

MANAGEMENT OF DADRU WITH DADRUHARA LEPA AND GANDHAK RASAYANA: A CASE STUDY

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ABSTRACT

In recent years, there has been a considerable increase in the incidence of skin problems in tropical and developing countries like India due to various reasons like poverty, poor sanitation and unhygienic conditions, pollution etc. Dadru is one of the commonest skin diseases found in the society. It is a fungal disease caused due to the fungus Tinea. Acharya Charaka included Dadru in Kshudra Kushtha. On the other hand, Acharya Sushruta and Acharya Vagbhata included it in Mahakushtha. Clinically, initially Dadru resembles Kshudra Kushtha, which is easily curable by local application of medicine but if neglected, it goes into deeper tissues and takes the shape of Mahakushtha. At this stage Dadru is not easily curable. Taking all these into consideration, it was decided to take this disease for study.

For present study, we had reported a 28 years old female patient, having red and white coloured circular lesions over her ventral surface Of forearm since 2 months. There was no significant past history of any other chronic disorder in the patient. Patient was treated with Gandhaka Rasayana 250 mg, three times/day orally and Dadruhara lepa for local application.

Patient reported significant improvement in colour of lesions as well as other associated symptoms.

KEYWORDS: Dadru, Tinea, Kushtha, Gandhaka Rasayana, Dadruhara Lepa.

INTRODUCTION

Skin is the largest organ of human body. It reflects the health of the individual. It is also a target organ of many infections. In recent years, there has been a considerable increase in the incidence of skin problems in tropical and developing countries like India. Tinea is one of the most common but miserable fungal infection affecting all the ages of population and still stands as a challenge to different medical systems.

According to Ayurveda, skin diseases have been compiled under the heading of Kushtha and Acharya Charaka included Dadru in Kshudra Kushtha. On the other hand, Acharya Sushruta and Acharya Vagbhata included it in Mahakushtha. Clinically, initially Dadru resembles Kshudra Kushtha, which is easily curable by local application of medicine but if neglected, it goes into deeper tissues and takes the shape of Mahakushtha. At this stage, Dadru is not easily curable. Dadru is Kapha Pitta Pradhan Vyadhi. Dadru can be diagnosed by symptoms like intense itching, erythema, exanthemas and discoid lesions with elevated borders.

In modern dermatology, Dadru can be referred to as Ringworm/Tinea. Tinea is a Latin word for worm. The infections were originally thought to be caused by worm like parasites. Commonly the infection types are named with respect to the affected body parts-Tinea corporis or Ring worm (general skin), Tinea Cruris or Jock itch (groin), Tinea onychomycosis (nails), Tinea capitis (ring worm of scalp).

Fungal infection of the skin and nails is a common global problem. The high prevalence of superficial mycotic infections shows that 20-25% of the world's population has skin mycoses, making these one of the most frequent forms of infection. Local socio-economic conditions and cultural practices can also influence the prevalence of a particular infection in a given area. Treatment of tinea depends upon the severity of infection.

MATERIALS AND METHODS

Place of study: R A Podar Medical (Ayurved) College, Worli, Mumbai, Maharashtra, India.

CASE REPORT

The present case study is management of Dadru with Dadruhara lepa and Gandhaka Rasayana. A 28 years old female patient came to R A Podar Medical (Ayurved) College, Worli, Mumbai, Maharashtra, India, with chief complains of

1. Severe itching over ventral surface of left forearm (Kandu)
2. Formation of erythematous lesions on forearm (Mandala)
3. Burning sensation over the lesions (Daha) Patient had above complaints since 1 year.

History of present illness

The patient was normal 1 year ago. Since then patient has been suffering from itching over left forearm, foramation of a single big red and black coloured circular lesion with indurated margin over the forearm along with burning sensation without secretions from the papules. She had use various local and oral allopathic medicines but there was no significant relief. Hence she came to OPD No 15 of R A Podar Medical (Ayurved) College, for management.

Past History

Not significant.

Personal History**Table. 1: Personal History.**

Name –XYZ	Bala:Madhyama(Average)	Prakriti: Kapha Pitta
Age-28 years old	Sleep: Inadequate due to severe kandu(itching)	BP: 110/70 mmHg
Sex-Female	Addiction: None	Weight:50 kg
Mariatal Status-Married	Bowel habit: Regular	Height 159
Occupation-House Wife	Appetite:Good	

Table. 2: Ashtavidh Pariksha.

Nadi-80/min	Shabda(Speech)-Clear
Mala- Constipation	Sparsh- Normal
Mutra-Normal	Druka-Normal
Jivha-Saam(coated)	Akruti-Madhyama

Skin examination

Patient had erythematous papular circular lesions with indurated border over ventral surface of left forearm and ventral surface of elbow joint of left hand without discharge.

Plan of treatment-Patient was treated on OPD basis.

