



Conceptual study of *panchatikta panchaprasrutik basti* in the management of *dadru kushtha*.

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Abstract :

Dadru is one of the common skin diseases mentioned in *Ayurveda*. In modern science, the clinical manifestation of *Dadru* is closely similar to local fungal infection which is affecting up to 15% of population.

Dadru is a *Kapha Pitta Pradhan vadhi* and the management of which includes- *shodhana*, *shamana* and *bahyaparimarjana chikitsa*. In *Charaka Samhita Siddhithana*, *Pachatikta PanchaPrasrutik Basti* is specially indicated for *Kushta vyadhi*. *Charaka* has considered *basti* therapy as half of the treatment for all diseases. *Basti* is effective in treating the diseases of all *strotasa*. The present article an attempt to review the concept *Panchatikta Panchaprasrutik Basti* in the management of *Dadru Kushtha*.

Keywords- *Kushta*, *Dadru Kushta*, *Basti*, *Panchatikta Panchaprasrutik Basti*

Introduction:

Panchakarma plays major role in eradicating the disease and its wide applicability bound *acharyas* to describe it as "*Chikitsardh*"^[1] *Basti* as one among the *Panchakarma*

signifies its multifaceted actions because the term *karma* denotes, "*Bahu iti kartavyata*"^[2]. *Basti* therapy has a scope on all kinds of ailments implicating different types of *dosha*, *dushya* and *adhishtana*.

Basti is supposed to be principal treatment for *vatika* disease pertaining to extremities, bowels and those arisen in the vital parts, proximal parts of the body, in short all the parts of human body are affected by *Vayu*. *Basti* is helpful in, pacification of *Vayu*, when it aggravated severely^[3]. The *prasara* of *doshas* is brought by the *Vata dosha*. *Vata* is responsible for the *doshas* to move from *koshtha* to *shakha*^[4]. As explained by the *Archaryas* that *Pitta* and *Kapha* are *Pangu* in nature, the *vata dosha* will move the other *doshas* from *koshtha* to *shakha*^[5]. So, when *vata dosha* is controlled by *basti chikitsa* ultimately the further provocation of the disease can be controlled.

All skin disease in *Ayurveda* have been classified under the broad heading of *kushtha* which are further divided to *Mahakushtha* and *Kshudrakushtha*^[6].

Acharya Charaka mentioned the *dadru* in *Kshudrakushta* and *Sushruta* has mentioned

the *dadru* in *Mahakushtha*. According to most of the *Ayurvedic* texts, all types of *kushtha* are considered as *Rakta doshaja vikara*. *Dadru* is one of the *kapha pitta pradhan Twak vikara*^[7]. Acharya Charaka has emphasized *shodhana* therapy for all *kushtha roga* including *dadru kushtha* and clearly mentioned the line of the treatment *Panchatikta panchaprasrutik basti*^[8]. Based on this background *Panchatikta Panchaprasrutik basti* was evaluated in the management of *dadru kushta* with the objective of –

- To review the concept of *Panchatikta Panchaprasrutik basti* in management of *Dadru kushtha*.
- To review details about *Panchatikta Panchaprasrutik basti*.
- To review details about *Dadru kushtha*.

Materials and methods-

- All the references regarding *Dadru kushtha* and *Panchatikta Panchaprasrutik basti* are collected from *Bruhatrayee* and *Laghutrayee* and various textbooks and compilation is done.
- Concept of the *Basti*, *Panchatikta Panchaprasrutik basti*, *Dadru* studied in detail.
- Collection of all the references in done and correlation between the

data is done logically i.e., by using *Yukti pramana*.

Disease review

Causes of *Dadru* (*hetu*)

Acharya not explained separate *nidana* for *dadru kushtha*, but *dadru kushta* get spread person to person by *malaj krimi* through *sweda*(contact with infected person,contact with clothes of infected person,etc^[9]. Due to sharing of towels, bed sheets, soaps, handkerchief etc. of infected person causes the spreading of micro-organism from one person to another person^[10].

Dadru which is likely similar to fungal infection of skin in which fungal spore has been transferred from diseased person to healthy person.

Samprapti^[11]-

Sharing bed and clothes of infected person(contagious) (*sankramika*)



Sankramika of *krimi* from *purusha* to *purusha* (*Malaj- Bahya krimi*)



That *krimi* entered into *twak* through *sweda* and vitiates *Tridosha*,*Twak*,*Rakta* and *Lasika*



Dadru Kushtha

(*Kandu*,*Pidika*,*Raaga*,*Mandala*,*Visarpini*)

According to *Ayurveda*

Table no.1:shows the secondary causes of *Kushtha* (*dadru*) as per *Ayurveda* science.

