

AYURVEDA MANAGEMENT OF DADRU KUSHTHA THROUGH SHODHAN AND LEPA  
CHIKITSA – A CASE SERIESDr. Ankit U. Bhoir\*<sup>1</sup>, Dr. Eknath G. Kulkarni<sup>2</sup> and Dr. Sanjivani Rathod<sup>3</sup><sup>1</sup>MD Scholar (Kayachikitsa Dept. A.S.S Ayurveda Mahavidyalaya, Nashik).<sup>2</sup>Professor and PG Guide. (Kayachikitsa Dept. A.S.S. Ayurveda Mahavidyalaya, Nashik).<sup>3</sup>Associate Professor (Kayachikitsa Dept. A.S.S Ayurveda Mahavidyalaya, Nashik).

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## ABSTRACT

The associated fungi are called dermatophytes, and they can lead to skin alterations including tinea, ringworm, dermatophytosis, or mycosis.<sup>[1]</sup> The term "Tinea" refers to a segmented mycelia fungus that is extremely infectious. Tinea is typically spread directly from one person to another. Health and hygiene are synonymous terms. In this context, it is necessary to note that the *Kushtha Nidan* of the *Sushrut Samhita* places a high priority on hygiene. According to its definition, *Dadru* is a reddish-colored *pidika* that is shaped like a *mandala* and has heightened borders and itchiness(*kandu*). *Pitta* and *Kapha* are more prevalent in a *Kshudra kushtha* type of person known as a *dadru*.<sup>[2]</sup> In the current study, 8 patients who met the inclusion criteria were from the *dadru kushtha* group. After *pachan chikitsa*, followed by *virechana karma* and *Dadrughna lepa ointment*.

**KEYWORDS:** *Dadru kushtha*, Tinea corporis, *virechana karma*, *Dadrughna lepa ointment*.

## INTRODUCTION

The human body's largest sense organ, the skin, which protects the other organs, is the skin. Many diseases also have it as a target organ. Once a skin condition has established, it is difficult to treat, which causes humiliation on a physical, emotional, and social level. Skin illnesses affect 10–20% of patients in general practice, and up to 20% of those patients have fungus infections.<sup>[3]</sup> Tropical and sub-tropical regions are most susceptible to fungi-related diseases. Fungal infections and *Dadru kushtha* are connected in *Ayurveda*. *Acharya Charaka* considered *Dadru* to be a sickness of the fourth skin layer. In conventional modern medicine, or Allopathy, ringworms are treated at different stages using topical antifungal medications, oral antifungal medications, and steroids. The resistance to anti-fungal allopathic medications is growing these days. In *Ayurveda*, *Dadru* is treated in a variety of ways. According to *Ayurveda*, all skin conditions fall under the general category of "*kushtha*," which is further divided into *mahakushtha* and *kashudra kushtha*. *Dadru kushtha* is considered as one of the *Ashta mahagada*.<sup>[4]</sup> In the *Kshudra kushtha*, *Acharya Charaka* mentioned *Dadru*, and in the *Makushtha*, *Acharya Shushruta* mentioned *Dadru kushtha*. The majority of *Ayurvedic* texts classify all forms of *Kushtha* as *Rakta Doshaja vikara*. Among the *kapha-pitta pradhana twak vikara* is *Dadru*.

## AIM AND OBJECTIVE

To study the combined efficacy of *siravedh*, *virechana karma* and *Dadrughna lepa ointment* in *Dadru kushtha*.

**Study centered** – Arogyashala Rugnalaya, A.S.S mahavidyalaya, panchvati, nashik.

## MATERIALS AND METHODS

## Inclusion Criteria

- Patient with the classical signs & symptoms of the *Dadru Kushtha* like *Kandu* (Itching), *Raga* (Redness), *Pidika* (Papules/ Elevation of skin), *Mandala* (Rings).
- History of *Dadru* symptoms not more than 1 years.
- Patients of age group between 18 to 70 years of age both included.
- Patients willing to participate in the study & those who give written consent.
- Patient with both sex Male and Female.

## b. EXCLUSION CRITERIA

- Patients with uncontrolled systemic disorders like DM/HTN/Cardiac disorders/Leprosy/Tuberculosis/Malignancy/Severe Anaemia etc. will be excluded.
- Patients with HIV/ HbsAg will be excluded.
- Patients taking immune suppressive medications.

**c. DIAGNOSTIC CRITERIA**

The Diagnosis is based on the *Lakshanas* of *Dadru* as explained in the classical texts of *Ayurveda* and clinical Manifestation of *Tinea corporis*.

