AYURVEDIC MANAGEMENT OF DADRU KUSHTHA - A CASE STUDY

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ABSTRACT

Skin is the most important organ of the human body as it protects the body from invading pathogens. Skin is the largest organ of the human body. On the other hand skin is prone to superficial fungal infections. According to WHO prevalence rate of superficial mycotic infection is 20-25%. In Ayurveda all the skin diseases are considered under Vyadhi Kushtha and clinically it is similar with the symptoms of Tinea Corporis. It is commonly found in society. Aacharya Sushruta and Vagbhatha included it under Mahakushta. Aacharya Charaka has explained it under Kshudra Kushtha. In present Clinical study 38 yrs old male patient of Dadru since 2 and 1/2 years with recurrence and was treated with Panchkarma Virechana therapy with Punchnitka Ghrita and later Shamana Aushadha was given. A good relief was observed in the patient.

KEYWORDS: Tinea corporis, Dadru, Kushtha, Virechana, Panchkarma.

INTRODUCTION

Skin is the largest organ of the human body. It acts as physical barrier between internal organs and environment. All the skin diseases in Ayurveda has been considered under Kushtha Kushtha is classified under two categories- Kshudra Kushtha and Maha Kushtha. Aacharya Sushruta has included Dadru Kushtha in Mahakushtha may be because of its extensively occupying lesions and kquick invading nature. Aacharya Charaka has considered Dadru under Kshudra Kushtha. Unhygienic conditions, poor sanitation and use of infected clothes etc. helps to worsen the condition.

Tinea corporis is a superficial fungal infection of arms and legs however it can also occur at any other part of the body. Its clinical features are variable. Classically the lesions are anular, erythematous, scaly with well defined edge. Microsporum canis and Trichophyton verrucosum are common culprits and are zoophilic. It manifests in the form of severely itchy, circular or irregular lesions which have well defined active borders consisting of papulo vesicles. In Modern Medicines it is treated with topical or systemic antifungal, corticosteroids give very fast relief in such conditions but comes with a lot of side effects and later with recurrence of the disease. The systemic and local use of Ayurvedic medicine has shown considerable effects in Dadru.

According to Aacharya Charaka, reddish coloured Pidika are Raga (erythema), Kandu (itching), in the form of Utsana Mandala (elevated circular lesion) is known as Dadru. Incompatible food, suppression of Natural urges, sleeping in the day time, intake of excessive oily, contaminated and spicy food are some of the causative factor of Kushtha. All Kushthas are Tridosha. Aacharya Sushruta has described Dadru as Kapha Pradhana Vyadha and Aacharya Vagbhatta and Charaka, described it as Pitta- Kapha Pradhana Dosha. Kushtha is one of the Bahu-doshavastha vyadhi. In such conditions Shodhana is advised e.g. Vamana, Virechana and Rakta Mokshana, depends upon Doshadyayata. Here Dadru is Kapha- Pitta Pradhana condition. In such condition Virechana is advised. Sushrutacharya has advised Virechan in every month in Kushtha.

Present study is about classical Virechana followed by Shamana.
CASE REPORT
A 38 year old male patient came to Parul Ayurved Hospital institute with complaints of
1. Severe itching at the nape of neck and buttocks.
2. Erythematous lesions
3. Burning sensation at the site of lesion.
4. Redness
5. Itching
6. Aggravation of itching during night.

Patient was suffering from the above complaint since 2 and half years. Patient was having irregular bowel evacuation and loss of appetite, he consulted allopathic dermatologist and was prescribed some antifungal orally and topically but there was no significant relief.

OPD No. 18012538
I.P.D. No. 181947
Past History
No H/O - DM/HTN, Accident, Operation No F/H/O - Any skin Disorder
Aahara- Intake of non vegetarian food, oily and junk food,
Vyasan- Chewing gutkha, having alcohol and smoking

On Examination
- General Condition-Moderate
- Pulse rate-94/min
- BP-130/80mm of Hg
- Weight- 62kg
- Mala- Vibandh
- Mutra- Regular
- Nidra- Disturbed
- Kshudha- Samyaka
- Jiwha- Sama

Local Examination
Area – Nape of the neck, Buttocks, Forehead, Abdomen.
Shape – Circular Size – Multiple patches, no specific size.

