

Efficacy of Dadruhara Lepa in Dadru W.S.R. Tinea Corporis: A Single Case Study

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ABSTRACT

Skin is the largest organ of our body. It is important to take care of it. In today's era, skin diseases are commonly found due to lifestyle changes. One of the very common skin problems is Fungal infection. In Ayurveda, we relate it with *Dadru* based on its signs and symptoms. The signs and symptoms of *Dadru kushtha* resemble Tinea corporis, which is a fungal infection caused by poor hygienic conditions. This Article is a case study of a 62-year-old male patient with signs and symptoms of *Dadru kushtha* registered from the OPD of Kayachikitsa, UAU, Gurukul Campus, Haridwar. We administered *Dadruhara lepa* and some oral ayurvedic medications after taking these medications patient gets relieved within 50 days from all signs and symptoms of *Dadru*.

KEYWORDS *Dadru*, Kshudra kushtha, Tinea cruris, Dadruhara lepa.

INTRODUCTION

The skin is the largest organ in the human body. The skin is the site of many complex and dynamic processes. These processes include barrier and immunologic function, melanin production, vitamin D synthesis, sensation, temperature regulation, and protection from trauma. Skin diseases are the most common form of infection occurring in people of all ages. In modern it can be correlated with Tinea cruris. Tinea cruris is a dermatophyte infection of the inguinal and perianal areas¹. It is more common in hot and humid environments. Skin diseases are occurring due to incompatible and contaminated food, suppression of natural urges, drinking cold or chilled water just after exposure to sunlight or after doing physical work, daytime sleeping, excessive intake of salty or acidic food items, etc. This disease can cause inflammation, itchiness, rashes, and other skin changes. Certain skin conditions are genetic, while there are others caused by lifestyle factors. In *Ayurveda* all skin diseases come under a broad heading called '*Kushtha*'. It is further divided into two main types: *Mahakushtha* and *Kshudrakushtha*. *Dadru* is one of the most common skin diseases. *Acharya Charaka* included *Dadru* in *Kshudra Kushtha*². On the other hand, *Acharya Sushruta* and *Acharya Vagbhatt* included it in *Mahakushtha*^{3,4}.

According to *Ayurvedic* texts, all types of *Kushtha* have been considered as *Rakta doshaja vikara*. *Dadru kushtha* is due to *pitta-kapha dosha pradhana*.⁵ The main *lakshanas* of *dadru kushtha* are *kandu* (Itching), *Utsanna* (elevated circular lesions), *Mandala* (circular patches), *Raga* (erythema), and *Pidakas* (papule).⁶

Different treatment methods can be applied, as per the requirements of the situation, some skin diseases require procedures like *Shodhana*, some only need *Shamana*, some require repeated *Shodhana*, etc., and *Dadru* is the condition again where all the treatment modalities can be applied.

CASE DISCUSSION:

A 62 years Male patient, a teacher by profession with a chief complaint of red patches over buttocks, groin region, and back for 03 years. He visited OPD on 05/10/2023 OPD No. 24371 UAU Gurukul campus Haridwar.

History of present illness

The patient was asymptomatic for 03 years after that he gradually developed round and reddish patches over the buttocks and groin region with severe itching, dryness, and burning sensation. The patient was taking allopathic medicines for oral and local application. The patient was relieved from the above-mentioned symptoms but the patient got relapsed after stopping the treatment. The patches reappeared with itching and redness.

Past History

He has no history of Diabetes Mellitus, Hypertension, Hyperthyroidism, or any other grievous disease.

Family history

The patient's wife had similar complaints.

Clinical examination

On examination, large rounded, reddish patches are present on the buttocks and groin region. Patches had covered 2/3 of the buttocks and about 20x20 cm sized circular patches. Dryness of the skin was present.

Vital parameter: Vitals parameters were within normal limits.