सकण्डुरागपिडकंदद्रुमण्डलमुद्गतां<sup>[112]</sup>

- *Kandu* (Itching)
- *Raga* (Erythma)
- *Pidika* (Eruption)
- *Mandala* (Elevated circular Lesion)

**Table no. 1: Grading of symptoms.**

Sr.No	Parameter	Grade 0	Grade 1	Grade 2	Grade 3
1	<i>Kandu</i>	No itching	Mild Itching (Occasional itching)	Moderate Itching (Continuous itching without disturbance in routine works)	Severe Itching (Continuous itching with disturbance in routine works)
2	<i>Raga</i>	Normal Skin Colour	Faint & near to Normal	Blanching + Red Colour	Red Colour
3	<i>Pidika</i>	No such papule over lesion	1 to 3 papules over lesion	4 to 6 papules over lesion	> 7 papules over lesion
4	Size of <i>mandala</i>	No <i>Mandala</i>	1 to 3 <i>Mandala</i>	4 to 6 <i>Mandala</i>	> 6 <i>Mandala</i>
5	No of <i>Mandala</i>	No <i>mandala</i>	1 to 2 elevated circular patch on skin, size less than 4 cm in diameter	3 to 5 elevated circular patch on skin, size more than 4 cm but less than 7 cm in diameter	6 to 7 elevated circular patch on skin, size more than 7 cm in diameter.

**Chikitsa****1) Pachana**

**Table no. 2: Showing Pavhana Dravya.**

	Name	Dose	kaal	Anupaan
1	<i>Shankha vati</i>	250 mg Twice a day	After food	Warm water
2	<i>Hingwashtak churna</i>	3gm Twice a day	first bolus of food	<i>ghrita</i>
3	<i>Gandharva haritaki churna</i>	5 gm At night	Bed time	Warm water

**2) Virechan**

**Table no. 3: Virechan Protocol.**

	Karma	Drug & dose	Duration
1	<i>Shodhanarth ghritapaan</i>	<i>Tikta ghrita</i> (30,60,90,120ml)	4 days
2	<i>Sarvaang abhyanga</i>	<i>Tila taila</i>	2 days
3	<i>Sarvang swedana</i>	-	2 days following <i>snehan</i>
4	<i>Virechana karma</i>	<i>Trivritta avaleha</i>	25 gm
5	<i>Sansarjan karma</i>	-	3 days

**3) Dadrughna lepa ointment.**

**Table no. 4: Dadrughna lepa ointment contents.**

SR NO	DRUG NAME	LATIN NAME	Part used	KARMA	Proportion
1	<i>DURVA</i>	<i>CynadonDactylon</i>	<i>Panchang</i>	<i>Tridosha-shamak(Rakta-pitta-kapha-shamak), Kandu-Twak-Doshanashini, Raktapittaghni</i>	1 Part
2	<i>HARIDRA</i>	<i>Curcuma Longa</i>	<i>Kanda</i>	<i>Kushtaghna, Kandughna, Vishaghna, Kapha-Vaatashaamak, Pittarechak, Pittashaamak(tikta)</i>	1 Part
3	<i>Tila taila</i>	<i>SesamumIndicum</i>	Oil	<i>Twachya, Samyog-Samskaraatsarvarogahara</i>	4 part
4	<i>Siktha</i>	<i>Cera Alba</i>	Bee wax	<i>Vranaropaka, kushtaghna, kandughna, varnya</i>	2 part

दूर्वानिशायुतोलेपःकण्डूपामाविनाशनः॥

कृमिददृहरश्चैवशीतपित्तापहःस्मृतः॥<sup>[6]</sup>

Table no. 5: *Lepa* Protocol.

Treatment	Mode and Dose	Dose	Kaal	Duration	Application Time	Follow up
<i>Dadrughna lepa</i>	External application of sufficient quantity <i>Dadrughna lepa</i> ointment to the affected area and gently rubbing over the lesion.	quantity sufficient	Morning (after bathing) and Night (before sleeping)	30 days	30 mins	0 <sup>th</sup> , 10 <sup>th</sup> , 20 <sup>th</sup> , 30 <sup>th</sup> Day

**OBSERVATION**

Following a month of observation, patients' signs and symptoms—that is, *kandu*, *raga*, and *pidika*—showed a noticeable improvement. The symptoms were reduced by

84%. The patient experienced no difficulties at all during the course of the therapy. After *virechana karma* itching, redness markedly improved.

