MANAGEMENT OF DADRU KUSHTHA ACCORDING TO AYURVED - A CASE STUDY

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ABSTRACT

According to Acharya Charak, in pathogenesis of Kushtha Vat, Pitta, Kapha (Tridoshas), Twacha, Rakta, Mansa and Lasika are involved. They are called as Saptak. Kushtha is especially pitta dominant in which Rakta is also vitiated. It is chronic disease and not acute. In the present case of Dadru Kushtha, drugs are planned as Tridoshaghna, Kushthaghna, Raktashodhak. By using Virechak and Anulomak drugs (Purgatives and laxatives), symptoms like Daha, Twak vaivarnya (Erythema) can be reduced. Dadru Kushtha can be completely cured with Ayurvedic medicines along with maintaining good hygiene and some lifestyle modifications.

Keywords: Dadru Kushtha, Aragvadh, Kampillak, Neem tail, Trifala, Gandhak Rasayan.

INTRODUCTION

Skin is the largest superficial covering of body. It performs function as sense organ also. It performs various Physiological functions and prevents foreign organisms and pathogens to enter into the body. But the fact is skin itself is prone to superficial infections. Skin infections may lead to psychological disturbances also. Skin diseases lead to stress, anger, depression, shame, loss of confidence etc.¹ Fungal infection is the most common skin infection. Such skin diseases are caused due to lack of awareness towards hygiene, poor sanitation, use of synthetic cloths etc.

In Ayurveda, all skin diseases are included in “Kushtharog”. The most common fungal infection is Tinea Corporis. It can be correlated with “Dadru Kushtha” as per symptoms explained in Ayurved. Similarity between Tenia Corporis and Dadru Kushtha is given in the table below.
Table 1

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Symptoms – Tinea Corporis</th>
<th>Symptoms – Dadru Kushtha</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Erythema</td>
<td>Raga</td>
</tr>
<tr>
<td>2</td>
<td>Itching</td>
<td>Kandu</td>
</tr>
<tr>
<td>3</td>
<td>Granular Surface</td>
<td>Pidka</td>
</tr>
<tr>
<td>4</td>
<td>Circular elevation of skin</td>
<td>Utsanna Mandal</td>
</tr>
</tbody>
</table>

At present, there are many allopathy medicines like Antifungal and Anti Histaminic medicines used for treatment of fungal infection. But in such cases recurrence is often seen. There are many medicines mentioned in Ayurved also, to treat Kushtha rog. Some of them are used to cure the case in the present case study. After use of allopatic medicines, recurrence was seen in the present patient. So the patient was treated with Ayurvedic medicines like Gandhak, Kushthaghna drugs to give safe and permanent relief without recurrence.

Aim and Objectives:
This case of patient is studied to establish the safe treatment without side effects, for the patients of skin diseases caused due to fungal infection.

Materials and methods:
Case Report:
Patient was examined at outdoor patient department.

Present History
A thirty years old female patient visited OPD on date 11/05/2019 with following complaints- 1. Elevated patches around groin region, lower abdomen and perianal region. 2. Severe itching 3. Discoloration/Redness 4. Burning sensation

Patient is known case of Diabetes Mellitus since 2 years.

Patient was treated with allopathic medicines such as oral and local antifungal with antihistaminic drugs for about three months. But there was no relief to patient.

Table 2 - Personal History

<table>
<thead>
<tr>
<th>Name - xyz</th>
<th>Marital Status - Married</th>
<th>Pulse - 75/minute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age - 30 years</td>
<td>Occupation - Teacher</td>
<td>BP = 130/85mm.Hg</td>
</tr>
<tr>
<td>Sex - Female</td>
<td>Addiction - Nil</td>
<td>Weight- 58 Kg</td>
</tr>
<tr>
<td>Temperature- 97.5°F</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

General condition of the patient was fair.

Local Examination –
1. 10 to 12 circular (1 cm diameter) patches on groin and lower abdomen and perianal region.
2. Redness (erythema), elevated scaly patches.
3. Clinical Features – Kandu (itching), Daha (burning sensation), Tod (Pricking pain)

Diagnosis – Dadru Kushtha

Table 3 - Criteria for gradation of symptoms of patient:

<table>
<thead>
<tr>
<th>Sr.No</th>
<th>Clinical Features</th>
<th>Grade 0</th>
<th>Grade 1</th>
<th>Grade 2</th>
<th>Grade 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Kandu (itching)</td>
<td>Absent</td>
<td>Mild</td>
<td>Moderate</td>
<td>Severe</td>
</tr>
<tr>
<td>2</td>
<td>Daha (Burning pain)</td>
<td>Absent</td>
<td>Mild</td>
<td>Moderate</td>
<td>Severe</td>
</tr>
<tr>
<td>3</td>
<td>Twak Vaivarnya (Red coloured skin)</td>
<td>Absent</td>
<td>Faint reddish skin</td>
<td>Red colored skin</td>
<td>Reddish brown skin</td>
</tr>
<tr>
<td>4</td>
<td>Tod (Pricking pain)</td>
<td>Absent</td>
<td>Mild</td>
<td>Moderate</td>
<td>Severe</td>
</tr>
<tr>
<td>5</td>
<td>Pidka (Granulated skin)</td>
<td>Absent</td>
<td>1 to 3 Papules</td>
<td>4 to 7 papules</td>
<td>More than 7 papules</td>
</tr>
<tr>
<td>6</td>
<td>Utsanna Mandala (elevated patches)</td>
<td>Absent</td>
<td>Mild elevation</td>
<td>Moderate elevation</td>
<td>Severe</td>
</tr>
</tbody>
</table>
Medicines selected for treatment:

1. **Churna** – (medicine in powder form).
   Contents –
   - *Aaragvadh churna* (Cassia fistula) - 3 parts
   - *Kampillak* (Mallotus philippinesis) - 1 part

2. **Gandhak Rasayan**

3. **Kushthaghna kwath** (Decoction)
   Contents – Following contents are taken in equal proportion.
   - *Khadir* (Senegalia catechu),
   - *Haritaki* (Terminalia chebula),
   - *Amalaki* (Phyllanthus emblica),
   - *Haridra* (Curcumalanga),
   - *Arushkara* (Anacardiumoccidentale),
   - *Saptaparna* (Alstonia Scholaris),
   - *Aragvadh* (cassia fistula),
   - *Karaveer* (Nerium indicum),
   - *Vidang* (Embelia ribes),
   - *Jatipatra* (Jasminum sambac)

   Contents are added with water in 1:8 proportions and boiled till ¼ part remains behind.

