

Ayurvedic management of Dadru Kushta - A Case Study

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ABSTRACT

Skin disorders are one among the common manifestations. Normally, 10-15% of the general practitioner's encounter patients with skin disorders. Ayurveda covers a number of skin manifestations under Kushta Roga. Which are further classified into Mahakushta and Kshudra kushta. Maha kushta is subdivided into seven and Kshudrakushta is eleven types. Dadru is one among Kshudra Kushta. It is identified by symptoms such as Kandu, DeerghaPratana, Utsanna, Mandala, Raaga, Pidaka with predominance of Pitta Kapha Dosha. It can be correlated with Tinea infection. Being a Twak Vikara, Sodhana Chikitsa and Shamana Chikitsa plays an important role in the treatment of Kushta including DadruKushta. This case study is documented evidence for the successful treatment of DadruKustha through Shodhana and Shamana Chikitsa.

Keywords: Dadru, Tinea, Sodhana, Shamana

INTRODUCTION

Skin, largest organ of human body with its size and external location makes it susceptible to a wide variety of disorders¹. Ayurveda covers a good number of skin manifestations under Kushta Roga. Dadru is one among them. It is identified by symptoms such as Kandu (Itching), Deergha Pratana (Elongated), Utsanna (Elevated), Mandala² (Circular lesion), Raaga (Erythema), Pidaka (Eruption) with predominance of Pitta Kapha Dosha³. It can be near correlated with Tinea infection. Approximately 39% of world population suffers from it. In India 5 out of 100 people suffer from Tinea infection⁴. Being a Twak Vikara (Skin diseases), Shodhana Chikitsa and Shamana Chikitsa plays an important role in the treatment of Kushta including Dadru Kushta. As a house on fire is brought to normalcy by sprinkling water likewise the Sodhana and Shamana brings down the concerned Vikara (Disease).

PERSONAL DETAILS

- ▶ Name - Susheela
- ▶ Age - 47yrs
- ▶ Address - Nattalam, Marthandam.
- ▶ Religion - Hindu
- ▶ Educational status - Plus Two
- ▶ Occupation – House wife
- ▶ Socio-economic status – Middle class
- ▶ Marital status – Married
- ▶ DOA - 27/10/21
- ▶ O.P.D No. - 44944/21

Presenting complaints[with duration]

- Patient c/o skin lesions associated with itching and burning sensation whole over the body since 10 yrs.

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None of the family members have similar complaints.

HISTORY OF PRESENT COMPLAINTS

❖ Complaints Started gradually before 10 years as reddish skin rashes over neck and chest region associated with itching and burning sensation which increased in severity within days.

She took Allopathic medication for the same and complaints got reduced.

❖ Few days back while cutting the grass she had experience of severe itching and burning sensation of whole body which aggravated with severity within a day .

❖ Reddish black colored lesions appeared in the sites where itching was present. Lesions were more predominant in trunk than extremities.

HISTORY OF PAST ILLNESS

Not a k/c/o- D M ,HTN

FAMILY HISTORY

PERSONAL HISTORY

- ▶ Food-Mixed
- ▶ Sleep-Disturbed(Itching)
- ▶ Appetite-reduced
- ▶ Bowel-constipated
- ▶ Bladder-Regular
- ▶ Allergy-Nil
- ▶ Habits-Nil

GENERAL EXAMINATION

- ▶ Built -moderate
- ▶ Nourishment-moderate
- ▶ No pallor,cyanosis,oedema
- ▶ Nail – No clubbing/cracks and thickening
- ▶ Temperature -98.6 degree F
- ▶ Pulse rate -68bpm
- ▶ R.R -16/Min
- ▶ B.P -130/80 mm of Hg

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▶ Ht-156cm Wt -63 kg

ASHTA STHANA PAREEKSHA

- ▶ Nadi - 68 bpm
- ▶ Mootra - praakrta
- ▶ Mala - Vibandha
- ▶ Jihwa - Lipta
- ▶ Sabda - Sphutatha
- ▶ Sparsha - khara
- ▶ Drik - Praakrta
- ▶ Akrti - Madhyama

Systemic examination

- ▶ Respiratory system – Normal vesicular breath sound.
- ▶ Cardio vascular system - S1 S2 heard,no added sounds.
- ▶ C.N.S – Higher mental function intact, Motor system normal.
- ▶ Musculo skeletal system - No joint pathology detected.
- ▶ G.I.T – Abdomen – no organomegaly, no tenderness.

