

THE EFFECT OF DADRUIDRAVAN MALHARA YOGA AND SHUDDHA GANDHAKA ON DADRU W.S.R. TO FUNGAL DERMATOPHYTES - AN OBSERVATIONAL STUDY

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ABSTRACT

Dadru is one among the *Kshudra Kusta* presenting with *kandu, raga, pidika Mandala, Utsadana, Roukshya, Visarpani, Anushangi lakshanas* and it takes upper hand by its chronicity, severity, involving large extent of body parts and is often compared to a group of Fungal Dermatophytes, a chronic, non-infectious skin disease characterized by well defined, slightly raised, dry, silvery erythematous macules of typical extensor distribution. **Aim & Objective:** To assess the efficacy of *Dadruvidravan malhar* (externally) as Bahiya Chikitsa on the patients and added effect of *Suddha Gandhaka* (internally) in the patients of *Dadru*. **Methodology:** A total of 5 patients who fulfilled the inclusion criteria were selected, and were administered with External Application - *Dadruvidravan Malahara* and were administered with Internally – *Suddha Gandhaka* Dose- Capsules of 250mg twice daily before food followed by hot water along with External application - *Dadruvidravan Malahara* for 14 days. The *Lakshanas* of *Dadru Kusta* were observed, recorded and assessed. **Results:** The statistical analysis after intervention showed highly significant result with p value (<0.001) in all the parameters **Interpretation and Conclusion:** The present study reveals that there is a significant added effect of *shuddha Gandhaka* internal administration with both the *lepa* used externally in *Dadru* better results in *Kandu, pidika, Mandala, Utsannata, Raukshya, Visarpani, Anushangi* and *Raag*.

Keywords: *Dadru*, dermatophytes, *Shuddha Gandhaka*, *Dadruvidravana malahara lepa*

INTRODUCTION

Skin is an extraordinary structure. Its size and external location makes it susceptible to a wide variety of disorders. Skin diseases are very common. Skin disorder are not often dramatic, but cause considerable discom-

fort & disability. The Disability cause physical Emotional, & Socio Economic⁽¹⁾ consequences. In recent years, there has been a considerable increase in the incidence of skin problems in the tropical and devel-

oping countries like India due to various reasons like poverty, poor sanitation, unhygiene, pollution etc. According to *Charak Samhita*, Dadru is the type of *Kshudra Kushta* caused due to *vata and kapha Doshas*⁽²⁾. And according to *Sushruta Samhita* it is type of *Mahakushtha* and caused due to *kapha dosha*⁽³⁾. The symptomatology of Dadru given in various available ayurvedic literatures i.e. *Kandu, Raag, Pidika, Mandala, Utsannata, Raukshya, Visarpini, Anushangi*, mimics the symptoms of Fungal Dermatophytes in modern dermatological texts. It is a Tinea infection. Tinea is the name of group of disease caused by fungus (Dermatophytoses)⁽⁴⁾. In modern practice, topical applications as their content is used and this is an impediment in treating the skin diseases. Along with there are side effects of topical steroids. This exposes the system to steroids and adverse drug reactions are more common. Ayurveda can successfully take the role of effective treatment in such conditions and better results can be expected. *Dadruvidravan Malhar* (externally) and this *malahara* along with *Suddha Gandhaka* (internally) will be given to the patients. Hence this study has been taken to assess the effect of *Dadruvidravan malhar* (externally) and along with *Suddha Gandhaka* (internally) on the improvement of symptoms of Dadru with due course of time w.s.r. to Fungal Dermatophytes.

MATERIALS AND METHODS:

Source of Data:

Sample source: The patients with sign and symptoms of dadru will be selected from O.P.D. and I.P.D. of Ramakrishna Ayurvedic College Hospital and Research Centre Bengaluru.

Drug source: The trial drug used for the study will be collected from authentic source after proper identification.

2. METHOD OF COLLECTION OF DATA:

Aim & Objective: To assess the efficacy of *Dadruvidravan malhar* (externally) as Bahiya Chikitsa on the patients and added effect of *Suddha Gandhaka* (internally) in the patients of *Dadru*

(a) STUDY DESIGN:

A clinical study which was done on 5 patients each on the basis of clinical examination. A case pro forma

containing details necessary for the study was prepared and written consent was obtained and the study will be conducted as below:

DOSAGE-

Patients will be instructed to consume the drug in the dose of 250 mg twice a day with *ushna jala* as anupana dravya⁽¹¹⁾.

1. **Dadruvidravan Malhar** - 1 time a day (local application).
2. **Cap Suddha Gandhaka** - 250mg twice a day with Ushna jala (oral).

