

“Effective management of *Dadru* (*Tinea corporis*) through Ayurveda – A Case Report”

Dr. Sneha Kishor Dhakite¹, Dr. Sadhana Misar Wajpeyi², Roshan Umate³

¹PG Scholar, Department of Kayachikitsa, Mahatma Gandhi Ayurveda College, Hospital, Research Centre, Datta Meghe Institute of Medical Sciences, Wardha, Maharashtra, India. email- dhakitesneha4@gmail.com

²Head of Department, Department of Kayachikitsa, Mahatma Gandhi Ayurveda College, Hospital, Research Centre, Salod Datta Meghe Institute of Medical Sciences, Wardha, Maharashtra, India. email- sadhanamisar@gmail.com

³Research Consultant, Jawaharlal Nehru Medical College, Datta Meghe Institute of Medical Sciences, Wardha.

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Abstract-

Introduction: Diseases related to skin can affect an individual physically as well as psychologically. *Dadru* is one of the types of *Kshudrakushta*. The main lakshanas of *Dadru* include *Kandu*, *Deerghapratana*, *Utsanna*, *Mandala*, *Raaga*, and *Pidakas*. It is a *Raktapradoshajvyadhi* in which mainly *Kapha* and *Pittadoshas* are involved. *Dadru* can be very well correlated to clinical features of *Tinea corporis* which is a fungal infection. In all *Samhitas* repeated *Shodhana* is indicated in the management of *Kushtha* as it is *Bahudoshavastha*. **Case report:** A 40 yrs old female came with complaints of red, rounded patches with itching over abdominal and back region since 3 months was treated with *Vaman* therapy. **Methodology:** For *deepanpachan* first *Trikatuchurna* was given for three days. Following that *Panchtiktaghrita* was given daily in increasing *matra* for 6 days *uptosamyak* *Snehasiddhilakshanas* observed in patient. After *samyak siddhi* *lakshana* *Vaman* was given with *yashtimadhuphant*, *madanaphalachurna*, *vacha*, *pippali* and *saindhava*. Then *Sansarjana karma* was advised for 5 days. **Result:** Assessment was done after *Sansarjana krama* and significant improvement was observed in subjective parameters like in *Kandu*, *Deerghapratana*, *Utsanna*, *Mandala*, *Raaga*. **Discussion:** *Panchtiktaghrita* and *Yastimadhu* has *kaphaghna* and *kandughna* properties so *Panchtiktaghritis* the best for *snehana* and *Yastimadhu* is used for *Vaman*. *Vaman* helps in elimination of vitiated doshas thus helps in breaking *samprapti*. **Conclusion:** *Vaman* is effective in the management of *Dadru*.

Keywords: *Dadru*, *Kshudrakushta*, *Tinea corporis*, *Shodhan*, *Vaman*.

Introduction:

The word *Kushtha* means which produces discolouration over skin region. *Dadru* is classified as *Kshudrakushthaby Acharya Charaka*(1), and *Mahakushthaby Acharya Sushruta*.(2)The symptoms of *Dadru* are *Kandu*(Itching), *Utsanna Mandala* (Elevated round lesions), *Raaga*(Erythema), and *Pidikas*(Eruptions). It is a *Raktapradoshajvyadhi* in which mainly *Kapha* and *Pitta doshas* are involved. Due to similarity of clinical features *Dadru* can be equated with *Tinea corporis*, the common fungal infection. Prevalence showed Five out of 1000 individuals are suffering from this fungal infection. (3) In modern science, it is treated with local application of ointments and systemic antifungal medications with steroids. In all *Samhitas* repeated *Shodhanais* indicated in the management of *Kushtha* as it is *Bahudoshavastha*. In this case study *Vaman* therapy was given which helps in elimination of vitiated *doshas* followed by *Shamana Aushadhi* (*Panchtikitaghrta Guggulu*, *Gomutrasiddha Haritaki* and local S-kin powder and *Karanjateil*) that helps in reducing symptoms.

Case Report:

A female with 40 years of age came to *Kayachikitsa* OPD of Mahatma Gandhi Ayurved College Hospital & Research Centre, Salod(H) Wardha with following main symptoms-

1. Red, rounded patches with severe itching over abdomen and back region (*Kandu*)
2. Formation of erythematous lesions (*Utsanna Mandala*)
3. Burning sensation at the site of lesions (*Daha*)
4. Redness (*Raaga*)

Patient was suffering from the above complaint since 3 months.

