



Efficacy Of Guduchi And Patola In The Management Of Dadru Kushta: A Randomized Controlled Trial"

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Abstract:

This randomized controlled trial (RCT) aimed to evaluate the efficacy of Guduchi (*Tinospora cordifolia*) and Patola (*Trichosanthus dioica*) in treating Dadru Kushta (Tinea infection). Forty patients diagnosed with Dadru Kushta were randomly allocated into two groups: Group A received Guduchi treatment, and Group B received Patola treatment. The study followed ethical guidelines, including obtaining informed consent and approval from the institutional review board. Both subjective and objective parameters were assessed before and after treatment. Statistical analysis revealed significant improvements in symptoms in both groups post-treatment, indicating the efficacy of Guduchi and Patola in managing Dadru Kushta

Introduction

Dadru Kushta, also known as Tinea infection, is a common dermatological condition characterized by itching, redness, and raised lesions. Conventional treatments often include antifungal medications, but their efficacy and side effects warrant exploration of alternative therapies. Herbal drugs have gained attention for their potential therapeutic benefits with fewer adverse effects. This study aims to investigate the efficacy of Guduchi and Patola, traditional herbal remedies, in managing Dadru Kushta

Methods

This RCT enrolled 40 patients diagnosed with Dadru Kuṣṭha from outpatient dermatology clinics. Patients were randomly assigned to either Group A (Guduchi treatment) or Group B (Patola treatment) using computer-generated randomization. The study protocol was approved by the institutional review board, and informed consent was obtained from all participants. Patients were assessed for subjective symptoms (itching, burning sensation) and objective parameters (redness, raised edges, number, and size of lesions) before and after the treatment period. Statistical analysis was performed using appropriate tests to compare pre- and post-treatment outcomes within and between groups.

Results

Both Guduchi and Patola treatments demonstrated significant improvements in subjective and objective parameters of Dadru Kushta Patients in both groups reported reduced itching and burning sensations, along with decreased redness and size of lesions post-treatment. Statistical analysis confirmed the efficacy of both herbal drugs in managing Dadru Kuṣṭha, with no significant differences between the two groups.

Discussion

The findings of this study support the efficacy of Guduchi and Patola in treating Dadru Kushta. These herbal remedies offer a promising alternative to conventional antifungal medications, with fewer adverse effects. The mechanisms of action of Guduchi and Patola warrant further investigation to elucidate their therapeutic benefits fully. Additionally, long-term studies are needed to evaluate the sustainability of treatment outcomes and potential relapse rates.

Conclusion

This RCT provides evidence of the efficacy of Guduchi and Patola in managing Dadru Kushta. These herbal drugs offer a safe and effective alternative for patients with Tinea infections, with significant improvements in symptomatology observed post-treatment. Further research is warranted to explore the underlying mechanisms and long-term effects of Guduchi and Patola treatment in Dadru Kuṣṭha management.

Keywords: Guduchi, Patola, Dadru Kuṣṭha, Tinea infection., Randomized controlled trial.