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A successful case study on Ayurvedic management of *Dadrukustha* w.s.r. to Tinea Infection

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ABSTRACT

In the current era of civilization, there has been a considerable increase in the incidence of skin disease due to unhygienic condition, poverty, certain types of infection, faulty food habits, etc. Out of the all skin diseases fungal infection is very common. This is opportunistic fungal infection caused by dermatophytes species of fungi. This fungal infection is very common at hot and humid environment In *Ayurveda* majority of all *Twak Vikaras* classified under broad term "*Kushtha Vikara*" Symptoms of fungal infection closely resembles with *Dadru Kustha*. It has been observed in nowadays that there is increased resistance to antifungal drugs, tinea infection don't respond to routine antifungal medicines. For few days symptoms of tinea infection regresses but again it has tendency to flare up. So there is scope of intervention of *Ayurvedic* medicine which can control and irradiate tinea infection and prevents relapses. So in this article we are going to discuss a case study of *Dadru Kushtha* successfully treated with *Ayurvedic* principles.

Key words: Tinea infection, Dadru Kustha, Ayurvedic Lepa Chikitsa, Nimbadi Yoga Lepam, Ayurveda.

INTRODUCTION

Tinea infection also called as dermatophytosis. The commonest of all fungal infections dermatophytosis is caused by dermatophytes, a group of fungi that survive by living on keratin. These may spread from human to human (By sharing of clothes, and personal articles), animal to human (By close contact with pets) and from soil to human (Contact with soil). Dermatophytosis is extremely common in our country due to tropical climate. According to site of affection dermatophytosis

is classified into tinea corporis, tinea barbae, tinea cruris etc. Pruritus is extremely common to all types of dermatophytosis except tinea incognito, tinea unguium and some cases of non inflammatory tinea pedis and manuum.

Adults, young and middle aged are typically affected. Obesity, diabetes mellitus, sweating tendency, high temperatures at work place (like near boilers, furnaces), wearing damp or non absorbent or thick clothing or footwear in a humid atmosphere, sharing personal articles like towels, all predisposes to these infections. Sharing caps, combs, and shaving blades may lead to tinea capitis and tinea barbae respectively.

Tinea Corporis – a typical case has erythematous papules, tiny vesicles, and pustules at the margin of a scaly variably pigmented patch. Secondary changes in this active margin may result in crusting, scaling and erosions. Initial lesions are grouped reddish papules with thin scale. Lesions subside centrally and progress peripherally to produce a ringlike annular lesion hence the name ringworm. Tinea corporis affects waistline,

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axillae buttocks other part of trunk and extremities excluding palms and soles.

Tinea barbae - grouped erythematous papules and pustules in the beard region. Lesions may heal with loss of hair.

Tinea capitis - Includes a scaly patch of partial alopecia over scalp.

Tinea manuum & tinea pedis - affection of hands and feet respectively.

Tinea Unguium - Asymmetric nail involvement. Involved nail may become thick fragile, yellowish, or grayish brown in colour and develop subungual hyperkeratosis.

Tinea Cruris - Use to indicate involvement of upper inner thighs, below scrotum.

In Ayurvedic perspective view skin diseases are narrated under heading of *Kustha*. In *Charak Samhita* description of *Dadru Kustha* has given in *Kshudra Kustha*. *Charak Acharya* classified *Kustha* in 2 parts – *Kshudra Kustha* and *Maha Kustha* which are of 11 & 7 types respectively. As there is no specific *Hetu* and *Samprapti* of *Dadru Kustha* available in text hence *Hetu* and *Samprapti* of *Kustha* is considered as of the same for *Dadru Kustha*.

Acharya Sushruta has described *Kustha Nidana* and *Chikitsa*. *Acharya Sushruta* clearly described *Anuvanshika* (Hereditary) and *Krimija* (infectious) *Nidana* as a causative factor for *Kustha*. *Kustha* has been also included in list of *Aupasargika Roga*, which may spread from one person to another. In *Nidana Sthana*, *Acharya Sushruta* has explained the *Dhatugatva* or *Uttarottara Dhatu Pravesha* of *Kustha Roga*. The unique concept is also found in *Sushruta* by giving the two chapters of treatment (*Chikitsa*) i.e. *Kustha Chikitsa* & *Maha Kustha Chikitsa*.

