



Management of *Dadru Kushth (tinea corporis)* through Ayurveda - A case study.

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ABSTRACT

Dadru is one of the *raktapradoshaja vikara*, it is described in detail under the type of *kushtha* by all *Acharyas*. There are two types of *Kushtha*, *Mahakushtha* and *Kshudra kushtha*. *Charaka* and *Madhavnidan* described *Dadru* under the type of *Kshudra Kushtha*, while *Sushrut*, *Aashtanghriday* and *Aashtangsangrha* described it under the type of *Mahakushta*. *Dadru* is *kapha* and *pitta pradhan vyadhi* by all *acharyas* except *Sushruta* who described it as a *kapha pradhan vyadhi*. A 29 years old male patient came with complaints of Red rashes in the groin region, Severe itching, and Scaly formation. He was treated with *Gandhak rasayan*, *Arogyavardhinivati*, *Mahatiktaghritpaan*, *Yashtimadhu* tail for local application. After completion of treatment significant improvement was observed in the parameters like *Kandu*, *Raag*, *Mandala Matsyashakolapam*.

Keywords- *Dadru*, *kaphapradhan vyadhi*, *Khusdrakushtha*,

INTRODUCTION

Dadru is one of the *raktapradoshaja vikara*, it described in detail under the type of *kushtha* by all *Acharyas*. There are two types of *Kushtha*, *Mahakushtha* and *Kshudra kushtha*. *Charaka* and *Madhavnidan* described *Dadru* under the type of *Kshudra Kushtha*, while *Sushrut*, *Aashtanghriday* and *Aashtangsangrha* described it under type of *Mahakushta*. *Dadru* is *kapha* and *pitta pradhan vyadhi* by all *acharyas* except *Sushruta* who described it as a *kapha pradhan vyadhi*.

According to *Charakacharya*,

सकण्डुरागपिडकं दद्रुमण्डल मुद्रतम ।
(च.चि. ७/२३)

Dadru is characterized by itching sensation, redness, eruption and circular patches with elevated edges.

Dadru prevalence rate is high now-a-days due to urbanization unhygienic life style etc therefore the study of contemporary etiological factors of *Dadru kushtha* has become important so as to prevent them effectively.

CASE REPORT

A 29year male patient come to *Kayachikitsa* OPD in our Institute with chief complaints of ---

- Red rashes in the groin region
- Severe itching
- Scaly formation

Patient having above symptoms since 6 months

HISTORY OF PRESENT ILLNESS-

Patient was well before 6month and then he gradually developed red rashes in the groin region with severe itching and scaly formation. He took allopathy medicines but he got temporary relief so, he come to our Institute for management

PAST HISTORY- There was no past history of DM, ASTHMA

FAMILY HISTORY- No significant family history

ASHTHAVIDH PARIKSHA

- *Nadi*- 72/min
- *Mala*- *Asamayk* (*Malavasthambha*)
- *Mutra*- *Samyak*(5-6times/day)
- *Jivha*- *Saam*
- *Saprsha*- *Ushna*
- *Drik*- *prakrut*
- *Akruti*- *Sthul*

Local Examination-

- Severe dryness on skin
- Scaly formation
- Redness present on groin region

NIDANPANCHAK

- **Hetu** – Using public shower, Excessive sweating, Poor nutrition, unhygienic condition
- **Poorvaroop**- Itching and dryness on groin region
- **Roop**- Scaly formation, Redness on groin region

- **Anuupashay**- Increase in summer season

SAMPRAPTI

वातादयस्त्रयो दुष्टास्त्वग्रक्त दूषयन्ति स कुष्ठानो सप्तको द्रव्यसंग्रहः!

अतः कुष्ठानि जायन्ते सप्त चैकादशैव च न वैकदोषजं किञ्चित कुष्ठं समुपलभ्यते॥ च. चि.

Hetu sevan



Tridosha Prakop



Reaches Twak, Rakta, mamsa, Ambu, Lasika



Produce Shaithilya in dhatu



Produce kushtha

According to Charaka: All type of *kushtha* is born by vitiation of *tridosha* after *nidana sevan* and it leads to *Dushty Dushti*. So *twak, rakta, mamsa, ambu* become weak then this complex of 7 *dravyas* i.e *tridosha* and *twak, rakta, mamsa and ambu* causes manifestation of *Kushtha*.

