



Research Article

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MANAGEMENT OF DADRU KUSHTHA WITH AYURVEDIC INTERVENTIONS: A CASE STUDY

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ABSTRACT

In today's era, skin diseases are very commonly found. Among them most of the skin diseases are due to fungal and bacterial infections. According to Ayurveda all skin diseases are included under one heading of 'Kushtha Roga'. Intake of incompatible and contaminated food, suppression of natural urges, drinking cold or chilled water just after exposure to sunlight or after doing physical work, daytime sleeping and excessive intake of salty or acidic food items are described as causative factors for the disease. According to Sushruta, Krumi is also one of the causative factors of Kushtha. Clinically it is similar to Dadru Kushtha described in Ayurveda. Dadru Kushtha explained by Acharya Vagbhata and Sushruta under Mahakushtha. And Acharya Charaka has included Dadru in Kshudra Kushtha. In present case study patient of Dadru was treated with Krumihar Chikitsa Siddhant. First Shaman was given with Krumikuthar rasa Vidangaristha and Hemocleen syrup. And then shodhan was done with Virechan. Patient reported significant improvement in signs and symptoms like Kandu (itching), Raga (erythema or redness), Pidika (eruptions) and Utsanna mandala (elevated circular skin lesion).

Keywords: Kushtha, Dadru, Mahakushtha, Krumihar, Siddhant.

INTRODUCTION

Ayurveda has given wide and extensive description of skin diseases, under the heading of Kushtha roga. Kushtha is also considered as one of the Ashta Mahagada (dreadful diseases)¹. There are eighteen types of Kushtha roga which are classified into to Maha kushtha (major skin ailments) and Kshudra kushtha (minor skin ailments)². Dadru is classified as a Kshudra kushtha by Acharya Charaka³ and Maha kushtha by Acharya Sushruta.⁴ Clinical features of Dadru kushtha are Kandu (itching), Raga (erythema or redness), Pidika (eruptions) and Utsanna mandala (elevated circular skin lesion).⁵ It is a Tridoshaja vyadhi with predominant vitiation of Pitta and Kapha dosha. According to Charak, it is red colored, Kapha Pitta dosha involvement.⁶ As per Sushruta, it is dark brown color, Kaphadosha involvement.⁷

Intake of incompatible and contaminated food, suppression of natural urges, drinking cold or chilled water just after exposure to sunlight or after doing physical work, daytime sleeping and excessive intake of salty or acidic food items are described as causative factors for the disease.⁸ According to Sushruta, Krumi is also one of the causative factor of Kushtha.⁹ On the basis of clinical appearance, Dadru kushtha is mostly simulates with 'Dermatophytosis'. Ringworm is dermatophytosis or tinea infection. It is burst out condition of the skin. Due to bursting of exterior through the skin leads to circular or different shape, erythematous, scaly with well-defined edge skin patches with itching; commonly known as fungal infection¹⁰.

Dermatophytosis compromises almost 30% of the patient attending dermatology clinic.¹¹ In modern Medical science, management of Tinea is carried out with usage of topical or systemic antifungal, corticosteroids. Long lasting usage of it produces the adverse effect also.¹² So it is needed to search good Ayurvedic remedy.

Case study

A 67 years Male patient, Farmer by profession with chief complaint of red patches over chest, buttocks, groin region, discolouration over chest, back and 2/3rd portion of thigh for 3 months. He visited OPD on 17/07/17OPD No – 1707170032. Mahatma Gandhi Ayurvedic College, Hospital and Research centre, Salod (H), Wardha. Itching, Dermarcated lines are associated complaints for 8 days. He has no history of DM/HTN/Asthma.

On examination large rounded, reddish patches with demarcated lines are present on chest, back thigh and groin region. Patches had covered half of the chest area, 2/3 rd of thigh area and about 15 ×15 cm sized circular patch on back. Dryness of skin was present. Patient is also having history of constipation on and off.

Personal history

Diet – mixed diet
Habit – No any habit
Nidra – Adequate

Ashtavidha pariksha

1. Nadi	70/min, Regular, Kapha-pittaj	5. Shabda	Spastha
2. Mala	Normal, 2 times a day	6. Sparsha	Anushnasheeta
3. Mutra	Samyak 5-6 times	7. Drika	Pallor +
4. Jivha	Nirama	8. Akriti	Madhyam

Vital parameter

Temperature – 98 ° F
 Pulse rate- 70/min , regular
 Respiratory rate- 18/min
 Blood pressure – 130/80 mm/Hg

MATERIAL AND METHOD

Type of study is single case study and patient was selected from OPD of Kayachikitsa Department. Written consent of patient was taken for treatment.

