



ISSN 2456-3110

Vol 5 · Issue 3

May-June 2020

Journal of **Ayurveda and Integrated Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Charaka
Publications

Indexed

Management of *Dadru Kushtha* with *Ayurveda* Intervention - A Case Study

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ABSTRACT

Dadru is one of the common form of Skin disease affecting all age groups. *Dadru* is a *Tridosha* vitiated condition. *Dadru* is closely associated with Tinea infection. The present case of *Dadru* shows remarkable results by combination of Internal and external treatment by Ayurveda drugs.

Key words: *Asanas, Obesity, Sthaulya, Shaileyadi Churna, Udvaartana.*

INTRODUCTION

Skin is the largest sensory protective organ of the body reflecting health of an individual. Skin is most susceptible to the fungal infection. Skin diseases are classified as *Kushtha* in *Ayurveda*. *Kushtha* is also mentioned in eight *Mahagad* (dreadful diseases). *Kushtha* is further categorized in to *Mahakushtha* and *Kshudra Kushtha*.^[1] *Dadru* is one of the common form of the skin disease affecting all age group. *Acharya Charaka* described it under *Kshudra Kushtha*^[2] while *Acharya Sushruta*^[3] and *Acharya Vagbhata*^[4] categorized it under *Mahakushtha*.

Dadru is *Tridoshaja* disease in which *Pitta* and *Kapha* are mainly vitiated *Doshas* with *Rasa* and *Rakta Dhatu*, *Lasika* and *Tvak* are *Dushyas*.

Dadru is characterized by association of *Kandu* which indicates increased *Kleda* of *Kapha Dosha* in *Rakta*

and *Rasa Dhatu*, (itching over the lesion), *Raga* (Reddish Discoloration/erythema), *Pidaka* (Papule over lesion/eruptions), *Utsanna Mandalam* (elevated circular lesion)^[5] *Dadru* is closely related with Tinea infection / Dermatophytosis commonly referred as Ringworm infection.^[6]

Etiological factors (*Hetu*) for *Dadru*^[7]

Diwaswapa (daytime sleeping), *Atilavana Sevana* (excessive salt intake) *Ati Tikshnaahar* (excessive intake of spicy food), *Vishamashana* (Incompatible food), *Paryushit Annapana* (intake of contaminated food and drinks), *Vegavidharana* (suppression of natural urges), *Atapsevana* (excessive exposure to sunlight) are causative factors of *Kushta*.

In Allopathy it is treated with topical and systemic antifungal agents and use of corticosteroids.

According to Ayurveda protocol, treatment is done with *Shodhana*, *Shamana* and *Bahirparimarjana* (topical) *Chikitsa* for *Dadru*.^{[8],[9]}

Here with details of *Dadru*, case was effectively treated with Ayurveda modalities have been described.

CASE REPORT

Presenting concern

A 21 year old patient pursuing engineering, complaining of *Kandu* (itching sensation) over groin region, buttock, *Twak Vaivarnya* (reddish to black

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Submission Date: 23/05/2020 Accepted Date: 26/06/2020

Access this article online

Quick Response Code



Website: www.jaims.in

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discoloration with mild discharge over the gluteal region on both sides and other associated symptoms like *Anidra* and restlessness irregular and incomplete bowel evacuation since 15 days visited for Ayurveda treatment.

History taken for *Hetu Sevan* (etiological factors) showed following findings

Viruddha Ahara Sevana, fast food, spicy and salty food, intake of curd, excess intake of pickle, stress.

General examination

- *Nadi - PittaKapha*
- *Purisha - Asamyak, Malabaddhata*
- *Mutra - Prakrut*
- *Jivha - Eshad Saam*
- *Kshudhaa - Prakrut*
- *Nidra - Samyak*
- *Bala - Madhyama*
- *Prakruti - Pitta Kapha*
- *Desha - Sadharan*
- *Koshtha - Krura*
- *Dosha - Tridosha*
- *Dushya - Rasa, Rakta*

Local examination

Multiple erythematous patches with vesicle like eruptions on the gluteal skin. Some of the patches showed raised margins.

After careful examination patient is diagnosed with *Dadru Kushtha*.

