

MANAGEMENT OF DADRU KUSHTHA ACCORDING TO AYURVED - A CASE STUDY

Radha Andhare¹, Sarita Dhole²

¹Professor, ²Assistant Professor;

Department of Kriyasharir, Datta Meghe Ayurvedic Medical College, Hospital and Research Centre, Nagpur, Maharashtra, India

Email: rr.khistry@gmail.com

ABSTRACT

According to Acharya Charak, in pathogenesis of *Kushtha Vat, Pitta, Kapha (Tridoshas), Twacha, Rakta, Mansa* and *Lasika* are involved. They are called as *Saptak*. *Kushtha* is especially *pitta* dominant in which *Rakta* is also vitiated. It is chronic disease and not acute. In the present case of *Dadru Kushtha*, drugs are planned as *Tridoshaghna, Kushthaghna, Raktashodhak*. By using *Virechak* and *Anulomak* drugs (Purgatives and laxatives), symptoms like *Daha, Twak vaivarnya* (Erythema) can be reduced. *Dadru Kushtha* can be completely cured with Ayurvedic medicines along with maintaining good hygiene and some lifestyle modifications.

Keywords: *Dadru Kushtha, Aragvadh, Kampillak, Neem tail, Trifala, Gandhak Rasayan.*

INTRODUCTION

Skin is the largest superficial covering of body. It performs function as sense organ also. It performs various Physiological functions and prevents foreign organisms and pathogens to enter into the body. But the fact is skin itself is prone to superficial infections. Skin infections may lead to psychological disturbances also. Skin diseases lead to stress, anger, depression, shame, loss of confidence etc¹.

Fungal infection is the most common skin infection. Such skin diseases are caused due to lack of aware-

ness towards hygiene, poor sanitation, use of synthetic cloths etc.

In Ayurveda, all skin diseases are included in “*Kushtharog*”. The most common fungal infection is *Tinea Corporis*. It can be correlated with “*Dadru Kushtha*” as per symptoms explained in Ayurved. Similarity between *Tenia Corporis* and *Dadru Kushtha* is given in the table below.

Table 1

Sr. No.	Symptoms – Tinea Corporis ²	Symptoms – Dadru Kushtha ³
1	Erythema	<i>Raga</i>
2	Itching	<i>Kandu</i>
3	Granular Surface	<i>Pidka</i>
4	Circular elevation of skin	<i>Utsanna Mandal</i>

At present, there are many allopathy medicines like Antifungal and Anti Histaminic medicines used for treatment of fungal infection. But in such cases recurrence is often seen. There are many medicines mentioned in Ayurved also, to treat *Kushtha rog*. Some of them are used to cure the case in the present case study. After use of allopathy medicines, recurrence was seen in the present patient. So the patient was treated with Ayurvedic medicines like *Gandhak*, *Kushthaghna* drugs to give safe and permanent relief without recurrence.

Aim and Objectives:-

This case of patient is studied to establish the safe treatment without side effects, for the patients of skin diseases caused due to fungal infection,

Materials and methods:-**Case Report:-**

Patient was examined at outdoor patient department.

Present History

A thirty years old female patient visited OPD on date 11/05/2019 with following complaints-

1. Elevated patches around groin region, lower abdomen and perianal region.
2. Severe itching
3. Discoloration/Redness
4. Burning sensation

Patient is known case of Diabetes Mellitus since 2 years.

Patient was treated with allopathy medicines such as oral and local antifungal with antihistaminic drugs for about three months. But there was no relief to patient.

Table 2- Personal History

Name - xyz	Marital Status - Married	Pulse - 75/minute
Age - 30 years	Occupation - Teacher	BP – 130/85mm.Hg
Sex - Female	Addiction - Nil	Weight- 58 Kg
		Temperature- 97.5 ⁰ F

General condition of the patient was fair.

Local Examination –

1. 10 to 12 circular (1 cm diameter) patches on groin and lower abdomen and perianal region.

