

## A SUCCESSFUL CASE STUDY ON AYURVEDIC MANAGEMENT OF DADRU KUSTHA W.S.R. TO TINEA CORPORIS

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### ABSTRACT

Ayurvedic *Dadru* is similar to tinea, which is a fungal condition. Humanity has been provided with health treatments by Ayurveda from ancient times. Out of all the skin conditions, tinea is the most challenging to treat because it persistently flares up and is quite stubborn. Even with the very good treatment choices available in modern medicine, the condition resurfaces when medication is stopped. The frequent clinical symptom that *Darshana* and *Prashana Pariksha* can diagnose For the past three months, a 22 years old female patient has complained of burning and itching sensations accompanied with blackish, redness, and discoloration, circular patches on Abdomen and arm region will be cured with the aid of *virechan karma* and *Shamana Chikitsa*. Even if he has already received modern medication. The patient was given *snehpan* with *panchtikta ghruta* and *virechan karma* after that *manjisthadi churna*, *purodil syrup*, *rakta cure syrup*, *rakta cure cap*, *kaishor guggulu*, *giloy churna*, *suddha gandhak*, and *psoravan ointment* as treatments.

**KEYWORDS:** *Dadru*, Tinea, Ringworm, *virechan karma*, *Shamana Chikitsa*.

### INTRODUCTION

The human body's largest organ is the skin. It is prone to a number of ailments due to its size and external position. The prevalence of skin problems has significantly increased in tropical and developing nations such as India in recent times.<sup>[1]</sup> All skin illnesses are categorised in

Ayurveda under the general term "*Kushta*," which is further divided into *Mahakushta* and *Kshudrakushta*. *Dadru* is one amongst them.<sup>[2]</sup> *Acharya Charak* has included *Dadru* in *Kshudrakushta*,<sup>[3]</sup> whereas *Acharya Sushruta* and *Acharya Vagbhata* have explained under *Mahakushta*.<sup>[4,5]</sup>

The following are contributing factors to *Kushta*: drinking cold water right after physical labour, eating incompatible food (*vishamashana*), suppressing natural urges (*vegavidharana*), sleeping during the day (*diwaswapa*), consuming *atilavana*, excessively spicy or salty food (*atitikshnaahar*), consuming contaminated food, and sleeping during the day (*atapsevana*).<sup>[6]</sup>

The main *lakshanas* of *Dadru* include *Kandu* (Itching), *Utsanna* (elevated circular lesions), *Mandala* (Circular Patches), *Raaga* (Erythema), and *Pidakas* (Papule).

The *samprapti* of *Dadru* mainly involves vitiation of *Pitta-kapha doshas* and *dushti* of *rasa* and *raktavaha strotas*.<sup>[7]</sup>

*Dadru* and *Tinea corporis*, a fungal skin illness, are connected due to their comparable symptoms.<sup>[8]</sup>

5 out of 1000 people are suffering from *Tinea* infection.<sup>[9]</sup>

Topical and systemic antifungal medications as well as the use of corticosteroids are the methods used to treat it in modern medicine. In *Ayurveda Shodhan*, *Shaman* and *Bahirparimarjan* (topical) *Chikitsa* is indicated for *Dadru*.<sup>[10,11]</sup>

All these treatment modalities are used in this case study.

For *virechana* with *panchatikta grita* was given. In *Shamana chikitsa* formulations that *manjisthadi churna*, *purodil syrup*, *rakta cure syrup*, *rakta cure cap*, *kaishor guggulu*, *giloy churna*, *suddha gandhak*, and *psoravan ointment* like *Kushtaghna*, *Krumighna* and *Kandughna* properties were used.

## CASE STUDY

A 22-year-old female arrived at the Rajvaidya Prem Shanker Sharma Ayurveda Hospital's Kayachikitsa OPD in Ambamata, Udaipur, complaining of acute itching in her abdomen and arm region for the past 3 months, along with circular, blackish patches.

**History of present illness**

Patient was well before 3 month and then gradually developed 6-7 round and blackish patches over abdominal and arm region with severe itching. For that she had taken Allopathic treatment from local practitioner but didn't get satisfactory result so she came to Rajvaidya Prem Shanker Sharma Ayurveda Hospital's Kayachikitsa OPD in Ambamata, Udaipur for ayurveda Management.