So, *Dadru* is a *Tridoshaj Twakvikara* with *Pitta-Kapha* predominance. It involves clinical features like *Kandu*, *Raga*, *Pidika*, *Mandala*. These symptoms are very much similar with the features of *Tinea* or fungal infection like pruritus, moist erythematous patches, vesicles,

tiny superficial pustules spreading all over the body. It occurs mostly at the certain part of the body like folds and mucosa. It is very common skin disease in India with prevalence rate of almost 20-22%. According to modern science, management of *Tinea* infections carried out with topical as well as systemic antifungal drugs. but it has been observed in nowadays that there is increased resistance to antifungal drugs, *tinea* infection don't respond to routine antifungal medicines. For few days symptoms of *tinea* infection regresses but again it has tendency to flare up. So, there is scope of intervention of ayurvedic medicine which can control and eradicate *tinea* infection and prevents relapses.

Comparative symptoms of *tinea* infection and *Dadru*.

SN	Symptoms of Tinea	Symptoms of Dadru Kustha
1.	Erythema	<i>Raga</i>
2.	Itching	<i>Kandu</i>
3.	Granular surface	<i>Pidika</i>
4.	Circular elevation of skin	<i>Utsanna Mandal</i>

CASE REPORT

30 year old male patient presented in Dr. D Y Patil Ayurvedic Hospital Kayachikitsa OPD with complaints of erythematous patch with papules and pustules at the margin over buttock and right arm region. Lesions were with crusting, scaling and erosions. Patient was having severe itching. He was working as auto rickshaw driver since last 5 years. He was not having any major medical and surgical illness. Previously he was taking allopathic treatment but could not get temporary result and after discontinuation of the treatment again there was flaring of the symptoms. So, patient approached for the ayurvedic treatment.

MATERIALS AND METHODS

Assessment Criteria - Subjective Criteria

Symptoms of *Dadru* mentioned in text and practically observed will be assessed at each follow-up. All the observed symptoms will be categorized in 4 grades.

Kandu (Itching)

Grade	Symptoms
0	No itching
1	Relieve spontaneously
2	Relieve by itching
3	Disturbing routine

Vaivarnya (Discoloration)

Grade	Symptoms
0	Absent
1	Reddish
2	Dark Red
3	Reddish black

Treatment Given

Nimbadi Yoga Lepam for local application.

Contents of the drug

Nimba, Chakramarda, Triphala, Musta, Khadir, Vidang, Haridra, – All drugs are in equal quantity.

Preparation of Lepa

Dry *Sookshma Churna* of all drugs are taken in equal quantity, mixed thoroughly. 2 tsp approx 10-15 gms powder is taken, it is mixed with the sufficient amount of water in it. Prepare the drug in the form of *Lepa*. Then apply this *Lepa* on lesions twice daily. *Lepa* will be of ½ cm thick. *Lepa* will be applied till it becomes dry. After drying wash it out with warm water.

Route of Administration

Topical (External Application) Local application covering the entire lesion. Twice daily.

Duration - 4 weeks.

Aahar - regular as per patients previous schedule avoiding *Ushna* (Too Spicy) or oily food stuff, *Ati Madhur, Ati Amla, Ati Lavan Rasa Yukta*, Street food,

fast food, fermented and processed food products, *Dugdhajanya Vikruti*.

Vihar - Maintain Proper hygiene, avoid tight clothing, wear loose cotton clothes.

With the above mentioned treatment patient got satisfactory relief from the symptoms of tinea (*Dadru Kustha*). It can be well appreciated on the photographs, documented before and after treatment.