2. Redness (erythema), elevated scaly patches.

3. Clinical Features – *Kandu* (itching), *Daha* (burning sensation), *Tod* (Pricking pain)

Diagnosis – Dadru Kushtha**Table 3 - Criteria for gradation of symptoms of patient:-**

Sr.No	Clinical Features	Grade 0	Grade 1	Grade 2	Grade 3
1	<i>Kandu</i> (Itching)	Absent	Mild	Moderate	Severe
2	<i>Daha</i> (Burning pain)	Absent	Mild	Moderate	Severe
3	<i>Twak Vaivarnya</i> (Red coloured skin)	Absent	Faint reddish skin	Red colored skin	Reddish brown skin
4	<i>Tod</i> (Pricking pain)	Absent	Mild	Moderate	Severe
5	<i>Pidka</i> (Granulated skin)	Absent	1 to 3 Papules	4 to 7 papules	More than 7 papules
6	<i>Utsanna Mandala</i> (elevated patches)	Absent	Mild elevation	Moderate elevation	Severe

Medicines selected for treatment:-

1. Churna – (medicine in powder form).

Contents –

Aaragvadha churna (Cassia fistula) 3 parts

Kampillak (Mallotus philippinesis) -1 part

2. Gandhak Rasayan⁴

3. Kushthaghna kwath (Decoction)

Contents – Following contents are taken in equal proportion.

1. *Khadir* (Senegalia catechu), 2. *Haritaki* (Terminalia chebula), 3. *Amalaki* (Phyllanthus emblica), 4. *Haridra* (Curcumalonga), 5. *Arushkara* (Anacardium occidentale), 6. *Saptaparna* (Alstonia Scholaris), 7. *Aragvadh* (cassia fistula), 8. *Karaveer* (Nerium indicum), 9. *Vidang* (Embelia ribes), 10. *Jatipatra* (Jasminum sambac)

Contents are added with water in 1:8 proportions and boiled till ¼ part remains behind.

4. Trifala kwath:-

Contents - Following contents are taken in equal proportion.

Amalaki (Phyllanthus emblica), *Haritaki* (Terminalia chebula), *Bibhitak* (Terminalia bellirica)

Contents are added with water in 1:8 proportions and boiled till ¼ part remains behind.

5. Neem Tail:-

Contents – Bark of *Neem* (Azadirachta indica)

Decoction is made using *Neem* Bark. Til oil is added in decoction and heated till water gets completely evaporated.

Table 4 - Details of treatment given to patient:-

Sr. No.	Medicine	Dose	Anupana	Route of administration
1	<i>Churna</i>	5gm BD after meals	<i>Koshna Jala</i> (lukewarm water)	Oral
2	<i>Gandhak Rasayan</i>	250 mg TDS	<i>Koshna Jala</i> (lukewarm water)	Oral
3	<i>Kushthaghna kwath</i>	30 ml BD after meals	-	Oral
4	<i>Trifala kwath</i>	Twice in a day	-	To wash affected area
5	<i>Neem Tail</i>	Twice in a day After wash	-	External/ local application

Duration of treatment: – 1 month.

Follow up: - After 7 days.

Along with the medication, patient is advised following things.

1. To avoid junk or fast food, fried, salty and spicy food.
2. To avoid day time sleep.

3. To wear loose fitting clean cloths and change clothes 2 times a day.

Observations and Result:-

Observations found during follow up of patient after every 7 days are recorded as per grading criteria given above.

Table 5 - Observations:-

Sr. No	Clinical Features	1 st visit (Fig. 1,2)	1 st follow up (Fig. 3,4)	2 nd follow up (Fig. 5,6)	3 rd follow up (Fig. 7,8)
1	<i>Kandu</i> (Itching)	3	2	1	0
2	<i>Daha</i> (Burning pain)	3	1	0	0
3	<i>Twak Vaivarnya</i> (Red coloured skin)	3	3	2	1
4	<i>Tod</i> (Pricking pain)	3	1	0	0
5	<i>Pidka</i> (Granulated skin)	2	1	1	0
6	<i>Utsanna Mandala</i> (elevated patches)	3	1	0	0

