



Research Article

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A CLINICAL STUDY OF DADRUGHAN TAIL IN THE MANAGEMENT OF DADRU KUSTHA ROGA

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ABSTRACT

Introduction: Dadru was described under Shudra kustha roga by Acharya Charak and Maha kustha roga by Acharya Sushruta. It is Kapha-Pitta pradhan twak roga. It is prevalent these days. Aim: To check Dadrugan Tail's efficacy in managing Dadru Kustha Roga. Method: 30 patients who fulfilled the inclusion criteria were selected based on signs and symptoms of Dadru Kustha Roga. Diagnosis: It was made based on signs and symptoms explained in the classic and modern textbooks like kandu (itching), raga (erythema/redness), pidika (eruptions), size of the mandala (lesion), utsanna mandala (elevated circular patches) etc. Drug: Dadrugan Tail was made of 7 drugs, which were selected according to their features mentioned in different Ayurvedic textbooks. The oil was prepared according to Sharangdhara Samhita. It was prepared for external use only. Follow-up: All the patients were examined on the 1st day (before starting the treatment) and were recalled for the 1st follow-up on the 7th day (after starting the treatment). Results: There was 85.56% improvement in the symptoms of kandu, 79.44% in raga, 82.78% in pidika, 76.11% in size of mandala, 76.11% in numbers of mandala, 79.44% in utsana mandala, 73.89% in prasaran, 88.33% in rukshata, 87.80% in daha, 90.48% in sarava and 50.00% in associated symptoms. Conclusion: The overall improvement in the group was 80.17%; this shows that Dadrugan Tail effectively managed Dadru Kustha Roga.

Keywords: Dadrugan Tail, Dadru Kustha Roga, Kandu, Raga, Pidika, Mandal.

INTRODUCTION

In Ayurveda, all skin diseases fall under the category of "Kushtha." Kushtha is further divided into two groups: Mahakushtha and Kashudrakushtha. Dadru is mentioned by

ancient physicians Charaka¹ and Sushruta², though they placed it in different categories. According to Ayurveda, Dadru³ is a skin disorder caused by an imbalance of Kapha and Pitta doshas. In modern medicine, Dadru resembles a "Superficial fungal infection of the skin," a common skin condition.

Drug Review⁴

Dadrughan Tail

Table 1: Drugs used for making Dadrughan Taila

Drugs and Synonyms	Latin Name And Family	Guna				Karma	Projyanga
		Guna	Rasa	Virya	Vipaka		
Karanj Nakatmal Gharitpur (Indian Beech)	<i>Pongamia pinnata</i> Leguminosae	Laghu Tikshna	Tikta Katu Kshaya	Ushna	Katu	Vata-Kapha shamak Pitta vardhak Kandughana Shoth-hara Deepan- Pachan Kusthaghana	Tvaka Patra Beeja
Nimb Neem Pichumard Arisht (Margosa Tree)	<i>Azadirachta indica</i> Meliaceae	Laghu	Tikta Kshaya	Sheeta	Katu	Kapha-Pitta shamak Putihara Daha-prashaman Kandughana Kusthaghana	Pushpa Patra Tvaka Beeja Taila
Sasharpa Sarson Katusneha (Mustard)	<i>Brassica campestris</i> Cruciferae	Tikshna Ruksha (Shaka) Snigdha (Tail and Beeja)	Tikta Katu	Ushna	Katu	Vata-Kapha shamak Pitta vardhak Kusthaghana	Beeja Taila
Khadira Dantdhawan Kantaki Khair (Cutch Tree)	<i>Acacia catechu</i> Leguminosae	Laghu Ruksha	Tikta Kshaya	Sheeta	Katu Prabhav Kushta - Ghana	Kapha-Pitta shamak Kandughana Kusthaghana	Tvaka Khadirsaar

Aragwadh Amaltas Rajvriksh Arewat	<i>Cassia fistula</i> Leguminosae	Guru Mridhu Snigdha	Madhur	Sheeta	Madhur	Vata-Pitta shamak Shoth-hara Kusthaghana Vedna sthapan Mridu-virechak Daha-prashaman	Phalmajja Mooltvak Pushpa Patra
Chakarmard Dadrughan Edgaj Chakvad (Ring-worm plant)	<i>Cassia tora</i> Leguminosae	Laghu Ruksha	Katu	Ushna	Katu	Vata-Kapha shamak Kusthaghana Vishghana	Beeja Patra
Daruharidra Darvi Kantkateri Panchpancha Daruhaldi (Indian Barberry)	<i>Berberis aristata</i> Berberidaceae	Laghu Ruksha	Tikta Kshaya	Ushna	Katu	Shoth-hara Vedna sthapan Vranashodhan Vranropan Swedjanan	Mool Kand Phal

Authentication: Authentication of drugs was done by Satiat Research and Anatech Pvt. Ltd. Barwala, Distt. Panchkula, Haryana, India.

MATERIALS AND METHODS

Study Design: It was an Open Random Clinical Trial.

Inclusion Criteria

1. Patients having classical signs and symptoms of Dadru Kushta Roga.
2. Age group between 12-60 years.
3. Patients of both sexes, i.e. male and female.
4. Patients having a history of less than two years of origin.
5. Patients of all varieties of Tinea will be selected without discriminating against their area of infection.
6. Both fresh and treated cases of Dadru will be selected.

