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THE MANAGEMENT OF DADRU KUSHTHA W.S.R TO TINEA WITH AYURVEDA: A CASE STUDY

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Abstract: From head to toe, the skin is constantly working to prevent infection and disease in body by preventing viruses and microorganisms from entering. Thus, keeping skin healthy is important task. Still due to various conditions, skin disorders occur. Tinea amongst all the skin disorders is the difficult to cure as it always has recurrence and also very obstinate. In regardless of quite excellent treatment options in modern medicine, it bubbles up again when medication stops. *Ayurveda* has given health solutions to mankind since the ancient time. Tinea is fungal infection resembles with *Dadru* in *Ayurveda*. Patient of *Dadru* presented with elevated irregular ring like patches with severe itching, redness/discoloration and burning sensation at the face, groin and buttock region since 3 years. He has already taken modern medicine but there was recurrence. Patient treated with *Bilvadi Gutika*, *Arogyavardhini Vati*, *Kushthaghna Mahakshay Vati*, *Vidang Churna* internally and *Triphalakwath*, cutis ointment for external application on OPD level and got relief. *Dardru* score was reduced from 18 to 5. During treatment no complaints observed with *Ayurvedic* therapy.

Keywords: *Dadru*; tinea; *Bilvadi gutika*; ringworm; *Kushthaghna mahakshay*;

I. INTRODUCTION:

A healthy skin reflects the health of the individual. Skin is the largest organ of the human body, and it is the only organ that can be seen outside the body. Now in a time when looking good has become very important to most people, it's a very significant aspect to maintain skin healthy. Sometimes due to poor hygienic conditions, humid temperature, pollution and poor sanitization, infections on the skin may occur, it seems to be a concern as it may lead to psychological disturbances like anger, stress, depression and confidence often falls. And therefore, keeping your skin healthy has become a critical concern. Tinea of all skin disorders is the most wretched and widespread skin disorder that affects people of any age. According to *Ayurveda*, skin diseases were categorized under the heading of *Kushtha*. In conventional dermatology, *Dadru Kushtha* can be alluded to as Ringworm/Tinea. Types of infection are typically referred to for the affected body Parts-Tinea corporis or Ring worm (general skin), Tinea Cruris or Jock itch (groin), Tinea onychomycosis (nails), Tinea capitis (ring worm of scalp).

Dadru is *Pitta Kapha Pradhan Vyadhi*¹, it may be diagnosed with symptoms such as severe itching (*Kandu*), erythema (*Raga*), exanthema, and discolored lesions (*Pidika*) with elevated borders (*Utssanamandal*)². There are actually a variety of allopathic drugs, such as Antifungal and Anti Histaminic, used for the treatment of fungal infection. In such cases, however, recurrence is also seen. Since time immemorial, *Ayurveda* has helped humans conquer physical and mental ailments. There are also several medicines mentioned in *Ayurveda* for the treatment of *Kushtha Rog*. Some of them are used to treat the situation in the present case analysis. Following the use of allopathic drugs, recurrence has been seen in the current patient.

II. AIMS AND OBJECTIVES:

To provide the safe and effective treatment for patients of *Dadru*.

MATERIAL AND METHODS:

OPD no: 25 of National institute of Ayurveda- Jaipur, Rajasthan

III. CASE REPORT:

Present history: a 38 years old male patient visited to OPD No. 25 on 03/11/2020 with chief complaints of elevated irregular ring like patches with severe itching, redness/discoloration and burning sensation at the face, groin and buttock region.

Patient had above complaints for 3 months.

Patient already took oral and local antifungal modern medicines which got him relief from itching for time being but after quitting the medicine the patches reappeared with increased discoloration/redness. Then patient came to the OPD for *Ayurvedic* treatment.

No history of any systemic illness.