<table>
<thead>
<tr>
<th>Date</th>
<th>Days</th>
<th>Dose (For Anupana Luke warm water for whole day) daily between 6.00-6.30am.</th>
<th>Kshudha pravartana(near about)</th>
</tr>
</thead>
<tbody>
<tr>
<td>23/6/18</td>
<td>Day1</td>
<td>25ml (at 6.10am)</td>
<td>10.00 am</td>
</tr>
<tr>
<td>24/6/18</td>
<td>Day 2</td>
<td>40 ml (at 6.05am)</td>
<td>12.00 am</td>
</tr>
<tr>
<td>25/6/18</td>
<td>Day 3</td>
<td>80 ml (at 6.15am)</td>
<td>2.30 pm</td>
</tr>
<tr>
<td>26/6/18</td>
<td>Day 4</td>
<td>130 ml (at 6.20am)</td>
<td>4.30 pm</td>
</tr>
<tr>
<td>27/6/18</td>
<td>Day 5</td>
<td>150 ml (at 6.15am)</td>
<td>6.00 pm</td>
</tr>
<tr>
<td>28/6/18</td>
<td>Day 6</td>
<td>180ml</td>
<td>6.30 pm</td>
</tr>
</tbody>
</table>

Snehamatra was gradually increased according to Agni and Koshta of the patient. Daily Sneha Jiryaman and Jirna Lakshana were observed. After achievement of Samyaka Sneha Lakshanas - Abhyanga with Nimba Taila followed by Aaatap Sewana once in a day were done for consecutively 3 days.

Table 1:

Colour- Reddish
Odour- Occasionally Foul smell
Secretion-Absent (occasionally Lasika)
Elevation- Present.
Inflammation- Absent
Pain – Absent
Tendency to bleed- No
Hard / Soft- Soft (Hard at periphery)
Loss of sensation -No

General Examination
Respiratory System- AEBE- Clear B/L.
Cardiovascular System- S1 –S2 heard with no added sound.
CNS- All superficial reflexes are intact.
GIT- Nothing abnormal detected.

Samprapti Ghatak
- Dosha- Pitta -Kapha Pradhan
- Dushya-Rasa, Rakta, Mansa, Ambu
- Srotasa-Raktavaha Srotas
- Srotu-Dushhi Type-Sang
- Ama-Sama
- Udhhavsthana- Amashaya
- Vyakti Sthana-Greeva Pardesh, Sphika Pradesha, Nabhi Adobbaga,

Management
When patient came to Parul Institute of Ayurvd, depending upon severity of the disease admission was advised. Virechana Karma Procedure was explained to the patient and patient was ready for the Virechana.

Deepana – Pachana Aushadhi-19/6/18-22/6/18 was given up to the achievement of Nirama Lakshana which took 4 days. For this Trikatu Churna and Triphala Vati (250mg each) in the dose of 2 tablets three times in a day was administered.

For Snehapan Panchtikta Ghrita (prepared in Parul Ayurved Pharmacy) was used.
Table 2:

<table>
<thead>
<tr>
<th>Days</th>
<th>Vata Anulomana</th>
<th>Deeptagni</th>
<th>Snigdha Varcha</th>
<th>Mardaya</th>
<th>Klama</th>
<th>Snigdhanga</th>
</tr>
</thead>
<tbody>
<tr>
<td>23/6/18</td>
<td>-</td>
<td>-</td>
<td>-</td>
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<td>-</td>
<td>-</td>
</tr>
<tr>
<td>24/6/18</td>
<td>+</td>
<td>+</td>
<td>-</td>
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</tr>
<tr>
<td>25/6/18</td>
<td>+</td>
<td>+</td>
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<td>+</td>
</tr>
<tr>
<td>28/6/18</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>+</td>
<td>+</td>
</tr>
</tbody>
</table>

For Virechana- Trivritta Ayleha (80gms) + Triphala Kashaya (200ml) was given at 10.30am on date- 2/7/18 was given to the patient. Anupana- Ushna jala was advised for the whole day.

Table 3:

<table>
<thead>
<tr>
<th>Vegiki</th>
<th>Madhyama shuddhi (14 vegas)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lengiki</td>
<td>Uttam</td>
</tr>
<tr>
<td>Manki</td>
<td>Madhyama</td>
</tr>
<tr>
<td>Aantki</td>
<td>Kaphante</td>
</tr>
</tbody>
</table>

As this is Kapha pradhan condition Samsarjana karma - Mudga Yasha Pradhan was advised for 5 days

Table 4: Samsarjana Krama.

<table>
<thead>
<tr>
<th>Days</th>
<th>Mng</th>
<th>Evening</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/7/18</td>
<td>-</td>
<td>Peya</td>
</tr>
<tr>
<td>3/7/18</td>
<td>Peya</td>
<td>Vilepi</td>
</tr>
<tr>
<td>4/7/18</td>
<td>Vilepi</td>
<td>Akrita Yusha</td>
</tr>
<tr>
<td>5/7/18</td>
<td>Krita yusha</td>
<td>Akrita Mamsarasa</td>
</tr>
<tr>
<td>6/7/18</td>
<td>Krita Mamsarasa</td>
<td>Normal diet</td>
</tr>
</tbody>
</table>

After the completion of Samsarjan Karma once patient started feeling normal hunger Shaman Aushadhi was started for that below drugs with dose were administered.

Table 5: (03-07-18).