Examination of individual lesions-SKIN

- ▶ Site -whole over the body especially around the neck,chest,brest,hip region and face(except scalp, groin ,palm and sole).
- ▶ Size – <5 cm
- ▶ Nature –well demarcated erythematous lesion with raised scaly border.
- ▶ Shape/Morphology – papular/macular
- ▶ Colour – Reddish black
- ▶ Discharge - Absent
- ▶ Distribution-Asymmetrical
- ▶ Itching - present
- ▶ Border&Margin – irregular margin
- ▶ Consistency – Hard
- ▶ Configuration –Annular lesion with ring like configuration
- ▶ Auspitz’s sign – Absent

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On removing the scales multiple pin point bleeding spots are seen

- ▶ Candle Grease Sign – Absent

Scales become prominent on scraping and silvery white scales fall off like white powder

- ▶ Koebner's phenomenon – present
The lesions develop over the areas of scratching

DASA VIDHA PAREEKSHA

- ▶ Prakriti - Vata-Kapha
- ▶ Vikriti - Dosa-Pitta-kapha. –Dhatu rasa,rakta,mamsa,twak(upa)
- ▶ Sara - Madhyama
- ▶ Samhanana - Madhyama
- ▶ Satva - Madhyama
- ▶ Satmya –Sarvarasa
- ▶ Aahara shakti-Avara
- ▶ Vyayama shakti - Madhyama
- ▶ Vaya -Madhya
- ▶ Pramana –Ht- 156cm, Wt - 63 kg

SROTO PAREEKSHA

- ▶ Rasavaha
- ▶ Rakthavaha
- ▶ Mamsavaha
- ▶ Svedavaha

LABORATORY INVESTIGATIONS

- ❖ Blood routine
- Hb -11.9 gm%
- Platelet count-3.09/Cumm
- RBC-92mg/dl
- ESR -0.9mm/hr

VYADHIBODHAKA HETU

NIDANA⁵

Aahara– guru snigdha ,vidaahi ahara–Athisevana,dadhi-matsya sevana,excessiveintake of masha

Vihaara - Divaswapna

POORVAROOPA

1. Kandu⁶
2. Vivarnatha
3. Daha⁷

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ROOPAM

vaivarnyam-sarva angaanaam

(*twacha kurvanti vaivarnyam...-A.S.Ni.*)

severeKandu,Daha,Agnimaandya,

vibandha Kharasparsa,Daha .

❖ VIHARAJAM Divaswapna	Vata, Pitta, Rakta, Sweda
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SAMPRAPTI⁸

- Nidanas cause the vitiation of doshas as follows

1.Excess intake of Guru -snigdha-aahara ,athiseva of Matsya – results in vitiation of Kapha, Rasa and Mamsa

2.vidahi aahara – vitiation of pitta and rakta.

3.Divaswapna- Vitiation of kapha.

Due to Nidana Sevana



Dosha Prakopa



Dosha get accumulated in Dhatu sthana



Dathu Shaithilyata+Tvagadi Prakopa



Dosha-Dushya Sammurchana



KUSHTA

SAMPRAPTI GHATAKA⁹

► Dosham -Kapha pitta pradhana

► Dooshyam–Dhatu-
Rasa,Raktam,mamsa.

