

**EFFICACY OF SAPTAPARNA (ALSTONIA SHOLARIS LINN.R.BR.) STEM BARK  
SIDDHA OIL IN THE MANAGEMENT OF DADRU (TINEA CORPORIS)  
– A CASE STUDY****Sonali Sandeep Gawai<sup>1</sup>, Sambhaji Tike<sup>2</sup>**

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**Article Received:** 04/12/2021 - **Peer Reviewed:** 23/01/2022 - **Accepted for Publication:** 24/01/2022**ABSTRACT**

All the skin disease in Ayurveda has been classified under the broad heading of “*Kushta*” (skin diseases). Skin is primary external covering of the body mostly affected by fungal infections. *Dadru* (Tinea infection) is included under the *Mahakushta* by *Acharya Sushrut* and *Vagbhat*. Majority of authors consider it among the *Kshudrakushta*. *Dadru* is *Kapha Pitta Pradhan Vyadhi*, (disease) which is managed by *Shodhan* (purification of the body), *Shaman* (oral medicinal treatment), and *Bahiparimarjan Chikitsa* (Topical treatment). The drug *Saptaparna* (*Alstonia scholaris* Linn.R.Br.) is indicated in *Dadru Kushta* and *Kushthaghna Gana* in *Charakokta Mahakashaya*. *Saptaparna* is one of the drugs mentioned in *Bhavprakash nighantu* in the management of *Kushta*. It is used as stem bark siddha oil of *Saptaparna* as a local application. Ayurvedic classical text has described different *Lepa*’s (ointments) as well as *Ekaldraya* (single drug therapy) for the management of *Dadru*

**Keywords:** *Kushta, Dadru, Kshudrakushta, Saptaparna, Bahiparimarjan.*

## INTRODUCTION

All the skin disease in Ayurveda has been classified under the broad heading of “*Kushtha*”. Skin is primary external covering of the body mostly affected by fungal infections. Many research works have been done on the skin disorders in the modern medical science, but no drug has been yet claimed to cure this skin disease completely and prevents its recurrence. Ayurvedic skin treatment may take a few more days as compared to modern drug to remove the symptoms, but the disease will be treated permanently.

*Dadru* is included under the *Mahakushtha* by *Acharya Sushrut* and *Vagbhat*. Majority of authors consider it among the *Kshudrakushtha*. As per *Charaka Samhita*, *Dadru* is the disease characterized by *Kandu* (Itching), *Daah* (Redness), *Pidika* (pustules), *Mandal* (Circular patches) with elevated margins<sup>1</sup>

Tinea is a fungal infection of the skin also known as ringworm. Dermatophytosis, Dermatophyte infection, Ringworm (Tinea infection) is a misnomer, since a fungus, not a worm, causes the infection. The infection initially appears as red patches on affected areas of the skin and later may spread to other parts of the body. In tinea infection characterized symptoms of red, itchy and scaly patches, pustules or blisters and patches that may be redder on the outside edges or resemble a ring.

Local application works faster due to physiological effect of heat on the skin. On the basis of clinical symptoms of tinea infection, it resembles to *Dadru Kushtha* as mentioned in Ayurveda. Botanical name of *Saptaparna* is *Alstonia scholaris* Linn.R.Br., Family Apocynaceae. It is also known as Devil’s tree, dita bark. *Alstonia scholaris* is common tree growing up to 17-20 metres in height distributed throughout the sub-Himalaya’s belt. The wood has been used for school black board hence name *Scholaris*.

