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 Kushta*. *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, Shamana*, 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 “*Kushta*” which are further classified into *Mahakushta* and *Kshudrakushta*. *Dadru* is explained as *Kshudrakushta* by Acharya Charaka. Whereas Acharya Sushruta and Acharya Vagbhata explained it under *Mahakushta*.[2] *Dadru* is *Raktapradoshajya Vyadhi* having *Kapha* and *Pitta* dominance. The main *lakshana* of *Dadru* include *Kandu* (Itching), *Utsanna Mandala* (Elevated circular lesions), *Raaga* (Erythema), and *Pidaka* (Papule).[3] 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 Kushta* can be correlated with *Tinea Cruris* infection. This case study was planned to the management in *Dadru Kushta* 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.
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 Mandal (Elevated circular lesions), Raaga (Erythema), and Pidaka (Papule).

2.4. Samprapti Ghataka
- Dosha-Pitta-Kapha Pradhan
- Dushya-Rasa, Rakta
- Srotasa-Raktavaha Srotas
- Srot Dushhi-Sanga
- Udghhavsthana-Amashaya
- Sparsha (Itching)
- Itching – Severe.
- Aakriti-Madhyama.

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

2.6. Samprapti of Dadru Kushtha
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 Asang Hridaya Virechana is the best procedure to eliminate vitiated Pitta Dosha.¹

2.8. Virechana Karma
2.8.1. Purvakarma
a. Snehana karma – Snehanā was given with Panchtikta Ghrita 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 Sneha” empty stomach.

b. Abhyanga and Swedana karma–After the completion of the Sneha whole body Abhyanga-Swedana was advised.

2.8.2. Pradhankarma-Virechana² 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
Sansarjana 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.

Assessment 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 completed absent after third follow up.

4. RESULTS
A significant reduction was observed in Kandu (Itching), Daha (Burning), Raaga (Erythema), number and size of Mandal 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 Srotodushti 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, Arogyavardhini Vati, etc., was chosen. A significant reduction was observed in Raaga (Erythema), Kandu (Itching), Rookshata (Dryness), Pedika (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 Tarunikusumakar churna³ are Sanaya with Kashaya, Katu, Tikta rasa, Ushna Virya, Katu Vipaka, and Laghu Tikshna Ruksha guna. It has Pittashodhaka, Raktashodhaka, Vatanulomaka, and Raktashodhaka properties.⁴ 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 Virya⁵ with Bhedana, Krimighna (Vermicide), and Kusthaghna Properties.⁶
3. Mahatiktaka Ghrita: 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: As in Haridraka Khanda, Haridra itself is the main ingredient, having the Tridoshashamaka property, anti-allergic, anti-inflammatory, etc., properties. It is useful for curing Kandu, Vipshota, Dadru, Sheetipitta, Kotha, Udardha, 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: Major ingredients of Arogyavardhini 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 herbo-mineral formulation mainly indicated in Kushtha Roga. Due to all these ingredients, it possesses Pitta Virechan, Tridosha Shama, Deepan, Pachana, Kushthagghna, and Kundughna properties.

6. Pancchnimba Churna: Pancchnimba Churna is an Ayurvedic medicine prepared from medicinal herbs and Lahu Bhasma. It is indicated in the treatment of Kushtha. Pancchnimba Churna has drugs such as Nimba, Bakuchi, Aroagawadha, Haridra, Chakramarda, and Bhillatak[18] that has Rakt Prasadaka and Twak Doshahara properties. In Pancchnimba Churna, the main ingredient is Nimba which has Tikta, Kashaya Rasa and Laghu, and Snigdh properties by which Pitta Shamaka and Kapha Shamaka action can be observed and other contents have Kushthaghna[19] and Kundughna properties.

7. Rasmanikya: 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.[20] 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 Rasayani[21] where its Swarasas is to be administrated to get all the benefits of Rasayana. Its Rasas is Tikta, Kashaya Veerya is Ushna and Vipaka is Madhura. Guna includes Guru and Snigdh[22]. It balances Tridoshas 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 Rasas is Katu, Kashaya, Virya Ushna, Vipaka-Katu, Guna is Laghu, Ruksha, and Tiksha so that it has Raktashodhaka, Varnya, Kushthagghna, Kundughna, and Anudomaka properties.[23]

10. Kadhairaristha: 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. Kadhairaristha has Shoothahara (anti-inflammatory) and Shodhan (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 Churan: 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 Mahamairichyadi Tail: Brihad Marichyadi Taila is an Ayurvedic herbal oil which is used for treating skin diseases. It has Kushthagna and Kundughna 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 Kundughna 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.

8. ACKNOWLEDGMENTS

Nil.

9. AUTHORS’ CONTRIBUTIONS

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

10. FUNDING

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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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REFERENCES


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Table 1: Samprapti of Dadru Kushtha

<table>
<thead>
<tr>
<th>Sharing of belongings (bed &amp; Clothes) with an infected person (Sankramana)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sankramana of Krimi from Purusha to Purusha (Malaja –Bahya Krimi)</td>
</tr>
<tr>
<td>That Krimi entered into Twak through Sweda and vitiates Rasa &amp; Rakt Dhatu</td>
</tr>
<tr>
<td>Dadru Kushtha (Kandu, Pidika, Raaga, Mandala)</td>
</tr>
</tbody>
</table>

Table 2: Shaman chikitsa

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

Table 3: Assessment criteria of Dadru Kushtha (Gradation)

<table>
<thead>
<tr>
<th>Lakshana (Symptoms)</th>
<th>Grade 0</th>
<th>Grade 1</th>
<th>Grade 2</th>
<th>Grade 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kandu (Itching)</td>
<td>Absent</td>
<td>Mild or Occasional Itching</td>
<td>Moderate or Frequent Itching</td>
<td>Severe Itching</td>
</tr>
<tr>
<td>Utsanna Mandala (Elevated circular skin lesion)</td>
<td>Absent</td>
<td>Mild elevated lesion</td>
<td>Moderate elevated lesion</td>
<td>Severe elevated lesion</td>
</tr>
<tr>
<td>Pidika (Eruptions)</td>
<td>Absent</td>
<td>1–3 eruptions</td>
<td>4–7 eruptions</td>
<td>&gt;7 eruptions</td>
</tr>
<tr>
<td>Raaga (Erythema)</td>
<td>Absent</td>
<td>Mild</td>
<td>Moderate</td>
<td>Severe</td>
</tr>
</tbody>
</table>

Table 4: Assessment before, during, and after treatment

<table>
<thead>
<tr>
<th>Lakshana (Symptoms)</th>
<th>On Day 0</th>
<th>On Day 15</th>
<th>On Day 30</th>
<th>On Day 45</th>
<th>On Day 60</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kandu (Itching)</td>
<td>3</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Utsanna Mandala (Elevated circular skin lesion)</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Pidika (Eruptions)</td>
<td>3</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Raaga (Erythema)</td>
<td>3</td>
<td>3</td>
<td>1</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>
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