Personal history:

Diet - mixed diet

Habit - no specific

Sleep - adequate

Ashtavidha pariksha:

Nadi- 74/min, regular *kaphapittaja*

Mala-*Samyak*, 1 time a day

Mutra- *Samyak* 4-5 times a day

Jihva- *nirama*

Shabda- *Prakrita*

Sparcha- *ruksha*

Drika- *Prakrit*

Akriti- *madhyam*

Diagnosis

From clinical features, it was diagnosed as *Dadru Kushtha* (*Tinea corporis*).

MATERIAL AND METHODS:

The type of study is a single case study and the patient was selected from the OPD of *Kayachikitsa* Department

of UAU Gurukul campus Haridwar.

Treatment schedule: *Shaman chikitsa* for 50 days along with *Panchanimbadi churna*⁷, *Swarna gairika*⁸, *Arogyavardhini Vati*⁹, and the local application of *Dadruhara lepa*¹⁰ for 50 days. The assessment will be done on the 0th day, 10th day, 20th day, 30th day, and then on the 40th day followed by the final assessment on the 50th day.

TREATMENT GIVEN:

Oral medication:

1. *Panchnimbadi Churna* 3gm BD
2. *Swarna gairik* 250mg BD
3. *Arogyavardhini Vati* 500 mg BD

Local/external application:

Dadruhar lepa – *Laaksha*, *Trikatu*, *Parpunata beeja*, *Shreeveshtam (Gandhviroja)*, *Kustha*, *Sidhartaka (Pita-sarshapa)*, *Haridra*, *Mulaka beeja* are taken in equal amounts, dried and *Churna* will be made.

Required quantity of *Dadruhara lepa* & mix with *Takra* then apply over the affected area till it gets dry.

ASSESSMENT CRITERIA: GRADING CRITERIA

Clinical features	Grade 0	Grade 1	Grade 2	Grade 3
<i>Kandu</i> (Itching)	Absent	Mild	Moderate	Severe
<i>Raga</i> (Erythema)	Absent	Mild	Blanching & red color	Red color
<i>Daha</i> (Burning sensation)	Absent	Mild burning	Moderate burning	Severe burning
<i>Mandala</i> (Round lesion)	Absent	Mild visible lesion	Moderately visible lesion	Prominent visible lesion
<i>Utsanna</i> (Elevated patches)	Absent	Mild	Moderate	severe
<i>Pidika</i> (Papules)	Absent	1-3	4-6	More than 6
<i>Rukshata</i> (Dryness)	Absent	Mild	Moderate	severe

OBSERVATIONS AND RESULTS

Clinical features	Before treatment 0 th day	Assessment on 10 th day	Assessment on 20 th day	Assessment on 30 th day	Assessment on 40 th day	After treatment 50 th day
<i>Kandu</i> (Itching)	3	3	3	2	1	0
<i>Raga</i> (Erythema)	3	3	3	2	1	0
<i>Daha</i> (Burning sensation)	3	2	2	1	0	0
<i>Mandala</i> (Round lesion)	3	3	2	2	1	1

<i>Utsanna</i> (Elevated patches)	3	3	2	2	1	0
<i>Pidika</i> (Papules)	3	3	2	2	1	0
<i>Rukshata</i> (Dryness)	3	3	2	2	2	1



Before treatment

After treatment

DISCUSSION

The present study was focused on finding a safe and effective method for managing *Dadru Kushtha*. Skin diseases are chronic in nature, relapses after treatment are very common hence difficult to cure. *Kapha dosha* is dominant in the *Dadru kushtha*. *Shamana Chikitsa* like *Churna*, *Kwath* or *Bahiparimarjan Chikitsa* like *Lepa* shows excellent result in the *Dadru Kushtha*.