Assessment Criteria for the evaluation of patient

Grades of Signs Symptoms	Grade 0	Grade 1	Grade 2	Grade 3
<i>Kandu</i> (Itching)	No <i>Kandu</i>	Mild (No disturbance while doing work)	Moderate (Disturbs the work)	Severe

<i>Raga</i> (Erythema)	Normal skin	Mild redness	Moderate red	Severe/ deep brown
<i>Pidaka</i> (Eruption)	No <i>Pidaka</i>	<i>AlpaPidaka</i>	<i>Madhyama Pidaka</i>	<i>Bahu Pidaka</i>
<i>Utsanna Mandalam</i> (Elevation of lesion)	No <i>Mandala</i>	Mild <i>Mandala</i>	moderate <i>Mandala</i>	Severe <i>Mandala</i>
<i>Srava</i> (Secretion)	No <i>Srava</i>	Mild <i>Srava</i>	Moderate <i>Srava</i>	Severe <i>Srava</i>

Therapeutic Intervention

Shodhana - *Sadyovirechan* - *Aragvadh Kapila Vati* 2 tab.

Shamana -

Internal medicine

Duration - Day 1 to Day 14

1. *Arogyavardhini* 500mg twice a day after meal for 15 days
2. *Gandhak Rasayan* 500 mg twice a day after meal for 15 days
3. *Rakta Pachak Vati* 250 mg twice a day after meal for 15 days

Duration - Day 15 to Day 30

1. *Gandhak Rasayan* 500 mg twice a day after meal for 15 days
2. *Rakta Pachak Vati* 250 mg twice a day after meal for 15 days
3. *Avipattikar Choorna* 3 gm twice a day after meal for 15 days

Duration - Day 31 to Day 45

1. *Gandhak Rasayan* 500 mg twice a day after meal for 15 days
2. *Rakta Pachak Vati* 250 mg twice a day after meal for 15 days
3. *Avipattikar Choorna* 3 gm twice a day after meal for 15 days

External treatment

1. *Triphala Kwatha Dhavan* twice a day in the morning and before sleep
2. *Gandhak Druti + Karanja Tail + Nimba Taila*

Case follow up - after every 7 days

Duration of treatment - 45 days

Dietary and lifestyle modifications - patient was advised to avoid *Viruddha Ahara* (incompatible food), fast food, and excessive salty, spicy, sour and excessive sweet food. Bakery products, oily food, day time sleep, yogurt.

Patient was advised to maintain Personal hygiene.

OBSERVATION AND RESULTS

Sign and Symptom grades	Day 1	Day 7	Day 15	Day 30	Day 45
<i>Kandu</i>	3	2	2	1	0

Mode of Action

Arogyavardhini (Rasa Ratna Samucchaya)

<i>Dravya</i>	<i>Rasa</i>	<i>Vipaka</i>	<i>Veerya</i>	<i>Guna</i>	<i>Doshghnata</i>	<i>Karma</i>
<i>Shilajatu</i>	<i>Katu, Tikta, Kashay</i>	<i>Katu</i>	<i>Ushna</i>	<i>Laghu, Ruksha</i>	<i>Kapha Vata Shamak</i>	<i>Medohara, Chedan, Sendriya Vishaghna, Rasayan, Shothahara</i>
<i>Guggul</i>	<i>Katu, Tikta, Kashay</i>	<i>Katu</i>	<i>Ushna</i>	<i>Laghu, Ruksha, Teekshna, Vishad, Sukshma, Sara, Sugandhi</i>	<i>Kapha Vata Shamak</i>	<i>Balya, Rasayana, Varnya, Vatabalasajit, Bhagnasandhanakrit, Medohara, Shothahara</i>
<i>Chitrak</i>	<i>Katu</i>	<i>Katu</i>	<i>Ushna</i>	<i>Laghu, Ruksha, Teekshna</i>	<i>Kapha Vata Shamak</i>	<i>Deepan, Pachana, Kleda Shoshana, Pittasarak, Krumighna, Kushthaghna, Lekhana, Shothahara, Rasayan</i>
<i>Nimba</i>	<i>Tikta Kashaya</i>	<i>Katu</i>	<i>Sheeta</i>	<i>Laghu, Ruksha</i>	<i>Kapha Pitta Shamak</i>	<i>Kandughna, Kushthaghna, Shothaghna, Krumighna,</i>

<i>Raga</i>	2	1	1	0	0
<i>Pidaka</i>	2	2	1	1	0
<i>Utsanna Mandalam</i>	2	2	1	0	0
<i>Srava</i>	1	1	1	0	0

DISCUSSION

According to Ayurveda, *Kushta Mahakushta* or *Kshudra Kushta* is very difficult to treat; Ayurveda treatment modality shows great results in this conditions. *Tridosha* involvement mainly *Pitta* and *Kapha* are mainly vitiated *Doshas* with *Rasa* and *Rakta Dhatu* and *Lasika* and *Tvak* are *Dushyas* in *Dadru*. In this case internal treatment with drugs like *Aragvadh Kapila Vati* for *Virechana* and *Arogyavardhini, Rakta Pachak Vati, Gandhak Rasayan, Avipattikar Choorna* as a *Shaman* treatment and external treatment with *Triphala Kwath Dhavan* and *Gandhak Druti, Karanja Taila, Nimba Taila* was applied externally.

