

CASE REPORT

Management of *Dadru Kushtha* through Ayurveda – A Case Report

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ABSTRACT

Skin being the largest and a protective covering of all our internal organs is susceptible to many harmful environmental factors causing different kinds of bacterial, viral, and fungal infections. All the skin diseases in *Ayurveda* have been classified into *Maha kushtha* and *Kshudra Kushtha*. *Dadru* is one among them. As per the modern perspective, “Superficial fungal infection of the skin” is the most common dermatological manifestation affecting up to 15% of the world’s population in all age groups. In present time, antifungal treatment is based on systemic and topical medications which may lead to many side effects and relapse too. Fungal infections are more demoralizing to the patients due to their appearance, recurrence, chronicity, and negative psychological impact. Keeping this fact in mind below mentioned study drafted to focuses on *Ayurvedic Shamana* and *Shodhan Chikitsa* in *Dadru Kushtha*. On the basis of signs and symptoms, we can correlate the *Dadru Kushtha* to Tinea Cruris. In This case report, a 67-year-old male patient came with complaints of *Dadru Kushtha*, which is closely similar to the presentation of Tinea Cruris infection. The present case showed significant improvement with *Ayurvedic Shodhan*, *Shaman*, and *Bahiparimarjan* (topical) *Chikitsa* in *Dadru*.

1. INTRODUCTION

In the present era, the incidence of skin diseases is also a big issue, especially in developing countries like India. The prevalence of skin disease among the general population in different geographic regions of India is 7.9–60% (various regions). All the skin diseases in *Ayurveda* have been classified under the broad heading of “*Kushtha*” which are further classified into *Mahakushtha* and *Kshudrakushta*. *Dadru* is explained as *Kshudrakushta* by *Acharya Charaka*. Whereas *Acharya Sushruta* and *Acharya Vagbhatta* explained it under *Mahakushtha*.^[1] *Dadru* is *Raktapradoshaja Vyadhi* having *Kapha* and *Pitta* dominance. The main *lakshana* of *Dadru* include *Kandu* (Itching), *Utsanna Mandala* (Elevated circular lesions), *Raaga* (Erythema), and *Pidaka* (Papule).^[2] The presentation of *Dadru* is very much similar with the features of Tinea infections such as erythema, pruritus, vesicle or papule, and circular or ring-like lesions spreading all over the body. Tinea Cruris is a fungal infection caused due to dermatophyte type of fungus affecting the thigh region and synonymic as Jock-Itch. It has a raised red bordered ring-like appearance which spreads in the inner thigh and is mostly itchy. The *Dadru Kushtha* can be correlated with

Tinea Cruris infection. This case study was planned to the management in *Dadru Kushtha* without any adverse effects.

2. MATERIALS AND METHODS

2.1. Case Report

A 67-year-old male patient came to skin OPD no 3, National Institute of Ayurveda, Jaipur, dated April 12, 2023, with chief complaints of (1) elevated ring-like patches over the lower abdomen, bilateral flanks, buttocks, and groin region, (2) severe itching at the patches that aggravate at night, (3) reddish gray discoloration of and around patches, (4) burning sensation and bleeding after itching, (5) scaling covered a major portion of the groin, abdomen, and buttocks since past 2 years but the symptoms exceedingly in past 1 month, then the patient decided to take *Ayurvedic* treatment from NIA, Jaipur. This case was managed with *Sodhana Chikitsa*, *Shamana Chikitsa*, and a local application.

2.2. General and Systemic Examination

On general and systemic examination, pallor, icterus, clubbing, cyanosis, and lymphadenopathy are absent and B.P. Respiratory rate and temperature were within the normal limit. Systemic examinations do not reveal any abnormality.

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2.3. Dermatological Examination

- Multiple circular reddish erythematous patches with some vesicular eruption over lower abdomen, bilateral flanks, buttocks, and groin region were found. These lesions were associated with the symptoms of severe itching (*Kandu*) and burning sensation (*Daha*)
- Color – Reddish Grey
- Odor – No odor
- Secretion – After Itching
- Elevation – Present
- Inflammation – Mild Inflammation
- Pain – Mild pain
- Itching – Severe.