<i>Mithya Ahara</i>	<i>Ch.S.</i> ^[12]	<i>Su.S.</i> ^[13]	<i>B.S.</i> ^[14]	<i>H.S.</i> ^[15]	<i>M.N.</i> ^[16]
<i>Adhyashana</i>	+	+	-	+	+
<i>Vishamashana</i>	+	+	-	-	-
<i>Atyashana</i>	+	+	-	-	-
Intake of food during indigestion	+	+	-	-	+
<i>Nitya</i> and <i>aati</i> use of <i>Madhu</i> , <i>Fanita</i> , <i>Matsya</i> , <i>Lakucha</i> , <i>Mulaka</i> , <i>Kakamachi</i> and	+	-	-	-	-

intake of above substances while having <i>ajirna</i>					
<i>Ati snehana</i>	-	-	-	-	-
<i>Vidahi ahara</i> without emesis of undigested food	+	-	+	+	-
<i>Rasa taha</i>					
Excessive intake of <i>Amla</i> and <i>Lavana rasa</i>	+	-	-	-	+
<i>Dravyataha</i> Excessive intake <i>gramya</i> , <i>anupa</i> , <i>audaka</i> , <i>mamsa</i> ,	-	-	+	-	-
<i>Navaanna</i> , <i>dadhi</i> , <i>matsya</i> , <i>mulaka</i> , <i>tila</i> , <i>pishtanna</i> , <i>kshira</i> , <i>guda</i>	+	-	-	-	+
<i>Dushi visha</i>	-	+	-	-	-
<i>Dushit Jala</i>	-	-	-	+	-
<i>Gunataha</i>					
Excessive <i>Drava</i> , <i>Snigdha aahara</i>	+	-	-	+	+
<i>Guru aahara</i>	+	+	-	-	+

**Table no.2: Signs and symptoms of *Dadru kushtha* according to various *Aacharyas*.
Signs and symptoms.**

Sr No	Signs& symptoms	<i>Charaka</i> ^[17]	<i>Sushruta</i> ^[18]	<i>A.H.</i> ^[19]	<i>A.S.</i> ^[20]	<i>M.N.</i> ^[21]	<i>Yogarajnakar</i> ^[22]
1	<i>Kandu</i>	+	-	+	+	+	+
2	<i>Raga</i>	+	-	-	-	+	+
3	<i>Atasi</i> <i>Pushpavata</i> <i>pidika</i>	-	+	+	-	-	-
4	<i>Tamra</i> <i>Varna</i> <i>Pidika</i>	-	+	-	-	-	-
5	<i>Visarpani</i> <i>Pidika</i>	-	+	+	+	-	-
6	<i>Dirgha</i> <i>Pratana</i>	-	-	+	+	-	-
7	<i>Unnata</i> <i>mandala</i>	-	-	+	+	+	-

**Table no.3: *Doshas,dushyas,strotas,adhishthan* involved according to various *Aacharyas*
*Dosha Dushya Sankapana***

	<i>Charaka</i> ^[23]	<i>Sushruta</i> ^[24]	<i>A. H.</i> ^[25]	<i>A. S.</i> ^[26]	<i>M. N.</i> ^[27]
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Dosha	Pitta Kapha	Kapha	Kaphapitta
Dushya	<i>Twak, rakta, Mansa, Ambu</i>		<i>Twak, rakta, Lasika, Ambu</i>
Strotas	<i>Rasa, rakta</i>		

Line of treatment

Dadru is a *Kapha Pitta Pradhan vyadhi* and the management of which includes- *shodhana, shamana* and *bahyaparimarjana chikitsa*. *Shodhana* includes *virechana, rakta mokshana, basti*.

Panchatikta Panchaprasrutik basti review-

Aacharya Charaka elaborated *Panchatikta Panchaprasrutik basti* in *Siddhithana*^[28]

Kashaya preparations is manufactured using four *prasuta* of following *dravyas*-

Sr. No	Dravyas	Matra
1	<i>Patola</i>	20 Grams each
2	<i>Nimba</i>	
3	<i>Bhunimba</i>	
4	<i>Saptaparna</i>	
5	<i>Rasna</i>	

Niruha Basti Dravya-



Sr. No	Dravyas	Matra
1	<i>Madhu</i>	40 ml
2	<i>Saindhav</i>	10 Grams
3	<i>Goghrita</i>	40 ml
4	<i>SarshapaKalka</i>	10 Grams
5	<i>Panchatikta Kashaya</i>	300 ml

Indications of Panchatikta Panchaprasrutik basti

According to *Charaka* main indication of *Panchatikta Panchaprasrutik basti* are *Meha, Abhishyanda* and *Kushtha*.

