



**Effect of *vidangadi malahara* in the management of *dadru kushtha* w. s. r. to
fungal infection: A case study.**

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ABSTRACT:

Skin diseases are common manifestation in present era. The patients of skin diseases are additionally prone to experience physical, emotional and socio-economic embarrassment in the society due to disfigured appearance. There is a wide and extensive description of skin diseases in *Ayurveda* described under single heading *Kushtha*. *Dadrukushtha* is one which is mentioned under *Kshudrakushtha* ⁽¹⁾, In modern science the clinical manifestations of *Dadrukushtha* is closely similar to local skin fungal infection. In the present study, a case of *Dadrukushtha* w.s.r fungal infection has been treated with *Vindangadi Malahara* which is a combination of seven drugs ⁽²⁾ possessing *Shodhan* and

Kusthahara property. The results revealed significant effect of *Malahara* in various parameters like *Raga* (Erythema), *Kandu* (Itching), *Daha* (Burning sensation), *Tod* (Pricking pain), *Pidika* (Granulated skin) and *Utsanna Mandala* (Elevated patches).

KEYWORDS: *DadruKushtha*, *VidangadiMalahara*, Fungal infection.

INTRODUCTION:

Skin is one among the *Updhatus* which provide protective layer over the body. *Acharya Charaka* has mentioned *DadruKushtha* in the fourth layer of skin ⁽³⁾. In recent years there has been considerable increase in the incidence of skin diseases in the tropical and developing countries like India. In *Ayurveda* there is a

wide and extensive description of skin diseases under single heading *Kushtha*. Acharya Charaka has mentioned 18 types of *Kushtha* which are further divided into *Mahakushtha* and *Kshudrakushtha*.⁽⁴⁾

Dadrakushtha is one which is mentioned under *Kshudrakushtha* by Acharya Charaka.

⁽¹⁾ and Acharya Sushruta has mentioned under *Mahakushtha* also mentioned *Dadru* as *Sankramaka / Aupasargika Vyadhi* as it spreads from one person to another person.

⁽⁵⁾ Clinical features of *Dadru Kushtha* are *Raga* (Erythema), *Kandu* (Itching), *Pidika* (Eruptions) and *Utsanna Mandala* (Elevated circular lesion).⁽¹⁾ It is a *Tridoshaja Vyadhi* with predominant vitiation of *Pitta* and *Kapha Dosha*⁽⁶⁾ which is managed by *Shodhana*, *Shamana* and *Bahiparimarjana* (topical) *chikitsa*. Local application works faster due to physiological effect of heat on the skin.

The *Malahara Kalpana* firstly mentioned by Acharya Yogarajnakara which is a ointment preparation which has *Siktha tail* (Bees wax and oil mixture) or *Ghrita* as the basic constituent⁽⁷⁾. *Vidangadimalahara* is a combination of seven drugs viz. *Vidang*, *Edgaj*, *Nisha*, *Saindhava*, *Kushtha*, *Sarshaf* and *Dhanyamla*,⁽²⁾ which has *Shodhana* as well as *Kushthhara* property. As per the need of

fast life of today's society. *Bahiparimarjana* in the form of *Malahara* was selected which act as *Sthanika Chikitsa* for fast relief. The current study was undertaken with an aim to evaluate the role of *Vidangadi Malahara*.

AIMS AND OBJECTIVES:

To evaluate the effect of *Vidangadi Malahara* (External application) in *Dadru Kushtha* w.s.r fungal infection.

MATERIALS AND METHODS:

CASE REPORT:

Patient was examined at outdoor patient department.

PRESENTING CONCERN:

A 9-year-old female patient visited to our *Balroga* OPD, she was apparently healthy before 2 months she gradually develops following complaints –

- 1) *Erythematous maculopapular* and vesicular lesions with active margins, red colour patch on lower abdomen extending towards perineal region.
- 2) Severe itching
- 3) Burning sensation
- 4) Discolouration/ Redness
- 5) Pricking pain

PAST HISTORY:

Patient was treated with allopathy medicines such as local and oral antifungal with antihistaminic drugs for about 1 month but there was no relief to patient.

PERSONAL HISTORY:

Table.1

NAME-XYZ	AGE-9YRS	SEX-Female	PULSE-88/min
RR-20/min	TEMP-97.8 ⁰ F	BP-110/70mmHg	

General condition of patient was fair.

CRITERIA FOR GRADATION OF SYMPTOMS OF PATIENT:

Table.2

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>TwakVaivarnya</i> (Red coloured skin)	Absent	Faint reddish skin	Red coloured skin	Reddish brown skin
4	<i>Tod</i> (Pricking pain)	Absent	Mild	Moderate	Severe
5	<i>Pidika</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	High elevation

TREATMENT: Externally local application of *VidangadiMalahara* twice a day after cleaning affected area from lukewarm water.

LOCAL EXAMINATION:

- 1) *Erythematous maculopapular* with active margins rounded patch on lower abdomen extending towards perineal region.
- 2) Redness (Erythema), Elevated scaly patch
- 3) Clinical features – *Kandu* (Itching), *Daha* (Burning sensation), *Tod* (Pricking pain).

