

AYURVEDA MANAGEMENT OF DADRU KUSHTHA: A CASE STUDY

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ABSTRACT

Kushtha is a type skin disease mentioned in *Ayurveda* is a Tridoshaja Vyadhi where Rasa, Rakta, Mamsa and Ambu are the main Dushyas. Dadru one of the most common but miserable variety of Kushtha affects the population of all the age group and stands as a challenge to different medical systems in spite of many advances. In recent years, there has been a considerable increase in the incidence of skin disease in tropical and developing countries like India due to various reason like poverty, poor sanitation, unhygienic condition, pollution etc. Dadru is one among the Kushtha roga. There are different treatment modalities which can be applied as per the requirement of the situation. Some skin condition requires Shodhana, some needs only shaman and some requires Raktamokshana etc. Dadru is a condition again where all the treatment modalities can be applied. So here in this study Edagajadi lepa^[1] was used to evaluate the efficacy in Dadru.

The ingredients of which are the drugs possessing Shodhana and Kushthara property. The result revealed significant effect of lepa in various subjective parameters like Kandu, colour and number of mandala, number of pidika, Visarpana on boby, Visarpana on lesion after treatment.

KEYWORDS: Kushtha, Dadru, Edagajadi lepa, Cakramarda.

INTRODUCTION

In Āyurveda all the skin disease considered in Kuṣṭha. Which are further categorised in to Mahākuṣṭha and Kṣudrakuṣṭha. Kuṣṭha is produced invariably by the vitiation of the seven factors i.e. 3 Doṣā and 4 Dūṣyā.^[1] When the vitiated Doṣā provoke the four body elements and if this derangement of seven Dravyā is not cared to, a disease is formed inside the body which manifests itself on outermost part of the body.

Skin is mostly affected by fungus as it is external covering of body. In Āyurveda Tinea infection is termed as Dadru. Ācārya Caraka considered Dadru in Kṣudra Kuṣṭha^[2] and Doṣa dominance is Kaphapitta.^[3] Ācārya Suśruta considered Dadru in Mahā Kuṣṭha^[4] and Doṣa dominance is Kapha.

Dadru is a type of Kushtha Roga, which is characterized by the cardinal symptoms like Kaṇḍu, Utsannamaṇḍala, Rāga and Piḍikā and the lesions resembling the skin of a tortoise.

Ācārya Caraka considered Dadru in Kṣudrakuṣṭha as per his definition, the reddish colour piḍikā in the form of maṇḍala with elevated borders and itching is known as Dadru.

Ācārya Suśruta defined ‘the Atasī flower like colour and copper colour piḍikā with spreading called Dadru’.^[1]

Many kinds of wrong methods of food intake can thus lead to different types of diseases. A most important faulty food intake is incompatible diet which plays a major role in the causation of diseases.

Intake of incompatible and contaminated food, Intake of food during indigestion, intake of food that cause burning sensation, excessive use of Dadhi, Amla, Lavana, Tila, Guda etc., suppression of natural urges, drinking cold and chilled water just after sun exposure or physical work, use of fish, citrus and milk together, daytime sleeping and excessive intake of salty or acidic food items etc. are causative factors of the disease.^[3]

Case study

A 22 years old male patient, driver by profession, with chief complaint of red and circular patches with itching over the abdomen, buttocks, left hand and face visited in O.P.D dated on 15.09.2016. Patient has been suffering from this problem since 3 years. Patient is also having irregular bowel habit and Akalabhojana dietary habit. Patient having Dominant Rasa of

Amla, Lavana, Katu. Patient have addiction of Gutka (Tobacco) since 2 years. Previously, he consulted an allopathic dermatologist for the same disease and was diagnosed with Tinea corporis. He took allopathic treatment which includes both systemic (Tinactin/Betamethasone/Terbinafine) and topical medication (Miconazole/Clotrimazole) since 2 years and also experienced significant relief initially. But after sometime, such circular and red patches with itching reappear on the previous site.

On examination, there are 6-7 erythematous circular patches with itching over the lower abdomen, hand and face. Other physical parameters are normal. After clinical examination, patient is diagnosed with Dadru Kushtha and advised to take oral medication i.e. Cakramarda Bīja Cūrṇa and local application of Eḍagajādi Lepa.

MATERIAL AND METHOD

The patient for the study was selected from O. P. D. of NIA Ārogyaśālā Hospittal, Roga Nidāna Evam Vikṛti Vijñāna department. Selection was carried out on the basis of relevant history, signs and symptoms of Dadru as mentioned in Āyurveda texts. In the present case study, following treatment has been given to the patient.

Eḍagajādi lepa

Ingredients

Drugs	Latin name	Part used	Proportions
Cakramarda	<i>Cassia tora</i> Linn.	Seed	1 Part
Kuṣṭha	<i>Saussurea leppa</i> C.B.Clarke	Stem	1 Part
Saindhava	Rock salt	Complete	1 Part
Sarṣapa	<i>Brassica campestris</i> Linn.	Seed	1 Part
Vāyaviḍaṅga	<i>Embelia ribes</i> Burm.F	Fruit	1 Part

All the drug should be taken in powder form and apply locally with mix of Kāñjī.

Dose: - According to affected part of skin apply locally twice daily for 45 days. The patient was instructed about Pathya- Apathya as mentioned in the classical texts.

Cakramarda Bīja Cūrṇa

Dosage- 1 gram twice daily.

