

Efficacy of Shamanoushadhis in the Management of Dadru Kushta W.S.R to Tinea Cruris - A Single Case Study

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ABSTRACT

Skin is an elastic tissue of thickness around 1 to 4mm having primary function of protecting body from physical, mechanical, thermal injuries and hazardous substances. Skin diseases merely have the incidence rate of 20% to 30% of population. In Ayurveda, Skin diseases are majorly compiled under Mahakushta and kshudrakushta, where Kushta vyadhi is considered as Mahagada because of its Chronicity, Recurrence. Dadru kushta is considered as Mahakushta and kshudra kushta by Acharya Sushruta and Charaka respectively. It has Kapha Pitta dosha involvement presents clinically with the features of Kandu, Raga, Pidika, Daha and Mandala etc. It can be correlated with Tinea infections like Tinea Cruris, Tinea Corporis, Tinea Capitis and Tinea Pedis etc which are superficial skin infections. They are usually treated with Topical Antifungals, Oral Antifungals and Antihistamine drugs in Modern medicine, but recurrence rate is high upon discontinuing the medicine. So, In Ayurveda, Management of Dadru can be by Shodhana Therapies and Shamanaushadhis along with Nidana Parivarjana and Pathya Paalana where there is less or no recurrence of the disease. This Article Aims to Show the Efficacy of Shamanoushadhis in the management of Dadru kushta.

KEYWORDS: Dadru kushta, Tinea infections, Mahakushta, Antifungals, Shamanaushadhis

INTRODUCTION

Dadru kushta is one of the Maha kushta¹ having dominated by Kapha and pitta dosha² manifesting Lakshanas like kandu, manadala, daha, pidaka, raga and vaivarnya which locates in the fourth layer of the skin i.e, Tamra³ acc to Acharya Charaka. Lakshanas of Dadru Kushta are similar with that of Tinea infections.

Tinea infections are very common and contagious diseases affecting millions of the people worldwide where it rapidly multiplies on the skin producing Itching, burning, redness, hyper/hypopigmented circular patches and discomfort. In allopathy, use of antihistamines, systemic and topical antifungals are recommended but recurrence chances are high as they do not focus mainly on nidana which includes diet and regimen etc.

Hence, in Ayurveda Shodhana and Shamanaushadhis are explained for Dadru kushta which will cure the

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vyadhi by its root and have less/ No chances of reoccurrence. In this study, Shamanaushadhis are used and for Antaparimarjana Khadirarishta, Guduchyadi ghanavati, Haridra khanda and Gandaka rasayana were used, for Bahi Parimarjana Lepa in the form of Fungase oint was used.

CASE PRESENTATION

A 42 years old male patient, presented with chief complaints of Severe itchy hyperpigmented skin lesions over buttocks, Burning sensation over the patches upon scratching and associated with Disturbed sleep due to persistent Itching since 6 months. Initially Patient suffered itching over Buttocks with Reddish single ring like patch, after 15 days Patient developed multiple lesions having raised borders. Patient complaints of sudden severe spreading of lesions in the very next month. The lesions turned Blackish red later, he took Allopathic

treatment for 1 month but he didn't get rid of the symptoms So he came to Taranath Ayurvedic hospital for further treatment. Apart from this, Patient doesn't have any co morbidities.

Personal history

Diet –Ati Tikshna amla lavana rasa Pradhana ahara sevana, mamsa sevana,dadhi sevana at night, viruddha ahara.

Appetite – Good

Bowel – Regular

Micturition – normal

Sleep – disturbed

Occupation ---Works in jewellery shop(Sedentary)

Other -- Patient has the history of wearing wet underclothes for a long period.

Wife of the patient also suffers similar symptoms since 6 months .

Clinical findings

On examination there were

1. Reddish black Hyperpigmented skin lesions over Buttocks
2. Raised circular borders
3. Mild Serious discharge

Samprapti Ghataka

Dosha -Kapha pitta pradhana tridoshaja

Dushya -Rasa rakta mamsa

Ama – Sama

Agni –Jatharagni mandata

Srotas -Rasavaha, Raktavaha srotas

Srotodushti Prakara - Sanga

Rogamarga- Bahya

Udbhava sthana - Twacha

Vyakta sthana – twak

Roga swabhava – chirakari

Sadhyasadhyata – kricchrasadhya

Hetu⁴

- Ati mamsa sevana
- Ati katu amla lavana ahara sevana
- Dadhi sevana at night
- Diwa swapna
- Ratri jagarana
- Atichankramana
- Atap sevana
- Contact with Dadru patient/ his related things like cloths etc.

Chikitsa

Shamana chikitsa

SL	Medicine	Dosage	Duration
1	Khadirarishta	10ml twice a day after food with warm water	30 days
2	Haridrakhanda	1 tsf twice a day before food with warm water	30 days
3	Gandhaka rasayana	250mg TID after fod with warm water	30 days
4	Guduchadi ghanavati	250mg BD after food with warm water	30 days
5	Fungase oint	External application twice a day	30 days

After 30 days of treatment

SL no	Lakshana	Before treatment	After treatment
01	Kandu	Present	Reduced
02	Daha	Present	Reduced
03	Unnata mandala	Present	Reduced
04	Vaivarnya	Present	Moderately reduced
05	Alpanidrata	Present	Improved

Before treatment(11/10/2023)



After treatment (11/11/2023)



DISCUSSION

After taking proper history, Nidana of the disease was identified. Depending on the Lakshanas and Dosha predominance the Disease was Diagnosed as Dadru Mandala and The treatment was planned through Shamana Oushadhis including Internal medications like Guduchyadi ghanavati, Khadirarishta, Haridra Khanda and Gandhaka rasayana and for external application Fungase oint was used.

Khadira was used as it is Agroushadhi for Kushta⁵, Haridra khanda having anti histamine property and antifungal property was used⁶, Guduchi was used because the involvement of Kapha and pitta in Dadru and Gandhaka rasayana as its having Rasayana, Twachya and antimicrobial property⁷ was used and fungase ointment having composition of Kushtagna and krimigna dravyas was recommended for external application which Destroys the Cell wall of fungus on the skin. Upon taking these prescribed medications, In First 15 days of treatment there was 50% of Reduction in the symptoms like, Burning, Hyperpigmented skin lesions and Raised borders but Itching was still persisting, later 15 days of taking medicines Patient's every symptoms were reduced. Disturbed sleep was also improved because of reduction in the itching in the night.

CONCLUSION

Dadru is described as Maha kushta on the basis of the conceptual analysis, the following conclusion can be drawn as follows. Dadru is a Tridoshaja Vyadhi with Kapha pitta predominance symptoms like Kandu, Raga, Pidaka, Daha and Unnata mandala are the cardinal features of Dadru. The maintenance of Pathya Ahara-Vihara sevana and Hygiene is a very important issue and not to be neglected during and after taking treatment. Almost every Parameters of Dadru kushta were showed relief.

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