Fig. 1- First visit



fig. 2- First visit



Fig.3. 1st follow up



Fig. 4. 1st follow up



Fig.5. 2nd follow up

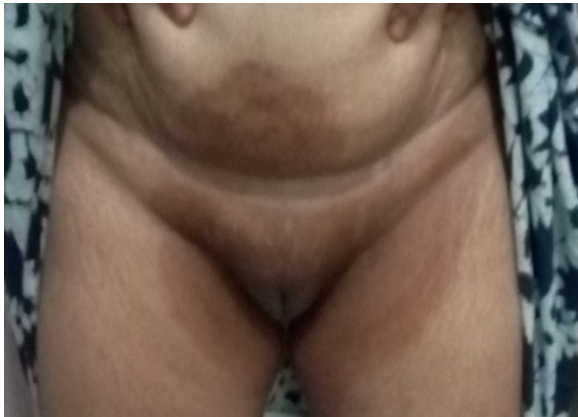


Fig 6. 2nd follow up

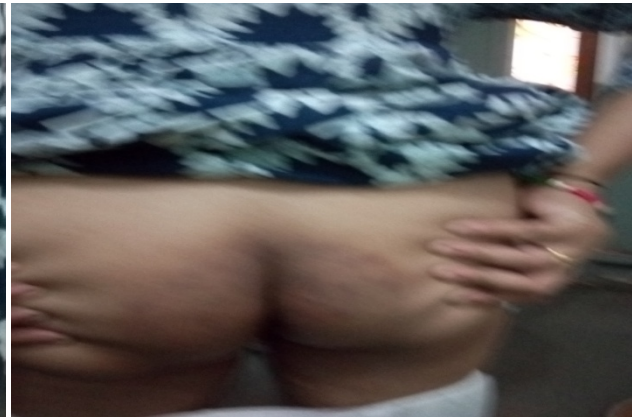
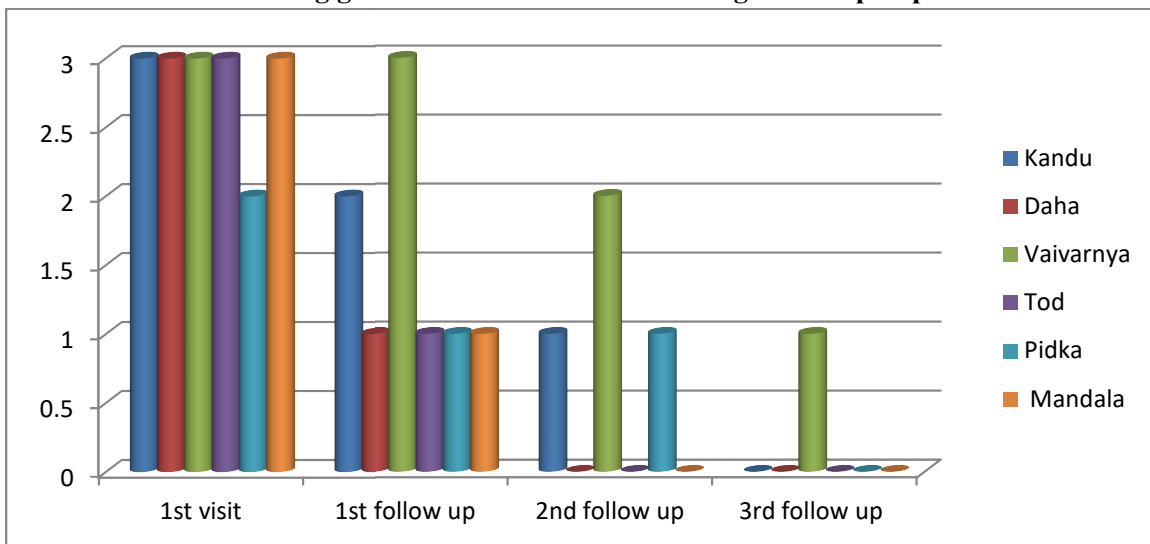


Fig 7. 3rd follow up

Fig 8. 3rd follow up



Chart showing gradation of observations during follow up of patient:-



DISCUSSION

Dadrukushtha is a type of *kushtha* which is included in *Mahakushtha* by Acharya *Vagbhat*⁵ and Acharya *Sushrut*⁶. It is considered under *Kshudra kushtha* by Acharya *Charak*⁷.

According to Acharya *Sushrut*⁸, the disease is *Kapha* dominant and according to Acharya *Charak*⁹ and *Vagbhat*¹⁰, it is *Pitta* and *Kapha* dominant. Hence in this scenario, the line of treatment planned is to alleviate *Pitta* and *Kapha* Doshas. Along with this *Kushthaghna* medicines are used.

Mode of action of Medicines:-

Probable mode of action of medicines is given below-

1. *Churna*:-

The contents in the *churna* act as *Kapha* and *Pitta* *Virechak*, *Vat Anulomak*, *Deepan*, *Pachan*¹¹. Accord-

ing to Acharya *Chakrapani*, alleviation of *Doshas* in *Kushtha* should be done by *Shodhana* repeatedly.

2. *Gandhak Rasayana*¹²:-

Gandhak is a well known and most preferably used medicine in *Kushtharog*¹³. It acts as a *Raktashodhak* (Blood purifier), *Vranaropak* (Heals wounds), *Twachya* (Improves quality or texture of skin) and *Krumighna* (Disinfectant).

3. *Kushthaghna Kwath*¹⁴:-

The contents in this *kwath* are exclusively stated as *Kushthaghna*, as they are *Pittashamak* and *Raktashodhak*.

