

EFFICACY OF STHANIK PRAYOGA OF RASANJANADI LEPA IN DADRU W.S.R. TO TINEA IN CHILDREN - A HYPOTHETICAL STUDY

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ABSTRACT

Ayurveda is the world's oldest holistic healing system of our whole body. It has been developed more than 5,000 years ago in India. *Ayurveda* belief that health of a human being depends on the balance between the mind, body, and soul. The main aim of *Ayurveda* is to maintain a good health of a person, not only the cure of the disease. Skin is the outer most covering of over body. The person who suffering from skin disease leads to experience physical and also emotional embarrassment in the society. All the skin diseases in *Ayurveda* have been classified in the heading of *Kustha Rogas*, *Kustha Rogas* are divided into two parts that is *Khsudra Kustha* and *Mahakustha*.^[1] *Dadru* is a type of skin disease, which comes under the heading of *Khsudra Kustha* by *Acharya Charak*^[2] and under the

Mahakustha by the *Acharya Sushruta*³ and *Vagbhata*.^[4] The clinical features of *Dadru* are *Kandu*, *Deergapratana*, *Utsanna*, *Mandala*, *Raaga*, *Pidika* which is a *Tridoshaja Vyadi* but *Kapha* and *Pitta Dosha* are predominant in *Dadru* and *Rasa*, *Rakta*, *Mamsa* and *Ambu* are the main *Dusya*. Clinically the symptoms of *Dadru* are close to the symptoms of *Tinea* infections. Here in this article, we are going to discuss about efficacy of *Rasanjanadi Lepa* in children by its external application. *Rasanjanadi Lepa* is mentioned in *Charak Samhita*, *Sutra Sthana* for *Kustha Roga* management.^[5]

KEYWORDS: *Ayurveda*, *Dadru*, *Kandu*, *Kustha*, *Rasanjanadi Lepa*, *Vishamashana*.

INTRODUCTION

Skin is the largest outer covering of the body. In *Ayurveda* skin is also considered as a sense organ. It protects our all organs from physical, chemical and biological agents. It prevents the entry of foreign organisms in the body. But due to superficial covering skin itself prone to the infections. Skin diseases not only effect the skin but also harmful for all other organs and it create cosmetic discomfort also. Now a day's fungal infection is the most common skin infection. It is an infection which spread fast and attack in all age group people caused by unhygienic living style, less immunity and use of cloths of infected people etc. In *Ayurveda* all the skin disorders consider in *Kustha Roga*. *Acharya Vagbhata* mentioned *Dadru* as an *Anusagika Roga*.^[6] *Anusagika* means that spreads from person to person. In *Ayurveda* skin fungal infection may be correlated with *Dadru* (*Tenia*). In *Ayurvedic* text *Kustha* is classified into two categories i.e 11 *Kshudra Kushta* and 7 *Maha Kushta*. *Dadru* is classified into *Kshudra Kushta* by *Acharya Charaka* and into *Mahakushta* by *Acharya Sushruta* and *Vagbhata*. The word *Kustha* that means which destroy and comes out from the inner part to the outer part and produces discoloration over the skin. According to *Acharya Charak nidana Sevana*, vitiate *Tridoshas* simultaneous followed by *Sithilatha of Dhatus*. These vitiated *Tridoshas* vitiate the *Dushyas* of *Kustha Rogas* i.e *Twak, Raktha, Mamsa* and *Lasika*. According to *Acharya Vagbhata* these vitiated *Doshas* get lodged in *Tiryak Siras* and vitiate the *Dushyas*. This produces *Sithilatha* in the *Dhatus* resulting in the manifestation of *Kustha Roga*.

Tinea is a superficial fungal infection mainly of the arms and legs, but it can also occur in any part of the body. The lesions are annular, erythematous, scaly with well-defined edges. *Tinea* infection contributes about 10-20% of overall skin diseases. 39% of World population is suffering from it. In India, 5 out of 1000 people are suffering from *Tinea* infections.^[7] It is a group name for a highly contagious segmented mycelia fungus. It is a commonest single fungus group infection found in an unhygienic condition especially in tropical and subtropical countries, unless properly treated they become chronic. In modern medical science, it is treated with topical and systemic antifungal, corticosteroids give very speedy relief in such infections but comes with a lot of side effects and reoccurrence of disease. Long lasting usage produced the adverse effect also.

Introduction of drug^[8]

Drug	Latin name	Rasa	Guna	Veerya	Vipaka	Karma
<i>Chakramard</i>	<i>Cassia tora</i>	<i>Katu</i>	<i>Laghu, ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vata-kaphahara</i>
<i>Rasanjana (daruharidra)</i>	<i>Barberis aristate</i>	<i>Tikta, kashaya</i>	<i>Laghu, ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Pitta-kaphahara</i>
<i>Kapitha</i>	<i>Feronia limonia</i>	<i>Madhur, amla, kashaya</i>	<i>Laghu</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Vatta-pittahara</i>

Chakramard have, *Varnya*, *Vishagna*, *Vranaropana* and *Kusthghana* properties, *Rasanjana (Daruharidra)* have *Pitta-kaphahara* properties & *Kapitha* have *Lekhaniya*, *Raktapittahara*, *Sangrahi*, *Vrananasaka* properties also.