2.3.1. Characters

The main *lakshana* of *Dadru* include *Kandu* (Itching), *Utsanna Mandala* (Elevated circular lesions), *Raaga* (Erythema), and *Pidaka* (Papule).

2.4. Samprapti Ghataka

- *Dosha-Pitta-Kapha Pradhan*
- *Dushya- Rasa, Rakta*
- *Srotasa-Raktavaha Srotas*
- *Sroto Dushti-Sanga*
- *Udhhavsthana-Amashaya*
- *VyaktiSthana-Udar, Sphik, Vankshan, Prastha.*

2.5. Ashtavidha Pariksha

- *Nadi* (Pulse)-86/min. (*Kapha-Vata*)
- *Mala* (Stool)-*Malavshimbha*
- *Mutra* (Urine)-Normal
- *Jeeva* (Tounge)-*Sama*
- *Agni-Agnimandhya*
- *Shabda* (Speech)-Normal
- *Sparsha* (Skin)-*Twakrukshata*
- *Drika* (Eyes)-Normal
- *Aakriti-Madhyama.*

2.6. Samprapti of Dadru Kustha

Dadru is caused by vitiation of *Pitta-Kapha Dosha* and *Dushya* involved are *Rasa, Rakta*. The *Srotas* affected are *Raktavaha Srotas* Samprapti are described in table 1 below.

2.7. Treatment

2.7.1. Sodhana chikitsa

According to *Astang Hridaya Virechana* is the best procedure to eliminate vitiated *Pitta Dosha*.^[3]

2.8. Virechana Karma

2.8.1. Purvakarma

- a. *Snehana karma* – *Snehana*^[4] was given with *Panchtikta Ghirta* daily by increasing manner 30–150 mL (50 mL, 70 mL, 90 mL, 110 mL, 130 mL, and 150 mL) up to emergence of manifestation of-“*Samyaka Snehana*” empty stomach.
- b. *Abhyanga* and *Swedana karma*-After the completion of the *Snehana* whole body *Abhyanga-Swedana* was advised.

2.8.2. Pradhankarma-Virechana^[5] Karma

Purgation was induced with *Tarunikusumakar Chura* (5 g) and *Eranda Tail* (100 mL) in early morning. After that, the patient was observed

for *Samyaka Virechana Lakshana*. After the completion of *Virechana*, *Sansarjana karma* was planned.

2.8.3. Pashchat Karma

Samsarjana karma is given after *Panchkarma* for *Agni Sandhukshan*. After completion of *Virechana Karma*, the patient was kept on *Sansarjana Karma* for 7 days considering the *Shuddhi* as *Madhyama Shuddhi*. After *Sansarjana Karma*, oral medication was given for the details medication are described in table 2 below.

3. OBSERVATIONS

The details about assessment criteria and grading are described in table 3 below.

Assesment before,during and after treatment are mentioned in table 4 below. Before treatment graduation of *Kandu* on grade 3 which reduced during second follow up. *Raaga* and *Mandala* was completely absent after third follow up.

4. RESULTS

A significant reduction was observed in *Kandu* (Itching), *Daha* (Burning), *Raaga* (Erythema), number and size of *Mandala* after treatment and after 2-month follow-up. Before treatment, all symptoms were present that persists during the first follow-up and reduced on 30 days and it was absent after completion of treatment (2 Month).

