



CONCEPT OF NIDANA PANCHAK WITH REFERENCE TO DADRU KUSHTHA- A REVIEW

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ABSTRACT

For an effective and better treatment of a disease, it needs to be properly diagnosed first then only the treatment for the same can be planned. For the diagnosis of a disease, *Ayurveda* has given a great diagnostic tool by the name of *Nidana Panchaka*. It is an *Ayurvedic* diagnostic approach for the examination of a disease and hence is also called *Roga Pariksha*. As the name suggests, *Nidana Panchaka* refers to the five different means of diagnosis named *Nidana*, *Purvarupa*, *Rupa*, *Upashaya*, and *Samprapti*. Each component helps a physician in better understanding of disease process and treatment. *Dadru Kushtha* is one of the most common *Twaka Vikara* affecting all age groups & still stands as a challenge in the medical system. It is difficult to cure as it has a tendency to reoccur and spread in the body as well as in family members. This review purposes to focus on the *Nidana Panchak* of *Dadru Kushtha* so that it can be diagnosed and managed accordingly and effectively.

Keywords: *Roga Pariksha, Ayurvedic diagnostic tools, Dadru kushtha, Nidana Panchaka*

INTRODUCTION

The science of *Ayurveda* originated with the need to maintain the health of the human beings and cure diseases. *Acharya Charaka* has stated that before planning any treatment, the correct diagnosis of the disease is very much essential¹. There are five means of diagnosis collectively named *Nidana Panchaka*. Five components of *Nidana Panchaka* are - *Nidana* (cause or etiology), *Purvaroop* (prodromal symptoms or premonitory symptoms), *Roopa* (specific sign and symptoms or clinical features), *Upashaya* (relieving and aggravating factors), and *Samprapti* (pathogenesis).² Using the concept of *Nidana Panchaka*, a physician can diagnose the disease at an earlier stage and hence can plan for the treatment, thereby preventing further complications. Hence, these five elements collectively help in making an accurate diagnosis and thus help in proper treatment. So, collectively *Nidana Panchaka* is very important for the diagnosis as well as for the proper treatment of the disease.

Skin diseases create physical as well as psychological problems which seriously affect a patient's life. So, for its prevention, we have to find out etiological factors. In *Ayurveda*, most skin diseases are included under *Kushtha* which are further categorized into *Maha Kushtha* & *Kshudra Kushtha*. *Dadru Kushtha* is included in *Maha Kushtha*³ according to *Acharya Charaka* and *Kshudra Kushtha*⁴ according to *Acharya Sushruta*. It has predominancy of *Pitta-Kapha* and is associated with itching sensation, reddish nodules, eruptions, elevated ring-shaped plaque. It has spreading characters like *Durva* (*Cynodon dactylon*) resembling the flower of *Atasi* (*Linum usitatissimum*). The clinical feature of Dermatophytosis is somewhat similar to that of *Dadru Kushtha*. Dermatophytosis of also known as Ringworm⁵ or *Tinea*. It is a chronic fungal infection of the skin, hair, or nails. The infection is usually slightly itchy, asymmetrical, scaly, and with raised edges. The lesions were usually circinate with an active border consisting of vesicles and scaling. It can be seen that the clinical feature of *Dadru Kushtha* is similar to that of Ringworm. Hence, *Dadru Kushtha* can be correlated with ringworm infection.

Aims & Objectives

- To explore the clinical importance of *Nidana Panchaka* in *Dadru Kushtha*.

Material And Methods

The current study is based on Ancient *Ayurvedic Granthas* and various allopathy textbooks and other relevant topics have been collected from various websites.

Nidana (Cause/Etiology)

As per *Ayurveda*, *Acharyas* have not explained separate *Nidana* for *Dadru Kushtha*. *Nidana* of *Kushtha* should be considered as *Nidana* of *Dadru Kushtha* as *Dadru Kushtha* is explained under *Kushtha* in *Ayurveda*. Various *Nidana* mentioned for *Kushtha* in *Ayurveda* are-

- Continuous exposure to sudden interchange use of cold and hot without following the gradual change rule (exposure to a sudden change in temperature).
- Sudden interchange/ alternate consumption of nourishing and depleting diets (change in diet qualities).
- Continuous and excessive intake of the following articles is also considered as *Nidana* of *Kushtha*- *Madhu* (honey), *Phanita* (pendium), *Matsya* (fish), *Lakucha* (*Artocarpus lakooch* Roxb), *Mulaka* (radish), and *Kakamachi* (*Solanum nigrum* Linn).
- A person suffering from fear, exhaustion, or grief suddenly enters into the cold water (cold water bath), suppression of vomiting urges.
- According to *Acharya Sushruta*, some of the diseases categorized under *Kushtha* are contagious or transmitted by touching, sharing a bed, eating in the same vessels, wearing the same clothes, or through exhalation of air.

