

To study the efficacy of “Navkashaya” in the management of *dadru*.

Pranjal Vasudev Atre*¹ Hemant S. Paradkar² Anaya A. Pathrikar³

1. PG. Scholar,
2. Guide & Associate Professor,
3. HOD & Professor,

Department of Kayachikitsa,

APM's Ayurveda Mahavidyalaya Sion, Mumbai, Maharashtra, India

***Corresponding author: pranjalatre011@gmail.com**

ABSTRACT:

Dadru is one of the most common variety of *Kushtha* it affects the population of all age group and stands as a challenge to different medical systems in spite of many advances. *Dadru* is described in *Kshudra kushtha* by *acharya Charak* and in *Mahakushtha* by *Acharya Sushruta*. *Dadru* is a *Kapha-Pitta* Pradhan Vyadhi. The predominant symptoms of *dadru* are *Kandu*, *daha*, *Pidaka* and *Utsanna Mandala*. The management of *Dadru* includes *Shamana* and *Shodhana chikitsa* *Navkashaya* shown significant result in present study as *shaman chikitsa*. Present study was conducted on 30 diagnosed patients of *Dadru* in whom *Navkashaya* was given.

The ingredients of which are the drugs possessing *kleda Shodhana*, *krumighna*, *raktaprasadan* and *Kustaghna* properties. The results revealed significant effect of *Navkashaya* in various subjective parameters like *Kandu*, *Daha*, *Araktavarnata*, *pidaka* and number of *Mandala*. The effect of the drug also continued during follow up period of 28 days which suggested the sustained effect of the combination.

Key word: *Navkashaya*, *Kushtha*, *Mahagada*, *Araktavarnata*.

INTRODUCTION:

The patients of skin disease are additionally prone to experience physical, emotional & socio-economic

embarrassment in the society due to its disfigured appearance. All the skin diseases in Ayurveda have been classified under the broad heading of “*kushtha*” which are further categorized into *Mahakushtha* & *Kshudrakushtha*. *Kushtha* means degeneration of skin and other tissues and it gets deteriorate if neglected. *Aacharya Charaka* mentioned *dadru* in *kashudrakushtha*, and *Aacharya Shushruta* has mentioned *dadru* in *mahakushtha*. It is identified by its cardinal symptoms of *kandu* (itching), *Daha* (Burning sensation), *pidakas* (Eruptions), *Utsanna mandalas*. Incidence rate of *Dadru* gradually increasing day to day because of improper *Vihara* like uncleanliness of body, sharing cloths of others etc. so this type of *Dadru* considered as *Sankramika Vyadhi*. As per modern perspective *Dadru* disease can be correlated as “Superficial fungal infection of skin”. The most common dermatological manifestation affecting up to 15% of world’s population in all age group. In modern science, Superficial fungal infection (*Tinea*) is treated with topical or systemic antifungal, corticosteroids. Though highly effective, long-term usage of these can produce adverse effects. Ayurveda has many treatment strategies for such type of Disease among them I

choose *Navkashaya* as a shaman chikitsa in *Dadru*.

Aim: To study efficacy of *Navkashaya* in the Management of *Dadru*.

Objective: To study the effect of *Navkashaya* in *Dadru*.

Materials and Method: Total 30 patient having signs and symptoms of *Dadru* were selected from OPD of Kayachikitsa at APM’s Ayurved Mahavidyalaya, Sion, Mumbai.

Sample Size: 30 patients

Study Design: Open Randomized Controlled Clinical Study

Diagnostic criteria:

Patient will be diagnosed on the basis of classical signs and symptoms of *dadru kushtha*.

1. INCLUSION CRITERIA:

- Patients of both genders will be included.
- Patient having classical sign and symptoms of *Dadru*.

2. EXCLUSION CRITERIA:

- Pregnant women and lactating mothers.
- Serious systematic disorders like uncontrolled DM, CA of skin.

3. WITHDRAWAL CRITERIA:

1. Any adverse drug reaction seen in patient.

2. Patient loses two consecutive follow up.
3. Patient is not willing to continue in trial

TREATMENT DETAILS:

- **Drug:** *Navkashaya Kwatha.*
- **Contain:** *Navkashaya* contains *Triphala, Kutaki, Patol, nimba, Haridra, Vacha, Manjishtha.*
- **Preparation of Kashaya:** As mentioned in *Sharangdhar Samhita.*
- **Dose:** 40 ml
- **Kala:** Twice a day
- **Duration:** 28 days

MODE OF ACTION OF DRUG:

- **Triphala:** It has rasayana effect and helps in rejuvenation and nourishment of *dhatu* and helps in reducing *dhatudaurbalya*. It has properties like *dipana, pachana*, and *anulomana* in disease. It performs the function of *dhatugata mala shodhana* and excretion of waste products and *dushita kapha*.
- **Nimb:** *Tikta, katu, kashaya* rasa is responsible for *kleda Shodhana*, *tikta* rasa helps in purification of blood.
- **Patola:** The properties like *Varnya* help to reduced *twakadushti*, and

Katu vipaka of *patola* acts as *tvakaprasadana*.

- **Kutak:** *Tikta* rasa, *ruksha guna* and *katu vipaka* helps in *kleda shoshana vrana shodhana*.
- **Manjistha:** Mainly works on *raktavaha strotasa*. Due to its *tikta, kashaya, madhura* rasa and *ruksha* guna it causes *pachana* and *shamana* of *raktagata kaphapitta* and thus causes *raktaprasadana* effect.
- **Haridra:** *Tikta, katu* rasa helps in *pachana* of *rasagata dosa*, *tikta, katu* rasa and *katu vipaka* is responsible for *shodhana* of *kleda*.
- **Vacha:** The properties like *tikta, katu* rasa, *laghu, ruksha guna, usna virya* enhance the purification of wound and help in wound healing. It also included in *krumighna* gana.