History of present illness: The patient was alright 3 months back, afterward she slowly complaining of round and reddish lesions over abdominal and back region, severe itching was also present. Therefore, she came to this Hospital for treatment.

Past History: She had no history of Diabetes mellitus, Hypertension, Asthma, Hypothyroidism or any type of surgery.

Family History: Her husband was suffering from same disease.

Clinical examination: *Ashtavidhpariksha* was normal.

Vital parameters: Vital parameters were normal.

Local examination: Local examination showed 5 -7 round reddish, well demarcated lesions with vesicular eruptions over abdominal area. There was no discharge.

Diagnosis: After history and examination she was diagnosed as *Dadru* (*Tinea corporis*).

Samprapti Ghatak-

Dosh: *Tridosha*

Dushya: *Rasa, Rakta.*

Adhishtana: *Twaka.*

Therapeutic interventions:

I. *Shodhana Chikitsa- Vamanakarma*

II. *Shamana Chikitsa*– *Panchtiktaghrita Guggulu*, *Gomutrasiddha Haritaki* and Local S - kin powder and *Karanjateil*.

I. *Shodhana Chikitsa*- *Vaman karma*

A) *Abhyantar Aushadhi*–

Poorva Karma–As shown in table no.1, *Agni Deepana* with *Trikatuchurna* followed by *Snehapana* with *Panchatiktaghrita*.

Duration: 3 days for *Agni Deepana* and after that 6 days for *Snehapana*

B) *Bahya Aushadhi*–

Drug: *Snehan* with *Marichyadi teil*

Dose: Quantity sufficient

Duration: A day before and on the day of *Vaman*

Treatment Plan– 1 day prior to *Vaman*

1) *Abhishyandi Aahar* (curd, mash, ice-cream & milk diets)

2) *Sarwang Snehana Swedan* with *Marichyadi teil*

C) Selected Internal Ayurvedic Drugs for *Vaman* therapy–

Vamaka Dravya- *Madanaphaladi yoga* (*Madanaphalachurna* 3gm, *Vachachurna* 5gm, *Saindhav* 5gm and Honey 25ml) is mixed together and administered.

Vamanopagadravya– *Ksheer* (2500ml), *Yashtimadhuphanta* (1000ml), *Lavanjala* and *Koshnajala*.

Abhyantar Aushadhi: Oral medications were selected on the basis of their properties useful in pacifying the vitiated *doshas* in *Dadru* and ability to relieve signs and symptoms of *Dadru*.

Plan for schedule

During *Snehapana* the quantity of *Ghrita* was daily increased according to *Agnibala* and *Pachanshakti* of the patient. It was started with 30ml and on last day, the maximum quantity of consumed *Panchtiktaghrita* was 240ml. Patient was advised to take hot water bath to get *mrudusweda* after *Snehapana*.

Procedure of *Vaman karma* –

Prior to *Vaman karma*, the patient was told to consume *Kapha* aggravating *ahar* like curd, mash, icecream & milk for *Kaphotklesha*. Next day early in the morning at *Kaphakala* at 6 A.M. patient was examined for the *Samyak Sneha siddhi lakshanas* and Vital parameters were checked. Before *Vaman karma*, *Marichyadi teil* was applied all over the body for *Sarvanga Snehana* followed by *mrudusweda* to chest and back.

For *Vaman Vamakdravyas* like *Madanaphaladi yoga* were given. Spontaneous *Vaman Vegas* started within 15 minutes. In between *Vamanopaga* drugs were administered for complete elimination of vitiated *doshas*. During procedure quantity of input, output, symptoms and number of *Vaman Vegas* were observed and noted. *Pittantik Vamanis* observed at the end of the procedure

The *Antiki*, *Vaigiki*, *Maniki* & *Laingiki* purifications are as mentioned in table no.2.

Six *Vamana Vegas* (emetics) with 3600ml output is suggestive of “*Madhyamashuddhi*” (4) The time required for entire process was 80 minutes. Patient had experience relaxation and

lightness in the body. After *Samyaka Vamana*, *Dhumapanawith Dhumapanavarti* and *Gandush* was advised. *Sansarjana krama* was advised to the patient for 5 days.

After the completion of *Samsarjan Krama* following *Shaman Aushadhi* were started as mentioned in table no.3

Investigations– Complete Blood Count and Random Blood Sugar of patient were normal.