5. DISCUSSION

The present study was aimed to find a safe and effective method for the treatment of *Dadru*. As the disease involves *Pitta Kapha Dosha* and *Raktavaha Srotodusti* so on effort was made to pacify *Kapha* and *Pitta Dosha* as well as to purify *Dusta Rakta Dhatu*. *Virechana Karma* with *Tarunikusumakar churna* was chosen as *Shodhana Chikitsa* for *Shamana Chikitsa Mahatiktaka Ghrita, Haridra Khanda, Arogyavardhani Vati, etc.*, was chosen. A significant reduction was observed in *Raaga* (Erythema), *Kandu* (Itching), *Rookshata* (Dryness), *Pidika* (Papule), and *Daha* (Burning sensation), and significant improvement was observed in appetite and bowel habits. The mode of action of the prescribed drugs can be understood on the basis of the inherent properties of the drug.

5.1. Mode of Action

1. *Tarunikusumakar churna*: The major ingredients of *Tarunikusumakara churna*^[6] are *Sanaya* with *Kashaya, Katu, Tikta rasa, Ushna Virya, Katu Vipaka, and Laghu Tikshna Ruksha guna*. It has *Pittashodhaka, Raktashodhaka, Vatanulomaka, and Raktashodhaka* properties.^[7] This *Churna* has *Mridu Virechaka* (Purgative) property. It is given for *Malavibandha* (constipation); in this study, it is given for *Shodhana Chikitsa*.
2. *Eranda Tail*: *Eranda Tail* is most commonly used as a *Virechana* (Stimulant laxative) in *Ayurveda* for purposes of cleansing within the context of *Panchakarma*. It is mainly used in *Panchakarma* for pre-cleansing purposes, or *Panchakarma* treatment as a part of a purgation treatment protocol. *Eranda* has *Madhur Rasa, Madhur Vipaka, and Ushna Virya*^[8] with *Bhedana, Krimighna* (Vermicide), and *Kusthaghna Properties*.^[9]
3. *Mahatiktaka Ghrita*: ^[10] *Mahatiktaka Ghrita* is poly-herbal, medicated *Ayurvedic Ghee*. It is an alternative and tonic for health. *Mahatiktaka Ghrita* is indicated in various diseases. Its uses give relief in *Vrana, Raaga, Puyastrava, Kotha, Kandu, Pama*, and similar skin diseases. Due to its detoxifying properties,