4. **Trifala kwath**:
   Contents - Following contents are taken in equal proportion.
   - *Amalaki* (Phyllanthus emblica),
   - *Haritaki* (Terminalia chebula),
   - *Bibhitak* (Terminalia bellirica)

   Contents are added with water in 1:8 proportions and boiled till ¼ part remains behind.

5. **Neem Tail**:
   Contents – Bark of *Neem* (Azadirachta indica)
   Decoction is made using *Neem* Bark. Til oil is added in decoction and heated till water gets completely evaporated.

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**Table 4** - Details of treatment given to patient:

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Medicine</th>
<th>Dose</th>
<th>Anupana</th>
<th>Route of administration</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Churna</td>
<td>5gm BD after meals</td>
<td><em>Koshna Jala</em> (lukewarm water)</td>
<td>Oral</td>
</tr>
<tr>
<td>2</td>
<td>Gandhak Rasayan</td>
<td>250 mg TDS</td>
<td><em>Koshna Jala</em> (lukewarm water)</td>
<td>Oral</td>
</tr>
<tr>
<td>3</td>
<td>Kushthaghna kwath</td>
<td>30 ml BD after meals</td>
<td>-</td>
<td>Oral</td>
</tr>
<tr>
<td>4</td>
<td>Trifala kwath</td>
<td>Twice in a day</td>
<td>-</td>
<td>To wash affected area</td>
</tr>
<tr>
<td>5</td>
<td>Neem Tail</td>
<td>Twice in a day</td>
<td>-</td>
<td>External/ local application</td>
</tr>
<tr>
<td></td>
<td>After wash</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Duration of treatment: – 1 month.
Follow up: - After 7 days.
Along with the medication, patient is advised following things.
1. To avoid junk or fast food, fried, salty and spicy food.
2. To avoid day time sleep.

3. To wear loose fitting clean cloths and change clothes 2 times a day.

**Observations and Result:**
Observations found during follow up of patient after every 7 days are recorded as per grading criteria given above.

**Table 5** - Observations:

<table>
<thead>
<tr>
<th>Sr. No</th>
<th>Clinical Features</th>
<th>1st visit (Fig. 1,2)</th>
<th>1st follow up (Fig. 3,4)</th>
<th>2nd follow up (Fig. 5,6)</th>
<th>3rd follow up (Fig. 7,8)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Kandu (Itching)</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>2</td>
<td>Daha (Burning pain)</td>
<td>3</td>
<td>1</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>3</td>
<td>Twak Vaivarnya (Red coloured skin)</td>
<td>3</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>4</td>
<td>Tod (Pricking pain)</td>
<td>3</td>
<td>1</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>5</td>
<td>Pidka (Granulated skin)</td>
<td>2</td>
<td>1</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>6</td>
<td>Utsanna Mandala (elevated patches)</td>
<td>3</td>
<td>1</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>
Dadrukushtha is a type of kushtha which is included in Mahakushtha by Acharya Vagbhat\(^5\) and Acharya Sushrut\(^6\). It is considered under Kshudra kushtha by Acharya Charak\(^7\).

According to Acharya Sushrut\(^8\), the disease is Kapha dominant and according to Acharya Charak\(^9\) and Vagbhat\(^10\), it is Pitta and Kapha dominant. Hence in this scenario, the line of treatment planned is to alleviate Pitta and Kapha Doshas. Along with this Kushthaghna medicines are used.

**Mode of action of Medicines:**

Probable mode of action of medicines is given below-

1. **Churna:**
   
   The contents in the churna act as Kapha and Pitta Virechak, Vat Anulomak, Deepan, Pachan\(^11\). According to Acharya Chakrapani, alleviation of Doshas in Kushtha should be done by Shodhana repeatedly.

2. **Gandhak Rasayana\(^12\):**
   
   Gandhak is a well known and most preferably used medicine in Kushtharog\(^13\). It acts as a Raktashodhak (Blood purifier), Vranaropak (Heals wounds), Twachya (Improves quality or texture of skin) and Krumighna (Disinfectant).

3. **Kushthaghna Kwath\(^14\):**
   
   The contents in this kwath are exclusively stated as Kushthaghna, as they are Pittashamak and Raktashodhak.

4. **Trifala Kwath\(^15\):**
   
   In present case, it is used for washing affected area (Prakshalana). It is indicated to use for cleaning of wounds and skin disorders in Vranachikitsa. Acharya Sushrut has indicated Trifala Kwath as Kushthagna.
5. Neem Tail

Neem is indicated as Kushthagna, Krumighna and Vrananashana. Its veerya is sheet so it acts as Dahashamak (coolant and astringent).

CONCLUSION

Dadru Kushtha is a type of Kushtha which is contagious and difficult to cure by allopathy medicines. From the above case, it may be stated that Dadru Kushtha can be completely cured by Enteral and external use of Vranashodhak, Vranaropak, Raktashodhak and Kapha pitta nashak medicines.

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