Upadhatu-Twak,Snayu,Lasika

NIDANA	INVOLVED DHATUS
❖ AHARAJAM Gurusnigdha,Abhishyandhi,Dadhi,matsya,masha-Athisevana	Kapha Rasa, Mamsa

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- Mala – Swedam Sidhma
- ▶ Desham (bhoomi) - Anupadesa Mandala
- (deham) - sarva sareeram Dadru

- ▶ Balam - Rogam - Pravaram

ROGA NIRNAYAM

Rogi - Madhyama

DADRU KUSHTA

“Sa kandu raga pidakam
dadrumandalamudgatham”
(CH.CHI)¹⁰

- ▶ Kalam - Kshanadi- shishira
vyadhyavastha-Vyaktha

Su,Ni5/8-Athasi pushpa
varna/tamra varna¹¹

- ▶ Agni - mandaangni

- ▶ Aama - Saama

AH.Hr.Ni–Utsannamandala,durva-
dheergaprathana,Athasipushpa
varna¹²

- ▶ Sthaana - Sarva shareera

- ▶ Rogamaarga - Baahya
rogamaarga

CHIKITSA¹³

Vyaadhi avastha - krichra Saadya

❖ **Nidana parivarjana**

SAPEKSHA NIDANA

❖ **SAMANACHIKITSA**

KUSHTA

- Triphala kashaya ch+Tankaana
Bh+Asanadi kwatha for Kshalana

VYAVACCHEDAKA NIDANA

Vicharchika

- Gandhaka rasayana- 2BD

Paama

- Triphala Guggulu -2 TID

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- Siddharthaka soap-E/A
 - Sheeta sudha
 - Nalpamaradhi Taila – E/A
- 1.Manibadra Guda- 1 tsp BD
 - 2.Triphala Guggulu- 1 TID
 - 3.Gandhaka Rasayana -2 BD
 - 4.Marichadi Taila-E/A

SHODHANA CHIKITSA

- ▶ Deepana-paachana :Chitrakadi vati 2 tid b/f
- ▶ Snehapana with Mahatikthaka gritha upto Samyak -Snigdha lakshana.
- ▶ Abhyanga with Nalpamaradi taila for 2 days
- ▶ Swedana : Bashpa sweda for 2 days
- ▶ Virechana - Trivrit lehya with milk
- ▶ Samsarjana krama for 3 days

Table no 1(detailed)

Follow up on 11/11/21

Patient was better,complaints got reduced,itching reduced,improved her appetite.

Follow up on 14/11/21

Complaints got aggravated due to Apathya-sevana (itching and burning sensation with rashes)

- ▶ Triphala Guggulu -2 BD
- ▶ Gandhaka Rasayana-2 BD
- ▶ Aragwadadhi kashaya-20ml TID
- ▶ Avipattikara ch-1/2 tsp BD
- ▶ Nalpamaradhi Taila – E/A

PANCHAKARMA

Parisheka with

1-Nimba Twak ch. 250gm
Mixture+2 part

2.Manjishta ch. \Rightarrow Of water for

1L

3.Triphala ch. Kashaya

4.Asanadhi ch.

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5. Yashti madhu ch.

PATHYA-APATHYA¹⁴

Pathya - shaali, mudgha, yava, shaaka, puraana dhaanya, jangala mamsa , visrama etc..

Apathya - Masha, Tila, kulatha, dadhi, amla-phala, adhyashana, sura, aanupa-audaka maamsa, Ratrijagarana, Divaswapna etc..

