

AYURVEDIC MANAGEMENT OF DADRU KUSTHA VIS-À-VIS TINEA CORPORIS: A CASE STUDY

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ABSTRACT

Skin is an important and most visible organ of our body. Any disease related to skin can create physical as well as psychological problems in an individual. Skin diseases are mostly caused by infections like bacteria, fungi etc. Tinea corporis is a frequently occurring skin disease, especially with poor hygienic conditions. Tinea infections contribute about 10-20 % of overall skin diseases. On the basis of clinical symptoms, tinea simulates with *dadru kustha*. In the present study, a case of *dadru kustha vis-à-vis tinea corporis* has been treated with *aarogyavardhini vati*, *kaishore guggulu* and *marichadi taila*. After two weeks of treatment, significant improvement has been observed in parameters like *kandu* (itching), *daha* (burning sensation), *rookshata* (dryness), *raga* (erythema), *pidika* (eruptions) and *utsaana mandala* (elevated circular skin lesion).

Keywords: *Aarogyavardhini vati*, *Dadru kustha*, *Kaishore guggulu*, *Marichadi taila*

INTRODUCTION

Skin is a vital sense organ of our body which executes various physiological functions and it also prevents invading pathogens. Skin and its appendages are the most visible part of our body and any skin disease will create an emotional concern for an individual. Skin diseases can affect an individual at any age. Common psychological problems associated with skin disease include feelings of stress, anxiety, anger, depression, shame, social isolation, low self-esteem and embarrassment¹.

There is a wide and extensive description of skin diseases in *Ayurveda*. Under the heading of *kustha roga*, different skin related disorders have been explained in *Ayurveda* treatises. *Kustha* is also considered as one of the eight *mahagada* (dreadful diseases)^{2, 3}. There are eighteen types of *kustha roga* which are classified into *Maha kustha* (major skin

ailments) and *Ksudra kustha* (minor skin ailments).

Dadru is classified as a *ksudra kustha* by *Acharya Charka*⁴ and *maha kustha* by *Acharya Sushruta*⁵. Clinical features of *dadru kustha* are *kandu* (itching), *raga* (erythema or redness), *pidika* (eruptions) and *utsanna mandala* (elevated circular skin lesion)⁶. It is a *tridoshaja vyadhi* with predominant vitiation of *pitta* and *kapha dosha*⁷. Intake of incompatible and contaminated food, suppression of natural urges, drinking cold or chilled water just after exposure to sunlight or after doing physical work, daytime sleeping and excessive intake of salty or acidic food items are described as causative factors for the disease⁸. On the basis of clinical appearance, *dadru kustha* is mostly simulates with 'dermatophytosis'.

The dermatophytes are a group of

closely related fungi that have the capacity to invade keratinized tissue (skin, hair, and nails) of humans and other animals to produce an infection, dermatophytosis, commonly referred to as ringworm. The infections caused by a dermatophyte (species of fungi belonging to the genera *Trichophyton*, *Microsporum*, or *Epidermophyton*) are referred to as tinea. Ringworm involving body, arms and legs is termed as tinea corporis. Tinea is a Latin word for worm or grub because the infections were originally thought to be caused by worm-like parasites (Brooks et al. 2007). The tinea infections are prevalent globally but they are common in tropics and may reach epidemic proportions in geographical areas with higher humidity, over-population and poor hygienic living conditions⁹.

CASE STUDY

A 55 year old male, gardener by profession, with chief complaint of red and circular patches over the chest and left thigh visited the O.P.D dated on 15.08.2015. Patient has been suffering from this problem since 4 months. Itching, burning sensation are other

associated symptoms. Patient is also having irregular or incomplete evacuation of stools. Previously, he consulted an allopathic dermatologist for the same and was diagnosed with tinea corporis. He took allopathic treatment which includes both systemic & topical medication and also experienced significant relief initially. But after sometime, such circular and red patches with itching & burning sensation reappear on the previous site. Patient is a known case of hypertension since 5 years and he is taking tablet amlodipine 5 mg, once daily.

On examination, there are 7-8 circular (1 cm in diameter), erythematous plaque with some vesicular eruptions over the chest area. Another single circular raised and scaly erythematous plaque, 3-4 cm in diameter, is present on the anterior aspect of left thigh. Other physical parameters are normal. After clinical examination, patient is diagnosed with *dadru kustha* and advised to take oral medication i.e. *Aarogyavardhini vati*, *kaishore guggulu*, and external application of *marichadi taila*.

