

## 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%.<sup>[1]</sup> 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 *Vagbhatta* included it under *Mahakushta*. *Aacharya Charaka* has explained it under *Kshudra Kushtha*. In present Clinical study 38yrs old male patient of *Dadru* since 2 and 1/2 years with recurrence and was treated with *Panchkarma Virechana* therapy with *Panchtikta 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 Kushta* in *Maha-kushtha* may be because of its extensively occupying lesions and quick invading nature.<sup>[2]</sup> *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.<sup>[3]</sup> Its clinical features are variable. Classically the lesions are annular, erythematous, scaly with well defined edge.<sup>[4]</sup> *Microsporum canis* and *Trichophyton verrucosum* are common culprits and are zoophilic.<sup>[5]</sup> It manifests in the form of severely itchy, circular or irregular lesions which have well defined active borders consisting of papulo vesicles.<sup>[5]</sup> 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*.<sup>[6]</sup> 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 *Tridoshaja*.<sup>[8]</sup> *Aacharya Sushruta* has described *Dadru as Kapha Pradhana Vyadhi* and *Aacharya Vagbhatta*,<sup>[9]</sup> and *Charaka*,<sup>[10]</sup> described it as *Pitta- Kapha Pradhana Dosh*. *Kushth* is one of the *Bahu-doshavastha vyadhi*. In such conditions *Shodhana* is advised e.g. *Vamana, Virechana* and *Rakta Mokshana*, depends upon *Doshadhikyata*. Here *Dadru is Kapha- Pitta Pradhana* condition. In such condition *Virechana* is advised. *Sushrutacharya* has advised *Virechan* in every month in *Kushtha*.<sup>[11]</sup>

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.

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### 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.

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

- Dosh- Pitta -Kapha Pradhan
- Dushya-Rasa, Rakta, Mansa, Ambu
- Srotasa-Raktavaha Srotas
- Sroto-Dushti Type-Sang
- Ama-Sama
- Udhbhavsthana- Amashaya
- Vyakti Sthana-Greeva Pardesh, Sphika Pradesh, Nabhi Adobhaga,

### Management

When patient came to Parul Institute of Ayurved, 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 Aushadh-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 *Snehapana Panchtikta Ghrita* (prepared in Parul Ayurved Pharmacy) was used.

Table 1:

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

*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 2:

Days	Vata Anulomana	Deeptagni	Snigdha Varcha	Mardava	Klama	Snigdhangra
23/6/18	-	-	-	-	-	-
24/6/18	+	+	-	-	-	-
25/6/18	+	+	-	-	-	-
26/6/18	+	+	-	-	-	-
27/6/18	+	+	+	+	+	+
28/6/18	+	+	+	+	+	+

For Virechana- Trivritta Avleha (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. Observation during Virechana Chaturvidh Shuddhi:-

Table 3:

Vegiki	Madhyama shuddhi (14 vegas)
Lengiki	Uttam
Manki	Madhyama
Aantki	Kaphante

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

Table 4: Samsarjana Krama.

Days	Mng	Evening
2/7/18	-	Peya
3/7/18	Peya	Vilepi
4/7/18	Vilepi	Akrita Yusha
5/7/18	Krita yusha	Akrita Mamsarasa
6/7/18	Krita Mamsarasa	Normal diet.

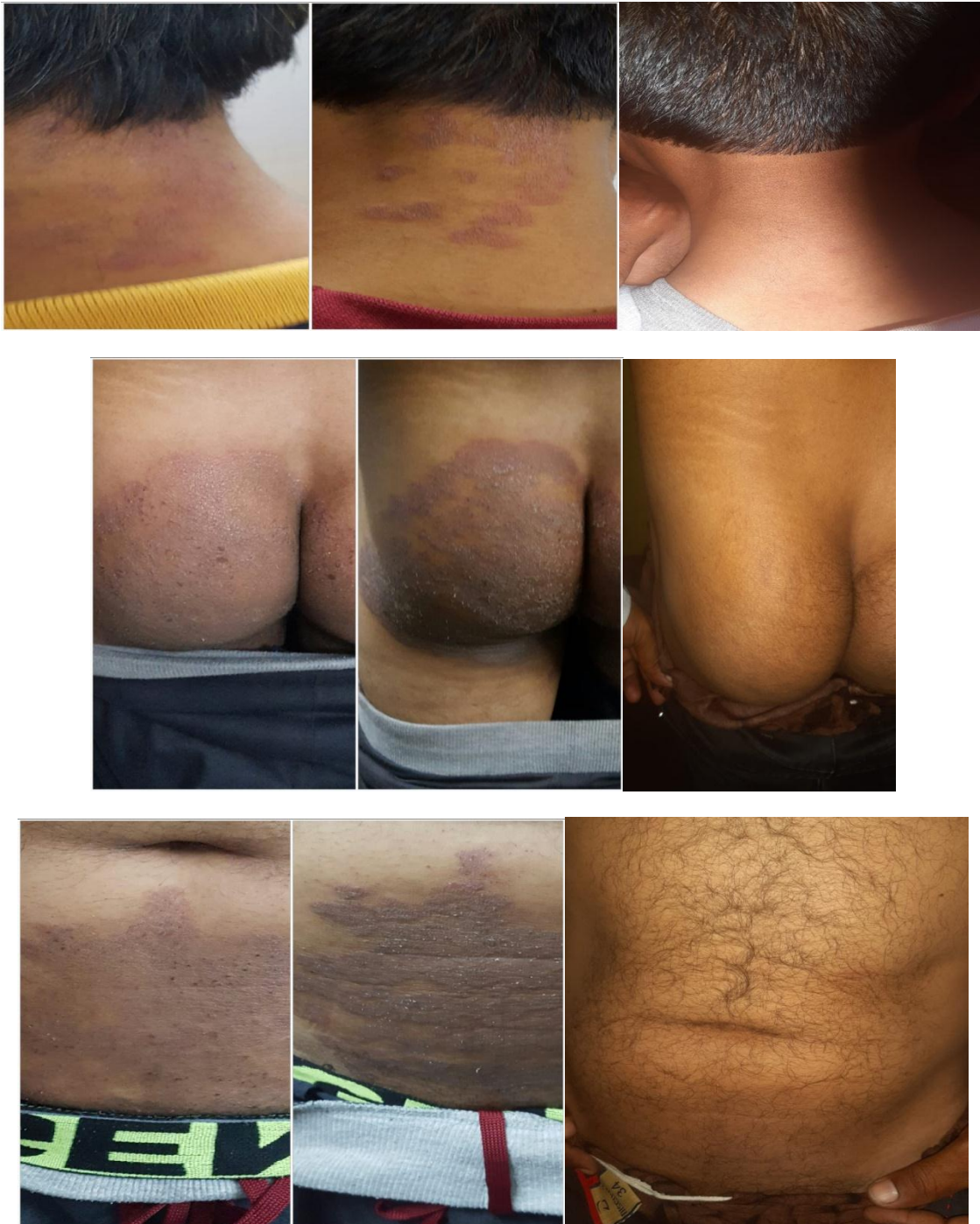
After the completion of Samsarjan Karma once patient started feeling normal hunger Shaman Aushadhi was started for that below drugs with dose were administered.

