphadushti* by its *rasa*. *Ruksha guna* and its *tikta rasa* helps in *kleda shoshan* and also acts as *raktashodhak*, *prasadan*.

*Erandmooltwak* due to its *Ushnavirya* and *Tikshna guna* helps in *kaphnashan*. *Bakuchi* is important drug for *Kushtha*. Due to *Tikta rasa*, *Ushna virya* and *Ruksha guna* it reduces *kandu*, and work as *raktaprasadan*. *Haritaki* has *Kashaya Pradhan*, *Lavanvarjit pancharas*, *ruksha* and *laghu guna pradhanya*. It act on *pittadosha* by its *Madhur*, *Tikta rasa* and *Kaphanashan* by its *Katu*, *tikta*, *Kashayaa rasa* and *laghu*, *Ruksha Guna*. *Raktagata kleda shoshan* by its *tikta rasa* and *ruksha guna*. It causes *pittashaman* and *rakta prasadan* which leads to *twakgata kleda* and *kandu nashan*. Thus all these properies of *Aatrushadi Kashaya* alleviating the symptoms of *Dadru kushtha* and cause *Sampraptivighatana*.

## CONCLUSION

In the present study *Aatrushadi Kashaya* showed significant result at the end of the treatment. The skin, which is the outermost layer of the body, is crucial for both protective and aesthetic reasons. For a better prognosis, it is therefore imperative to treat the skin illness as soon as possible. Ayurveda needs to be given more attention in light of today's lifestyle demands and the body's growing resistance to certain kinds of resistance behavior that could endanger people in the long run. Therefore, to enhance *Rakta dushti*, one should take the *ayurvedic* formulations such as *Aatrushadi Kashaya*. Because of the characteristics of these *ayurvedic* formulations, the *dadru kushtha* can be fully cured with little to no danger of recurrence.

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