

**“Ayurvedic management of *dadru* w. s. r. to *tinea corporis*:
– a case study.”**

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ABSTRACT:

Ayurveda is the traditional, ancient Indian system of health science. Ayurveda is not only curative but also preventive science of life. In Ayurveda the word *kushta* is broad term which covers almost all skin disorders. Skin is the largest and important organ and outermost covering of body which is first protective barrier but very often it is exposed to many entity which can damage it and cause many skin disorders. Diagnosis and management of skin disease are a challenge for practitioners. *Dadru* is common clinical condition, which is considered under the broad heading of *kushta* & subtype of *Kshudrakushta*. *Dadru* can be correlated with *Tinea corporis* also known as fungal skin infection in modern medicine system. **Case:** A 39 years old female patient presented in outdoor wing of *kaychikitsa* department of L.k. Aurved Rugnalaya, Yavatmal with complaints of blakish-red discoularation with patches,

severe itching, anorexia etc. **Result & Conclusion:** The patient has given internally medication and externally oil for local application. The improvement provided by the therapy was assessed on the basis of gradation of signs and symptoms. The Itching, blackish- red discoloration has reduced and the Ayurvedic formulation was found effective and safe to the patient.

(**Keywords-** *dadru*, *kushta*, *Kshudrakushta*, skin, *tinea corporis*, fungal infection)

INTRODUCTION:

Skin the largest organ of the body, performs multiple important functions such as protection from external stimuli, regulation of heat, secretions, excretion formation of vitamin D, respiration, sensory perception, and immunological functions of body. In Ayurveda it is considered to be one among the five *buddhidriya*(sensory organs) which is responsible for *sparsh gyan*. It is also

considered the seat of *Bhrajak pitta*. In Ayurveda according to *Acharya Shushrut* there are seven layers of skin in which fourth and fifth layer is responsible for *kushta*. *Kushta* has been divided in two categories – *Mahakushta* and *Kshudrakushta*. Depending upon etiology they can be classified into various groups such as genetic, Infectious, allergic, autoimmune, traumatic, occupational, climatic etc. In recent years there has been a considerable increase in the incidence of skin problems. *Dadru* is described under the division *Khsudra kushta*. In *dadru* responsible *dosha's* for etiopathogenesis are *Pitta* and *Kapha dosha*. *Dadru* is a disease which is characterised by *Sakandu* (itching at the site of lesion), *raga* (redness over the skin), *pidika* (papule over lesion), *mandalmudgata* (circular patches with elevated edges on skin). The word *kushta* means which produces discoloration over skin. *Dadru* is classified as *Kshudrakushta* by *Acharya charak*, and *Mahakushta* by *Acharya Shushruta*. Ayurveda has better treatment and preparation in management in *dadru*.

METHOD :

CASE STUDY :

A 39 years old married female patient Name -XYZ, residing of Bhosa, Yavatmal comes with complaints of blackish-red discoloration and patches with severe itching all over the body since past 2 years has visited to kaychikitsa OPD of L. K. Ayurved Hospital Yavatmal and admitted at kaychikitsa ipd ward on date 01/09/2022 for further management and treatment.

HISTORY OF PRESENT ILLNESS :

Patient has developed the presenting complaints since 2 years for this she has taken allopathic treatment at outside from local practitioners but didn't get satisfactory result so she came to L. K. Ayurveda Hospital for management.

FAMILY HISTORY :

Husband and daughter has same complaints.

PAST HISTORY :

There was no any past h/o of HTN, DM, Asthma, Hypothyroidism, allergy.

CLINICAL EXAMINATION :

VITALS-

- BP- 130/80 mmhg
- PR-76/min,regular
- Spo2-97% on R.A.
- Temp.-97.2 of
- RR-16/min
- Wt.-55 KG
- आकृती- मध्यम
- मल- सम्यक
- मूत्र- सम्यक
- जिह्वा- साम
- स्पर्श- समशितोष्ण,रूक्षत्वक

LOCAL EXAMINATION :

- Reddish black papular, discoloration over hands ,legs and body.
- No discharge from the lesions.