(b). Inclusion criteria-

1. Patients presenting with *pratyatma lakshnas* of *Dadru*.⁽²⁾
2. Patients presenting with symptoms of Fungal Dermatophytes.^(4,9)
3. Patients indicated for *Dadrumalahara Yoga*.
4. Patients of either gender group between 20 – 60 yrs.

(c). Exclusion criteria -

1. Patients unwilling to participate in the trial.
2. Patients not fulfilling the inclusion criteria.
3. Patients on immunosuppressive drugs or steroid therapy.
4. Pregnancy, lactating woman and puerperium.
5. Patients suffering from chronic illness.

(d). DIAGNOSTIC CRITERIA:

1. Patients presenting with *pratyatma lakshnas* of dadru such as *Kandu, Raag, Pidika, Mandala, Utsannata, Raukshya, Visarpini, Anushangi*.
2. Patients presenting with signs and symptoms of Fungal Dermatophytes.

INVESTIGATIONS:

Routine biochemical and hematological investigation. Hb%. TC, DC, ESR, AEC

(e) ASSESSMENT CRITERIA:

Objective parameters: *Pidika, Mandala, Utsannata, Raukshya, Visarpini, Anushangi*⁽²⁾

Subjective parameters: *Raaga*⁽²⁾

The improvement provided by the therapy will be assessed on the basis of signs and symptoms of the disease. All the signs and symptoms will be assigned score depending upon their severity to assess the effect of drug objectively. The detail of which shown below:-

Table 1: Parameters of assessment criteria		
Symptoms	Before Trial	After Trial
1. Kandu		
Absent	0	0
Mild	1	1
Moderate	2	2
Severe	3	3
2. Raaga		
Normal skin colour	0	0
Mild	1	1
Moderate	2	2
Severe	3	3
3. Pidika		
Absent	0	0
Mild in number	1	1
Moderate in number	2	2
Severe in number	3	3
4. Mandala		
Absent	0	0
Mild	1	1
Moderate	2	2
Severe	3	3
5. Utsannata		
Absent	0	0
Mild	1	1
Moderate	2	2
Severe	3	3
6. Raukshya		
Absent	0	0
Mild	1	1
Moderate	2	2
Severe	3	3
7. Visarpani		
Absent	0	0
Mild	1	1
Moderate	2	2
Severe	3	3
8. Anushangi		
Absent	0	0
Mild	1	1
Moderate	2	2
Severe	3	3

Assessment criteria for overall effect of therapy:

- ❖ **Complete cure** -100% relief in signs and symptoms.
- ❖ **Excellent improvement**-Patients showing more than 75% of relief in the signs and symptoms will be considered as excellent improvement.
- ❖ **Moderate improvement**-Patients showing 50% to 75% of relief in the signs and symptoms will be considered as moderate improvement.
- ❖ **Mild improvement** - Patients showing 25% to 50% of relief in the signs and symptoms will be considered as mild improvement.

- ❖ **Unimproved** -Patients showing less than 25% of relief in the signs and symptoms will be considered as unimproved.

OBSERVATION

During the study among 5 patients maximum patients were in the Age of 21-30 yrs, were females, belonging to Hindu Religion, were married, Educational Status were graduates, belonging to middle Socio-economic Status, had no Family History, Occupation – house wife, maximum had h/o had no Addictions, among *nidana*, Exposure to AC, h/o *viruddha aahaara*, *diva swapna*.

RESULTS

PARAMETER		Mean	S.D.	S.E.	t value	p value	Remark
<i>Kandu</i>	BT-AT	1.15	0.476	0.106	10.7	<0.001	H.S.
<i>Raaga</i>	BT-AT	1.45	0.973	0.217	6.65	<0.001	H.S.
<i>Pidika</i>	BT-AT	0.95	0.217	0.048	19.4	< 0.001	H.S.
<i>Mandala</i>	BT-AT	1.3	0.640	0.143	9.07	< 0.001	H.S.
<i>Utsannata</i>	BT-AT	1.15	0.476	0.106	10.7	<0.001	H.S.
<i>Raukshya</i>	BT-AT	1.45	0.973	0.217	6.65	<0.001	H.S.
<i>Visarpini</i>	BT-AT	0.95	0.217	0.048	19.4	< 0.001	H.S.
<i>Anushangi</i>	BT-AT	1.3	0.640	0.143	9.07	< 0.001	H.S.

