

**MANAGEMENT OF DADRU KUSHTA BY SHODHANA AND SHAMANA
CHIKITSA- A SINGLE CASE STUDY****Minal Pandurang Joshi**

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Article Received: 03/11/2024 - **Peer Reviewed:** 29/11/2024 - **Accepted for Publication:** 13/12/2024.**ABSTRACT**

In recent, there has been an increase in skin problems due to a fast lifestyle, less immunity, unhygienic living conditions, and poor nutrition. Skin is the most exposed and largest organ of the body. From a cosmetic point of view, a patient who suffers from any skin disease experiences physical, emotional and socio-economic embarrassment in their society because the mirror that reflects internal & external pathology in such diseases is the skin, which helps in diagnosis. Among various skin infections, tinea/ringworm is spreading rapidly and affecting all the age groups of the population. In *Ayurveda*, Skin infection is termed *Twak Vikara* or *Kushtha roga*. *Dadru* is termed as a *Dadru Kushtha*. In contemporary medicine, tinea/ringworm, a skin fungal infection, is correlated to *Dadru Kushta* due to similarities in their signs and symptoms. A prevalence study demonstrated that 20-30% of the population have skin problems requiring attention. The present study was conducted on a patient diagnosed with *Dadru kushta* for 1 year. *Acharya Charaka* mentioned *Shodhana Chikitsa* and *Shamana Chikitsa* for the purification of *Kushtha Roga*. Considering the signs and symptoms, the patient was treated with classical *Vamana Karma* (therapeutic emesis) and *Virechana Karma* (therapeutic purgation) and *shamana chikitsa*. Assessment was done before treatment and after treatment with PASI Score. The results were highly significant in various subjective and objective parameters like Raga, Kandu and the number of *Pidika* and *Mandala* after treatment. During the follow-up period of 15 days, the drug effect suggested a sustained impact on the *Dadru kushta*.

Keywords: *Dadri kusht, siravedh, virechan, Rag, mandal*

INTRODUCTION

The skin is the most exposed and largest organ of the body¹. The chances of skin problems have increased considerably. All the skin diseases in Ayurveda are classified under the Broad heading of ‘Kushta’.

Kushtha-2 types:- Mahakushta and Kshudrakushta. Acharya Charaka describes Dadru kushta in kshudra kushta². Acharya sushruta and acharya vagbhata are explained in *Mahakushta*^{3,4}. Dadru is characterised by Kandu (Itching), Utsanna (elevated circular lesions), Mandala (Circular Patches), Raaga (Erythema), and Pidakas (Papule)⁵

सकंडू राग पिडकं दाद्रु मण्डलम् उद्गतम्।

Dosha associated with *dadru kushta* are *vata* and *pitta dosha*. *Rasavaha strotas* and *raktavaha strotas* are the main *dushya* of it. Also, there are *doshti* of *lasika, twak, mamsa dhatu, tridosha* and *trimalas*. It is usually caused by *nidanans* under three significant classifications, i.e. *aharaja, viharaja* and *Krimija*. The prevalence rate is very high. In *Ayurveda Shodhan, Shaman* and *Bahirparimarjana (topical), Chikitsa* is indicated for *Dadru*^{6,7}.

Treatment.

Aushadhi	Dose	Kaal	Karya	Duration
Triphala choorna+ vidanga choorna+ musta choorna	Each 1 gm bd	Before food	Deepan, pachan	5days before vaman
Haridra khanda	3gm bd	Before food	Kandughna	For 1 month
Kaishora guggulu	500 mg bd two tablets	After food	Shaman	For 1 month
Maha manjisthadi kwatha	20 ml	After food	Shaman	For 1month
Aragwadha kapila vati	500mg bd 2 tablet	At night while sleeping	Anulomana	For 1 month

Follow up After 5 days of deepana pachana, after Samsarjana krama of vamana and virechana

Investigations -CBC, ESR, and ECG were within normal limits

Snehapana done by panchatikta ghrita with increasing matra 30 ml-60ml-90 ml-120 ml-150 ml

Vishram kal 1 day- On Vishram kal sarvanga snehan swedan done.

Aim & Objective.

To assess the effect of shodhan and shaman chikitsa in dadru kushta.

Case Report - 32-year-old male with Chief complaints of round and reddish patches over Abdomen and back and scalp region with severe itching for 1 year.

Occupation- Barbour

History of medicine -Allopathic treatment from a local practitioner didn't get a satisfactory result.