SUBJECTIVE CRITERIA: following symptoms will be recorded

- *kandu* (Itching)
- *Daha* (burning)
- *Pidaka* (Eruption)
- *Araktavarnata* (Redness)
- *Twakadushti*

OBJECTIVE CRITERIA:

- Size of the lesion
- Number of lesions. (In specified area and body part.)

GRADATION FOR SUBJECTIVE PARAMETERS:

Sr. No	A) Kandu (Pruritus)	Grade
1	No itching	0
2	Occasionally mild itching	1
3	Mild itching	2
4	Moderate itching	3
5	Severe itching	4
6	Severe continuous itching	5

Sr. No	B) Daha (Burning Sensation):-	Grade
1	No Inflammation	0
2	Mild Inflammation	1
3	Moderate Inflammation	2
4	Severe Inflammation	4
5	Severe erythematous Inflammation with prominent erythematous base.	5

Sr. No	C) Pidaka (eruption)	Grade
1	No pidaka	0
2	1-3 pidaka	1
3	4-6 pidaka	2
4	>7 pidaka	3

Sr. No.	D) Arakta varnata (Color Changes): -	Grade
1	Normal skin colour	0
2	Pink Colour	1
3	Pinkish Red colour	2
4	Red Colour	3
5	Blackish Blue Colour	4
6	Violet Black Colour	5

Observation and Result:

Symptom	BT/AT	Pt	Mean	SD	W	P	S/NS
Kandu	BT	30	2.83	0.379	-4.782	<.00001	Significant
	AT	30	0.767	0.568			
Daha	BT	30	0.567	0.897	-2.665	<.05	Significant
	AT	30	0.033	0.183			

E) *Twakadushti*: It is calculated according to size of lesion of specific area trace on butter paper and counted that area with the help of graph paper.

GRADATION FOR OBJECTIVE PARAMETERS:

Sr. No	A) Size of Lesion	Grade
1	No lesion	0
2	<5cm ²	1
3	5-10cm ²	2
4	10-15cm ²	3
5	>15cm ²	4

Sr. No	B) No. of Lesions	Grade
1	No lesions	0
2	0-5 lesions	1
3	5-10 Lesions	2
4	10-20 Lesions	3
5	All over the body	4
6	All over the body, face & merged with each other.	5

<i>Pidaka</i>	<i>BT</i>	30	0.233	0.430	-2.201	<.05	<i>Significant</i>
	<i>AT</i>	30	0.033	0.182			
<i>Arakta Varnata</i>	<i>BT</i>	30	3.63	0.764	-4.782	<.00001	<i>Significant</i>
	<i>AT</i>	30	2	1.083			
Size of Mandala	<i>BT</i>	30	2.8	0.887	-4.285	<.00001	<i>Significant</i>
	<i>AT</i>	30	1.93	1.048			
No. of Mandala	<i>BT</i>	30	1.33	0.758	-2.665	<.05	<i>Significant</i>
	<i>AT</i>	30	0.967	0.556			

For *Kandu*, *Araktavarnata* and size of *Mandala*, the mean reduction in these symptoms after treatment is significant at P value<.00001 at 5% level of significance. For *Daha*, *Pidaka* and No. of *Mandala*, the mean reduction in both symptoms after treatment is significant at P value<.05. For *Twakdushti* the mean reduction in *twakadushti* after treatment is significant at p 0.00247.

Sr. No	Parameter		Mean	SD	T	Df	P value	Result
1	<i>Twak Dushti</i>	BT	38.07	25.004	-3.315	29	0.00247	Significant
		AT	31.85	7.797				
		Diff	6.216	10.27				
2	No. of <i>Mandala</i>	BT	4.367	3.961	-4.512	29	0.0001	Significant
		AT	3.2	2.796				
		Diff	1.167	1.416				

Sr. No.	SYMPTOMS	B.T.	A.T.	Relieved	%Relief
1	<i>Kandu</i>	85	23	62	72.94
2	<i>Daha</i>	17	1	16	94.12
3	<i>Pidaka</i>	7	1	6	85.71
4	<i>Araktavarnata</i>	109	60	49	44.95
5	Size of Lesion	84	58	26	30.95
6	No. of Lesion	40	29	11	27.5
	Average Relief				50.88%

Discussion:

In the present study, an attempt has been made to study the effect of *Navkashaya Kwatha* in 30 patients of *Dadru* disease with symptoms like *Kandu*, *Daha*, *Pidaka*, *Araktavarnata*, *Twakadushti*, and *Mandala* etc.

After treatment, the symptoms of *kandu* are relieved by 72.94%. The symptoms of *Daha* was relief by 94.12 %, The symptoms of *Pidaka* was relief by 85.71%, The symptoms of *Araktavarnata* was relief by 44.95 %, The symptoms of size of *mandala* was relief by 30.95% and relief in No. of *Mandala* was 27.5%. Total % relief in all symptoms was 50.88%

After a proper Treatment with *Navkashaya Kandu*, *Daha* and *pidaka* showed mark relief, the parameters like number of *Mandala*, size of *Mandala*, and *Araktavarnata* showed statistically low significant results.

The result of present study shows that out of 30 patients of *Navkashaya* 01(3.33%), 11(36.66%), 18(60%) patients got Marked, Moderate and mild result respectively.

CONCLUSION:

As in above study Symptoms of *Dadru* like *Kandu*, *daha*, *Pidaka* and *araktavarnata* reduced significantly after the treatment within 4 weeks. Hence

study has proven the efficacy of *Navkashaya* in *Dadru* by Statistical Data.

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