

Management of *DadruKustha* through *Virechana Karma* followed by *Shamana Chikitsa*: A Case Report

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Purpose: It is estimated that about 10 to 15% of individuals are contaminated with dermatophytes at some point in their life and thus suffering called Dermatophytosis. In India, 1-12 cases out of every 1000 patients are found to be affected with this type of fungal infection. All the skin diseases in *Ayurveda* have been classified under the broad heading of '*Kushtha*' which are further classified into *Mahakushta* and *Kshudrakushta*. *Acharya Charaka* has included *Dadru* in *Kshudrakushta*, whereas *Acharya Sushruta* and *Acharya Vagbhata* has explained it under *Mahakushta*. The main *Lakshanas* of *Dadru* include *Kandu* (Itching), *Utsanna* (elevated circular lesions), *Mandala* (Circular Patches), *Raaga* (Erythema) and *Pidakas* (Papule). **Materials & method:** A 47 yrs. old female patient came with complaints of round and reddish patches over abdominal region, chest, axilla, inguinal region with severe itching for 1 year. She was treated with *Virechana Karma*; *Shodhanartha Snehapana* with *Goghrita* (4 days), *Sarvanga Abhyanga* & *Sarvanga Bashpaswedana* (4 days), *Virechana* with *Trivruttavaleha*. *Shamana Chikitsa* with *Laghumanjisthadi Kwatha* 30 ml BD internally and *Dadruvidravana Malhara* for external application given for 28 days. **Result:** After completion of treatment, significant improvement was observed in parameters like *Kandu* (itching), *Utsanna* (elevated circular lesions), *Mandala* (Circular Patches), *Raaga* (Erythema) and *Pidakas* (Papule). **Conclusion:** From this case study it can be concluded that ayurvedic treatment is effective in management of chronic cases of *DadruKustha*.

Keywords: *Dadru*, *Virechana Karma*, *Shamana Chikitsa*

Introduction:

The skin is the largest organ of the body that is readily available for inspections by the eyes & fingers of every person. Nowadays skin diseases are very common. The patients always experience physical, emotional & socio-economic embarrassment in the society.

All the skin diseases in *Ayurveda* have been classified under the broad heading of '*Kushtha*' which are further categorized into *Mahakushta* & *Kshudrakushta*. *Kushtha* is *Tridoshaja Vyadhi*ⁱ. According to *Acharya Charaka* & *Acharya Vagbhata*, *Dadru* is *Pitta Kaphapradhanavyadhi*ⁱⁱ and according to *Acharya Sushruta*, *Kapha Pradhana Vyadhi*ⁱⁱⁱ.

1. *Acharya Sushruta* describes the colour of the lesions in *Dadru* more specifically like that of copper or the flower of *Atasi* and mentions that *Pidaka* are in the forms of *Parimandala* having spreading nature (*visarpanshila*) but slow in progress or chronic in nature (*chirrottham*) with *Kandu*.
2. *Acharya Charaka* has depicted *Dadru* as a *Kshudrakushta*. As per his definition, the reddish coloured *Pidaka* in the form of *Mandala* with elevated borders and itching is known as *Dadru*.

3. *Acharya Vagbhata* mentions that it is *DurvavatDeerghaPratana*, having colour like that flower of *Atasi* and itching and spreads following one lesion by another (*Anushangini*) *DurvavatDeerghaPratana* may indicate towards the spore forming nature of the fungus on getting favourable environment may start spreading.

The superficial fungal infections of the skin include the following diseases: Pityriasis versicolor, Tinea corporis, Tinea cruris, Tinea pedis, Tinea mannum, Tinea capitis, Tinea unguium, Tinea incognito, Candidiasis.

Most of the Modern Medical texts have cited the following factors as aetiological factor of superficial fungal infections of the skin.