Objective

To study the efficacy of *Rasanjanadi Lepa* in management of *Dadru*.

Ayurvedic review of *dadru kustha*

Acharya Charaka: - Acharya Charaka has mentioned all skin diseases under the heading of *Kustha*. *Kustha* has been further divided into *Mahakustha* and *Kshudra Kustha*, *Dadru Kustha* has been mentioned only in *Chikitsa Sthana*.

Acharya sushruta^[9]: - According to Acharya Sushruta *Dadru Kustha* occur due to *Kapha Dosh*. He further mentioned the features of *Dadru* like *Tamra Varna*, *Atasipushpa Varna*.

Acharya vagbhata^[10]: - Vriddha Vagbhata has follows Acharya Charaka mentioned 18 type of *Kustha* and mention *Dadru* has a *Pitta Kapha* type of *Kustha*.

Laghu vagbhata^[11] has follows Acharya Sushruta, and mention *Dadru* has a *Pitta Kapha* predominance *Kustha*. He has mentioned *Kandu*, *Utsan*, *Mandala* as the features of *Dadru*.

Acharya bhela^[12] also mentioned 18 types of *Kustha Roga*. *Kustha* has been mentioned in *Nidaan Sthana* and *Chikitsa Sthana*.

Nidana (Etiological factors)

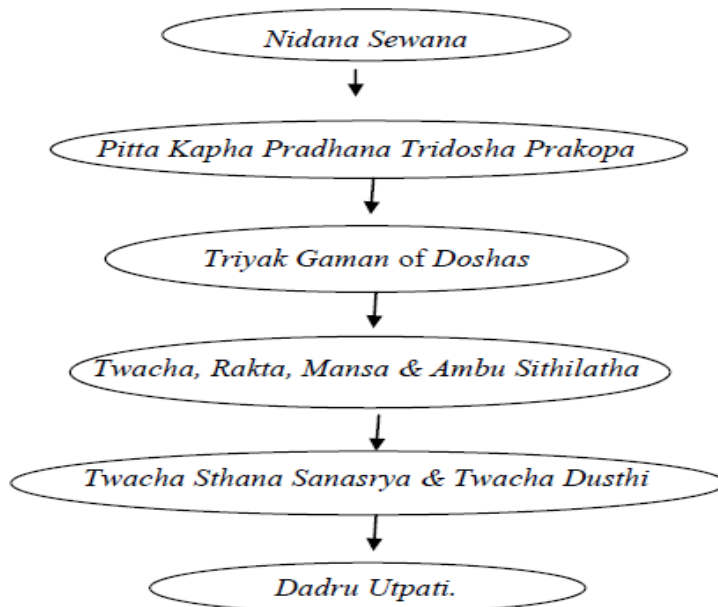
In Ayurvedic texts, specific etiology of *Dadru Kustha* has not been mentioned. Except the general etiology of *Kustha*. *Dadru* has been included under *Kustha Roga* so we can consider same etiology of *Kustha Roga* also for *Dadru Kustha* i.e -

For better understanding the etiology of *Kustha* can be divided in to four groups:-

- 1) **Aharaj hetu:** - *Adhyashana, Vishamashana, Atyashana*, intake of food during indigestion, continuous and excessive use of *Madhu, Fanita, Matsya, Lakucha, Mulaka, Kakamachi* and intake of above substances while having indigestion. Excessive *Snehana, Vidahi Ahara Sevana* without emesis of undigested food, excessive intake of *Amla* and *Lavana Rasa*. Excessive use of *Navanna, Dadhi, Masa, Matsya, Mulaka, Tila, Pishtanna, Kshira, Guda*. Excessive *Drava, Snigdha Ahara* and *Guru Ahara*.
- 2) **Viharaj hetu:** - *Shitoshna Vyatyasa Sevana* and *Anupurva Sevana*, use of *Santarpana* and *Apatarpana* diet without sequence. Sudden diving in cold water or drinking cold water after fear, exhaustion and coming from sunlight. Practice of physical exercise and sunbath after taking heavy meals. Sex indulgence in *Ajirna*, suppression of *Adharniya Vegas, Kupathya* in *Panchkarma, Diwasawapana* just after food.
- 3) **Achara hetu:** - *Papa Karma* and *Vipra Guru Tiraskasra*.
- 4) **Anya hetu:**
 - i) **Samsargaja hetu:** - According to *Acharya Sushruta Kustha* is a *Anupasargika Roga* i.e *Kustha* can spread from one person to other.
 - ii) **Kulaj hetu:** - *Kulaj Hetu* otherwise known as *Aanuvanshika Nidana* i.e due to *Beej Dusti*. *Acharya Sushruta* has mentioned *Kustha* as *Adibalpravritta Vyadhi*. *Acharya Sushruta* has also explained that the children of *Kustha Rogi* may also suffer from *Kustha Roga*.
 - iii) **Krimija hetu:** - According to *Acharya Sushruta* all type of *Kustha* has their origin from *Tridosha* and *Krimi*.
 - iv) **Chikitsa vibranshajanya hetu:** - *Acharya Charaka* mentioned that *Stambhana* in the initial stage of the disease like *Raktapitta, Raktarsha* and *Amatisara* cause *Kustha Roga*.