Exclusion Criteria

1. Age below 12 years and above 60 years.
2. Patients were unwilling to participate in the trial.
3. Patients having signs and symptoms other than Dadru Kushta Roga.
4. Patients suffering from major systemic illness.
5. The patient suffering from systemic disorders (e.g. DM, HIV, etc.) will be excluded.
6. Pregnant women and lactating mothers.

Assessment Criteria⁶⁻¹⁰

7. Patients taking immune suppressive medications.
8. Patients who have undergone recent surgeries.

Sample Size and Grouping: 30 patients with signs and symptoms of Dadru were considered in the group and given Dadrughan Tail for local application (external) for 21 days, and follow-up was done after 7 days.

The study is carried out as per ICMR National Ethical Guidelines for Biomedical and Health Research Involving Human Participants.

Dadrughan Tail

Drug Form and Application: Dadrughan tail was made of 7 drugs, which were selected according to their features mentioned in different Ayurvedic textbooks. The details of every drug were explained in the Drug Review. The oil was prepared according to Sharangdhara Samhita⁵. It was prepared for external use only. This drug was formed in the form of Tail (oil). It was used for external application over the affected skin area 3 times a day.

Follow-up: Patients were recalled after 7 days. The total duration of the course was 28 days, divided into two major follow-ups, i.e. follow-up of patients for 21 days with proper medicine and follow-up of patients for the last 7 days without medicine.

Table 2: Assessment Criteria for Dadru Kushta Roga

Disease	Signs and Symptoms	BT	AT (Days)			
			7 th	14 th	21 st	28 th (Without medicine)
Dadru Kushta Roga	Kandu (Itching)					
	Raga (Erythema/Redness)					
	Pidika (Eruptions)					
	Size of Mandala (Lesion)					
	No. of Mandala (Lesion)					
	Utsanna Mandala (Elevated Circular Patches)					
	Prasaran (Spread)					
	Rukshata (Dryness)					
	Daha (Burning sensation)					
	Sarava (Discharge)					
	Associated Symptoms					

BT- Before Treatment and AT- After Treatment

RESULTS

Table 3: Results of Dadrughan Tail in Different Parameters

Group	BT		AT		Difference		t	p-value	Percentage of improvement	
	Mean	SD	Mean	SD	Mean	SD			Mean	SD
Kandu (Itching)	2.53	0.68	0.37	0.49	2.17	0.70	16.979	0.001	85.56	22.63
Raga (Erythema/Redness)	2.47	0.73	0.50	0.51	1.97	0.76	14.083	0.001	79.44	24.24
Pidika (Eruption)	2.47	0.78	0.43	0.57	2.03	0.81	13.771	0.001	82.78	24.95
Size of Mandala (Lesion)	2.47	0.82	0.60	0.50	1.87	0.78	13.174	0.001	76.11	23.44
No. of Mandala (Lesion)	2.30	0.75	0.53	0.51	1.77	0.73	13.293	0.001	76.11	27.92
Utsanna Mandala (Elevated Circular Patches)	2.40	0.77	0.50	0.51	1.90	0.76	13.714	0.001	79.44	24.24
Prasaran (Spread)	2.33	0.71	0.60	0.50	1.73	0.64	14.841	0.001	73.89	27.22
Rukshata (Dryness)	2.33	0.76	0.33	0.48	2.00	0.64	17.029	0.001	88.33	17.04
Daha (Burning sensation)	2.47	0.78	0.30	0.47	2.17	0.79	14.994	0.001	87.78	22.29
Sarava (Discharge)	2.00	0.82	0.21	0.42	1.79	0.74	12.800	0.001	90.48	21.96
Associated Symptoms	1.33	0.49	0.67	0.59	0.67	0.59	4.761	0.001	50.00	45.37

BT- Before Treatment and AT- After Treatment



Figure 1: Before and After Treatment



Figure 2: Before and After Treatment



Figure 3: Before and After Treatment



Figure 4: Before and After Treatment



Figure 5: Before and After Treatment

All 11 group parameters had significant p-values, which shows that Dadrugan Tail has a very good effect on Dadru Kustha Roga. After getting the p-value, the relief or improvement % was calculated separately, as shown in the chart. The relief % was taken independently as the mean of improvement % in the 30 patients in each parameter.

There was 85.56% improvement in the symptoms of kandu, 79.44% in raga, 82.78% in pidika, 76.11% in size of mandala, 76.11% in number of mandala, 79.44% in utsana mandala, 73.89% in prasaran, 88.33% in rukshata, 87.80% in daha, 90.48% in sarava and 50.00% in associated symptoms.

DISCUSSION

A 'swanubhut' formulation of the tail was formed with the Kusthaghana drugs. The seven drugs which had the properties of Vata-Kapha and Pitta-Kapha shamak were selected, and yog was made as the Dadru Kustha roga is Pitta-Kapha pradhan roga, so the formulation which was made showed promising results. The properties of all the drugs are shown in Table 1. The overall effect of Dadrugan Tail in managing Dadru Kustha Roga in the group was 80.17%, which was very good. It showed that Dadrugan Tail had a good effect on Dadru.

CONCLUSION

Dadrughan Tail is clinically effective in the treatment of Dadru Kustha Roga. The study showed that the maximum relief percentage was 90.48% in sarava, followed by rukshata, i.e. 88.33% and the minimum relief percentage was 50.00% in associated symptoms of Dadru Kustha Roga. Most of the other symptoms showed more than 75% improvement. The overall assessment of signs and symptoms in all 30 patients showed 80.17% improvement, which was very significant for a study or research.

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