INVESTIGATION :

HB- 9.6 gm%

Wbc-10,720/cumm

Eosinophils-7/cumm

Platelets-3,75,000/cumm

DIGNOSIS- From clinical features it was diagnosed as Dadru (tinia corporis).

DIAGNOSTIC ASSESMENT :

Assessment of *Dadru* was done on the basis of improvement in objective & Assessment criteria for Dadru :

subjective parameters such as changes in size of lesions, number of *pidika*, patches, reduction in frequency of *Kandu* & reduction in no. of lesions. The severity of the symptoms in the form of grading is mentioned in table.

Signs & symptoms	Grade-0	Grade-1	Grade-2	Grade-3
<i>Kandu</i>	Absent	Mild itching	Moderate itching	Severe itching
<i>Pidika</i>	Absent	1-3 pidika	4-6 pidika	>6
<i>Raga</i>	Normal skin colour	Faint normal	Blakish-red discoularation	Red colour
Size of <i>Mandala</i>	0	1-5 cm	6-10 cm	>10 cm

METHODS & MATERIAL :

METHOD: (1) Case study

(2) Centre -Kaychikitsa department of L.K. Ayurveda Rugnalaya, Yavatmal affiliated to D.M.M. Ayurved College Yavatmal.

MATERIAL:

SHAMAN CHIKITSA :

- (1) A combination powder form of
Kaishore Guggul -500 mg
Arogyavardhini vati-250 mg
Khadiradi vati -250 mg

Twice a day with Koshna Jal after meal.

(2) Mixture form of

सारिवा चुर्ण -1 gm

मंजिष्ठा चुर्ण-1 gm

हरिद्रा चुर्ण-1 gm

Twice a day with Jal after meal.

(3) स्वादिष्ट विरेचन चुर्ण- 3 gm at Nishikal with jal

(4) **Dermocare** oil + **Pruit** oil mix for Local application thrice a day.

TREATMENT FINDING :

Signs & Symptoms	Grade(Day-0)	Grade(Day-6)	Grade(Day-12)	Grade(Day-18)
<i>Kandu</i>	3	1	1	1
<i>Pidika</i>	0	0	0	0
<i>Raga</i>	2	2	1	1
<i>Madal Size</i>	3	2	0	0



Day -0

Day - 6



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J - RIN



Day- 12.

Day - 18

HETU :

AHAR- Mamsa sevan, Dadhi sevan ,Piclessevean daily,Lavana amla katu padarth sevan, paryushit ahara sevan

VIHAR- Atishram, aatapsevan

SAMPRAPTI GHATAK :

- *Dosha – Tridosha ,kapha & pitta pradhan*
- *Dushya – Ras, Rakt, Lasika*
- *Strotas- Rasvah, Raktvah, Annava*
- *Adhishtan- Twak*
- *Udbhavsthan- Sarvang twak*
- *Vyaktisthan- Sarvang twak*
- *Rogmarg- Bahya*

DISCUSSION :

In the above case depends on *nidan* and *lakshanas* this case was diagnosed as *dadru Kushta*. *Dadru* is *kapha* dominant disease, besides its *rasgata* manifestations the disease is of *bahya rogmarga* and involves *rasvaha* and *raktavaha strotasa*, *tridosha*(mainly *kapha*, *pitta pradhan*, *Twak* , *rakta* , *Lasika*, *sweda dushy's* and *twak adhishtana*. In *Samhita* repeated *shodhan* and *shaman* drugs having *kushtaghna*, *krumighna*, and *kandughna* properties are described for *kushta*. Along with this for better result, *Bahiparimarjan* chikitsa (local application) of drugs in the form of oils was also advised. In this patient has treated with internal medicines and external application of oils.

CONCLUSION :

The given Ayurveda formulation was found effective and safe in controlling signs and symptoms of *dadru*.

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