Follow up and Outcomes - Patient was assessed on Day 0, on day 10 (Immediate after completion of *Vaman*) and on day 25 (after completion of *ShamanaChikitsa*)

Assesment criteria– Patient was assessed by observing relief in subjective parameters like *Kandu*(Itching), *Raaga*(Erythema), *Utsanna Mandala*(Elevated circular skin, Lesion) and *Pidikas*(Eruptions) and photographs of lesions on day 0, on day 10 and on day 25.

Gradation of subjective parameters are as mentioned in table no.4

Observation and Results:

Assessment before, during and after treatment are as mentioned in table no.5

Before treatment Gradation of *Kandu* was 3 (Severe Itching) which reduced to 2 (Moderate or Frequent Itching) during first follow up and it was absent on day 25 that is after treatment.

Before treatment Gradation of *Utsanna Mandala* was 3 (Severe elevated lesion) which reduced to 1 (Mild elevated lesion) during first follow up and it was absent on day 25 that is after treatment.

Before treatment Gradation of *Pidikas* was 3 (> 7 eruptions) which reduced to 2 (4-7 eruptions) during first follow up and it was absent on day 25 that is after treatment

Before treatment *Raaga* (Erythema) was present that persists during first follow up and it was absent on day 25 that is after treatment.

It was observed that patient got complete relief from all symptoms after treatment.

Discussion:

Mode of Action in *Vamankarma*; -

The *Vamakadravya* possesses *Ushna*, *Tikshna*, *Sukshma*, *Vyavayi* and *Vikashi* properties. Due to these properties they get easily absorbed and reach to the heart. *Sukshma* and *Vyavayi* properties enable them to move through *Dhamani* and they reach to *Sthula* and *Sukshma Strotas* in all directions of the body. *Ushna* property of *Vamakadravyas* help in liquification (*vishyandanti*) of vitiated *doshas* which then easily flow through circulation. After that their complex molecules get fragmented due to action of *Tikshna* property & reached to *Amashaya*, flowing through “*Anu Srotas*” where from stimulated by *Udana-Vayu* and due to the *Agni*, *Vayu Mahabhautika* constitutions and *Prabhava*, they flow in upward direction to remove the vitiated *dosha*, along with them.(5)

A *Vaman* expels out the aggravated *dosha* and dragging them towards the *Urdhvabhaga* through the *Mukha*. *Vaman* is a specific therapy for *KaphaDosha*. *Vamakadravyas* by their property and *Vayu Aakash Mahabhuta* dominancy helps in eliminating the morbid *doshas* from the *Shakha* to *Koshtha* and then out of the body by oral route.

Panchtiktaghrit and ***Yashtimadhu*** has *Kaphaghna* and *Kandughna* properties. So ***Panchtiktaghrit*** is the best for *Snehapana* and ***Yashtimadhu*** is used as *Vamanopagadravya*.

Marichyaditeil(6) is *Raktashodhak*, *Vranropaka*, *Twachya*, useful in skin diseases.

Probable mode of action of *PanchtiktaghritaGuggulu*–

PanchtiktaghritaGuggulu is mentioned in *Bhaishajya Ratnavali* in *Kushthrogadhikar*. It is *Tikta Rasa Paradhan*, acts as *Raktadosha Pachaka* and later *RaktaPrasadak*. *Purana Guggulu* is said to be *Lekhana* in nature. Here *Guggulu* acts as a vehicle for these drugs which enters into *Sukshma* channels. Gives instant relief in *Kandu Pradhan Lakshanas*.(7,8)

Probable mode of action of *GomutrasiddhaHaritaki*–

GomutrasiddhaHaritaki is a *GomutrabhavitHaritaki* formulation described in all *Brihatrayi*. *Haritaki* has *Kashaya*, *Ruksha*, *Ushna*, *Anulomana* properties and *Gomutra* has *Katu*, *Tikshna*, *Ushna*, *Kshara* properties. Due to these properties they help in relieving obstruction in *srotas*. It enhances *agni* by *agnideepana* property and causes *virechana*.(9)

Probable mode of action of S-kin Powder-

Main constituents of S-kin powder possess *Krumighna*, *Vranaropaka* and *Raktashodhak* properties. Hence these are used in all types of skin disorders. *Gomutra* is used due to alkaline property it enhances absorption of drugs. *Shodhit Gandhak* has antibacterial, antifungal properties hence it is useful in the management of all types of skin disorders. Hence Local application of it helps in reducing symptoms of *Dadru*.