It has *Laghu* (light), and *Snigdha* (oily) *Guna*’s (properties). *Rasa* of *Saptaparna* is *Tikta* (bitter) and *Kashaya* (pungent). The drug *Saptaparna* is indicated in *Dadru Kushtha*, having <sup>2</sup>*Kushtaghna* properties in *Charakokta Mahakashaya*. *Saptaparna* (*Alstonia scholaris* Linn.R.Br.) is one of the drugs mentioned in *Bhavprakash nighantu* in the management of *Kush-*

*tha*<sup>4</sup>. It is used as stem bark siddha oil of *Saptaparna* (*Alstonia scholaris* Linn.R.Br.) as a local application Ayurveda classical text had described different *Lepa*’s as well as *Ekaldravaya* for the management of *Dadru*

Present study is to carry out to find out efficacy of single drug like stem bark *siddha* oil of *Saptaparna* (*Alstonia scholaris* Linn.R.Br.) on *Dadru Kushtha* as a local application.

*Saptaparna* (*Alstonia scholaris* Linn.R.Br.) is choosing for the study because it is easily available in all seasons and also cultivated in all regions of India. Dermatophytes are common fungal agents implicated in superficial skin infection worldwide. They include species of *Trichophyton*, *Microsporum*, and *Epidermatophyton*. In hot and humid climate of tropical and subtropical regions, the incidence of these pathogens is higher. Dermatophytosis is a disease condition characterized by the infection of keratinized tissues such as epidermis, hair and nails. Doctor uses the word Tinea to subscribe a group of contagious skin infections caused by a different type of fungi. They can affect many areas of the skin and depending on their location and fungal type, the infection has different names as tinea corporis (over anterior and posterior part of chest, abdomen), tinea cruris (over groin, genitals), tinea pedis (between the fingers), tinea capitis (over scalp region)

### Case Report

A 45-year-old male patient was apparently healthy before 2 months. He gradually developed *Kandu* (itching), *Daah* (burning), with *Pidika* (pustules), having *Mandal* (lesions) with sharp border over left leg posteriorly.

### HISTORY:

Same complaints present since 2 months

No H/O any major illness

No H/O any drug allergy or any previous surgery

Local examination:

Site of lesion: Left leg posteriorly

Distribution: Asymmetrical

Nature of lesion: Red in color

Number of lesions: One in number

Past treatment history: Topical local application

Type of study: A case study

**Material:**

*Saptaparna* stem bark *siddha* oil made accordingly by *Sharangdhar Samhita*<sup>3</sup>(author name)

Dosage:

*Saptaparna* stem bark *siddha* oil apply externally on affected part

**Treatment schedule:**

Duration of treatment 40 days

External application: twice a day

Follow up every 10 days

**Assessment Criteria:**

1. **Subjective criteria:**

- *Kandu* (itching)
- *Daah* (burning)
- *Pidika* (pustules)
- Number of *Mandal* (lesion)

2. **Objective criteria:**

- *Kandu* (itching)
- *Pidika* (Pustule / inflammation)
- Nature of *Mandal* (lesion)
- Number of *Mandal* (lesion)
- Photographs: 1<sup>st</sup> day before treatment and 40<sup>th</sup> day after treatment

**Gradation of scale:**

1. ***Kandu* (itching) –**

- 0 – No *Kandu*
- 1 – Mild (occasionally)
- 2 – Moderate (*Kandu* in whole day)
- 3 – Severe (*Kandu* in whole day & night)

2. ***Pidika* (pustule / inflammation) –**

- 0 – No *Pidika*
- 1 – Mild (1-3 in no.)
- 2 – Moderate (3-6 in no.)
- 3 – Severe (> 7 in no.)

3. ***Daah* (burning / redness) –**

- 0 – No *Daah* (skin colour)
- 1 – Mild (white colour)
- 2 – Moderate (red colour)
- 3 – Severe (red colour with blood)

4. **Nature of *Mandal* –**

- 0 – No scaly patches
- 1 – Mild (white scaly patches)
- 2 – Moderate (scaly patches red in color)
- 3 – Severe (scaly patches with blood)

5. **Number of *Mandal* –**

- 0 – No *Mandal*
- 1 – Mild (1-3 in no.)
- 2 – Moderate (4-6 in no.)
- 3 – Severe (> 7 in no.)