- Warm and humid climate
- Excessive sweating
- Hydration of skin over long period.
- Unhygienic living conditions
- Living in polluted environment
- Wearing clothes immediately after bathing
- Immunodeficiency
- Prolonged use of systemic steroids

All the above factors help the mycoflora to thrive and flourish well enough in strength to manifest the pathological symptoms.

Prevalence: -

Dermatophytosis is estimated that about 10 to 15% of individuals are contaminated with dermatophytes at some point in their life^{iv}. According to data from the World Health Organization (WHO), dermatophytosis affect about 25% of the world population and 30 to 70% of adults are asymptomatic carriers of these diseases^v. In India, 1-12 cases out of every 1000 patients are found to be affected with this type of fungal infection.^{vi}

Case Report:

A 47 years old female came to Panchakarma OPD of I.T.R.A., Jamnagar with following symptoms for last 1 year:

- Round patches with severe itching over abdominal region, chest, axilla, inguinal region.
- Redness over patches.
- Burning sensation after itching.

History of present Illness: The patient was alright 1 year back, after then she slowly developed round, reddish lesions over abdomen, chest, axilla, inguinal region with severe itching and burning sensation (after itching). She has taken allopathic medicines but she did not get any relief in above symptoms. So, she came to our hospital for better management.

Past History:

H/O Hysterectomy in 2012

No history of Diabetes mellitus, Hypertension, Hypothyroidism, Asthma, Liver diseases.

Family History: Mother- Diabetes mellitus, Hypertension

Father- Hypertension

Personal History:

Dietary habits revealed excessive use of *Amla*, *Lavana*, *KatuRasa* and *Viruddhaahara* (Milk + *Bhakhari*). Regular bowel habits, sleep-sound, day time sleep -1-1.5 hrs, no history of any addiction.

DashvidhaPariksha:

1. *Prakruti: KaphaPittaja*
2. *Vikruti: Hetu: excessive use of Amla, Lavana, KatuRasa and ViruddhaAhara, Divaswap*

Dosha:Kapha, Pitta

Dooshya:Tvak, Rakta, Lasika, Ambu

Desha:Anoopa

Kala:Ushna (Grishmaritu)

Bala:Madhyama

3. *Sara:Madhyama*
4. *Pramana:Madhyama*
5. *Samhanana:Madhyama*
6. *Satmya:Pravara*
7. *Satva:Madhyama*
8. *VyayamaShakti:Madhyama*
9. *AharaShakti:Madhyama*
10. *Vaya:Madhyama*

General Examination:

Pallor-Absent, Icterus-Absent, Cyanosis-Absent, Clubbing-Absent, Lymph Nodes-Not palpable, Oedema-Absent

Local Examination:

Irregular marginated, reddish& well demarcated patches over abdominal region, chest, axilla, inguinal region.

Lab Investigations:

FBS- 147 mg/dL, PPBS- 184 mg/Dl

Haemoglobin: 12.6 Gms%

Total R.B.C.: 4.47 mill/c.mm

Total W. B. C.: 8180 /cu mm

Platelet Count: 362000 /cu.mm

Differential Count

Neutrophils: 53.6 %

Lymphocytes: 33.5 %

Eosinophils: 8.4 %

Monocytes: 3.5 %

Basophils: 1.0 %
 Absolute Eosinophil Count: 687.12 /uL
 Blood Indices
 P. C. V: 38.7 %
 M. C. V.: 86.6 fl
 M.C.H: 28.2 pg
 M. C. H. C: 32.6 %
 R.D.W: 11.8 %
 E.S.R.(Westergren Method) After one hour: 22 mm

URINE ANALYSIS

Colour: Pale yellow
 Transparency: Clear
 Reaction: Acidic
 Sediment: Absent
 Chemical Examination
 Albumin: Absent
 Sugar: Absent
 Microscopic Examination
 Pus Cells: Absent /h.p.f
 Red blood Cells: Absent /h.p.f
 Epithelial Cells: 1-2 /h.p.f
 Amorphous: Absent /h.p.f
 Crystals: Absent /h.p.f
 Casts: Absent /h.p.f
 Bacteria: Absent /h.p.f
 Fungus: Absent /h.p.f
 Trichomonas: Absent

Diagnosis: After history and examination she was diagnosed with *Dadru*.