Table 1: Personal history:

S.no:	Feature	
1.	Name	Abc
2.	Age	38
3.	Sex	M
4.	Marital status	Married
5.	Occupation	Mason
6.	Appetite	Poor
9.	Sleep	Disturbed due to itching
10.	B.P	110/80 mm of hg
11.	Weight	65kg
12.	Height	5'8"
13.	Tongue	Coated

Table 2: Asthavidha pariksha³

s.no	Feature	
1.	<i>Nadi</i>	<i>Vata-paitik</i>
2.	<i>Mala</i>	<i>Samanyamatra, varna, gandha, pravriti and Nirama prakriti</i>
3.	<i>Mutra</i>	<i>SamanyaMatra, gandha, varan and prakriti</i>
4.	<i>Jihva</i>	<i>Sama</i>
5.	<i>Shabda</i>	<i>Spashta</i>
6.	<i>Sparsha</i>	<i>Rooksha, khara</i>
7.	<i>Drika</i>	<i>Shyavta</i>
8.	<i>Akriti</i>	<i>Krishha</i>

Table 3: Local examination:

s.no:	Feature	
1.	Lesion Site	Right side of neck involving chin, lower part of buttocks involving some region of posterior thighs, groin region involving abdomen below navel.
2.	Distribution	Asymmetrical
3.	Number	5
4.	Colour	<i>Atasipushpa varna</i> (reddish brown)
5.	Borders and shape	Poorly demarcated borders and Irregular shapes in neck and abdomen region, half-moon shaped in groin region
6.	Surface features	Scaly, crusts, dull, elevated
7.	Type of lesion	Patch
8.	Flat vs raised	Raised

Table 4: Criteria for gradation table⁴:

s.no:	Feature	0	1	2	3
1.	<i>Kandu</i>	No itching	Mild itching	Moderate itching	Severe itching
2.	<i>Raga</i>	Normal skin colour	Mild red colour	Moderate red colour	Dark brown colour
3.	<i>Mandal</i>	No mandal	1 to 3 mandal	4 to 6 mandal	More than 6 mandal
4.	<i>Size of mandal</i>	-	Less than 5 cm	5 to 10 cm	More than 10 cm
5.	<i>No: of pidika</i>	No Pidika	1 to 3	4 to 6	More than 6
6.	<i>Daha</i>	Absent	Occasionally	Whole day continuous	Disrupts sleep
7.	<i>Rookshtha</i>	Absent	Whitening of skin	Scaling of skin	Cracking of skin

Diagnosis: *Dadru Kushta*

Plan of treatment: Patient was treated on OPD basis.

Treatment given: following treatment in table 6 was given to the patient.

Table 5:

S.no	Med	Dose	Interval	Time	Route of administration	Anupan
1.	<i>Bilvadiagad Gutika</i>	500mg	BD*	After meals	Oral	<i>Koshanjala</i>
2.	<i>Kushtaghna Mahakshay Vati</i>	500mg	BD	After meals	Oral	<i>Koshanjala</i>
3.	<i>Arogyavardhini Vati</i>	250 mg	BD	Before meals	Oral	<i>Koshanjala</i>
4.	<i>Vidang Churna</i>	3 gm	BD	After meals	Oral	<i>Koshanjala</i>
5.	<i>Triphala Kwath</i>	-	BD	-	Local wash	-
6.	Cutis cream	-	BD	-	Local application	-

*Bilvadiagadgutika*⁵, 500mg bias a day with lukewarm water after meals was given along with *Kushthaghna mahakashay vati*⁶, that is *Khadira*, *Haritaki*, *Amlaki*, *Van Haridra*, *Bhallatak*, *Saptaparna*, *Aaragwadh*, *Karweer*, *Vidanga*, *Jaati* all which were collected in equal quantity in powder form which is 7 times

trituration by decoction of *Kushthaghna Mahakashay* drugs and after 7 times trituration tablet formed in dose of 500 mg was given after meals with luke warm water. *Arogyavardhini vati*⁷, 250 mg with luke warm water was advised thrice a day before meals, *Vidangchurna*⁸, 3gm was given after meals with luke warm water. *Triphala kwath*⁹ was given in which contents were taken in equal proportion, *Amalaki* (*Phyllanthus emblica*), *Haritaki* (*Terminalia chebula*), *Bibhitak* (*Terminalia bellirica*) were added with water in 1:8 proportions and boiled till ¼ part remains behind was used for wash locally. Cutis cream¹⁰ was advised to be applied locally after washing and cleaning both times a day.