DISCUSSION

Kandu - *Kandu* is present due to *Kapha Dosha* and *Rasa, Rakta Dhatus Dushti* lepa there is an additional medicine i.e., *Shuddha Gandhaka*, it is having *Katu, Tikta by Rasa, Guna: Snigdha, Sara and Madhura in vipak* By *Doshika karma* it is *Kapha Vatahara* and *Pittajanana*. *Lepa* contains drug like *chakramardha, Tankana bhasma, Tila taila, sikatha* etc, drugs which are *kandu ghana, tvachya, krimi hara, Kushta hara and vyavayi*. It reduces *Kandu*. **Anushangi** - The *Kustghna, Twakdoshara, Raktadoshahara, Laghu, rooksha Guna, etc. Gunas of chakramarda, laksha, tila taila, tankana bhasma* etc. it specially contains *sikatha* it is having *Sandhanakara, Vranaropaka karma helps in reduction of Anushangi Raktashodhak, rasashodhak, varnaya, lekhan, sothahar* properties of *lepa* pacifies *dushayas* and which helps in reducing *Anushangi*. **Raga** - *Raga* is present due to *Pitta Dosha* and *Rakta Dhatu Dushti*. The medicine *Shuddha*

Gandhaka and Dadruvidravana lepa were administered which are possessing *Raktha Shodaka sheet, madhur, tikta rasa*, and properties like *raktashodhak, raktaprasadak, varnaya, deepan, pachan* causes *pittashaman* and helps to reduce in the symptom of *raaga*. **Pidika** - *Pidika* is due to *Pitta Dosha* and *Rakta, Mamsa Dhatu Dushti*. Drugs containing in *lepa* are *Cakarmarda, laksha*, due to *Laghu Guna* and *Ushna Virya* reduced *Pidika*. *Lavana* have *Lekhana, Sodhana, Chedana* property. Due to *Rakta Sodhaka* property of *Lepa* reduce number of *Pidika*. **Visarpana**- *Visarpana* is due to *Rakta Dushti* and *Tikshnata* of *Pitta*. The *shuddha Gandhaka* which was added in the study is having *Vikasi guna* and the *lepa* which is possessing *pittha shamaka* qualities reduces *Visarpata lakshana* **Mandala** - The *Kustghna, Twakdoshara, Raktadoshahara, Laghu, rooksha Guna, etc. Gunas of chakramarda, laksha, tila taila, tankana bhasma* etc. it specially contains *sikatha* it is

having *Sandhanakara*, *Vranaropaka karma* helps in reduction of *mandala Raktashodhak*, *rasashodhak*, *varnaya*, *lekhan*, *sothahar* properties of *lepa* pacifies *dushayas* and which helps in reducing *mandalas Raukshya* - *Ruksha* is the *atma guna* of *vata dosha*, and excessive dryness was observed due to *vata vruddhi*. *Gandhaka* is having *Snigdha*, *Sara guna* and it is *Madhura vipaka* Does *dosha Vatahara*. *Lepa* contains drugs like *moorchita tila taila*, *laksha*, *Tankana bhasma* etc which are having *Snigdha guna*, which helps to reduce *Rookshata*. **Utsannata** - The *Kustghna*, *Twakdosha*, *Raktadoshahara*, *Laghu*, *rooksha Guna*, etc. *Gunas of chakramarda*, *laksha*, *tila taila*, *tankana bhasma* etc. it specially contains *sikatha* it is having *Sandhanakara*, *Vranaropaka karma* helps in reduction of *utsannata Raktashodhak*, *rasashodhak*, *varnaya*, *lekhan*, *sothahar* properties of *lepa* pacifies *dushayas* and which helps in reducing *utsannata*.

CONCLUSION

Dadru is one among the *kshudrakusta* presenting with *Kandu*, *Raaga*, *pidika*, *Mandala*, *Utsannata*, *Raukshya*, *Visarpani*, *Anushangi lakshanas* and is usually compared with It is a *Tinea* infection. *Tinea* is the name of group of disease caused by fungus (Deramatophytoses), *Dadru* is *alpadoshaarambhakatwa*, *alpalakshana*, less tendency of *uttarottaradhatu anupravesha* and *alpachikitsya*. Even though *shodana* has been mentioned as the best line of treatment, many *Bahirparimarjana chikitsa* have been mentioned in the classics for the management of *kusta* and *Lepa* being one of them was selected for the present study along with internal administration of *Shuddha gandhaka*. The effect of treatment was statistically assessed within the group by students paired 't' test and between the groups with unpaired 't' test. Within the group analysis was statistically highly significant ($p < 0.001$) before treatment to after treatment and before treatment and after follow up on all the parameters in both the groups. There were no untoward effects noticed in patients during clinical study.

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