Treatment:

| | <i>Karma</i> | Drug & Dose | Duration |
|----|------------------------------|---|----------|
| 1. | <i>Deepana, Pachana</i> | <i>VaishvanaraChurna</i> 3gms/BD with luke warm water before meal | 7 days |
| 2. | <i>ShodhanarthSnehapana</i> | <i>Go Ghrita</i> (Cow's Ghee) (30ml, 60ml, 90ml, 120ml) | 4 days |
| 3. | <i>Sarvanga Abhyanga</i> | <i>BalaOil</i> (<i>Sida cordifolia</i>) | 4 days |
| 4. | <i>SarvangaBashpaSwedana</i> | - | 4 days |
| 5. | <i>Virechana Karma</i> | <i>Trivruttavaleha</i> 180 gm with <i>Ushnodakaat</i> 11:20am | 1 day |
| 6. | <i>Samsarjana Krama</i> | - | 5 days |
| 7. | a. <i>Lepa</i> | <i>DadruvidravanaMalhara</i> ^{vii} (External application BD) | 28 days |
| | b. <i>Kwatha</i> | <i>LaghumanjsthadiKwatha</i> ^{viii} (40ml BD Empty stomach) | |

VirechanaVegiki: 20

Aantiki: Kaphanta

Laingiki: Vit-Pitta-Kapha-Vata sequence, Laghutva

Follow up and Outcome:

After completion of treatment there was marked improvement in sign and symptoms i.e., *Kandu* (Itching), *Raga* (Erythma) and *Mandala* (Round lesions).

No any *Vyapada* during full course of treatment and during follow up was seen.

CRITERIA FOR ASSESSMENT^{ix}: -

1. KANDU

| | |
|---|---|
| No <i>Kandu</i> | 0 |
| <i>IshatKandu</i> Mild Itching: Which comes occasionally, does not disturb the mind, duration is 2/3 min; usually scratching is not required | 1 |
| <i>Bahu Kandu</i> Moderate Itching: Which occurs frequently disturb the mind, lasts for longer time, scratching every time is essential, recurs, 3/4 time in 12 hours. | 2 |
| <i>UgraKandu</i> Severe Itching: Frequently occurs, the disturb mind & sleep, lasts for 20/30 min, scratching very essential, recurs 8/10 times in 12 hours | 3 |
| <i>UgraKandu</i> : Continuous itching, scratching marks present on body, drastically disturbs mind, sleep not possible. | 4 |

2. RAGA

| | |
|---------------------------|---|
| Normal skin | 0 |
| Faint or near to normal | 1 |
| Blanching + red colour | 2 |
| No blanching + red colour | 3 |
| Red colour + subcutaneous | 4 |

3. Mandala

| | |
|---------------------------|---|
| No <i>Mandal</i> | 0 |
| 1 to 3 <i>Mandal</i> | 1 |
| 4 to 6 <i>Mandal</i> | 2 |
| 7 to 9 <i>Mandal</i> | 3 |
| More than 9 <i>Mandal</i> | 4 |

OBSERVATION AND RESULTS:

| <i>LAKSHANA</i> | BEFORE TREATMENT | AFTER TREATMENT | AFTER FOLLOW UP |
|-----------------|-------------------------|------------------------|------------------------|
| <i>KANDU</i> | 4 | 2 | 0 |
| <i>MANDALA</i> | 3 | 1 | 0 |
| <i>RAAGA</i> | 4 | 1 | 0 |

It was observed that patient got complete relief from all symptoms after treatment.

