



Assessment of clinical efficacy of *Vaman Karma* followed by *Virechan* and *Basti Karma* in the management of *Dadru* w. s. r. to *Dermatophytosis*.

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ABSTRACT:

Dadru is described in *Kshudra kushtha* by acharya Charak. The symptoms like *Kandu* (Itching), *Raga* (Erythema), *Pidaka* (Exanthemas) and *Mandala* (Discoid lesions with elevated borders) seen in *Dadru* is analogous to the symptoms of Dermatophytosis. Most of skin infections caused by dermatophytes are referred as tinea and often severe as well as recurrent. Ringworm infections are also called as dermatophytosis which is characterized by the infection of keratinized tissues like epidermis, hair and nails. In modern science, tropical anti-fungal drugs, oral anti-fungal drugs are used to treat ring worms at various stages. Nowadays resistance is increasing to anti-fungal allopathic drugs. So, there is a need to study and research the effective, safe and affordable Ayurvedic treatment for the management of *Dadru* So, I decided to work on this topic.

Kapha and *pitta doshas* are predominant in *Dadru*. As *Dadru* is type of *kshudra kushta*, *shodhan* therapy must be primary treatment for elimination of vitiated *doshas*. So *panchakarma* therapies like *Vaman*, *Virechana* and *Basti* given to

the patient as stated in ayurvedic classics. Total effect of *Vaman* therapy was 29.19 %, Total effect of *Vaman* followed by *Virechana* therapy was 58.66 %, Total effect of *Vaman* followed by *Virechana* and *Basti* therapy was 77.58 %. Hence, we can conclude that *shodhan* therapy effective in management of *Dadru* but it needs frequent *shodhana* for total eradication of disease according to *bala* of patient.

Keyword: *Dadru*, *Dermatophytosis*, *Shodhana* therapy, *Vaman*, *Virechan*, *Basti*

Introduction:

Skin is the largest organ of human body. Its size and external location makes it susceptible to a wide variety of disorders. In recent years there has been a considerable increase in the incidents of skin problems in the tropical and developing countries like India due to various reasons like poverty, poor sanitation, unhygienic conditions, frequent use of tight cloths, pollution. I have found that there are more patients with Dermatophytosis than any other skin diseases.

Dadru is *Kapha pittaja* disorder which is explained on Brihatrayi and

Laghutrayi which comes under *Kshudra Kushta* characterized by following symptoms-

सकण्डूरागपिडकं दद्रुमण्डलमुद्गतम्| Cha. Chi 7/23

Tropical anti-fungal drugs, oral anti-fungal drugs are used to treat ring worms at various stages in modern medical science. Nowadays resistance is increasing to anti-fungal allopathic drugs so, it is essential to find out better remedy for this condition. *Panchakarma* is specialty of ayurveda, in which vitiated doshas removed from human body and cure disease from its root. *Shodhana* therapy is the best treatment for *dadru* so, we decided to give *Vaman karma* followed by *Virechana karma* and *Basti karma*.

Aims And Objects:

Aim:

Assessment of clinical efficacy of *Vamana* followed by *virechan* and *basti karma* in management of *dadru*.

Objectives:

1. To study the ayurvedic literature of *Dadru*.
2. To study modern literature of Dermatophytosis.
3. To study the effect of *Vamana* followed by *virechan* and *basti karma* in relieving sign and symptoms of *Dadru*.

Dipan, pachan chikitsa given to the patient before starting *snehapan*.

Procedure	Drug and Dose	Duration
<i>Snehapana</i>	<i>Tikta ghrita</i>	Till <i>samyaka snigdha lakshanas</i> are seen in <i>vardhaman matra</i> starting from 30 ml (upto maximum 7 days)
<i>Sarvanga Snehana</i>	<i>Tila Taila</i>	2 days
<i>Sarvanga Sweadana</i>	<i>Bashpa sweda</i>	2 days
<i>Vamana</i>	<i>Vamana Kalpa-Madanphala churna</i> - 4-5 gm, <i>pippali churna</i> -2 gm, <i>vacha churna</i> - 1 gm, <i>saindhava</i> 2 gm,	On <i>vaman</i> day

MATERIALS AND METHODS

Selection of Patients and study duration:

In the present study 10 patients showing symptoms of *Dadru* of different age group are selected at OPD of Arogya Shala Rugnalaya, Nashik and the study was carried out for total duration of 5 months.

A. Diagnostic Criteria:

Diagnosis of *Dadru* was made according to the signs and symptoms mentioned in classical *Ayurvedic* text and contemporary medical book.

B. Inclusion Criteria:

- 1) Patients with classical signs and symptoms of *Dadru* like *Kandu* (Itching), *Rag* (Redness), *Pidaka* (Papules/Elevation of skin), *Mandal* (Rings).
- 3) Eligible for *Vaman*, *Virechana* and *Basti*.
- 4) Patients of age group between 20-60 years irrespective of sex.

C. Exclusion Criteria:

Patients with uncontrolled systemic disorders like DM/HTN/Cardiac disorders/Psoriasis/ Leprosy/ Tuberculosis/ Malignancy/severe anemia etc. were excluded.

Treatment details-

1.Vamana Karma:

	<i>madhu-q.s</i> <i>Vamanopaga –Yashtimadhu phanta</i>	
<i>Dhumapan</i>	<i>Dhumavarti</i>	After <i>vaman karma</i>
<i>Samsarjana Krama</i>	<i>Peyadi</i>	As per <i>shuddhi lakshanas</i>

Follow up taken and patient posted for *virechana karma* after 7 days.