DIAGNOSIS: *DadruKushtha*

Dose : As per requirement depend upon extent of lesion.

Duration of Treatment: 21 Days

Followup: After 7days

Along with the medication, patient also advised following things.

1. To avoid fast or junk food, salty, spicy and fried food.
2. To wear loose fitting clean cloths.

3. To avoid daytime sleep.

DETAILS OF INGREDIENTS OF VIDANGADI MALAHARA:

Table.3

Sr.No.	CONTENT	PART
1	विडंग	1 - part
2	चक्रमर्द	1 - part
3	कुष्ठ	1 - part
4	हरिद्रा	1 - part
5	सेन्धव	1 - part
6	सर्षप	1 - part
7	धान्याम्ल	1 - part

OBSERVATIONS AND RESULTS:

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

OBSERVATION TABLE:

Table.4

Sr.No.	Clinical features	1 st visit	1 st follow up	2 nd follow up	3 rd follow up
1	<i>Kandu</i> (Itching)	3	2	1	0
2	<i>Daha</i> (Burning pain)	3	1	0	0
3	<i>TwakVaivarnya</i> (Red coloured skin)	3	3	1	0
4	<i>Tod</i> (Pricking pain)	2	1	0	0
5	<i>Pidika</i> (Granulated skin)	3	3	0	0
6	<i>Utsanna Mandala</i> (elevated patches)	3	2	0	0

Before Treatment : Fist Visit



After Treatment:

First Followup



Second Followup



Final followup



DISCUSSION:

In present study management of *DadruKushtha* was done with local application of *VidangadiMalahara*. As

rightly said by *Acharyas* some drugs may act through *Rasa*, some through *Guna* or *Veerya*, *Vipaka* or *Prabhava* or it may be combined effect of all the ingredients.⁽⁸⁾

Hence, to understand the mode of action of *VidangadiMalahara* it is necessary to understand the pharmacodynamics by understanding dominant *Rasa*, *Guna*, *Virya* and *Vipaka*.

The contents of *VidangadiMalahara* viz. *Vidang*, seeds of *Chakramarda*, *Kushtha*, *Sarshaf*, *Saindhava*, *Lavana*, *Haridra* and *Dhanyamla*, which possess *Laghu*, *Ruksha*, *Tikshna* *Guna*, *Ushna* *Virya*, *Katu* *Vipaka*, *Kandughna* and *Kushthahara* properties. Upon topical application the active principles of *Malahara* reach to the deeper tissues through *Siramukha* and *SwedvahiSrotasa* and acts by its *Sukshma* and *Tikshna* properties.

The effects of external application (*Bahiparimarjana*) of *VidangadiMalahara* were assessed on each cardinal symptoms of disease. These symptoms of *Dadru* *Kushtha* were assessed on the basis of scoring pattern which was given before after and follow up of the treatment. After treatment *Kandu*, *Daha*, *Toda* was significantly reduced even after follow up study. The colour and size of patch was also reduced remarkably after the

application of *VidangadiMalahara* number of *Pidika* was reduced and changes were more significant even after the follow up period.

Due to its *Tikshna*, *Ushna*, *Laghu* and *Sukshma* properties it blocks the obstruction in *SwedvahiSrotas* and allows local toxins to remove out through the *sweda* and clears the micro channels. The *Ushna* *Virya* of *VidangadiMalahara* and *Snigdha* *Guna* of its vehicle *Siktha tail* causes pacification of *Kapha* *Dosha* which forms the *Samprapti* thus alleviating the symptoms. The *Sukshma* property of drugs helps to penetrate into deeper tissues and dissolved *Sanga*.

Acharya Charaka in *Su. 26* has described *Katu Rasa* possesses *Deepana* and *Pachana* properties through which it acts on *Sthanika Agni* and stops *Ama* formation formed due to *Nidana Sevana*. *Katu Rasa* also possesses properties like *Vishaghna*, *Kandughna* and *Vranaprasadana*. Due to *Agnideepana* property of ingredients present in *Malahara* *Dhatushaithilya* might have resolved and provides nourishment to skin.

CONCLUSION:

All ingredients of *VidangadiMalahara* have *Jantughna*, *Kandughna*, *Kushthahara* and *Kaphavata* *shamaka* properties. Thus, through these properties *VidangadiMalahara*

acts on *DadruKushtha*. After external application of *VidangadiMalahara* active principles of ingredients enters the *Romakupa* and further gets absorbed through *SwedavahiSrotas* and *Siramuka* it does the cutaneous biotransformation which will pacify the *Doshas* and leads to breaking of *Samprapti*.

The results of *VidangadiMalahara* showed significant results after treatment in *Daha*, *Kandu*, colour and size of *Mandala* and no of *Pidikavari*ables and efficacy of treatment was highly significant even during follow up. In the study patient completed the full course of treatment without any adverse reaction to drug.

Hence it can be suggested that *VidangadiMalahara* can be used in the patients suffering from *DadruKushtha*.

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Conflict of Interest: Non

Source of funding: Nil

Cite this article:

*Effect of vidangadi malahara in the management of dadru kushtha
w. s. r. to fungal infection: A case study.
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Ayurlog: National Journal of Research in Ayurved Science- 2022; (10) (03): 01- 07