BeforeTreatment**AfterTreatment**

Before Treatment



After Treatment



DISCUSSION:

Mode of action of *Virechana Karma*:

The *Virechanadravya* possesses *Ushna*, *Tikshna*, *Sukshma*, *Vyavayi* and *Vikashi* properties. Due to these properties, they get easily absorbed. *Sukshma* and *Vyavayi* properties enable them to move through *Dhamani* and they reach to *Sthula* and *SukshmaStrotas* in all directions of the body. *Ushna* property of *Virechanadravyas* help in liquification (*vishyandanti*) of vitiated doshas which then easily flow through circulation.

After that their complex molecules get fragmented due to action of *Tikshna* Property & reached to *Kostha*, flowing through “*Anu Srotas*” where from stimulated by *Samana*&*Apana-Vayu* and due to the *Jala*&*PruthviMahabhautika* constitutions and *Prabhava*, they flow in downward direction to remove the vitiated *dosha*, along with them.

Virechana expels out the aggravated *dosha* and dragging them towards the *Adhobhaga*. *Virechana* is a specific therapy for *Pitta Dosha*. *Virechanaby* their property and *Jala*&*PruthviMahabhuta* dominancy helps in eliminating the morbid doshas from the *Shakha* to *Koshtha* and then out of the body by anal route.

Mode of Action of *LaghuManjisthadiKwatha*:

The ingredients of *LaghuManjisthadiKwatha* are *Manjistha*, *Haritaki*, *Vibhitaki*, *Amalaki*, *Katuki*, *Vacha*, *Daruhaidra* and *NimbaTwak* which have the properties like *Agnidipana*, *Raktashodana*, *Samsrana*, *Pitta Kaphahara*, *Kushthaghna*, *Kashaya*, *Tikta*, *Katu Rasa*, *Laghu*, *Ruksha Guna*, *Ushnavirya* etc. *Dadru* is *Kapha-PittaPradhanaVyadhi*. Thus, this formulation which contains *Kashaya*, *Tikta Rasa*, *Laghu&Ruksha Guna* and *UshnaVirya* acts as *Kapha Pitta Hara*.

In *DadruKushtha Rasa*, *Rakta*, *Lasika*, *Ambu* are the main *Dushya*.

Rasa Dhatu Dushti is produced by *RasaDhatvagnimandya* and *Jatharagnimandya*. *Karma* like *Deepana*, *Pachanaproduce* proper *Rasa Dhatu* which correct *Kapha* as it is *Aashraya* of *Rasa Dhatu* the drugs like *Vibhitaki* and *Amalaki* having properties like *Deepana*. Drugs having *RaktaShodhakaproperties* are *Manjistha*, *Daruhaidra*, *Nimba*. *Kutaki* causes *Pittavirechanawhich* helps in terms of *Pittashodhana* and *Prakrit Pitta Nirman*. Thus, *LaghumanjisthadiKwatha* acts as per *AnshanshaSamprapti* of *DadruKushtha* leading to healthy skin.

Mode of Action of *DadruvidravanaMalhar*:

- The ingredients of *Siktha*, *Tilataila*, *Chakramarda*, *Tankana*, *Laksha&Gandhaka* which have properties like *SthanikaVarnaprasadaka*, *Kandughna* and *Kushthaghna*.
- *Rasa* and *Raktashodhak*, *Varnya*, *Lekhan*, *Shothaharaproperties* of *Malahara* pacify *Dushyas* and which help in reducing the symptoms like *Raga* and *Mandala*.
- The content of *Malahara* possesses *Snigdha*, *Tikshna*, *Ruksha*, *Sara*, *Ushna*, *Tridosaharaproperties*. All the ingredients of *Malahara* have pharmacologically antifungal, antimicrobial, antidot properties and antioxidant action; hence can effectively reduce the infection and prevent its recurrence by improving the immunity of skin by its antioxidant property.

Conclusion:

Dadru is among the *Kustha*, is very contagious rigid skin disorder which can be correlated to *Tinea.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 *Panchakarma* therapy, 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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