- Mahatiktaka Ghrita* helps to flush out toxins from the body and it has a capacity to manage the diseases caused due to excessive *Pitta Dosha* and relief in *Dadru Kushtha*.
4. *Haridra Khanda*:^[11] As in *Haridra Khanda*, *Haridra* itself is the main ingredient, having the *Tridoshashamaka* property, anti-allergic, anti-inflammatory,^[12] etc., properties. It is useful for curing *Kandu*, *Visphota*, *Dadru*, *Sheetpitta*, *Kotha*, *Udarda*, etc. *Haridra* and other ingredients work efficiently for the skin as they are *Pitta-Kaphahara* in nature. With the use of *Haridrakhanda*, beneficial effects were seen on *Kandu*^[13] in *Dadru Kushtha*.
 5. *Arogyavardhani Vati*:^[14] Major ingredients of *Arogyavardhani Vati* are *Gandhaka*, *Triphala*, *Kutki*, and *Nimba*, which are versatile drugs for all types of skin diseases. *Triphala* is an anti-inflammatory agent.^[15] *Nimba* has antimicrobial^[16] property that may be helpful in shedding off the scales of the skin and preventing secondary infection. It is helpful in the *Pachana* (metabolism) of *Ama Visha* (toxins) and corrects vitiated *Rasa Dhatu* in the body. It is a herbomineral formulation mainly indicated in *Kushtha Roga*. Due to all these ingredients, it possesses *Pitta Virechan*, *Tridosha Shamaka*, *Deepan*, *Pachana*, *Kushthaghna*, and *Kandughna* properties.
 6. *Panchnimba Churna*:^[17] *Panchnimba Churna* is an Ayurvedic medicine prepared from medicinal herbs and *Lauha Bhasma*. It is indicated in the treatment of *Kushtha*. *Panchnimba Churna* has drugs such as *Nimba*, *Bakuchi*, *Aragawadha*, *Haridra*, *Chakramarda*, and *Bhallataka*^[18] that has *Rakta Prasadaka* and *Twak Doshahara* properties. In *Panchnimba Churna*, the main ingredient is *Nimba* which has *Tikta*, *Kashaya Rasa* and *Laghu*, and *Snigdha* properties by which *Pitta Shamaka* and *Kapha Shamaka* action can be observed and other contents have *Kushthaghna*^[19] and *Kandughna* properties.
 7. *Rasmanikya*:^[20] *Rasmanikya* pacifies excess *Vata* thus prevents in skin dehydration and sensitivity. Pacification of *Pitta Dosha* by *Rasmanikya* helps in breakouts and photosensitivity tolerance of the skin.^[21] It corrects aggravated *Kapha Dosha* and thus helps to maintain skin texture and tolerant to sun exposure. It removes *Ama* (toxins) accumulated under the skin.
 8. *Guduchi Churna*: *Guduchi* has *Pitta*-balancing properties that help in relieving skin irritation and promote a healthy, lustrous complexion. It has a unique and unusual set of energetics that make it beneficial for all three *Dosha* and especially balancing for *Vata* and *Pitta*. It is highly rich in anti-oxidants and one among the four *Medhya Rasayan*^[22] where its *Swarasa* is to be administrated to get all the benefits of *Rasayana*. Its *Rasa* is *Tikta*, *Kashaya Veerya* is *Ushna* and *Vipaka* is *Madhura*. *Guna* includes *Guru* and *Snigdha*.^[23] It balances *Tridosha* in the body and works to expel natural toxins from the liver and blood.
 9. *Vidang Churna*: *Vidanga* is a useful herb to manage worm infestation due to its *Krimighna* property and it helps to control skin diseases by reducing toxins from the blood due to its *Shodhan* (purification) property. Its *Rasa* is *Katu*, *Kashaya*, *Virya Ushna*, *Vipaka-Katu*, *Guna* is *Laghu*, *Ruksha*, and *Tikshna* so that it has *Raktashodhaka*, *Varnya*, *Kushthaghna*, *Kandughna*, and *Anulomaka* properties.^[24]
 10. *Khadiraristha*:^[25] According to *Ayurveda*, it generally works in diseases that occur due to the dominance of *Vata*, *Kapha*, or *Ama* conditions. It reduces *Ama* by digesting it and eliminating it. It also stops production of the toxins and their accumulation in the intestines. It directly works on the blood, detoxifies it, and digests *Ama* present in the blood. *Khadiraristha* has *Shothahara* (anti-inflammatory) and *Shodhana* (detoxification) properties, which help purify the blood and reduce various skin problems. It also

has *Krimighna* (Anti-worm) property which works to destroy the growth of *Krimi*.

11. *Triphala Churana*: *Triphala* is used for balancing all three *Dosha*. It has *Rasayana*, *Virechaka*, *Deepana*, *Pachana* *Sothhara*, and *Pramehshara* properties that may be helpful in curing *Dadru Roga*. It removes all toxins from the blood and purifies the skin.
12. *Brihad Mahamarichyadi Tail*:^[26] *Brihad Marichyadi Taila* is an Ayurvedic herbal oil which is used for treating skin diseases. It has *Kushthaghna* and *Kandughna* that help in curing skin diseases such as *Kandu*, *Kushtha*, and *Vicharchika*. This oil is only for external application.

6. CONCLUSION

Dadru is a contagious rigid skin disorder that can be correlated to *Tinea cruris*. The maintenance of hygiene is very important and not to be neglected during treatment. In the present study with *Shodhan* and *Shaman Chikitsa*, a remarkable reduction of the signs and symptoms (*Lakshana*) of *Dadru Kushtha* was observed. The treatment protocol was adopted for *Samprapti Bhedana* (to counteract the pathophysiology) where *Pitta-Kaphahara*, and *Rasayana*, along with *Kushthaghna* and *Kandughna Aushadhi* (medicines) were preferred. The adopted treatment method is safe, cost-effective, and has produced a significant outcome. No side effect was observed to establish this fact; further studies on large samples for a longer duration are required.