According to modern science, species of *Trichophyton*, *Microsporum*, and *Epidermophyton* are called *dermatophytes*.⁹ These organisms grow in and remain confined to the keratinous structures of the body. Acquisition of a dermatophytosis appears to be favoured by minor trauma including that incurred during wrestling, maceration, and poor hygiene of the skin.

Purvaroop (Prodromal symptoms or Premonitory symptoms)

As per *Ayurveda*, *Acharyas* have not explained separate *Purvaroop* for *Dadru Kushtha*. The *Purvaroop* of *Kushtha* mentioned in *Charaka* which is related to the *Purvaroop* of *Dadru* are *Atiswedanam*, *Parushya*, *Vaivarnya*, *Kandu*.¹⁰

According to modern science, early symptoms may be due to invasion of the stratum corneum by dermatophytes and may cause inflammation that is either mild or intense.⁹

Roopa (Clinical Features)

Dadru Kushtha is usually presented with the following symptoms-

1. *Mandal* (circular patches and raised margin)
2. *Raga* (redness around the lesion)
3. *Kandu* (intense itching over and around the patches)
4. *Daha* (burning sensation)
5. *Pidika* (eruption anywhere in the body)

Dermatophytosis of the glabrous skin is present as a circumscribed lesion with a wide variety of appearances including scales, vesicles, and pustules. Inflammation may be minimal or intense. Central healing of less inflamed lesions may take place. The serpiginous border of inflammation is the source of the name 'Ringworm.'

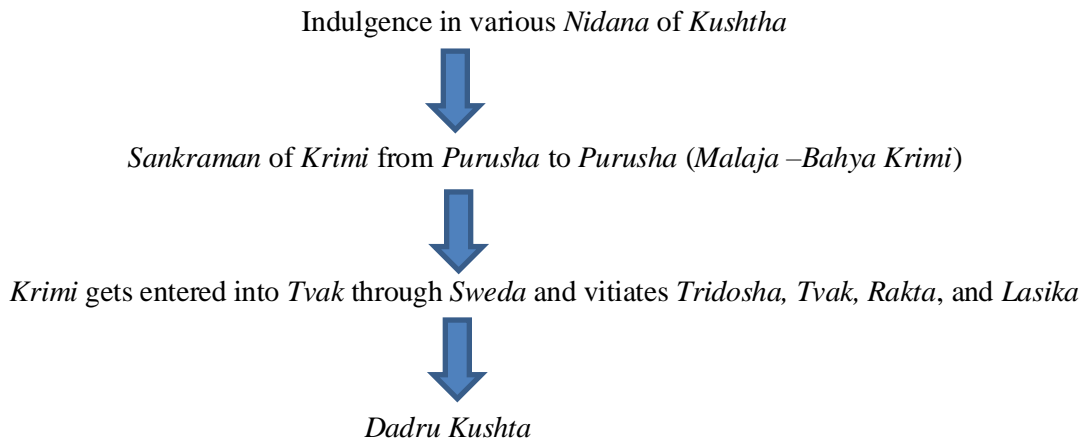
Upashaya (Relieving and Aggravating factors)

As the disease is due to the predominant vitiation of *Kapha* and *Pitta*, measures are taken so as to pacify these two *Doshas* first. Some other factors may act as *Upashaya*, they are as follows-

- Maintaining proper hygiene of genital area and underarms
- Using dry and clean clothes
- Avoiding sharing of clothes
- Drying the clothes under the sun exposure
- Keeping the infected area clean and dry as to avoid the moisture
- Washing hands before touching another area of the body after touching the area infected with *Kushtha*.

Samprapti (Pathogenesis)

The pathology of skin diseases originates from the deranged physiology of seven factors connected to the skin. They are *Vata*, *Pitta*, and *Kapha Doshas* in aggravated state and *Dhatu*s, namely, *Tvak* (the word *Tvak* represents skin. Since skin is the organ in which *Rasa Dhatu* is present, *Tvak* word is used instead of *Rasa Dhatu*), *Mamsa*, *Shonita* and *Lasika* that get deranged due to aggravated *Dosha*. So, all the *kushtha* are manifested by these seven morbid factors. Thus, preliminary and manifested *Kushtha* gradually afflicts the whole body.