						Vranashodhak-ropak, Yakrut Srava Vardhak
Haritaki	Kashaya Pradhan Lavan Varjit Pancharasa	Madhur	Ushna	Laghu, Ruksha	Tridosha Shamak	Saraka, Kushthaghna, Deepan, Rasayan, Bruhan, Shothahara, Kushthaghna, Krumighna
Amalaki	Amla Pradhan Lavan Varjit Pancharasa	Madhur	Sheeta	Guru, Sheeta	Tridosha Shamak	Rasayan, Dahahara, Medohara, Saraka
Bhibhitaki	Kashaya	Madhur	Ushna	Laghu, Ruksha	Kapha, Pitta Shamak	Krumighna, Kandughna
Gandhak	Katu, Tikta	Katu	Ushna	Laghu	Kapha Vata Shamak	Kandughna, Kushthaghna, Visarpahara, Adhmanahara, Krumighna
Parad	Shadrasa	Madhur	Ushna	Snigdha, Sara, Laghu	Tridosha Shamak	Rasayan, Vrana Shodhan-ropan, Krumighna
Abhrak	Madhur, Kashay	Madhur	Sheeta	Snigdha, Laghu	Tridosha Shamak	Deepan, Pachana, Balya, Varnya
Tamra	Kashay, Tikta, Amla, Madhur	Katu	Sheeta	Sara, Laghu	Kapha Pitta Shamak	Rasayan, Lekhana, Ropan

Gandhak Rasayan (Bhaishajya Ratnavali)

Dravya	Rasa	Vipaka	Veerya	Guna	Doshghnata	Karma
Gandhak	Katu, Tikta	Katu	Ushna	Laghu	Kapha Vata Shamak	Kandughna, Kushthaghna, Visarpahara, Adhmanahara, Krumighna
Dalchini	Katu, Tikta, Madhur	Katu	Ushna	Laghu, Ruksha, Teekshna	Kapha, Vata Shamak	Kandughna, Vishaghna, Krumighna, Deepan, Pachana
Ela	Katu, Madhur	Katu	Sheeta	Laghu, Ruksha	Kapha, Vata Shamak	Deepana
Tamalapatra	Katu, Tikta,	Katu	Ushna	Laghu, Ruksha, Teekshna	Kapha, Pitta Shamak	Kandughna, Vishaghna, Krumighna, Deepan, Pachana

Nagkeshar	Kashay, Tikta, Madhur	Katu	Ushna	Laghu, Ruksha, Teekshna	Kapha, Vata Shamak	Kandughna, Vishaghna, Krumighna, Deepan, Pachana, Shothahara
Haritaki	Kashaya Pradhan Lavan Varjit Pancharasa	Madhur	Ushna	Laghu, Ruksha	Tridosha Shamak	Saraka, Kushthaghna, Deepan, Rasayan, Bruhan, Shothahara, Kushthaghna, Krumighna
Amalaki	Amla Pradhan Lavan Varjit Pancharasa	Madhur	Sheeta	Guru, Sheeta	Tridosha Shamak	Rasayan, Dahahara, Medohara, Saraka
Guduchi	Katu, Tikta	Madhur	Ushna	Laghu, Ruksha	Tridosha Shamak	Kandughna, Rasayan, Deepana, Pachana, Krumighna, Vishaghna
Bhrungaraj	Katu, Tikta	Katu	Ushna	Laghu, Ruksha	Kapha, Vata Shamak	Tvachya, Rasayan, Krumighna, Shothahara, Vishaghna, Deepana, Pachana, Yakrut Balya

Rakta Pachak Vati (Ashtang Hruday)

Dravya	Rasa	Vipaka	Veerya	Guna	Doshghnata	Karma
Patol	Katu, Tikta	Katu	Ushna	Laghu, Ruksha	Kapha Pitta Shamak	Varnya, Rochana, Deepana, Kandughna, Kushthaghna, Rakta Prasadak
Sariva	Madhur Tikta,	Madhur	Sheeta	Guru, Snigdha	Tridosha Shamak	Kandughna, Kushthaghna, Rakta Prasadak, Aampachan, Varnya
Musta	Tikta, Katu, Kashay	Katu	Sheeta	Laghu, Ruksha	Kapha, Pitta Shamak	Deepan, Rasagata & Amashaygata Dosha Pachana, Krumighna, Rakta Prasadak
Patha	Tikta,	Katu	Ushna	Laghu, Ruksha, Teekshna	Kapha, Pitta Shamak	Vishaghna, Kushthaghna, Kandughna, Vrana Shodhan
Kutaki	Tikta, Katu	Katu	Sheeta	Laghu, Ruksha	Kapha, Pitta Shamak	Rakta Prasadak, Dahaghna, Deepana, Rechana, Kushthaghna