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Treatment</th>
<th>Doses</th>
<th>Lakshna</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Panchtikita Ghrita Guggulu</td>
<td>2-2-2</td>
<td>Itching over all body +++</td>
</tr>
<tr>
<td>2</td>
<td>Chandrkala Vati</td>
<td>2-2-2</td>
<td>Rough skin lesion on neck, abdomen and buttocks+++</td>
</tr>
<tr>
<td>3</td>
<td>Aarogyavardhini Vati</td>
<td>2-2-2</td>
<td>Annabhilasha +++</td>
</tr>
<tr>
<td>4</td>
<td>Panchvalkal kwath</td>
<td>Snanarth</td>
<td>Burning sensation +++</td>
</tr>
<tr>
<td>5</td>
<td>Nimba Taila</td>
<td>Abhyanga</td>
<td>Itching aggravated at night +++</td>
</tr>
</tbody>
</table>

First Followup after 7 days (11/07/18)

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Medicine</th>
<th>Observation of Lakshana</th>
</tr>
</thead>
<tbody>
<tr>
<td>1&lt;sup&gt;st&lt;/sup&gt; Follow up</td>
<td>Yathavata</td>
<td>Itching over whole body++ Rough skin lesions on neck, abdomen and buttocks+ Annabhilasha-absent Burning sensation+</td>
</tr>
<tr>
<td>2&lt;sup&gt;nd&lt;/sup&gt; Follow up</td>
<td>Yathavata</td>
<td>Itching over whole body+ Rough skin lesions on neck, abdomen and buttocks+ Burning sensation- absent</td>
</tr>
<tr>
<td>3&lt;sup&gt;rd&lt;/sup&gt; Followup</td>
<td>Yathavata</td>
<td>Itching over whole body- absent Rough skin lesions on neck, abdomen, and buttocks- absent Burning sensation – absent.</td>
</tr>
</tbody>
</table>
DISCUSSION

Kushtha is one of the most chronic disorders but with slight Hetusevan relapse easily occurs so it is difficult to cure. Because of this Acharyas have advised to conduct repeated shodhana karma instead of Shaman only. The line of treatment of Kushtha includes, Snehapana, Vamana, Raktamokshana, Virechana, Nasya,[12] etc.

1. Panch-tikta Ghrita[13] This medicine contains Aatrushakat (Vasa), Guduchi, Vyaghri, Kantakari, Patola. These drugs have 100% Tikta Rasatmak Dravyas. Here Tikta Rasa helps to absorb Rasa- Raka Gata Kleda, which eventually reduces Kandu as Kleda is decreased Kushtha Samprapti starts to break resulting in recovery. With the 1st day of Snehapan only patient start to get relief in symptoms.

2. Aarogya Vardhini Vati[14] Main contents are Kajjali, Loha Bhasama, Abhruka Bhasama, Tamra Bhasama, Shilajit and Triphala, Chitraka, Kutaki, Nimba Patra equal proportion of Tikta choorna etc with Bhavana Dravya of Nimbakwatha. Here most of herbal drugs are Tikta Rasatmaka, whereas Bhasmas i.e. Abhruka Bhasma etc. carry these drugs to Sukshma level. This drug acts miraculously in Kushtha for Mandala Kushtha and all type of Kushtha with Tri-Doshghna property.
3. **Panchtikta Ghrita Guggulu**[15] this drug contains
Nimba, Amrita, Patole, Patita, Vidanga, Sardaru, Nagara which are Tikta Rasa Pradhan, acts as Raktodsosa Pachaka and later Rakta Prasadak. Purana Guggulu is said to be Lekhana in nature. In Sthira, Mandal Kashtha Lekhan property is helpful. Here Guggulu acts as a vehicle for these drugs which enters into Sukshma channels. Gives instant relief in Kanda Pradhan Lakshanas.

4. **Chandrakala Vati** - As the patient has Daha after Kanda this drug was used. This drug contains
Kajjali, Tamra Bhasma and Abhraka Bhasma with Bhave Manjusa Dravya of Durva, Ketaki, Ghrit Kumari etc. It is beneficial in all kind of Pittaj Vikara and reduces all kind of Abhyantra Daha and Bahya Daha.[16] as it is *Murtulu* (Diuretic in nature), carries Tvakagata Kleda.(Mutrasya kleda vahanam)


6. **Nimb Taila**[16] Nimba Bija Bhavita with Bharangraj Swaras, Acharya Sharangdhara has indicated it in Pitalya Chikitsa. Dadru is very Kandupradhan condition. Patient wants instant relief. For that Nimb Tailam was used externally. Gives instant symptomatic relief with its Kishthagha property.

**CONCLUSION**

This case is a documented evidence for the successful management of Pitta-Kapha Kushtha vis-à-vis through Shodhana and Shamana Chikitsa. Here in Shodhana Chikitsa vitiated Kaphadi Doshas are expelled out which may play important role in lowering the immunity of patient. This is one among the relapsing type of skin disease so patient was advised to follow Pathyapthya like Ahara, Vihara, Achara, Vichara. Repeated Shodhana as per classics in accordance with Dosh, Kala, Agni and Desha etc, should be administered to control the frequency of recurrence and further spread.

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