**Past History:-**nil.

**Family History:** - nil.

**Clinical Examination**

A normal range was seen for *Asthavidh pariksha*. In *madhyam akruti* was the patient.

**Local examination****Assessment Criteria**

**Subjective Criteria:-** 6-7 spherical, blackish patches that gradually covered the abdomen and arm region. Absence of lesion discharge.

**Laboratory investigation**

Blood routine: – Normal

**Assessment Criteria - Subjective Criteria*****Kandu* (Itching)**

Grade	Symptoms
0	No itching
1	Relieve spontaneously
2	Relieve by itching
3	Disturbing routine

***Vaivarnya* (Discoloration)**

Grade	Symptoms
0	Absent
1	Reddish
2	Dark Red
3	Reddish black

*Utsanna Mandala (Elevated circular skin lesion)*

Grade	Symptoms
0	Absent
1	Mild elevated lesion
2	Moderate elevated
3	Severe elevated lesion

**TREATMENT PLAN****Table 1: Virechan Karma.**

Date	Karma	Medicine & Time	Dose & Anupan
21-4-24 to 23-4-24	<i>Deepana and Pachana</i>	<i>Chitrakadi vati</i>	Warm water
24-4-24 to 28-4-24	<i>Sodhanartha snehpana in vardhamanakrama</i>	<i>Panchtikta Ghrita</i> in early morning at Empty stomach	24/4- 25 ml 25/4-50ml 26/4-75ml 27/4-100ml 28/4-125ml
29-4-24 to 30-4-24	<i>Abhyanga and Swedana</i>	<i>Abhyanga</i> with Psorasiddhi Taila and <i>sarvanga Swedana</i> at morning For 30minutes	
30-4-24	<i>Virechan karma Vega-17</i>	<i>Trivrutta Avaleha</i> At 11am	45 gm with warm water
20-4-24 To 24-4-24	<i>Samsarjana krama As of Madhyama Shuddhi</i>	<i>Peyadi Kram</i>	

**Table 2:- Shamana Aushadhi after Virechana Karma patient was Subjected to Shamana Aushadhi enlisted below.**

S.NO.	Aushdhi	Dosage & Anupan
1	<i>Ghandhak rasayan</i> -250mg <i>Giloy churna</i> - 2gm <i>Kaishhore guggulu</i> -500mg <i>Manjishthadi churna</i> -3gm	Ushnodhak
2.	<i>Lagu Manjishthadi kwath</i> -10 gm	Empty stomach
3.	<i>Panchtikta grita</i> -20 ml ( <i>Shamanarth Sneha</i> ) ) at early morning at empty stomach	20 ml in morning at empty stomach with <i>Ushnodak</i>
4.	<i>Syrup raktacure</i> - 2-2 sp bd <i>Syrup purodil</i> - 2-2sp bd	Water
5.	<i>Psorasiddhi oil</i>	Local application

## OBSERVATION AND RESULTS

*Utsanna mandala* (Elevated circular skin lesion)

<i>Kandu</i> (Itching)		<i>Vaivarnya</i> (Discoloration)		<i>Utsanna mandala</i> (Elevated circular skin lesion)	
BT	AT	BT	AT	BT	AT
3	0	3	1	2	0



**Figure 1: Before treatment.**



**Figure 2: After treatment.**

## DISCUSSION

*Kaphapradhan* according to *Acharya Sushruta*. There is involvement of *Rasa* and *Rakta* in Every *Kushta* is a *Tridoshaj*. However, *Dadru* is *Pitta-Kapha* dominance according to *Acharya Charak* and *Vagbhata*, while it is the *samprapti*. In *Samhita* repeated *Shodhana* and *Shamana* drugs having *Kushtaghna*, *Krumighna* and *Kandughna* properties are described for *Kushta*. Along with this, for better result, *Bahiparimarjana Chikitsa* (local application of drugs) in the form of oil was also advised.