Duration- 6 weeks.

Anupana- Luke warm water.

Patient was advised to avoid incompatible food items, junk/fast food, excessive oily-salty-spicy food. Patient was advised to avoid day time sleep. Patient was suggested to maintain personal hygiene by wearing loose fitting clean clothes and change clothes two times a day.

Assessment parameters

Assessment was done every 15 days during the entire study period. Affected area assessment by photography 0day, 15day, 30day and 45day of treatment. Following criteria were adopted for the purpose of assessment.

Kañdū Score

No Itching 0.

Mild Itching 1.

Moderate Itching 2.

Severe Itching 3.

Rāga Score

Normal skin colour 0.

Faint normal 1.

Blanching + Red colour 2.

Red colour 3.

Rūjā Score

No pain 0.

Mild pain 1.

Moderate pain 2.

Severe pain 3.

Visarpaṇa (Spreading)

On body Score

A Visarpaṇa 0.

Adhaḥ to Ūrdhva or Ūrdhva to Adhaḥ 1.

Śākhā to Madhya Śarīra or Madhya Śarīra to Śākhaā 2.

Whole body 3.

On lesion Score

No Spreading 0.

Slow Spreading 1.

Medium Spreading 2.

Fast Spreading 3.

Tāmra Varṇa Score

Normal Skin Colour 0.

Light Red Brown Colour 1.

Black Colour 2.

Red Brown (Tāmra Varṇa) 3.

Atasī Puṣpa Varṇa Score

Normal Skin Colour 0.

Reddish Colour 1.

White Colour 2.

Bluish White Colour (Atasī Puṣpa Varṇa) 3.

No of Maṇḍala Score

No Maṇḍala 0.

1 to 3 Maṇḍala 1.

4 to 6 Maṇḍala 2.

More than 6 Maṇḍala 3.

Size of Maṇḍala Score

Less than 5 cm 1.

5 to 10 cm 2.

More than 10 cm 3.

When lesions (Maṇḍala) are multiple, the size of the largest lesion is taken into consideration.

No of Piḍikā on lesion Score

No Piḍikā 0.

1 to 3 Piḍikā 1.

4 to 6 Piḍikā 2.

More than 6 Piḍikā 3.

RESULT

Treatment has been given for 6 weeks and improvement in parameters at 0 day, 15th day, 30th day, 45th day are show below:

SUBJECTIVE PARAMETERS

	BT	F-1(15 days)	F-2(30 days)	AT
Kandu	3	2	1	0
Ruja	0	0	0	0
Raga	3	2	2	0

OBJECTIVE PARAMETERS

	BT	F-1(15days)	F-2(30days)	AT
No of mandal	3	3	1	1
Size of mandal	3	2	2	1
Pidika	3	3	3	3

	BT	F-1	F-2	AT
Visarpana:(a) On body	2	2	0	0
(b) On lesion	3	3	0	0
Tamra Varna	3	1	1	0
Atasii Puspa Varna	1	1	1	0

BT AT

BT AT**BT AT****DISCUSSION****Probable mode of action of Drugs**

Eḍagajādi Lepa is a combination of five drugs i.e. Cakramarda, kuṣṭha, saindhava, sarṣapa, vāyaviḍaṅga. The base like Kāñjī possesses very different properties like ūṣṇa, tikṣṇa, viṣada properties. All the contents of Eḍagajādi lepa having śodhana property and Kaphavātahara property. Dadru is Kapha dominance disease so all contains of lepa is reduced kapha Doṣa and relief in disease. Cakramarda is well known kuṣṭhaghna, kaṇḍūghna, Dadrugghna.

Laghu, Rūkṣa and Tekṣṇa guṇa properties of Eḍagajādi lepa remove the obstruction in the Svedavāhi Srotasa and allows the toxins localized out through the sveda, thus clearing out the micro channels.

The causative factor of Dadru is Āmaviṣa and Cakramarda breaks the pathogenesis of Dadru due to its Viṣaghna property or Laghu, Rūkṣa guṇa and Ūṣṇa vīrya.

Kaṇḍū is present due to Kapha Doṣa. Ūṣṇatā, Laghutā and Rūkṣtā of cakramarda is antagonist of Śitatā, Gurūtā and Picchilatā of Kapha and decreases Kaṇḍū. Cakarmarda is also Kaphavātahara property.

Kapha Doṣa usually causes Kaṇḍū and Piḍikā. These Rasapañcaka of Eḍagajādi lepa help in eliminating Kaṇḍū and Piḍikā due Kaphavātahara property.

Raktaśodhaka drug Kuṣṭha controls the vitiated Pitta Doṣa. The Laghu, Rūkṣa and Tikṣṇa Guṇa of drugs facilitate in combating Āma doṣa and caused Koṣṭhaśuddhi. Thereby Rogamārga is purified.

Snigdha and Sukṣma Gūṇa of Saindhava decrease the dryness of lesion and increase absorption of drugs. Due to Sukṣma Gūṇa drug penetrate in to deeper srotasa and dissolved saṃga. Rāga, Piḍikā, Maṇḍala were reduced significantly because of the varṇya and Raktaśodhaka properties of the drug.

CONCLUSION

From the present case study it is concluded that Ayurvedic medicine like Eḍagajādi lepa as a local application and Cakramarda Beej Churna for internal use with some dietary control (Pathya) is very effective in the management of Dadru Kustha.

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