Kandu (Itching)		Vaivarnya (Discoloration)	
BT	AT	BT	AT
3	0	3	1

Before treatment**Lesion over buttocks****Lesion Over Right Arm**

After Treatment

Lesion Over Buttock



Lesion Over Right Arm



DISCUSSION

In above case study patient got satisfactory relief from symptoms of Tinea Infection (*Dadru Kustha*). In this case study *Nimbadi Yoga Lepa Chikitsa* showed good results. *Nimbadi Yoga Lepa Chikitsa* helps to continuous removal of pathogen along with dead skin debris stimulating basal layer to proliferate well replacing them new healthy skin cells.

Content and action of drug of the *Nimbadi Yoga Lepam*

Medicine name	Rasa	Veerya	Vipaaka	Guna
<i>Nimba</i>	<i>Tikta Kashay</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Laghu, Ruksha</i>

<i>Chakramaard a</i>	<i>Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Laghu, Ruksha</i>
<i>Haritaki</i>	<i>Panchar asatmak (Lavan Rasa Virahit)</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Laghu, Ruksha</i>
<i>Bibhitaki</i>	<i>Kashay</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Laghu, Ruksha</i>
<i>Aamalaki</i>	<i>Panchar asatmak (Lavan Rasa Virahit)</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Laghu, Ruksha</i>
<i>Vidanga</i>	<i>Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Laghu, Ruksha</i>
<i>Haridra</i>	<i>Katu Tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Laghu, Ruksha</i>
<i>Musta</i>	<i>Katu Tikta Kashay</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Laghu, Ruksha</i>
<i>Khadir</i>	<i>Tikta Kashay</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Laghu, Ruksha</i>

- Nimba*** - is very effective in all types of *Twak Vikara*. It has sheet *Laghu Grahi* properties. It has *Kledaghna Krumighna Kapha Pittahara* properties. So, this medicine is very useful for treatment of *Dadru*.
- Chakramarda*** - *Chakramarda* has *Laghu, Ruksha* Gunas and has *Ushna Veerya*. It has *Kledahara Guna, Kandughna, Krumihar* properties. It is special drug on *Dadru* as one of its synonyms is *Dadrughna*.
- Triphala*** - has *Kusthghna* effect; also, it pacifies *Kapha Pitta* which is predominant in *Dadru Samprapti*.
- Haritaki*** - is *Ruksha Ushna Gunatmak, Pancharasatmak*, and also has *Kusthghna* effect. It has *Kashay Rasa* predominance which is *Kledahar* and *Kandunashak*.

5. **Bibhitaki** - is *Kashay Rasatmak*, *Ruksha* so, it has *Kledahar*, *Krumighna* properties and thus effective on *Dadru Kustha*.
6. **Aamalaki** - Action of *Amalaki* is like *Haritaki*. *Amalaki* is *Raktaprasadak* so, it reduces *Daha*, *Kandu*, *Vaivarnya* etc. and thus acts as a *Dadrughna*.
7. **Musta** - *Musta* is *Tikta Kashay Rasatmak*. Thus, it reduces *Kleda*. Also, it has *Raktaprasadan* properties because of its sheet *Veerya*. Thus, very useful for *Dadru Chikitsa*.
8. **Khadir** - It is *Shreshtha Kusthghna Dravya* according to *Acharya Charak*. It has *Kledaghna* and *Kanduhar Kapha Pittaghna* properties because of *Tikta Kashay Rasa* thus helps in treatment of *Kustha*.
9. **Vidanga** - is *Katu Rasatmak*, *Ushna Veerya*. Its *Prabhav* is *Krumighna*. So, *Vidanga* helps in *Kruminashan* (i.e., destruction of pathogen in this case it is fungi.) also it is *Kaphaghna* and *Kledashoshan Gunatmak*.
10. **Haridra** - very effective in all *Twaka Vikara*. It has *Krumighna Kledahar Kaphapittahar* properties thus very useful for *Dadru Chikitsa*.

CONCLUSION

In this case study, marked improvement was seen in patient of *Dadru Kustha*. The treatment so planned was helpful in *Kledaharan*, *Kandushaman*, *Rakta Prasadan*, *Shaman* of vitiated *Kapha Pitta Dosha*. And hence the treatment was found to be effective to relieve the symptoms quite significantly.

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