Past History -Nill. Family History – Nill

Clinical Examination-Ashtavidha pariksha -within normal limits except the patient had constipation. The patient had madhyam akruti.

Agni (digestivefire)= Agnimandya/poor.

Bala/strength = Madhyam/average. Raktadaaba (Blood pressure) = 130/80 mm/Hg.

Local examination – 4-5 circular erythematous, well-demarcated patches with vesicular eruptions over the back area. No discharge from the lesion. Vital parameters- within normal limits.

Diagnosis -From clinical features, it was diagnosed as Dadru.

Vaman- On the day of vaman procedure with patients, snehan Swedan Akantha dravya pana done with dugdha. Vamaka yoga used was Madanphala pippali choorna (5gm)+ vacha choorna(3gm)+Saindhav (2gm) with madhu. Lehya yoga was given. yashtimadhu+nimb phanta given as vamanopaga dravya. After samyak yoga of vaman,samsarjana kala was given for 5 days .

Again, ghritpana was done, and virechan treatment was advised. For Virechan- virechaka yoga- Trivrut-

tavleh (75gm) And mrudvika phanta(muhurmuhu) as virechanopaga dravya was given

Nidan parivarjana

Keep their skin clean and dry by washing it daily and drying it thoroughly, particularly after showering and sweaty activities. Use clean towels and avoid sharing clothing towels, combs, brushes, and hats. Avoid tight-fitting clothing. Change clothing every day. Avoid synthetic and wet nappies, keeping the area

dry. Wash your hands well with soap and water after playing with

Assessment criteria—The patient was assessed based on improvement in subjective parameters like Kandu (Itching), Raaga (Erythema), Utsanna mandala (Elevated circular skin, Lesion), and Pidika (Eruption) and photographs of the lesion before, during, and after treatment.

Graduation of parameters

Symptoms	Grade 0	Grade 1	Grade 2	Grade 3
Kandu	Absent	Mild occasionally	Moderate frequently	Severe itching
Utsanna mandal	Absent	Mild elevated	Moderate elevated	Severe elevated
Pidika	Absent	1-3 eruption	4-7 eruptions	>7 eruptions
Rag	Absent	Present		

Observation and Results

Symptoms	Day 0	After vaman	After virechan
Kandu	3	1	0
Utsanna mandal	3	2	0
Pidika	3	2	0
Rag	1	1	0

Before.



After



DISCUSSION

All Kushta are Tridoshaja. But according to Acharya Charak and Vagbhata, Dadru is Pitta-Kapha dominance, and according to Acharya Sushruta, it is Kaphapradhana. Rasa and Rakta are involved in the

samprapti. In Samhita, repeated Shodhana and Shamana drugs having Kushtaghna, Krimighna and Kandughna properties are described for Kushta.

Mode of action

- Panchatikta ghrita- Ghrita is recommended in Kushtha Chikitsa in Samhitas. Vata-Pitta Shamaka and Tvachya (improves complexion) properties of Panchatikta Ghrita help to alleviate Kushtaghna (skin disease)
- Triphala +vidanga+musta – All these drugs cause deepana pachan, so it improves agni,
- Gandhak Rasayan:-Antimicrobial and antifungal. It primarily affects Rakta Dhatu, . Causing Raktashodhana (purification of blood). Its antifungal property aids in the reduction of infection. It also performs the role of Rasayana.Its Rakta Shodhaka,Vranaropak,Krimighna and Kushtaghna Kandu, Pidika,Raaga and Daaha⁸.
- Kaishora guggulu- vyadhi shamak
- Mahamanjishthadi kwath- varnya, pitta shamak, rakta shodhaka, vyadhi shamak
- Aragwadha kapila vati- Aragwadha is Sukha Virechaka. It causes nitya anulomana. Maintaining the vat pitta balance. Removal of dushita aama, pitta shamak⁹
- Arogyavardhini vati- kushtaghna, deepana, pachan, kandughna, Agni vardhana, Bhedan, malashodhan, vatanuloman¹⁰

CONCLUSION

Chikitsa is planned in Kushtha roga, depending on the severity of Roga. Shamana Chikitsa is administered in Alpadoshaavastha (least severe). Dadru kushta is a kind of Kshudrakushta. Because it is an infectious illness, personal hygiene is critical in its treatment. From this case study, it can be concluded that the use of Chikitsa upakramas described in Ayurveda, like Shodhana and Shamana, is effective in managing Dadru kushta.

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