

**ROLE OF PANCHA SHIRISHA AGAD IN THE MANAGEMENT OF DADRU KUSTHA:
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**ABSTRACT**

Skin is the priority of every human but in our modern era the changing of lifestyle creating various types of disorder in body including skin disorders. There is a definite increase in its incidence especially in tropical and developing countries like India due to various reasons. In *Ayurveda science* all kind of skin disorder are included under *kustha* which is classified into two types – *Kshudra and Maha Kustha*. *Dadru* is described under *kshudra kustha*. In modern science clinical presentation of *Dadru* can be compared with dermatophytosis. It's caused by species of pathogenesis related to *fungi (dermatophytes)* having itching, scaling, erythema with the lesions discoid in shape. To control the effect of the disease other systems of medicine have greatly advanced, particularly in skin disorders there is no specific medicaments for sure cure in skin disorder but symptomatic treatments like steroids are used, but they produce serious a lot of side effects in our body externally as well as internally. *Ayurveda* deals with the treatment which demolish the root cause by balancing the *Dosha, Dhātu* of body. In *Charak shamita Panch shirisha Agad* is described for the management of *Dushi Visha* (cumulative toxicity). In *Agad tantra Dadru (Twak vikara)* is one of the symptoms of *Dushi Visha*. So here an effort is made to see the review on role of *Panchasirisha Agad* in the management of *Dadru kustha*.

Keywords: *Dadru kustha*, Ring worm (Dermatophytosis), *Pancha shirisha Agad*, *Dushi Visha* etc.

INTRODUCTION

The skin is the largest organ of our body covering the entire body surface besides reflecting youth and aged, color and complexion. It performs multiple functions: Protection against mechanical trauma, UV light and infections, thermoregulation, conversion and excretion of fluid, sensory perception and is an organ for synthesis of Vitamin – D from sun light.¹

According to *Ayurveda* *Twak* is formed by the *Paka*(metabolism) of *Rakta Dhatu* (i.e. blood).³ The *Pitta* situated in skin is known as *Bhrajak Pitta*, which absorbs drugs applied externally in the forms of *Abhyanga*, *Parisheka* and *Lepana* (Massage bath, dipping, paste)⁴. According to *Ayurveda* function of *Twacha* can be summarized as:

- Seat of *Bhrajak Pitta*.
- Seat of *Sparshendriya*.
- *Twacha* (skin) is the *Upadhatu* of *Mansha Dhatu* (i.e. muscle).
- *Twacha* not only helps to understand touch sensation but it also covers the whole body.
- Functioning of thermostat through sweat channels (*Swedavahi Shroatas*).

Dadru/ Dermatophytosis: *Dadru* can be correlated in modern science as dermatophytosis. Dermatophytes are fungi capable of causing superficial skin infections known as ringworm or dermatophytosis. The causative fungi belong to the genera (microsporum, trichophytum and epidermophytum). They can originate from soil (geophilicity) or animals (zoophilicity) or be confined to human skin (anthropophily). Clinical forms of cutaneous infection include *Tinea porphoris* (involvement of the body having red scaly rashes), *Tinea capitis* (scalp involvement), *Tinea cruris* (growing involvement), *Tinea pedis* (involvement of the feet) and *Onychomycosis* (involvement of nail).⁵

Kustha is considered as one of the *Asthamahagada*.⁶*Dadru* is one of the commonly occurring skin disease which have been included under the *Maha kustha* by *Acharya Sushruta*⁴and *Vagbhata*⁷ and majority of other authors considered it among the *kshudra kustha*. According to *Dalhana*, commentary on *Sushruta Shamita Dadru* can be classified into two – *Sita* and *Asita*⁸. *Dalhana* interprets that *Dadru* mentioned by *Sushruta* under *Maha Kustha* must be *Asita type of Dadru* because its chronicity affects the *Dhatus* one after the other gradually associated with excessive pain. *Dadru* which is enumerated by *Acharya Charaka* under *Khudra Kustha* must be *Sita* type because of non-involvement of *Tridosha*.⁹ As *Charaka* and *Vagbhata* included *Shirisha* (*Albiizia lebeck* (Linn.) as *Vishaghna* and *Kusthagna Dravya*.¹⁰so here a review for *Pancha Shirisha Agad* for the management of *Dadru Kustha*. Based on co-relation of symptomatology, most of the scholars compared *Dadru* with dermatophytes though in modern perspective it comes under superficial fungal infection of the skin i.e. Ringworm. The most common dermatological manifestation affecting up to 15% of world's population in all age groups.

Materials and Method: This paper is based on textbook of *Ayurveda* like *Brihataryi*, *Laghutaryi*, *Kriya sharia Sharira*, *Kaya Chikitsa* etc. along with Modern textbooks and various websites to collect information on the relevant topics.

Management: *Lepa* means the one which is used for external application. Medicines that are in the form of a paste and used for external application, usually applied against the hair follicular direction, this facilitates the quicker absorption of the drug potency through *Romakupa* (Hair roots), *Swedavahini* (sweat glands) and *Siramukha* (Blood capillaries) 11.