Dadru is *bahya rogmarga vyadhi* and involves *Rasavaha* and *Raktavaha Srotas*, *tridoshas* (mainly *kapha pitta pradhan*), *Twaka*, *Rakta*, *Lasika*, *Sweda Dushyas* and *Twaka adhisthan*. *Acharya Sushruta* describes the color of the lesions in *Dadru* more specifically like that of copper or the flower of *Atasi* and mentioned that its *Pidaka* are in form of *Parimandala* having spreading nature (*Visarpanshila*)¹¹ but slow in progress or chronic in nature (*Chirrottham*) with *Kandu*. Hence, drug selected for this study was '*Dadruhar Lepa*' mention by *Acharya vagbhata* in *chikitsa sthana*. *Dadruhar Lepa* contains *Laaksha*, *Trikatu*, *Parpunata beeja*, *Shreeveshtam (Gandhviroja)*, *Kustha*, *Sidhartak (Pita-sarshap)*, *Haridra*, *Mulaka beeja*.

Laaksha: *Laaksha* has *shitta*, *kasaya rasa*, *laghu snigdha guna*. It has *krimihar*, *kusthagna*, *varnyakar*, and *balya properties* and balance *kapha pitta dosha*¹².

Trikatu: *Trikatu* contains three herbs in equal proportions – *sunthi pippali marich*. It improves digestion strength, balance *kapha dosha*, it has *medoghna*, *kusthaghna*, *mehaghna* and *peenasnashan properties*¹³.

Parpunata beeja: *Chakramarda* has *katu rasa*, *usna veerya*. It has *kledahara*, *kandughna*, *dadruhara*, *krimihar properties*¹⁴. It is special drug on *dadru* as one of its synonyms is *dadruhna*.

Kustha: It has *katu, madhur, tikta rasa, laghu* and *kasaghna, visharpaghna, vatakaphashamak* properties¹⁵.

Sidhartak: *Katu tikta rasa, snigdha, teekshna, usna guna, kaphavatashamak* and *kusthghna, kosthakrimighna* peoperties¹⁶

Shreeveshta: It has *madhur, tikta, kashaya rasa, snigdha, teekshna, ushna virya, kaphavatashamak, kandughna, swedahara* and anthelmintic, antiseptic, antifungal, anti-inflammatory activities¹⁷.

Haridra: It possesses antihistaminic, antibacterial, antifungal and anti-inflammatory and is useful in pruritus, allergic condition and discoloration of skin. Due to its multivarious action like *varnya, kandughna, kusthghna,* and *vishaghna,* it helps in reducing the infection¹⁸.

Mulaka beeja- It has *laghu, sophaghna, vishghna* properties and balance three doshas, mainly *vata* and *kapha dosha*¹⁹. The ingredients of *Dadruhar Lepa* have bitter, *tiktarasa, laghu* and *teekshna gunas, kaphvatahara, kusthghna kandughna, krimihar, kledahara* and *sothhar* effects. The pharmacodynamics properties of these drugs are quite effective in breaking the pathogenesis of *Dadru kustha*.

Panchnimbhadi Choorana- *Nimba* has *Tikta* and *Kashaya rasa, Laghu, Ruksha guna, Sheeta veerya, Pitta kapha hara, Kandugna, Kusthagna, Krimihara* and *Rakta shodaka*.

Swarna gairik – it has *Madhur, Kashaya rasa, sheeta virya, Snigdha, chakshushya, Raktastambhak* and *vishghna, raktashodhna, visarpaghna* properties.

Aarogyavardhini vati- *Aarogyavardhini vati* is herbomineral formulation primarily advised in *Kushtha vikaar*. Its primarily site of action is *Grahani* and *Pakwashaya*. It is a very important ingredient to correct the multiple *dusya* levels in *Kushtha*.

CONCLUSION

From the above case study, it can be concluded that *Dadruhar lepa* showed significant result in *Kandu, Raga,* number of *Mandala,* number of *Pidika,* after the treatment and the efficacy of the treatment was highly significant even during follow up. Hence it can be suggested that *Dadruhar Lepa* can be used in the patients suffering from *Dadru Kushta*.

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