According to modern science, superficial fungal infections of the skin are localized to the stratum corneum. These include some of the common dermatophytes such as *Trichophyton rubrum*, *Micro-*

sporium, *Pityrosporum*. These organisms grow in and remain confined to the keratinous structures of the body. Acquisition of a dermatophytosis appears to be favoured by minor trauma including that incurred

during wrestling, maceration, and poor hygiene of the skin.⁹ Clinically, fungal infections are labelled according to the region involved. These are as follows-¹¹

1. **Tinea capitis** occurs on the scalp, especially in children.
2. **Tinea barbae** affects the region of the beard in an adult male.
3. **Tinea corporis** involves the body surface at all ages.
4. **Tinea cruris** occur most frequently in the groin region in obese, especially in hot weather.
5. **Tinea pedis** is located in the web spaces between the toes.

DISCUSSION

Diagnostic importance of Nidana in Dadru Kushtha

- The understanding of *Nidana* helps a physician to counsel the patient to keep away the factors, foods, and activities that are contradictory to them i.e *Nidana Parivarjana*⁸ which is considered to be a basic treatment principle.
- Knowledge of *Nidana* helps in making a correct diagnosis among various types of *Kushtha* and helps in planning specific treatment for a specific type of *Kushtha*.
- Knowledge of *Nidana* of *Dadru Kushtha* is not only important for a physician but also for public awareness.
- As *Dadru Kushtha* spreads very rapidly, knowledge of the exact cause of the disease is important for the prevention of the progression of the disease.
- Knowledge of exact fungal species by culture helps in proper treatment like using the antifungal drug and hence avoid recurrence.

Diagnostic importance of Purvaroop in Dadru Kushtha

- The symptoms which are not expressed clearly and appeared before the manifestation of a disease help to know the *Dosha* responsible for that particular disease. Proper knowledge of *Purvarupa* is also important in proper diagnosis among different varieties of *Kushtha* and in the prognosis of the disease.

- The *Purvarupa* like excessive sweating (at the site of localization of vitiates *Doshas*), discoloration, itching specially in the genital region, thigh region, underarms, etc are important *Purvarupa* of *Dadru Kushtha*. Proper knowledge of *Purvarupa* will help to avoid the spreading of *Dadru Kushtha* all over the body and also to other persons.

Diagnostic importance of Roopa in Dadru Kushtha

- It is very important for planning specific treatment for the disease. As *Dadru Kushtha* comes up with a specific feature that helps in differential diagnosis among different varieties of *Kushtha*.
- *Roopa* gives knowledge of predominant *Doshas* which help to decide the line of treatment.

Diagnostic importance of Upashaya in Dadru Kushtha

- *Upashaya* plays an important role when there comes a condition of confusion in diagnosing a disease. *Upashaya* and *Anupshaya* help to find the appropriate cause and prognosis of the disease.⁶
- Relieving factors help in making the correct diagnosis, for example when we apply oil or *Lepa* on *Dadru Kushtha*, the symptoms subside but on exposure to dryness, the condition aggravates.

- Using antifungal drugs subsides the symptoms which help in the differential diagnosis of the disease.

Diagnostic importance of Samprapti in Dadru Kushtha

- It helps to know the stages of pathogenesis, formation of disease, and further complications of it.⁷
- Knowledge of *Samprapti* is helpful to cure disease as *Samprapti Vighatana* (treatment) can only be planned according to it.
- *Samprapti* of *Dadru Kushtha* has been discussed by two different pathways i.e internally either by affecting seven morbid factors that are *Vata*, *Pitta*, *Kapha*, *Rasa*, *Rakta*, *Mansa*, *Tvak*, *Lasika*, or externally by close contact with an infected person and by sharing of belongings of an infected person.

CONCLUSION

Nidana Panchak is an important tool for the diagnosis of any disease at various stages. The naming of disease has not been given that much importance but knowing the definite etiological factors, *Dosha* vitiation, pathogenesis, or progress of disease and checking it at an early stage is given prime importance. All the skin disorders come under the umbrella of *Kushtha*. *Nidana Panchak* helps in the diagnosis of a particular disease like *Dadru Kushtha*. *Dadru Kushtha* is one of the common skin infections which may affect any age. So, knowing the *Nidana Panchak* spread of *Dadru Kushtha* can be controlled and managed. Not only the *Ayurvedic* point of view but also modern pathogenesis can be interpreted under the *Nidana panchak*. It helps to diagnose and confirm the disease at an early stage by knowing the exact cause of fungus and hence proper antifungal drugs can be selected. Thus, each component of *Nidana Panchaka* individually as well as collectively helps in accurate diagnosis as well as the proper treatment of the disease.

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