Contents of Panchsirisha Agad ¹²

<i>Shirisha Mula</i>	<i>Shirisha Patra</i>	<i>Shirisha Twak</i>	<i>Shirisha Kanda</i>	<i>Shrisha Puspa</i>
(root)	(leaf)	(bark)	(Stem bark)	(Flower)

Sirisha roots, bark, stem bark, leaf, flower.

Sirisha (*Albiizia lebbeck* Linn.) is one of the drugs of choice of many *Yogas* by different Acharyas. *Acharya Charaka* and *Vagbhata* considered it as the drug of choice for anti-toxicity. It can be given singly or combined with many other drugs. *Pancha Shirisha Agad* is described by *Acharya Charka* in *Visha Chikitsa*

for external application to reduced toxicity. Almost in all *Ayurveda Samhita*, found *Sirisha* as the drug of choice as *Vishghna* as well as *Kusthaghna*. The *Pancha Shirisha Yoga* is mainly effective because of its *Prabhava* (synergic action).¹³

Rasa Panchak of *Shirisha* (*Albiizia Lebbeck* Linn.)

Rasa	Guna	Veerya	Vipaka	Karma
<i>Kashaya, Tikta, Madhura</i>	<i>Laghu, Rukshya</i>	<i>Anushna</i>	<i>Katu</i>	<i>Tridosha hara</i>

Due to the *prabhava*, *Sirisha* (*Albiizia lebbeck* Linn.) is used as *Vishaghna*.¹⁴

Chemical Constituents & Properties¹²: - It's having the properties like anti-inflammatory, anti-histaminic, anti-fungal, anti-microbial, anodyne and restorative in the plant. Chemical constituents of the plant: the bark yields tannins of condensed type viz. D-catechin, isomers of leucocyanidine and melacacidin. It also gives beta-sitosterol. Seeds gave calcium, phosphorus, iron, ascorbic acid, histidine and valine. The flowers contain lupeol and a pigment similar to crocetin.¹⁵

The bark is astringent, bitter, acidic, sweet, mildly thermogenic. It's useful in vitiated conditions of *vata* and *pitta*. skin eruptions, leprosy, leukoderma, wounds, ulcer, inflammation. The seeds are used in skin diseases like leprosy, leukoderma, and poisoning.¹⁶ Review of *Shusruta Samhita* found different *yogas* having *Sirisha* (*Albiizia lebbeck* Linn.) as an ingredient used in *Dadru*. *Acharya Charaka* also described different *Lepas* as *Kusthaghna* as well as *Vishaghna* having *Sirisha* (*Albiizia lebbeck* Linn.) in it.

DISCUSSION

There are many *Agada Yogas* these *Yogas* mainly acts because of its *Prabhava*(synergic action). In *Ashtanga Hridaya* while explaining about *Agroushadha* it is mentioned that *Sirisha* is the best medicine for *Visha*(poison) and *Acharya Charaka* described as *Lepa*

which act as *Kusthaghna*. The *Lakshanas* (symptoms) of *Dadru* can be observed like *Kandu*, *Pidaka*, *Raaga*, and also *Rooksha*, *Daha*, *Visarpini*. In this review common causative factor of this disease like The factors aggravating Some amount of mild toxin is enfeebled by intrinsic and extrinsic factor remains latent in *dhatu*s (tissues) and labeled as *Dushi Visha*(cumulative toxicity) like *Dooshitha Desa*, *Kaala* (polluted land and atmosphere), *Anna* (toxic food), *Divaswapna* (day sleep). *Dushi Visha* on vitiation produced toxicity all over body skin is the external source so it affects the most. Today's changed lifestyle like irregular diet, pollution, stress, hormonal changes are directly increasing toxicity level in the body which effect the skin and causes many skin diseases (Dermo fungal infection). According to Modern medical science, warm & humid climate, is the chief cause of *Tinea* infection. Hence the shape of the lesions is not same everywhere.it differs by depending upon climate and environment.

Mode of Action: *Lepa* is *Vahiparimarjana chikitsa* (external therapies). This treatment method is specially meant for the *Twakgata vikaras* (skin disorders). The *Lepa chikitsa* also facilitates the expulsion of the *Doshas* locally hence, *Pancha Shirisha Agad* is used as *Lepa*. From the chemical composition having histidine, melacacidin, leucocyanidine, catechin, of the drug which have the properties of anti-fungal, so it can be

clearly review that it will be an effective drug for *Dadru*.

CONCLUSION

Dadru (dermatophytosis) requires a proper methodological treatment though it is a curable disorder of skin. In various *Shamitas Shirisha* described under *Vishaghna* as well as *Kusthghna* formulation. *Acharaya Charaka* described a chapter About *Vahirparimarajaniya Chikitsa* there is also description of *Shirisha* as a best *Vishaghna* and *Kusthghna* drug. Hence the above review concluded that *Pancha Shirisha Agad* may be very effective in *Dadru* (Dermatophytosis/Ring worm).

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