A) Selected external Ayurvedic drugs: Dadruhara Lepa-made by mixing the fine powders (Sukshmachurna of 1 to 8) taken in equal quantity and 9) Buttermilk

Composition

- 1) Laksha (*Laccifer lacca*)
- 2) Trikatu-Sunthi (*Zinziber officinale*)
+ Maricha (*Piper nigrum*)
+ Pippali (*Piper longum*)
- 3) Chakramarda seeds-(*Cassia tora*)
- 4) Guggulu-(*Commiphora wightii*)
- 5) Kushtha-(*Sassurea leppa*)
- 6) Pita Sarshapa-(*Brassica campestris*)
- 7) Haridra-(*Curcuma longa*)
- 8) Mulaka seeds-(*Ramphanus sativus*) and
- 9) Takra(Butter milk)

Dose-Application on affected area twice a day. The lepa was advised to apply on lesions daily, left for 20 minutes and rinsed off using cold water.

Duration-Treatment was carried out daily for 1 month.

Follow up-After 15 days: Criteria for selection of external medicine-Medicines for external application were selected due to their properties beneficial for treating Dadru.

1) LAKSHA

Latine Name-*Laccifer lacca*

Ayurvedic properties

Rasa-Kashaya(Astringent)

Guna-Laghu, Snigdha

Virya-Shita

Vipaka-Katu

Dosha Karma- Pacifies Kapha and Pitta

Dhatu-Rasa, Rakta and Asthi

Prabhav-Rejuvenation and Supplement

Gamitva-Rasa-Raktavaha, Annavaha, Asthi Majjavaha

Rogagnata-Vrana, Tvachavikar (Eczema, Scabies, Herpes)

2) TRIKATU

a) Shunthi (Zinziber Officinale)

Rasa-Katu

Guna-guru, Snigdha, Tikсна

Virya-Ushna

Vipaka-Madhura

Dosha Karma- Pacifies Kapha and Vata

b) Maricha (Piper nigrum)

Rasa- Tikta, Katu

Guna-Laghu, Sukhma, Tikсна

Virya- Na Ati Ushna

Vipaka- Katu

Dosha Karma- Pacifies Kapha and Vata

Karma-Pramathi, Avrishya, Chakshyushya, Chedana, Kriminut, Jantu Santana Nashanam, Vishama Jwaraghna

c) Pippali(Piper longum)

Rasa-Katu

Guna-Laghu, Tikсна

Virya- Ushna

Vipaka- Madhura

Dosha Karma- Pacifies Kapha and Vata

Dhatu-Rasa, Rakta and Asthi

3) CHAKRAMARDA

Latine Name-Cassia tora.

Parts used-External application

Seed paste is applied externally in eczema, leprosy, tinea, dermatitis, psoriasis etc. Fresh leaves are pounded with alcohol or vinegar. It is applied externally to treat eczema.

Ayurvedic properties

Rasa-Katu

Guna-Laghu

Virya- Ushna

Vipaka-Katu

Dosha Karma- Pacifies Kapha and Pitta

Dhatu-Rasa, Rakta and Asthi

Prabhav-**Dadrughnata**

Gamitva-Rasa-Raktavaha, Asthivaha

Rogagnata-Dadru, Kushtha, Jwara, shwasa, Kasa, Meha, Aruchi, Pama, Vrana

4) GUGGULU

Latine Name-Commiphora wightii

Parts used-Niryasa(Resin)

Ayurvedic properties

Rasa- Tikta, Katu

Guna-Laghu, Ruksha, Vishada, Sukshma, Sara

Virya- Ushna

Vipaka-Katu

Dhatu-Rasa, Rakta and Asthi

It was traditionally combined with other herbs for the treatment of arthritis, skin diseases, obesity, digestive problems.

5) KUSHTHA

Latine Name- Sassurea lappa

Parts used-Root

Ayurvedic properties-

Rasa- Tikta, Katu, Madhura

Guna-Laghu, Ruksha, Tikshna

Virya- Ushna

Vipaka-Katu

Dhatu-Rasa, Rakta, Asthi and Shukrala

Prabhav-Kushthagna

Rogagnata-Vatasra, Visarpa, Kasa, Kushtha, Kitibha, Kandu, Pama, Vicharachika.

6) PEETA SARSHAPA**Latine Name-**Brassica campestris**Parts used-**Niryasa(Resin)**Ayurvedic properties**

Rasa- Tikta, Katu

Guna-Laghu, Snigdha, Tikshna

Virya- Ushna

Vipaka-Katu

Dhatu-Rasa, Rakta and Asthi

Dosha Karma- Pacifies Kapha and Vata

Gamitva-Rasa-Raktavaha, Annavaha Mutravaha.

7) HARIDRA**Latin Name-**Kurkuma longa.**Ayurvedic properties**

Rasa- Tikta, Katu

Guna-Laghu, Ruksha

Virya- Ushna

Vipaka-Katu

Dhatu-Rasa, Rakta and Mutra

Dosha Karma- Pacifies Kapha, Vata and Pitta

Prabhav-Pramehghna, Twachya

Rogagnata-Prameha, Visha, Kandu, Kushtha, Vrana, Krimi, Twakadosha.