Samprapti (Aetiopathogenesis)

Acharya Charaka and *Sushruta* mentioned that *Nidana Sewana* leads to aggravation of *Tridoshas* basically *Pitta* and *Kapha Dosha* which reaches the obliquely moving channels further aggravates and scatters them all around towards the external passage, when these *Doshas* moves, patches appear firstly on the skin thus *Doshas* increases and if not treated at this stage, then they go inwards and vitiating *Dhatu*s also.



Samprapti ghataka

Dosha	Pitta & Kapha Paradan Tridosha
Dushya	Twacha, Rakta, Mansa & Ambu
Agni	Jatharagnimandya and Rasa, Rakta, Mansa Dhatvagnimandya
Strotas	Raktavaha
Strotadushti	Sanga
Adhishtana	Bhaya Roga Marga (Twacha & Mansa)
Vyaktasthana	Twacha
Rogamarga	Bhaya

Purvarupa (Premonitory symptoms)

According to Acharya Charaka, Purvarupa are the symptoms which appear before the complete manifestation of the disease starts. Purvarupa appears in the Sthana Samshraya stage of Shada Vidha Kriyakala.

Specific Purvarupa of Dadru Kustha not has been mentioned. Except the general Purvarupa of Kustha. Dadru has been included under Kustha Roga so we can consider same Purvarupa of Kustha Roga also for Dadru Kustha i.e Aswedanam, Atiswedanam, Parushyam, Atishlakshnata, Vaivarnyam, Kandu, Nistoda, Suptata, Pariharsha, Lomaharsha, Kharatvam, Ushmayanam, Gauravam, Shwayathu, Kothonnati, Shrama, Klama, Visarpagamanam, Kayachhidreshu Upadeha, Pakva – Dagdha –Dastha Bhagna – Kshata Upaskhalitesu Atimatram Vedana, Swalpamapi Vrananam Dusti, Vrananam Shigraha Utpatti Chirahsthi.^[13]

Roop^[14](Clinical features)

The features of *Dadru* are itching sensation, redness, and circular patches with elevated edges. It is the glabrous skin present as circumscribed lesions with a wide variety of appearance including scales, vesicles, and pustules. Inflammation may be minimal or intense central healing of less inflamed lesions may take place. The seipiginous border of inflammation is the source of the name ringworm.

Transmission

According to *Acharya Sushruta Kustha* is an *Anupasargika Roga* i.e *Kustha* can spread from one person to another person. *Dadru* is contagious and typically spreads through skin – to – skin contact with someone who is already infected. It spreads most easily in crowded conditions and those with a lot of close contact among families, in childcare centers, nursing homes etc. infants and children are more liable to infection from close physical contact with other people at home or school.

DISCUSSION

All skin diseases are can be spread by the contact of other infected person. As we all know Prevention Is Better than Cure so some preventive measures should be taken by the patients. According to *Acharya Charak* and *Acharya Vagbhat*, *Dadru* is a *Tridosaja Vyadhi* but have predominance of *Pitta* and *Kapha Dosha* and according to *Acharya Sushruta* it is a *Kapha* dominant disease. Hence in this article the line of treatment planned is to treat all three *Doshas* with *Kusthaghna* medicines.

Probable mode of action

When we apply ointment over the skin, the active principles of the ingredients of ointment are released on the skin. Then, these active principles enter in the *Romkupa* and get absorbed through the *Swedavahi Srotas* and *Siramukh*. So that by cutaneous biotransformation, the active principle will pacify the *Dosha* and leads to breaking of *Samprapti*.

CONCLUSION

Dadru is a type of *Kustha* which is contagious and very difficult to cure by allopathic medicines. *Dadru* has more chances to reoccurrence even after allopathic treatment. *Dadru* has mentioned by the *Acharaya* along with its treatment. Thus, the *Ayurveda* is able to cure skin disorders like *Dadru*. From the above study it can be stated that *Dadru Kustha* may be completely cured by *Rasanjanadi Lepa*. This *Ayurvedic* formulation having the property of

completely curing the *Dadru Kustha* with no chances of recurrence due to the properties of three drugs that are included in this. The *Ayurvedic* formulation of *Bahiparimarjana* in the form of *Lepa* or ointment works faster due to physiological effect of active principles on the skin so that disease can be cured by root, there by signifying the importance of *Rasanjanadi Lepa* as a prospective drug in management of *Dadru*.

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