According to Ayurveda, *Karanj* is anthelmintic, alexipharmic and useful in diseases of eye, vagina, skin. It is good for tumour, wounds, ulcers, itching, ascites, enlargement of spleen and abdomen, urinary discharges. It also cures biliousness, piles, head pains, leucoderma, skin diseases and wounds. According to Unani system of medicine, seeds are acrid and carminative, purify and enrich blood, relieve inflammations, cure earache, chest complaints, lumbago, chronic fever and hydrocele. According to Ayurveda, *Karanj* is anthelmintic, alexipharmic and useful in diseases of eye, vagina, skin. It is good for tumour, wounds, ulcers, itching, ascites, enlargement of spleen and abdomen, urinary discharges. It also cures biliousness, piles, head pains, leucoderma, skin diseases and wounds. According to Unani system of medicine, seeds are acrid and carminative, purify and enrich blood, relieve inflammations, cure earache, chest complaints, lumbago, chronic fever and hydrocele.

A number of articles show evidences of similar problems globally(10-14). Henry et. al. reported a case of altered clinical picture of extensive *Tinea Corporis*(15). Related article was also reported by Sahu et. al.(16).

Probable mode of action of *Karanjateil*-

Karanjateil is mentioned in *Bhaishajya Ratnavali* in *Visarpa Chikitsa*. It possesses *Krumighna*, *Kandughna*, *Vranashodhaka* and *Vranaropaka* properties. All properties enable them to break *samprapti* by alleviating vitiated *dosha*. Local application causes smoothening action and oil enhances absorption of locally applied drugs and helps in relieving symptoms.

Conclusion:

Shodhana therapy in the form of *Vaman* followed by *Shamana Aushadhi* are more effective in the management of *Dadru*.

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Table no.1-Showing Dose, Route, *Kala* and *Anupana* of *Poorva karma* drugs

Name of medicine	Dose	Route	<i>Kala</i>	<i>Anupana</i>	No.of days
<i>Trikatuchurna</i>	3gm twice a day	Orally	Before meal	Lukewarm water	3 days
<i>Panchatiktaghrita</i>	30ml-1 st day 60ml-2 nd day 90ml-3 rd day 120ml-4 th day 160ml-5 th day 240ml-6 th day	Orally	Early morning (7 A.M)	Lukewarm water	6 days

Table no.2-Showing *Antiki*, *Vaigiki*, *Maniki*&*Laingiki*purifications.

Procedural summary	Measures
<i>Mainiki</i> (Measurement)Input	2500ml
Output	3600ml
<i>Antiki</i> (Procedural Result)	<i>PittantikVaman</i>
<i>Vegiki</i> (Total no. of vomitings)	6
<i>Laingiki</i> (Symptoms)	<i>Kaphachadrika</i> Present in vomitus & No bleeding was seen.

Table no.3-Showing list of *ShamanaAushadi* given to the patient

Sr.no	Treatment given	Dose with <i>Anupana</i>	Duration/ <i>Kala</i>
1	<i>PanchatiktaghritaGuggulu</i>	500mg twice a day with <i>Koshnajala</i>	15 days/after food
2	<i>GomutrasiddhaHaritaki</i>	5gms at night with <i>Koshnajala</i>	15 days/after food at night
3	S-kinpowder (Godavari Pharmacy)	Local application with <i>Gomutra</i>	Before bath
4	<i>Karanja teil</i>	Local application	2-3 times a day

Table no.4- Showing Gradation of subjective parameters.

Sr.no	Gradations	Grade 0	Grade 1	Grade 2	Grade 3
1	<i>Kandu</i>	Absent	Mild or Occasional Itching	Moderate or Frequent Itching	Severe Itching
2	<i>Utsanna mandala</i>	Absent	Mild elevated lesion	Moderate elevated lesion	Severe elevated lesion
3	<i>Pidikas</i>	Absent	1-3 eruptions	4-7 eruptions	> 7 eruptions

4. *Raaga*-Grade 0 - Absent
Grade 1 - Present

Table no.5- Showing Assessment done before, during and after treatment.

Gradations	On Day 0	OnDay 10	On Day 25
<i>Kandu</i>	3	2	0
<i>Utsanna mandala</i>	3	1	0
<i>Pidikas</i>	3	2	0
<i>Raaga</i>	1	1	0



Snehapana and Vaman



First follow up: Figure-2 -On day 10(After

Before Treatment: Figure-1- On day 0



Second follow up:Figure-3- On day 25(After *Shaman Aushadhi*)



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