2.Virechan Karma:

Procedure	Drug and Dose	Duration
<i>Snehapana</i>	<i>Tikta ghrta</i>	Till <i>samyaka snigdha lakshanas</i> are seen in <i>vardhaman matra</i> starting from 30 ml (3-7 days)
<i>Sarvanga Snehana</i>	<i>Tila Tailam</i>	3 days
<i>Sarvanga Sweadana</i>	<i>Bashpasweda</i>	3 days
<i>Virechan karma</i>	<i>Virechan kalpa</i> – <i>Trivruttavaleha</i> 25-30 gm <i>Anupan – koshna jal</i>	1 day
<i>Samsarjana Krama</i>	<i>Peyadi</i>	As per <i>shuddhi lakshanas</i>

Follow up taken and patient posted for *Basti karma* after 7 days.

3.Basti Karma: Dutation- 7 days.

D1 And D7 – *Matra basti* given

D2 to D6 – *Niruha basti* given

For Matra Basti

Murchita Tila Taila- 40 ml

Karanja Taila-20

Sanidhav – 5 gm

For Niruha Basti:

***Kwatha Dravya* (Selected drugs from *kushtaghna* and *Kandughna Gana* of *charak Samhita cha.su.4/11*)**

SR. NO.	Name of <i>churnas</i>	Quantity in gms
1	<i>Khadir</i>	10
2	<i>Abhaya</i>	10
3	<i>Amalaki</i>	10
4	<i>Vidanga</i>	10
5	<i>Nimba</i>	10
6	<i>Yashtimadhu</i>	10
7	<i>Daruharidra</i>	10
8	<i>Musta</i>	10

The total quantity of *Kwatha* is 600 ml

Kalka Dravya

SR NO.	Name
1	<i>Shatapushpa</i>

Saindhava- 10 gm

Tila taila – 50ml

Madhu – 50 gm

Niruha basti preparation, Procedure done as per guidelines mentioned in ayurvedic classics.

A] Subjective criteria- Gradation of the symptoms will be done as below:

I) *Kandu* (Itching):

Grading of *Kandu*

Grade	Score	Feature
0	0	No <i>kandu</i>
+	1	<i>Ishat kandu</i>
++	2	<i>Bahu kandu</i>
+++	3	<i>Ugra kandu</i>

II) Raga (Redness):

Grading of Raga

Grade	Score	Feature
0	0	Normal skin colour
+	1	Faint and near to normal
++	2	Blanching and red colour
+++	3	Red colour

III) Pidaka (Papules/Elevation of skin):

Grading of Pidaka

Grade	Score	Feature
0	0	No pidaka
+	1	1 to 3 pidaka

++	2	4 to 6 pidaka
+++	3	>7pidaka

IV) No. of Mandala (No. of Rings):

Grading of No. of Mandala

Grade	Score	Feature
0	0	No mandala
+	1	1 to 3 mandalas
++	2	4 to 6 mandalas
+++	3	> 7 mandalas

OBSERVATION AND RESULTS:

This study was done on 10 patients of Panchakarma department; The observation is as below:

% Relief in all symptoms And Total effect in %

Sr No.	Sign and Symptoms	Mean		Mean Difference	% Relief
		Initial Score	Score After treatment		
1.	<i>Kandu</i> (Itching)	35	2	33	94.29
2.	<i>Raga</i> (Redness)	25	4	21	84.00
3.	<i>Pidaka</i> (Papules or Elevation of skin)	15	5	10	66.67
4	No. of <i>Mandala</i> (No. of rings)	26	9	17	65.38

Total effect of *Vamana* followed by *Virechan* and *Basti* therapy-77.58 %

DISCUSSION:

In the present study, an attempt has been made to study the effect of *Vamana* followed by *Virechan* and *Basti* in 10 patients suffering with *Dadru* disease with symptoms like *Kandu*, *Raga*, *Pidaka*, *Mandala* etc. *Shodhana* therapy creates

unfavorable atmosphere for dermatophytosis causing organism, also improves strength of dhatu. So, further disease progress does not occur.

After *Vaman karma*, percentage relief in *kandu* was 42.86%, relief in *raga* (Redness) was 28 %, relief in *pidaka* was 26.67%, relief in *mandala* was 19.23%. Total % relief in all symptoms was 29.19%.

After *Virechan karma*, percentage relief in *kandu* was 82.86 %, relief in *raga* (Redness) was 60.00%, relief in *pidaka* was 53.33%, relief in *mandala* was 38.46%. Total % relief in all symptoms was 58.66%.

After *Basti karma*, percentage relief in *kandu* was 94.29 %, relief in *raga* (Redness) was 84.00%, relief in *pidaka* was 66.67%, relief in *mandala* was 65.38%. Total % relief in all symptoms was 77.58%.

After a proper schedule of *Vamana* followed by *Virechan* and *Basti Kandu* and *Raga* showed moderate to complete relief. The parameters like number of *Mandala*, size of *Mandala*, *Pidaka* showed statistically low significant results.

CONCLUSION:

Although, the *Vamana* is considered the prime treatment modality for *Kapha Dosh*. *Vamana* drug is having *Ushna*, *Tikshna*, *Aashukari*, *Vyavayi*, *Vikasi* properties helps in elimination of *Doshas*. In this process *Doshas* in *Kostha* eliminated from the body by the act of vomiting. *Virechana karma* is also main treatment for *pitta dosha*. At last *basti* given which contains selected *dravyas* from *kushtaghna* and *kandughna gana*.

On the basis of clinical study, we can conclude that *Vamana* followed by *virechan* and *basti* is effective in relieving the signs and symptoms of *Dadru* with special reference to dermatophytosis. As

kushtha is *bahudosh prakopaka vyadhi* so frequent *shodhan* according to *bala* of patient is essential.

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