### Probable mode of action of *Gandhak rasayan*

*Gandhak rasayan* is a polyherbal medication made by feeding *Shuddha Gandhaka* twelve *bhavanas* of herbal remedies.<sup>[12]</sup> It is mostly relevant to *Kushta Roga* management.<sup>[13]</sup> It has antifungal and antibacterial qualities. It primarily affects *Rakta Dhatu*, resulting in *Rakta shodhan*, or blood purification. Due to its antifungal qualities, it aids in the reduction of infection. It also functions as a *Rasayana* and aids in enhancing the complexion and digestion. Skin problems can be treated with sulphur physically or orally. Its characteristics, including *Rakta shodhak*, *Vranaropak*, *Krumighna*, and *Kushthaghna*, diminish the *Kandu*, *Pidika*, *Raaga*, and *Daha*.<sup>[14]</sup>

### Probable mode of action of *Kaishore guggulu*

*Kaishore guggulu* is mainly used as antiallergic, antibacterial and blood purifying properties.<sup>[15]</sup> It functions as a natural blood purifier, an anti-aging skin health enhancer, and a supportive dietary herbal supplement for a variety of medical ailments, including diabetes and skin disorders.. This mainly contains of

1. *Guggul* 2. *Haritaki* 3. *Bibhitaki* 4. *Amalaki*] 5. *Amrita* 6. *Sunthi* 7. *Marich* 8. *.pippli*.9. *Vidanga* 10. *Tirivrt* 11. *Danti*

### Probable mode of action of *Laghu Manjisthadi Kwath*

*Laghu Manjistadi Kwatha* contains the following ingredients: *Manjistha*, *Vibhitaki*, *Haritaki*, *Amalaki*, *Katuki*, *Vacha*, *Devadaru*, *Haridra*, and *NimbaTwak*. These ingredients have qualities similar to those of *Agnidipaka*, *Raktashodaka*, *Samsrana*, *Pitta Kaphahara*, *Kustaghna*, *Kashaya*, *Tikta*, *Katu Rasa*, *Laghu Roksha Guna*, *Usna Virya*, *Pittakapha Shamaka*, *Kustaghna*, etc.<sup>[16]</sup>

### Probable mode of action of *Manjisthadi churna*

**Ingredients-** *Manjishta*, *Choti Elaichi*, *Mishi*, *Sona geru*, *Pashanabheda*, *Markandika*, *kalmisora*, *gokhru*, *Revandchini*, *amla harad*, *baheda*, *Gulab ka phool*, *Sanay*, *choti harad*. These ingredients have qualities similar to those of *Raktashodaka*, *Samsrana*, *Pitta Kaphahara*, *Kushthaghna*.<sup>[17]</sup>

### Probable mode of action *Panchatikta Ghrita*

*Panchatikta Ghrita*, also known as *Panchatikta ghee* is predominantly a mix of neem, adoosa, harad, baheda, amla, giloy, and ghee. In smaller quantities, it also contains other ingredients

like patola, vyaghri, guduchi, vasa, triphala, hartaki, and vibhitaki. The mention of Panchatikta Ghrita was first made in Bhaishajya Ratnavali Kushta Adhikara.

#### **Probable mode of action of Psorasiddh oil**

- Created from a blend of 9 unique herbs, ...*Kutaja, Karanja, Khadira, Bakuci, Aragwada, Kushta, Chitraka, Narikela* using natural *ayurveda* oil making process, Good for Psoriasis and Dry eczema
- Exhibits anti-proliferative action on skin cells
- Relieves itching, Scaling, irritation and dryness of skin
- They exhibit antiseptic and anti-inflammatory properties

#### **Probable mode of action of Purodil syrup**

Ingredients:- *Manjisthadi Kwath, Sariva, Guduchi, Manjith, Khadir, Chirayata, Jawasa, Neem, Chopchini, Ushwa, Revand Chini, Harad, Motha, Amaltas, Shirish, Nisothe, Babul, Kachnar, Bakuchi, Haridra, Chaul Mogra, Brahmi, Kasmad, Mundi, Tulsi, Vidang, Pitpapda, Kalmegh, Tarbooj, Kutaj, Kutaki, Daruharidra, Inderjav, Kamal, Gulab Arka*. Purodil syrup is a polyherbal formulation, which act multi-dimensionally to treat acne, pimples and other skin allergies. Purodil provides comprehensive and safe approach, being a good anti-microbial, anti-inflammatory, anti-allergic, anti-oxidant, blood detoxifier and immuno-modulator.

#### **CONCLUSION**

In this case study, the patient of *Dadru Kustha* showed a considerable improvement. The prescribed course of treatment proved beneficial for vitiated *Kapha Pitta Dosha* in *Kledaharan, Kandushaman, Rakta Prasadan, and Shaman*. Consequently, it was discovered that the therapy was successful in greatly reducing the symptoms.

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