Table 5: (03-07-18).

Sr. No.	Treatment	Doses	Lakshna
1.	Panchtikita Ghrita Guggulu	2-2-2	Itching over all body +++
2.	Chandrakala Vati	2-2-2	Rough skin lesion on neck, abdomen and buttocks+++
3	Aarogyavardhini Vati	2-2-2	Annabhilasha +++
4.	Panchvalkal kwath	Snanartha	Burning sensation +++
5.	Nimba Taila	Abhyanga	Itching aggravated at night +++

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

Sr. No.	Medicine	Observation of Lakshana
1 <sup>st</sup> Follow up	Yathavata	Itching over whole body++ Rough skin lesions on neck, abdomen and buttocks+ Annabhilasha-absent Burning sensation+
2 <sup>nd</sup> Follow up	Yathavata	Itching over whole body+ Rough skin lesions on neck, abdomen and buttocks+ Burning sensation- absent
3 <sup>rd</sup> Followup	Yathavata	Itching over whole body- absent Rough skin lesions on neck, abdomen, and buttocks- absent Burning sensation – absent.



## 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*, *Naysa*,<sup>[12]</sup> etc.

1. *Panch-tikta Ghrita*<sup>[13]</sup> This medicine contains *Aatrushaka*(Vasa), *Guduchi*, *Vyaghri*, *Kantakari*, *Patola*. These drugs have 100% *Tikta Rasatmak Dravyas*. Here *Tikta Rasa* helps to absorb *Rasa-Rakta Gata Kleda*, which eventually reduces *Kandu* as *Kleda* is decreased *Kushtha Samprapti* starts to

break resulting in recovery. With the 1<sup>st</sup> day of *Snehapan* only patient start to get relief in symptoms.

2. *Aarogya Vardhini Vati*<sup>[14]</sup> Main contents are *Kajjali*, *Loha Bhasama*, *Abhraka 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. *Abhraka Bhasma* etc. carry these drugs to *Sukshma* level. This drug acts miraculously in *Kushtha* for *Mandala Kushta* and all type of *Kushtha* with *Tri-Doshghna* property.



3. *Panchtikta Ghrita Guggulu*<sup>[15]</sup> this drug contains *Nimba, Amrita, Patola, Patha, Vidanga, Surdaru, Nagara* which are *Tikta Rasa Paradhan*, acts as *Raktsdosha Pachaka* and later *Rakta Prasadak*. *Purana Guggulu* is said to be *Lekhana* in nature. In *Sthira, Mandal Kushtha Lekhan* property is helpful. Here *Guggulu* acts as a vehicle for these drugs which enters into *Sukshma* channels. Gives instant relief in *Kandu Pradhan Lakshanas*.
4. *Chandrakala Vati*- As the patient has *Daha* after *Kandu* this drug was used. This drug contains *Kajjali, Tamra Bhasma and Abhraka Bhasma with Bhavana 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*.<sup>[16]</sup> as it is *Mutrala* (Diuretic in nature), carries *Tvakagata Kleda*. (Mutrasya kleda vahanam)
5. *Panchvalkal Kwath*<sup>[16]</sup> These *Nagryodadhi Dravyas* are *Kashay-Rasa Pradhan*. Acts as *Kledashoshan*. Give very fast symptomatic relief by using externally for *Snana* (Bathing).
6. *Nimb Taila*<sup>[18]</sup> *Nimba Bija Bhavita with Bhringaraj Swaras, Acharya Sharangdhara* has indicated it in *Palitya Chikitsa*. *Dadru is very Kandupradhan condition. Patient wants instant relief. For that Nimb Tailam was used externally. Gives instant symptomatic relief with its Kushthaghna property.*
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## CONCLUSION

This case is a documented evidence for the successful management of *Pitta-Kapha Kushta* 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 *Dosha, Kala, Agni and Desha* etc., should be administered to control the frequency of recurrence and further spread.

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