**PHOTOS BEFORE & AFTER**

Table no. 6: (BT – before treatment, AT –after treatment).

Lakshana	Patient 1		Patient 2		Patient 3		Patient 4		Patient 5		Patient 6		Patient 7		Patient 8	
	BT	AT														
<i>Kandu</i>	4	0	4	0	4	0	4	0	4	0	4	0	3	0	3	0
<i>Raga</i>	4	0	4	0	4	0	4	0	4	0	3	0	4	0	4	0
<i>Pidika</i>	4	0	4	0	4	0	4	0	4	0	3	0	3	0	4	0
No of mandal	3	0	3	0	2	0	3	1	4	1	2	0	3	0	3	0
Size of mandala	3	0	4	0	3	0	3	1	3	1	3	0	3	0	3	0

**DISCUSSION**

*Dadru* is *Aupsargik roga*<sup>[7]</sup> and it is *pittakapha pradhana roga*, in present study 2 patient were having hotel kitchen cook job as they were exposing daily to hot environment, non veg food, irregular timings of food. this 2 patients shown late results so *pathya* and hygiene are also important factors in the outcome of treatment.

**Probable action of *virechana karma* and *Dadrughna lepa***

The properties of *Ushna*, *Tikshna*, *Sukshma*, *Vyavayi*, and *Vikasi* are possessed by the *Virechana dravya*. These characteristics allow for easy absorption. They can move through *Dhamani* and reach *Sthula* and *Sukshma Strotas* in all directions of the body thanks to *Sukshma* and *Vyavayi* properties. The liquification (*vishyandanti*) of

vitiated *doshas*, which then readily flow through circulation, is facilitated by the *Ushna* property of *Virechana dravyas*. Subsequently, the *Tikshna* Property breaks down their complex molecules and they reach *Koshta*. From there, they flow through "Anu Srotas," where they are stimulated by *Samana* and *Apana-Vayu* and flow downward to eliminate the vitiated *dosha* along with them because of the *Jala* and *Prathvi Mahabhahutika* constitutions and *Prabhava*. The agitated *dosha* is driven out by *Virechana*, who then pulls them in the direction of the *Adhobhaga*. A specific treatment for *Pitta Dosha* is called *virechana*. The dominance of *Jala* and *Prathvi Mahabhuta* and *Virechana* by their property aid in the removal of the morbid *doshas* from the *Shakha* to *Koshta* and subsequently from the body by anal path.

*Durvadi Lepa* plays the roles of *Kandughna*, *Kushthaghna*, and *Sthanika Varnaprasadaka*. *Haridra* is the path that leads to *Varnya*, *Kandughna*, and *Krumighna*. It mostly aids in reducing *Raga* and *Kandu*. *Durva* is the cause of *sthanika bhrajaka pitta shamana* and *Daha prashamana*.

## CONCLUSION

The case serves as documented proof of how *Pitta-Kapha Kushtha* is managed by *lepa Chikitsa* and *Shodhana*. Here in *Shodhana Chikitsa*, vitiated *Doshas* are eliminated, which is a significant factor in reducing the disease's intensity and preventing relapses. Given that *Dadru* is a skin disease that relapses, the patient was advised to follow *Pathya* in relation to *Ahar* and *Vihar* and to repeat *Shodhana* in accordance with traditional medicine in accordance with *Dosha*, *Kala*, *Bala*, etc. to reduce the frequency of recurrence of the disease. The application of a tropical preparation may have balanced the other *Doshas* by acting locally to calm the *Kapha Doshas* through its *Ruksha* and *Lekhana* properties. The drugs used may have had a *Suskshma* quality that allowed them to dissolve the *Sanga* by penetrating deeper *Srotas*. The *Agnideepana* property of the *Lepa's* ingredients may partially rectify the impaired *Dhatwagni* of *Rasa* and *Rakta* after acting locally. This may have been how *Dhatu Shaithilya* settled the matter and fed *Twacha*.<sup>[8]</sup>

The active principles of the ingredients in *Lepa* are released into a base when the product is applied to the skin's surface in the opposite direction of the hairs on it. Subsequently, this mixture enters the *Romkupa* and is further absorbed through the *Swedavahi Srotas* & *Siramukh*. It performs Cutaneous Biotransformation, thereby pacifying the *Doshas* and causing the *Samprapti* to break. But it's important to remember that *lepa's* pilosebaceous uptake, or absorption, varies depending on the application site, skin type, and—above all the base used.<sup>[9]</sup>

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