4. *Trifala Kwath*¹⁵:-

In present case, it is used for washing affected area (*Prakshalana*). It is indicated to use for cleaning of wounds and skin disorders in *Vranachikitsa*. Acharya *Sushrut* has indicated *Trifala Kwath* as *Kushthaghna*.

5. Neem Tail⁶:-

Neem is indicated as *Kushthagna*, *Krumighna* and *Vrananashana*. Its *veerya* is *sheet* so it acts as *Dahashamak* (coolant and astringent).

CONCLUSION

Dadru Kushtha is a type of *Kushtha* which is contagious and difficult to cure by allopathy medicines. From the above case, it may be stated that *Dadru Kushtha* can be completely cured by Enteral and external use of *Vranashodhak*, *Vranaropak*, *Raktashodhak* and *Kapha pitta nashak* medicines.

REFERENCES

1. A Report of all party parliamentary groups on skin, the psychological and social impact of skin disease on people's lives, London, 2013.
2. Dr. D. R. Arora, Dr. Brij Bala Arora, Medical Mycology, CBS publishers New Delhi, 2015, 45.
3. Charak, Charak Samhita Part 2, Vidyotini Hindi commentary by Kashinath Shastry, Choukhambha Bharati academy, Varanasi, 2018, Chkitsasthan, 7/23, 252.
4. Shrimad Upadhyaya Madhav, Ayurved Prakash, Commentary by Vaidya vachaspati Shri Gulraj Sharma Mishra, Chaukhambha Bharati Academy, Varanasi, 2016, 259.
5. Vagbhat, Ashtang Hridayam Vol 3, Translated by Prof K. R. Srikantha Murthy, Ninth edition, Chaukhamba Krishnadas Academy, Varanasi, 2017, Nidansthan, 14/10, 137.
6. Sushrut, Sushrut Samhita, Nibandha sangraha vyakhya of Dalhan Acharya and Nyaya chandrika vyakhya of Shri gayadas Acharya, Translated by Dr. Kewal Krushna Thakral, Nidansthana, 5/5, 745.
7. Charak, Charak Samhita Part 2, Vidyotini Hindi commentary by Kashinath Shastry, Choukhambha Bharati academy, Varanasi, 2018, Chkitsasthan, 7/13, 250
8. Sushrut, Sushrut Samhita, Nibandha sangraha vyakhya of Dalhan Acharya and Nyaya chandrika vyakhya of Shri gayadas Acharya, Translated by Dr. Kewal Krushna Thakral, Nidansthana, 5/7, 747.
9. Charak, Charak Samhita Part 2, Vidyotini Hindi commentary by Kashinath Shastry, Choukhambha Bharati academy, Varanasi, 2018, Chkitsasthan, 7/30, 253.
10. Vagbhat, Ashtang Hridayam Vol 3, Translated by Prof K. R. Srikantha Murthy, Ninth edition, Chaukhamba Krishnadas Academy, Varanasi, 2017, Nidansthan, 14/9, 137.
11. Vagbhatacharya, Rasaratnasamuchhayah, Edited with Siddhiprada Hindi commentary, Prof. Siddhi Nandan Mishra, Chaukhambha Orientalia, Varanasi, 2017, 85.
12. Gune Gangadhar Shastri, Ayurvediya Aushadhi Gunadharma Shastra Vol 2, Vaidyak Grantha Bhandar publication, 2011, 271.
13. Charak, Charak Samhita Part 2, Vidyotini Hindi commentary by Kashinath Shastry, Choukhambha Bharati academy, Varanasi, 2018, Chkitsasthan, 7/70, 260.
14. Charak, Charak Samhita Part 2, Vidyotini Hindi commentary by Kashinath Shastry, Choukhambha Bharati academy, Varanasi, 2018, Sutrasthan, 4/13, 81.
15. Sushrut, Sushrut Samhita, Nibandha sangraha vyakhya of Dalhan Acharya and Nyaya chandrika vyakhya of Shri gayadas Acharya, Translated by Dr. Kewal Krushna Thakral, Sutrasthan, 38/56, 57, 425.
16. Dr. J L N Sastry, Dravyaguna Vijnana, Vol 2, Chaukhamba Orientalia, Varanasi, 2017, 124

Source of Support: Nil

Conflict Of Interest: None Declared

How to cite this URL: Radha Andhare & Sarita Dhole: Management Of Dadru Kushtha According To Ayurved - A Case Study. International Ayurvedic Medical Journal {online} 2019 {cited August, 2019} Available from: http://www.iamj.in/posts/images/upload/1426_1431.pdf