MATERIAL AND METHODS

Table No 1: In the present case study, following treatment has been given to the patient:-

S.no	Name of the medicine	Dose	Route	Anupana
1.	<i>Aarogyavardhini vati</i>	500 mg, twice a day, after meals.	Oral	<i>Koshna jala</i> (luke warm water)
2.	<i>Kaisore guggulu</i>	500 mg, twice a day, after meals.	Oral	<i>Koshna jala</i> (luke warm water)
3.	<i>Marichadi taila</i>	As per area of skin lesion.	External application over the chest and thigh, twice daily (morning and bed time)	—

Case follow-up – Assessment of the skin lesions was done on first visit and patient follow up was done weekly, for the consecutive two weeks.

Dietary and lifestyle modifications- Patient is advised to avoid incompatible food items, junk/fast food, excessive oily-salty-spicy food. Patient is advised to avoid day-time sleep. Patient is suggested to maintain personal hygiene

by wearing loose fitting clean clothes and change clothes two times a day.

Assessment parameters with their grading:

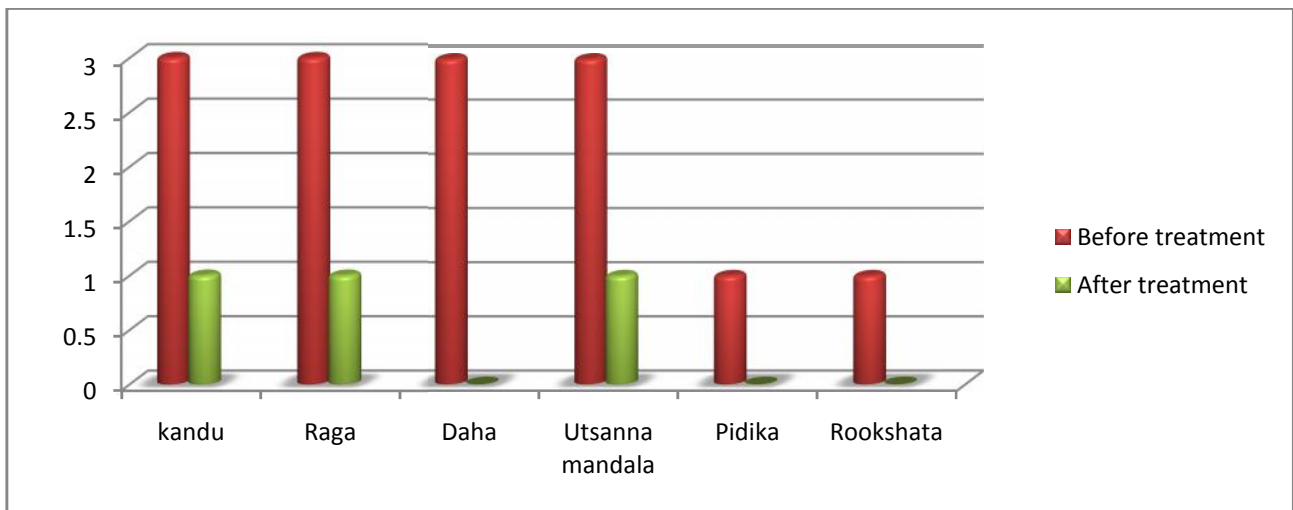
1. *Kandu* (Itching) –
 - Grade 0- Absent
 - Grade 1- Mild or Occasional Itching
 - Grade 2 – Moderate Itching
 - Grade 3 – Severe Itching
2. *Raga* (Erythema) –
 - Grade 0 - Absent
 - Grade 1 - Mild redness (pinkish appearance)
 - Grade 2 - Moderate redness
 - Grade 3 - Deep brown appearance
3. *Daha* (Burning sensation) –
 - Grade 0 – Absent
 - Grade 1 – Mild burning sensation
 - Grade 2 – Moderate burning sensation
 - Grade 3 – Severe burning sensation
4. *Utsanna mandala* (Elevated circular skin lesion) –
 - Grade 0 – Absent

- Grade 1 – Mild elevated lesion
 - Grade 2 – Moderate elevated lesion
 - Grade 3 – Severe elevated lesion
5. *Pidika* (Eruption) –
 - Grade 0 – Absent
 - Grade 1 – 1-3 eruptions
 - Grade 2 – 4-7 eruptions
 - Grade 3 - > 7 eruptions
 6. *Rookshata* (Dryness of skin) –
 - Grade 0 – Absent
 - Grade 1 – Mild *rookshata*
 - Grade 2 – Moderate *rookshata*
 - Grade 3 – Severe *rookshata*