Duration of the course was 1 month and follow up was 15 days.

Pathya Apathya:

1. Patient was advised to avoid oily, fried, spicy, junk, heavy food including curd, milk, and non-vegetarian diet.
2. Maintenance of local hygiene by washing the parts twice a day, keeping it dry and wearing cotton and loose-fitting clothes. Patient was also advised to sleep without undergarments to avoid rubbing of the surface in groin.
3. Day time sleep was advised to be avoided.
4. Cow ghee was advised twice a day in the diet to pacify the *Rookshata*.

IV. OBSERVATION: Observations were recorded before, on 15th day and after the treatment on the above scale basis given in table:

Table: 8

s.no	Features	Before Treatment	A/T (First follow up)	A/T (Second follow up)
1.	<i>Kandu</i>	3	1	0
2.	<i>Raga</i>	3	2	1
3.	<i>Pidika</i>	2	1	1
4.	<i>No. of Mandal</i>	3	2	1
5.	Area of lesion	3	2	1
6.	<i>Daha</i>	1	0	0
7.	<i>Rookshata</i>	3	1	1

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 30 that is after completion of treatment. Before treatment Gradation of *Raag* (Erythema) was 3 which reduced to 2 during first follow up and it was 1 day 30 that is after completion of treatment. Before treatment Gradation of *Pidika* was 2 which reduced to 1 during first follow up and it was 1 on day 30 that is after completion of treatment. Before treatment Gradation of *Utsanna Mandala* was 3 which reduced to 2 during first follow up and it was 1 on day 30 that is after completion of treatment. Before treatment Gradation of area of lesion was 3 which reduced to 2 during first follow up and it was 1 on day 30 that is after completion of treatment. Before treatment Gradation of *Daha* was 1 which reduced to 0 during first follow up and it was absent on day 30 that is after completion of treatment. Before treatment Gradation of *Rookshata* was 3 which reduced to 1 during first follow up and it was 1 on day 30 that is after completion of treatment.

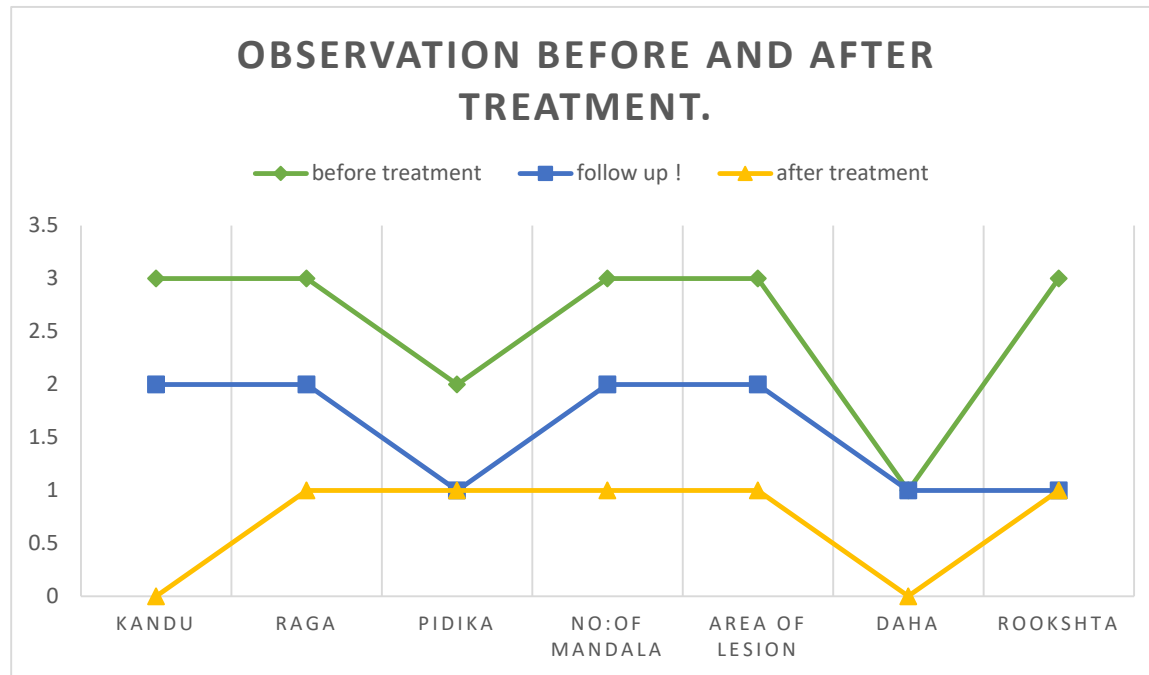
Observation graph:**Figure Before and After Treatment:**