Samprapti ghataka:

1. **Dosha:** All the *kushtha* has mentioned *Tridoshaja* origin. *Dadru* is *Kapha & Pitta pradhan vyadhi* by all *Acharyas* except *sushruta* who described it as a *Kapha pradhan vyadhi*.
2. **Dushya:** *Twak, Rakta, lasika & mamsa* these four *dushyas* are responsible for *kushtha*.
3. **Vikrita Srotasa:** *Rasavaha, Raktavaha, Mamsavaha, Swedvaha*.
4. **Srotodushthi:** *Vimargagman, Sanga*.

5. *Agni: Jatharagnimandya, Dhatvagni mandya*
6. *Udbhava sthana: Amashaya*
7. *Sanchara: Tiryak gami sira*
8. *Rogamarga: Bahya*
9. *Prabhava: Chirkari.*
10. *Sadhya- Asadhyata*
 - *Sadhya- Vata – Kaphaja, Navin.*
 - *Kricchhasadhya- Pitta– Kaphaja and Pitta-Vataja.*
 - *Yapya: Medogata.*
 - *Asadhya: Tridoshaja, Purana*

MATERIAL AND METHODS-

Type–Single Case Study Authorized Ayurvedic classic texts were used as a source of material like *Charak samhita, Sushruta Samhita*

PLAN OF TREATMENT-

- *Aampachan*
- *Abhyantara snehapan*
- *Krumighna Chikitsa*
- *Mrudu abhyanga*
- *Lifestyle Modification*
- *Change dietary habits*

SR. NO.	Medicines	Dosage	Duration
1.	<i>Gandhak rasayan</i>	250mg	Thrice a day
2.	<i>Arogyavardhini vati</i>	250mg	Thrice a day
3.	<i>Mahatikta Ghrutapaan</i>	10ml	Empty stomach at early morning
4.	<i>Krumikuthar Rasa</i>	250mg	At bed time
5	<i>Yashtimadhu Tail</i>		Local application

PATHYA – APATHYA:

Pathya- Moong, Old Rice, Jangal Mamsa, Vrunataka, wheat, Padwal, Dodaka

Apathya- Specially Guru, Amla, Lavan, Ushna aahar, Fish

RESULT-

Gradation Scale	Before treatment	After treatment
1. <i>Kandu(Itching)</i>	Severe	Absent
2. <i>Raag (Erthyema)</i>	Moderately Present	Mild Present
3. <i>Matsyashakolapam (Scaling Formation)</i>	Severe	Mild
4. <i>Mandal (Elevated Circular Skin Lesion)</i>	Moderately Elevated Lesion	Mild Elevated Lesion



DAY-7



Day- 0



Day -21

DISCUSSION-

Gandhak rasayan acts as *Kushtaghna*, *Kandughna*, *Raktashodhak*, *Vranaropak*, *Twachya*, *Krumighna*. It is mainly indicated in *Kushta roga*. It reduces the itching and infection. Beneficial for the skin complexion.

Arogyavardhini Vati-

Arogyavardhini is *Kaphaghna*, *Kledshoshak*. It enhances *tvak* properties. *Guggul* and *Shilajatu* forming *kajjali kalpa*. It is *kapaha*, *kleda nashak*. *Triphala* in it is *klednashak*, *kapha nashak*. *Kadunimb Kapha*, *Kushthaghna* Very much useful in all types of *kushth*.

Mahatiktagrithapaan-

“*Mahatiktagritha*” which is prepared with drugs having the properties like *deepana*, *paachana*, *srotoshodhaka*, *raktaprasadana*, *raktashodhaka*. *Kandugna*, *kushtagna*, *varnya*, mechanism of actions. As per the classical reference it has special indication *Kushtavikaras*.

Krumikuthar Rasa-

It is an effective *ayurvedic* medicine useful in treating intestinal worms. As per *Acharya Sushrut* all *kushtha* are *Tridoshaj* and *Krumij* hence used in *kushth*.

Yashtimadhu Tail-

Demulcent and anti-inflammatory agents in liquorice may decrease the signs *Dadru*.

CONCLUSION-

According to modern *Dadru* can be correlated with *Tinea Corporis*. The maintenance of personal hygiene is a very important. In this study *Shamana Chikitsa* are showed highly significant result and *Gandhak Rasayan*, *Arogyavardhini vati* *Mahatiktagrithapaan*, *Krumikuthar Rasa*, *Yashtimadhu Tail* for local application.

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