8) MULAKA**Latin Name-**Raphanus raphanistrum**Ayurvedic properties**

Rasa- Tikta, Katu

Guna-Laghu

Virya- Ushna

Vipaka-Katu

9) TAKRA**Ayurvedic properties**

Rasa- Madhura, Amla, Kashaya

Guna-Laghu, Deepana

Virya- Ushna

Vipaka- Madhura

Dhatu- Shukrala

Dosha Karma- Pacifies Kapha and Vata

Prabhav-Snehavyapada Prashamana

Rogagnata-shopha, Arsha, Grahani, Mutragraha, Aruchi, Udara, Pleeha, Gulma

Preparation of Lepa-Patient was asked to take 1 to 8 medicines in dry Sukshma churna form. And asked to mix it properly. Adequate Takra was added to mix them. Lepa was prepared fresh every day.

B) Selected internal Ayurvedic drug

Tab. Gandhak Raayana-250mg three times/day.

Route of administration- Oral

Kaala-Adhobhakta(after meal)

Anupan-luke warm water

Duration-1 month

Criteria for selection of internal medicine

Oral medicine was selected on the basis of their properties useful in pacifying vitiated Dosha in Dadru and ability to relieve signs and symptoms of Dadru.

Ahar Vihar advised during treatment-**Pathya**

Cow milk and ghee, *munga*, *padval*, rice, spinach, *methi* and easily digestive diets.

Apathya

Guda, bread, curd, prickles, chillies, fish, brinjal, jackfruit, heavy diets, alcohol etc.

Grading- criteria for assessment of result

Sr. No.	Criteria	G1	G2	G3	G4
1	Kandu	No Kandu	Ishat Kandu	Bahu Kandu	Ugra Kandu
2	Raga	Normal skin colour	Faint and near to normal	Blanching and red colour	Red colour
3	Pidika	No Pidika	1-3 Pidika	4-6 Pidika	Greater than 7 Pidika
4	Size of Mandalas (diameter)	Zero cm	Less than 5 cm	5-10 cm	Greater than 10 cm

OBERRAVATION AND RESULT

Assessment of signs and symptoms of the patient regarding Dadru was done during follow up and result were as follow.

Assessment of signs and symptoms of Dadru before and after treatment are as
Changes in signs and symptoms were as follows

Sign and symptoms	Before treatment	1 st follow up	2 nd follow up
Kandu	G4	G2	G1
Raga(Erythema)	G4	G3	G1
Pidika(Exathemas)	G4	G2	G1
Size of Mandala	G4	G4	G3

Table shows that there is significant relief in all signs and symptoms of Dadru. It means selected manegment of Dadru is effective.

Before Treatment- After Treatment**DISSCUSION**

The present study was aimed at finding a safe and effective method for managing Dadru Kushtha. Dadru is manifested by appearance of discolored lesions within tractable itching. Dadru is chronic in nature, relapses and hence difficult to cure. It mostly affects in those who

don't follow the hygienic norms or those who are immune-compromised. Dadru is Kapha dominant disease besides its Rasagata manifestations. The disease mainly involves only Rasavaha and Raktavaha Srotas without further involvement of successive Srotas. Acharya Sushruta describes the colour of the lesions in Dadru more specifically like that of copper or the flower of Atasi and mentions that its Pidika are in the form of Parimandala having spreading nature (Visarpashila) but slow in progress or chronic in nature (Chirrotham) with Kandu.

Dermatophytosis is a clinical entity caused by the members of the imperfect genera. Trichophyton, Microsporone and Epidermophyte infection.

The contents of Dadruhara Lepa viz Laksha, seeds of Chakramrda, Trikatu, Sarhapa, Guggulu, Haridra, Mulak, Kushtha are mixed with Buttermilk which possess Ushna, Tikshna, Laghu, Ruksha, Vishada Guna, Ushna Virya and Katu Vipaka properties. Due to specific Krumighna and Dadrugghna contents in the Lepa it acts directly against the causative factors. The Lepa is said to be Suksma in nature as it is macerated with Buttermilk. It is an ideal vehicle for various Lepas. Acts as probiotic inhibiting the proliferation of pathogens. It also maintains the PH of the skin. With the shodhana properties Lepa also helps to continuous removal of pathogen along with dead skin debris stimulating the basal layer to proliferate well replacing them with new healthy skin cells. And due to direct Krumighna, Doshaghna, shodhna properties of Lepa there may be break in the pathogenesis and further progress of the lesions. Tropical preparation applied might have acted by its Ruksha and Lekhana property for pacifying Kapha Dosha locally and maintained the equilibrium of other Doshas. The suhshma property of drugs used might have penetrate into deeper Srotas and dissolved the Sanga.

Gandhaka Rasayana is used in skin diseases and as a blood purifier hence selected for the study. It is Raktshodhak, Vranaropaka, Twachya.

Highlight of the study was Ayurvedic treatment was used as main treatment not as an adjuvant treatment. No any other alloathic medicine like antihistamine was used.

Patient had relief in her signs and symptom in 1 month and hence did not come for further management.

CONCLUSION

Hence it is concluded that Dadruhara lepa and oral administration of Gandhaka Raayana Is highly effective in the management of Dadru.

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