SHAMANA CHIKITSA

1. Amrthothara ksh-15ml ksh +45ml luke warm water BD

2. Chitrakadi vati -1 TID

3. Kaisora Guggulu-2 BD

4. Khadirarishta – 30ml BD

5. Avipathi ch-5gm at night with luke warm water

6. Triphala kashaya-kshalana

7. Eladi Taila-E/A -- for 2 wk

1. Mahamanjishtadi kshayam + Aragwadadhi kshayam 10ml + 10ml + 45ml water BD

2. Khadirarishta - 30ml BD

3. Manibadraguda - 1tsp BD

4. Triphala kshayam - kshalana

5. Kaisora guggulu-2 BD

6. Doorvadhi Taila – E/A

7. Madhusnuhi rasayana - 15gm BD A/F

Disussion

According to Ayurveda Dadru Kushta is a Pittakaphapradhana Kushta. A 47 yrs old patient came with the complain of severe itching and burning sensation of whole body which aggravated with severity within a day .Reddish black colored lesions appeared in the sites where itching was present. Lesions were more predominant in trunk than extremities. On history taking patient had irregular diet pattern and excessive use of Dadhi, Atimamsa, Guru, Virrudha Ahara. Viharas such as more exposure to Sheetamaruta, Atichinta Krodha Shoka are the Nidana causes Agni Vyapara Vikruti leads to Tridosha Vikruti along with Rasa, Rakta, Mamsa, Lasika results in Ahara Rasa Vikruti. Vikruta Rasa gets Margavarodha in Twacha results in Pidika with Kandu and Daha in all over the body cause Dadru Kushta. Because of Rasavaha

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Srotodusti the patient is having Agnimandhya and because of Apana Vayu Vaigunya cause Malabaddhata. There is

significant increase of Ruksha, Khara and Sheetaguna in the patient, therefore Sneha Virechana was planned for Shodhana. Chikitsa was started with Amapachana with Chitrakadi vati for 3 days for Agni Sandeepana Karma and for Dosha Shithilakarana Snehapana with Mahatiktaka Ghrita planned for 5 days in Arohana Karma to bring the Dosha from Sakha to Koshta then followed by Abhyanga and Swedana for 3 days. Then Virechana with Trivrut Lehya contains ingredients like Trivrut, Khanda Sharkara, Ghruta. Trivrut is mainly having Tikta, Katu Rasa, Ushna Veerya, Kaphapittahara and Kushtaghna property. It is a Sukha Virechaka. It removes Doshas from Koshta by its Rechana property. Due to Laghu, Rooksha, Teekshna Guna it does Deepana and Pachana. By its Srotoshodhana property it acts on minute channels and does Twak Prasadana. The mode of action of Virechana Oushadhi is Adhobhaga Dosha Harana having the

property like Ushna, Tikshna, Sukshma, Vyavayi and Vikasi due to this property Aushadha reaches Hrudaya and circulate through the vessel. Due to Ushna

property present in Aushadhi they liquefy the Doshas located in the channels of entire body, thus Doshas flows through GIT, morbid Doshas reaches the Amasaya carried by Udana Vayu, due to the predominance of Prithvi and Jala Mahabhuta of Doshas from Koshta and leads to Dosha Harana. 8 Vegas were attained, then Samsarjana Karma is advised. On discharge Shamana Oushadhi possessing Tikta, Snigdha Guna, Kusthaghna, Kandughna was advised to continue and patient was asked to come for follow up after 15 days. Pathya Apathya is advised.

Conclusion

Dadru is Pitta Kapha Pradhana Vyadhi. The symptoms like Kandu(Itching), Udgata Mandala(Elevated circular lesion), Raga(Erythema), Pidaka(Eruption), Daha(Burning sensation), and Rookshata(Dryness) are the primary features of Dadru.

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This case study is documented evidence for the successful treatment of Dadru Kushta through Shodhana and Shamana

Chikitsa. Shodhana has great importance in Bahudosha Avastha. Acharya Sushruta opines that repeated Shodhana has great

importance in Bahudoshaavastha in Kushta. Generally, Kushta Vyadhi has tendency to reoccur. So, Nidana Parivarjana should be done along with the Chikitsa.

Table no.1

Date	Treatment	Medicine	Dose
2/11/21	SNEHAPANA	m.tikthaka gritha	30 ML -1 st day Upto Samyak snidgha lakshana obtained(5 Days) Last dose-70ml
7/11/21	ABHYANGA+SWE DA	Nalpamaradi taila Followed by bashpasweda for 2 days	
9/11/21	VIRECHANA	Trivrit lehya 45gm + 100 ml milk 8vegas obtained	
	SAMSARJANA	For 2 days	

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	KRAMA		
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