7. DECLARATION OF PATIENT CONSENT

The authors certify that they have obtained all appropriate patient consent forms. In the form, the patient has given her consent for her images and other clinical information to be reported in the journal. The patient understands that name and initials will not be published and due efforts will be made to conceal identity, but anonymity cannot be guaranteed.

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9. AUTHORS' CONTRIBUTIONS

All the authors contributed equally to the design and execution of the article.

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11. ETHICAL APPROVALS

The study is not required ethical permission as it is a case study.

12. CONFLICTS OF INTEREST

Nil.

13. DATA AVAILABILITY

This is an original manuscript, and all data are available for only review purposes from the principal investigators.

14. PUBLISHERS NOTE

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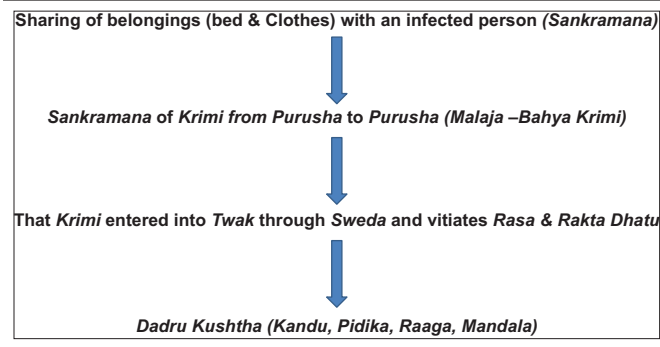
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Table 1: Samprapti of Dadru Kushtha**Table 2:** Shaman chikitsa

S. No.	Drug with dose	<i>Anupana</i>	Duration/time
1.	<i>Mahatikt ghrita</i> -10 mL	With Luke warm water	For 15 days TDS, Before Food
2.	<i>Haridra Khanda</i> -5 g	With Milk	For 15 days BD, Before Food
3.	<i>Arogyavardhani Vati</i> -500 mg <i>Panchnimba Churana</i> -2 g <i>Rasmanikya</i> -125 mg <i>Guduchi Churna</i> -500 mg <i>Vidanga Churna</i> -500 mg <i>Khadiraristha</i> -20 mL with water	With Luke warm water	For 15 days BD, After Food
4.	<i>Triphala Churna</i> -5 g	With Luke warm water	For 15 days HS, After Food
5.	<i>Brihad Marichyadi</i> tail	local application at sites of lesions	For 15 days, TDS, After Food

Table 3: Assessment criteria of *Dadru Kushtha* (Gradation)

<i>Lakshana</i> (Symptoms)	Grade 0	Grade 1	Grade 2	Grade 3
<i>Kandu</i> (Itching)	Absent	Mild or Occasional Itching	Moderate or Frequent Itching	Severe Itching
<i>Utsanna Mandala</i> (Elevated circular skin lesion)	Absent	Mild elevated lesion	Moderate elevated lesion	Severe elevated lesion
<i>Pidika</i> (Eruptions)	Absent	1–3 eruptions	4–7 eruptions	>7 eruptions
<i>Raaga</i> (Erythema)	Absent	Mild	Moderate	Severe

Table 4: Assessment before, during, and after treatment

<i>Lakshana</i> (Symptoms)	On Day 0	On Day 15	On Day 30	On Day45	On Day 60
<i>Kandu</i> (Itching)	3	3	2	1	1
<i>Utsanna Mandala</i> (Elevated circular skin lesion)	3	2	1	0	0
<i>Pidika</i> (Eruptions)	3	3	2	1	0
<i>Raaga</i> (Erythema)	3	3	1	0	0

First Day of Visit



First Follow up-



Second Follow up-



Third Follow up-



INVESTIGATION REPORT