Treatment schedule: Shaman chikitsa for 7 days, Sadya Virechan is planned. So on 8th day after Sarvang snehan, Swedan. Virechan with Triphala kwath 100 ml + 20 ml Erand sneha + 2 tab Icchabhedi rasa with water given, followed by 5 days Samsarjan krama.

Treatment given

Drug	Dose	Anupana	Duration
Krumikuthar rasa	500 mg BD	Water	7 days
Vidangaristha	20 ml BD	Water	7 days
Hemocleen syrup	20 ml BD	Water	7 days
Virechan karma (sadya virechan with Triphala Quath 100 ml + 20 ml Erand sneha + 2 tab Icchabhedi rasa)	120 ml + 2 tab in morning at empty stomach	Water	8 th day
Sansarjan karma			5 days (9 th to 13 th day)

Assessment criteria: Grading criteria

Clinical features	Grade 0	Grade 1	Grade 2	Grade 3
Kandu (Itching)	Absent	Mild itching	Moderate itching	Severe itching
Raga (Erythema)	Absent	Mild faint reddish	Blanching and red color	Red color
Daha (Burning sensation)	Absent	Mild burning	Moderate burning	Sever itching
Utsanna (Elevated patches)	Absent	Mild elevation	Moderate elevation	Sever elevation
Pidika (Papules)	Absent	1-3 papules	4-7 papules	More than 7
Rukshata (Dryness)	Absent	Mild dryness	Mild dryness	Moderate

Observation

Assessment of patient was done by the grading criteria during follow up of after each 7 days

Clinical features	Before treatment 0 th day 17-07-2017	1 st follow up after shaman chikitsa 24-07-17	2 nd follow up after shodhan chikitsa 31-07-17
Kandu (Itching)	3	2	0
Raga (Erythema)	3	3	1
Daha (Burning sensation)	3	2	0
Utsanna (Elevated patches)	3	2	0
Pidika (Papules)	2	1	0
Rukshata (Dryness)	2	2	1



Before treatment: (0th day)



After treatment: (on 14th day)

RESULT

There was found significant relief in sign and symptoms of Dadru. All discolored and reddish patches had disappeared, there was no itching and demarcated lines were also disappeared after 2 weeks of treatment. Also, patient's appetite was normal and bowel evacuation became normal and regular.

DISCUSSION

In this present case depend on Nidana (Sankramika) and Lakshana (Raga, Pidika, Kandu, and Mandala); this case was diagnosed as Dadru kushtha.

Dadru is Kapha –Pitta dominant disease. There is involvement of Rasa and Rakta in Pathogenesis.¹³ Sushruta has given that in the pathogenesis of any Kushtha, Dosha and Krumi plays major role.¹⁴ There are many Sukshma Krumi are present in Abhyantar and Bahya pradesh of Shareer which are unable to see by naked eyes. Hence by considering this, the study was aimed at finding the effect of Krumihar chikitsa along with Shodhan chikitsa in the case of Dadru. So, first of all Shaman chikitsa was given for the purpose of Prakrutivighatkar in this Vidangarishta and Krumikuthar Rasa was taken, Hemocleen syrup was selected as a Raktashuddhikar. And Virechan was done for Shodhan purpose and also as Apkarshan of Krumi.

Probable mode of action of drug

Vidangarishta

It mainly contains Vidang, Pippali, Rasna, Kutaj, Indrayava, Patha etc these all are Ruksha, Ushna, Tikshna so it acts as Vata kapha nashak and mainly Kruminashak. It also increases the Jatharagni by Deepan and Pachan properties.¹⁵

Krumikuthar rasa

It mainly contains Karpura, Indrayava, Ajmoda, Vidanga, Shuddha hingula, Shuddha vatsnabh etc these all are Ushna, Tikshna it contains Krumihar properties.¹⁶

Hemocleen Syrup

It contains Manjishtha, Raktachandan, Karanjachhal, Guduchi, Daruharidra, Sariva, Nimb, Haridra, Khadir etc these all drugs are indicated in Kushtha. It acts as Pittashamak. It reduces Kandu, Daha, by its Raktashodhak, Kushthaghna, Varnya and Krumighna properties.

Virechan

In Dadru, Kapha and Pitta dosha are aggravated. Virechan is indicated in Kapha pittaj types of Kushtha,¹⁷ So Sadya Virechan is done with Triphala kwath, Erand sneha and Icchabhedi rasa for Shodhan purpose and it also can be correlate with Apakarshan chikitsa.

CONCLUSION

Dadru, is one of the Kushtha, it is a common skin disease which clinically simulates with Dermatophytosis. As it is a contagious disease, so maintaining personal hygiene is very important. The present case study concludes that Krumihar chikitsa also plays important role in case of Dadru Kushtha. Ayurvedic medicines like Vidangarishta, Krumikuthar rasa, Hemocleen Syrup and Virechan is highly effective in management of Dadru Kushtha.

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