Avipattikar Choorna (Bhaishajya Ratnavali)

Dravya	Rasa	Vipaka	Veerya	Guna	Doshghnata	Karma
Shunthi	Katu, Tikta, Kashay	Katu	Ushna	Laghu, Ruksha	Kapha Vata Shamak	Medohara, Chedan, Sendriya Vishaghna, Rasayan, Shothahara
Maricha	Katu, Tikta, Kashay	Katu	Ushna	Laghu, Ruksha, Teekshna, Vishad, Sukshma, Sara, Sugandhi	Kapha Vata Shamak	Balya, Rasayana, Varnya, Vatabalasajit, Bhagnasandhanakrit, Medohara, Shothahara
Pippali	Katu	Katu	Ushna	Laghu, Ruksha, Teekshna	Kapha Vata Shamak	Deepan, Pachana, Kleda Shoshana, Pittasarak, Krumighna, Kushthaghna, Lekhana, Shothahara, Rasayan
Haritaki	Kashaya Pradhan Lavan Varjit Pancharasa	Madhur	Ushna	Laghu, Ruksha	Tridosha Shamak	Saraka, Kushthaghna, Deepan, Rasayan, Bruhan, Shothahara, Krumighna
Amalaki	Amla Pradhan Lavan Varjit Pancharasa	Madhur	Sheeta	Guru, Sheeta	Tridosha Shamak	Rasayan, Dahahara, Medohara, Saraka
Bhibhitaki	Kashay	Madhur	Ushna	Laghu, Ruksha	Kapha, Pitta Shamak	Krumighna, Kandughna
Musta	Tikta, Katu, Kashay	Katu	Sheeta	Laghu, Ruksha	Kapha, Pitta Shamak	Deepan, Rasagata & Amashaygata Dosha Pachana, Krumighna, Rakta Prasadak
Vid Lavana	Lavana	Madhur	Ushna	Teekshna, Sukshma, Laghu, Vyavayi	Vata, Pitta Shamak	Deepana,
Vidanga	Katu, Kashay	Katu	Ushna	Laghu, Ruksha	Kapha, Vata Shamak	Krumighna, Deepan, Saraka
Ela	Katu, Madhur	Katu	Sheeta	Laghu, Ruksha	Kapha, Vata Shamak	Deepana
Tamalapatra	Katu, Tikta	Katu	Ushna	Laghu, Ruksha, Teekshna	Kapha, Pitta Shamak	Kandughna, Vishaghna, Krumighna, Deepan, Pachana
Lavanga	Tikta, Katu	Katu	Sheeta	Snigdha, Laghu,	Kapha, Pitta Shamak	Deepan, Pachana

Trivrut	<i>Tikta, Katu</i>	<i>Katu</i>	<i>Ushna</i>	<i>Laghu, Teekshna, Ruksha</i>	<i>Kapha, Pitta Shamak</i>	<i>Krumighna, Shothaghna, Rakta Prasadak.</i>
Sharkara	<i>Madhur</i>	<i>Madhur</i>	<i>Sheeta</i>	<i>Snigdha</i>	<i>Vata Pitta Shamak</i>	<i>Rakta Prasadak, Dahahara</i>

Nimba, Karanja by their properties acts as good *Kushthaghna Dravya* when applied externally.