**Observation:**

| Sr.no. | Signs &Symptoms                  | Grade 0 | Grade 1 | Grade 2 | Grade 3 |
|--------|----------------------------------|---------|---------|---------|---------|
| 1.     | <i>Kandu</i> (itching)           | 0       | +1      | +2      | +3      |
| 2.     | <i>Daah</i> (burning)            | 0       | +1      | +2      | +3      |
| 3.     | <i>Pidika</i> (pustules)         | 0       | +1      | +2 +2   |         |
| 4.     | Nature of <i>Mandal</i> (lesion) | 0       | +1      | +2 +2   |         |
| 5.     | Number of <i>Mandal</i> (lesion) | 0       | +1      | +2 +2   |         |

**Result:**

| Sr.no. | Parameters                       | Before treatment | After treatment | % Of improvement |
|--------|----------------------------------|------------------|-----------------|------------------|
| 1.     | <i>Kandu</i> (itching)           | 3                | 0               | > 75%            |
| 2.     | <i>Pidika</i> (pustule)          | 3                | 0               | >75%             |
| 3.     | <i>Daah</i> (burning)            | 3                | 0               | >75%             |
| 4.     | Nature of <i>Mandal</i> (lesion) | 2                | 0               | >75%             |
| 5.     | Number of <i>Mandal</i> (lesion) | 2                | 0               | >75%             |

Mild improvement - >25%

Moderate improvement - >50%

Significant improvement - >75%

|  | Before treatment    | During treatment |        |        | After treatment |
|--|---------------------|------------------|--------|--------|-----------------|
|  | 1 <sup>st</sup> day | 10 days          | 20days | 30days | 40days          |
| Follow up chart visit day                    | 1 <sup>st</sup> day | 10 days          | 20days | 30days | 40days          |
| % Of Improvement according to gradations     | 0%                  | >25%             | >50%   | >75%   | >75%            |
| % Of Improvement according to types of Tinea | 0%                  | >25%             | >50%   | >75%   | >75%            |
| Written consent                              | √                   | ---              | ---    | ---    | ---             |
| Side effect during treatment                 | no                  | No               | No     | No     | No              |

In this case study of *Dadru* (*tinea corporis*) according to gradation of parameters, we conclude the percentage of improvement of relative symptoms. After applying *Saptaparna* stem bark *Siddha* oil on affected part of *Mandal*, there is significant improvement of symptoms of *Dadru* (*tinea corporis*).

## DISCUSSION

In present study there is significant improvement of symptoms as *Kandu*, *Daah*, nature of *Mandal*, number of *Mandal*, *Pidika*. During follow up after 10 days there is > 25 % improvement. After 20 days > 50% improvements, and after 30 days > 75 % improvements in all symptoms of *Dadru*. As mentioned above *Saptaparna* is *Kushthaghna* drug mentioned in *Charkokta Mahakashay*, having *Tikta* and *Kashaya Rasa*, it helpful to heal *Mandal*. (Lesions), also helpful to maintain *Kapha*, *Pitta Doshas*, as mentioned *Dadru* is *Kapha*, *Pitta Pradhan Vyadhi*. Drug having *Singdha Guna* which improves dryness of skin.

*Kushtha* with predominant *Kapha*, *Pitta* are described as *Krachhasadhya* (difficult to cure), therefore dietary, lifestyle and hygienic amelioration along with Ayurvedic treatment is essential in the management as well as prevention from its recurrence of *Dadru Kushtha*. During this treatment the patient having no side effect

## CONCLUSION

*Dadru Kushtha* is common skin disease which clinically simulates with dermatophytosis or *tinea*. As it is contagious disease, maintain personal hygiene is an important part in its management. In the present case

study concludes that use of Ayurvedic medicine like *saptaparna* stem bark *siddha* oil as local application in *Dadru Kushtha* with some dietary & lifestyle amelioration is very effective in the management of *Dadru Kushtha*.

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