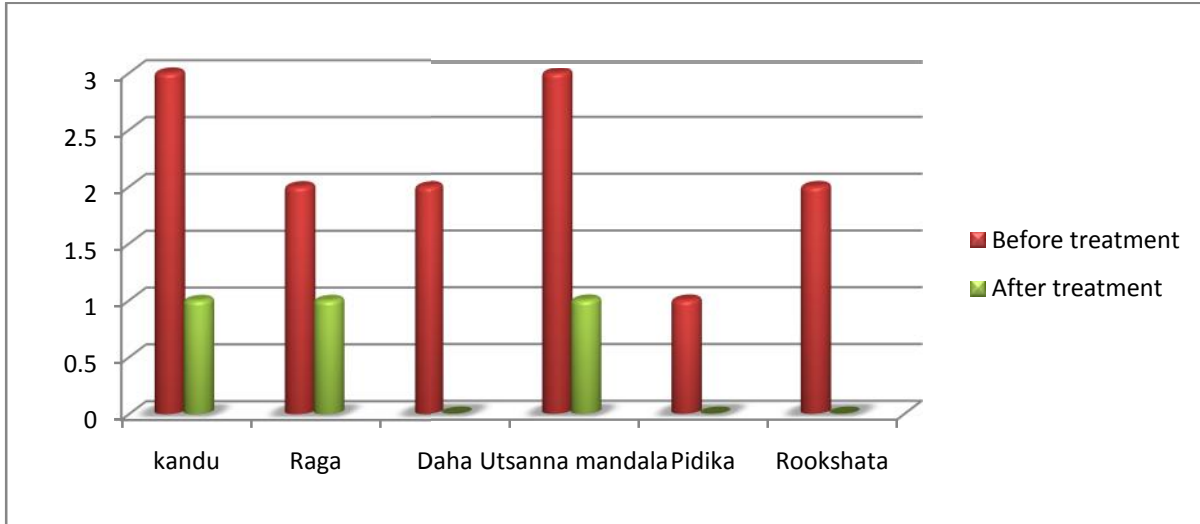
RESULTS

In this case study, there is slight variation in the presentation of tinea corporis lesion over chest and thigh. Therefore, effect of treatment has been observed separately. Ayurvedic treatment has been given for 14 days and improvements seen in the different parameters are as follows:

1. Improvement in lesion over the chest



2. Improvement in lesion over the thigh



Before treatment



After treatment



DISCUSSION

In the present case study, significant relief has been observed in symptoms like *Kandu*, *Daha* and *Pidika* at both skin lesions. *Rookshata* which is a predominant feature of skin lesion at thigh has been completely alleviated after the treatment. *Utsanna mandala* (circular elevated skin lesion) is present at both the sites of *dadru kustha* which has also shown a significant improvement. During the study, a significant improvement has also been observed in appetite and bowel habits.

Probable mode of action of drugs

Aarogyavardhini vati is a well known, extensively used ayurvedic formulation indicated in *kustha roga*. This formulation mainly contains *trivrita* with other herbo-mineral compounds like *nimba*, *triphala*, *abhraka bhasma*, *tamra bhasma* etc which performs *pitta virechana*, *kapha shamana* and *vata anulomana*. It also possesses wide range of actions like *deepana*, *pachana*, *medohara* and *tridosha shamaka*¹⁰. As *acharya chakrapani* has mentioned that alleviation of *doshas* in *kustha* by *shodhana* should be done deliberately and repeatedly¹¹, *aarogyavardhini vati* is an effective formulation for such purpose.

Kaishore guggulu mainly contains *triphalā*, *amrita* and *guggulu* which execute *pitta nashaka* and *rakta shodhana* action. It is indicated in all types of *kustha roga* and also have *kanti karaka* (enhance beauty and lustre of skin) action¹². *Marichadi taila* is an important herbo-mineral formulation which contains *maricha*, *trivrita*, *raktachandana*, *haridra*, *mustaka*, *gomutra* etc. It bears *pitta* pacifying and *kapha-kleda nashaka* action. It is especially indicated in *kandu* (itching) & *raga* (erythema)¹³. *Kustha* with predominant *kapha-pitta* are described as *krichhasadhya* (difficult to cure)¹⁴, therefore dietary, lifestyle and hygienic amelioration along with ayurvedic treatment is essential in the management as well as prevention from its recurrence of *dadru kustha*.

CONCLUSION

Dadru kustha is a common skin disease which clinically simulates with dermatophytosis or tinea. As it is a contagious disease, maintaining personal hygiene is an important part in its management. The present case study concludes that use of ayurvedic medicines like *aarogyavardhini vati*, *kaishore guggulu* and *marichadi taila* in *dadru kustha* with some dietary & lifestyle amelioration is very effective in the management of *dadru kustha*.

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