Figure - 1 Day 1

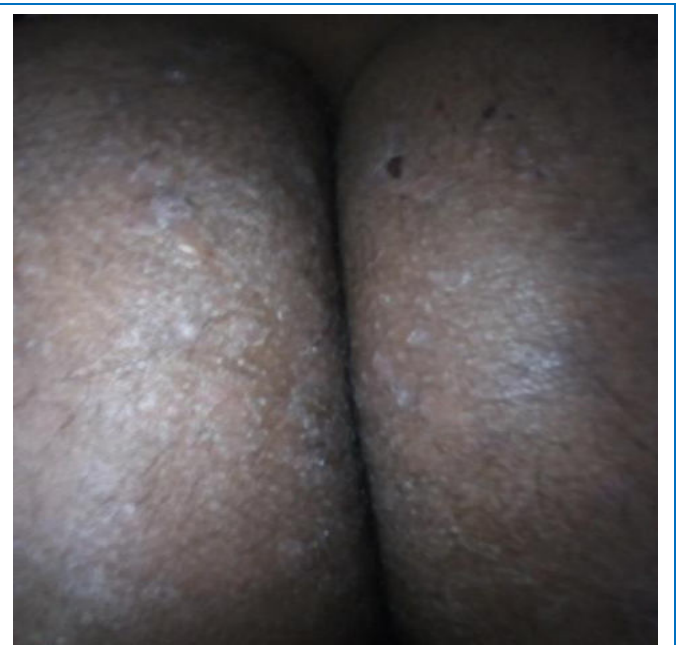


Figure - 3 Day 30

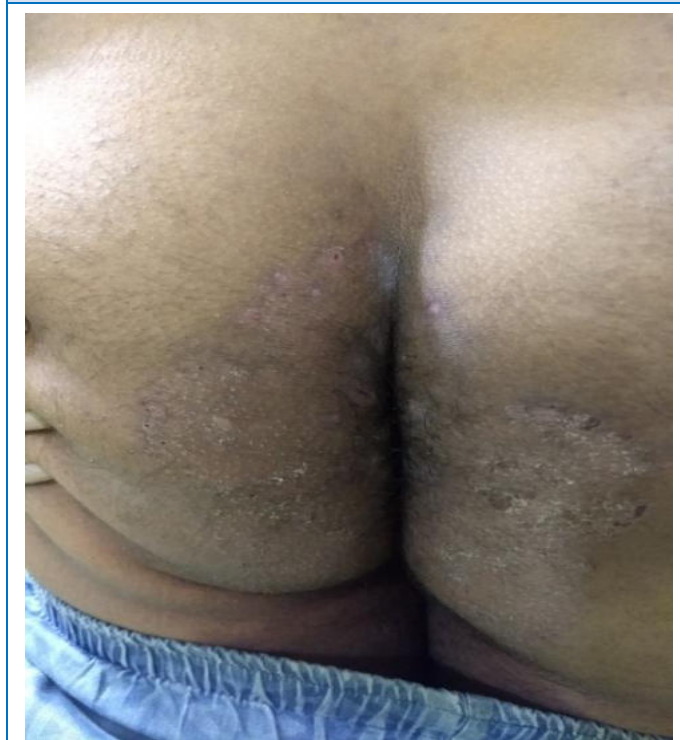


Figure - 2 Day 15

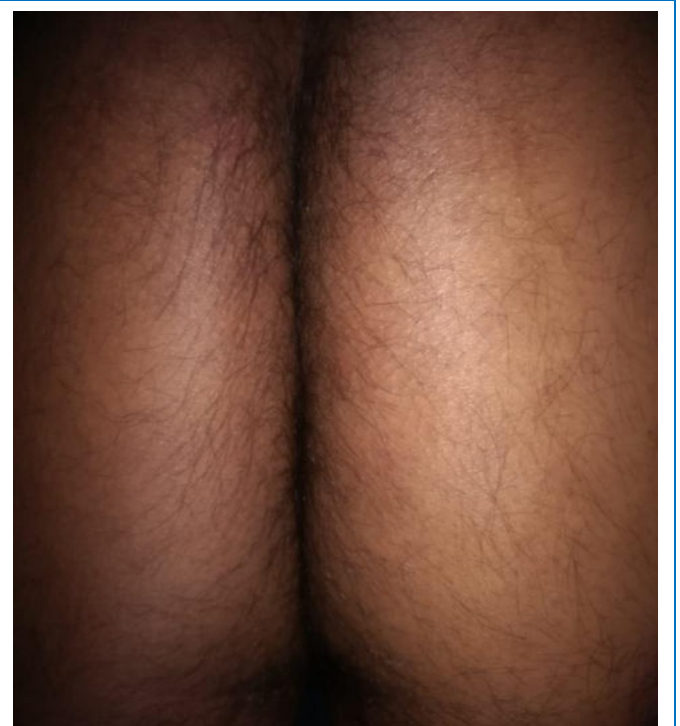


Figure - 4 Day 45

CONCLUSION

In this case study marked improvement was seen in patient of *Dadru Kushtha*. The treatment given was found effective in relieving the symptoms and induce remission by way of *Aampachana*, removal of vitiated *Dosha* from body and bringing *Samyavastha* (balanced condition) of *Doshas*.

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How to cite this article: Dr. Vivek Murlidhar Chaudhari, Dr. Krishna Kiran Kokate. Management of Dadru Kushtha with Ayurveda Intervention - A Case Study. *J Ayurveda Integr Med Sci* 2020;3:164-171.

Source of Support: Nil, **Conflict of Interest:** None declared.