Fig -1	Before Treatment	After Treatment
		
	Lesion at the inner thigh region before treatment	Lesion at the inner thigh region after treatment.
Fig -2		
	Lesion at the buttock region before treatment	Lesion at the buttock region after treatment

Fig -3



Lesion at the neck and face before treatment



Lesion at the neck and face after treatment

V. DISCUSSION:

According to *Acharya Charak* and *Vagbhata*, *Dadru* is *Pitta-Kapha pradhan* (predominance) skin disease, while according to *Acharya Sushruta* it is *Kaphapradhan*. But clinical features mimics with both *Pittaj* as well as *Kaphaj* like redness, *Daha*, and *Kandu* respectively. Sometimes the patient may appear with *Pittaj* predominance symptoms along with *Kandu* and sometimes patient may present with *Kaphaj* predominance symptoms along with *Daha* while sometimes patient presents with both. Like *Ekadash Kushtha* patients of *Dadru* also have vitiatins of *Saptadhatu*,¹¹ and citation of *Raktvaha Srotas*. In *Ayurveda Shodhana* Procedure and *Shamana Chikitsa* is recommended along with drugs having *Kushtaghna*, *Krumighna* and *Kandughna* properties, along with *Bahiparimarjana Chikitsa* (local application) in the form of *Lepa* and oil.

Bilvadi Agad is reference of *AshtangHruday*¹² comprises the effect in versatile infective-non infective condition like *Visuchika*, *Jwar*, *Gara Visha*, various poisonous conditions including venomous bites and cumulative poisons either sources from animate, inanimate or artificial causes skin disorders due to accumulation of poisonous wastes within the body. *Bilvadi Agad* plays an important role in counteracting the causative factors in management of *Dadru*. As skin has vitiated and prone to the fungal infection like *tinea* get chances to grow in the areas of *Sthansamshraya*.

Kushthaghna Mahakshay having ingredients *Khadira*, *Haritaki*, *Aamlaki*, *Van Haridra*, *Bhallatak*, *Saptaparna*, *Aaragwadh*, *Karweer*, *Vidanga*, *Jaati* plays important role in pacifying the skin disorders as these drugs have *Vishaghna*, *Kandughna* and *Kushtaghna* properties.

Arogyavardhini Vati is a herbo-mineral formulation primarily indicated in *Kushtaroga*. *Kutaki*, *Tamra* in *Arogyavardhini* acts as *Pitta Virechan* and thus causes *Raktashudhi* as *Pitta* and *Rakta* have *Asharay Ashrayi Sambhandh*.

Vidanga churna have *krimighna* properties which acts as anthelmintic and anti-microbial in nature.

Triphalakwath used as the local wash possess anti-microbial, *Kandughna* as well as *Kushthaghna* properties.

Cutis ointment application given to the patient after the wash with *Triphala kwath* plays important role in subsiding the fungal infection locally.

VI. CONCLUSION:

Dadru in its acute as well as chronic state is troublesome to the human beings physically as well as mentally as itching and other symptoms continue all the time throughout the day. *Ayurvedic* is a medical science which gives permanent cure by using the internal medicine and external medicine having properties of *Kushthaghna*, *Kandughna* and *Krimighna* could help treating the patient of *Dadru* in safe and effective way.

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