Mode of action-

Dravyas	Rasa	Virya	Vipaka	Doshaghnata
<i>Patola</i>	<i>Tikta, Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphapittahara</i>
<i>Nimba</i>	<i>Tikta, Kashaya</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphapittahara</i>
<i>Bhunimba</i>	<i>Tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphapittahara</i>
<i>Saptaparna</i>	<i>Tikta, Kashaya</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatahara</i>
<i>Rasna</i>	<i>Tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatahara</i>

All the above *dravyas* in *Panchatikta Panchaprasrutik basti* are *tiktarasatmak* which is treatment for *kushtha*. *Tikta rasapradhan dravyas* are *Deepak, pachak* and *kaphaghana*. *Tikta rasa* is a *lekhana* and *vishaghana* in nature and destroys *kleda*. The effect of *tikta rasa* on the skin is *swedaghna, kandughna, kushthaghna, dahaprashamana, and sthirikarana*. Therefore, *Panchatikta Panchaprasrutik basti* is useful in the treatment of *Dadru Kushtha*.

Sushruta described the indication of *basti* in *sansargaj* and *sannipataj vikara*.

Madhu – According to *Bhavapraksha*, *madhu* has properties like *sukshma strotovisodhana, varnya, vranashodhana, ropana* and it specially acts on *pitta, rakta* and *kapha dosha*. It is indicated in *kushta, arsha, meha*, etc therefore it is useful in management of *Dadru Kushta*.

Saindhava- *Bhavapraksha* mentioned the properties of *saindhava, tridhoshahara, deepana, pachana, Sukshma*, hence useful in treating vitiated *kapha pitta dosha* in *dadru kushtha*

Goghrit- *Madhur, Sheet veerya, agnideepana Sarshap kalka-Katu, Tikta, Ushna, Kanduhara, Kushthahara, Vatkaphahara*.

Panchatikta Panchaprasrutik basti is effective in *Kushtha* due to aforesaid properties of above *dravya*.

Discussion:

Skin diseases are common manifestation in present era and more frequent in elder age. *Kushtha* is a type skin disorder mentioned in Ayurveda as *tridoshaja vyadhi* ;where *rasa, rakta, mamsa* and *ambu* are the main

dushyas. *Dadru Kushtha* is one of the most common miserable variety of *kushtha* affects population of all age groups. In modern science, various anti-fungal tablet and ointment for local application are available but its recurrence is very common. The Ayurveda has capacity to cure *dadru kushtha* efficiently without any recurrence. Ayurveda mentioned management of *dadru kushtha* by *shodhana, shamana, bahyachikitsa*. *Basti upkrama* is one of the *shodhana* treatments. *Aacharya Charaka* has already mentioned the *Panchatikta Panchaprasrutik Basti* in *Kushtha*. Most of the herbs mentioned in *Panchatikta Panchaprasrutik Basti* are described in *kushthaghna* and *kandooghna Dashemani gana* of *Charaka* and *aargwdhadi gana* of *Sushruta* which are having *kushthahara* properties. Hence, the drugs can alleviate the *kandu, raga, pidika* and *mandala* in *dadru kushtha*. As almost all herbs in *panchatikta panchaprasrutik Basti* have *pitta kaphahara* properties, it is useful in treatment of *dadru kushtha*. As all the *dravyas* of *Panchatikta panchaprasrutik Basti* are having *tiktarasa* pre -dominantly, these drugs act as *aampachaka* and thereby relieve the sanga of *strotasa* . *Swedana* results in *vilayana* of *doshas* and brings back to *pakvashaya* and thereby *doshas* are expelled out due to specific action of *Panchatikta Prasutik Basti*.

Conclusion:

Dadru is common disease in developing nations like India as most of the populations lives in un-hygienic conditions and unhealthy (*doshaprakopak ahara vihara*) life style. *Basti* can cure the *sansargaj* and *sannipataj vikara*. *Panchatikta*

Panchaprasrutik Basti is useful in this condition as it can rectify all the vitiated *doshas* involved in *dadru kushtha*.

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