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Role of *Nitya Virechan* and *Shaman Aushadhi* in *Dadru Kushtha* w.r.t. *Tinia Corporis* - A Case Study

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ABSTRACT

Ayurveda have been classified all the skin diseases under the broad heading of 'Kushta' which were sub classified into *Mahakushta* and *Kshudrakushta*. *Hetu* (Causative factors) of *Dadru Kushta* involves *Vishamashana* (Incompatible food), *Vegavidharana* (suppression of natural urges), *Diwaswapa* (daytime sleeping), intake of *Atilavana*, *Atitikshnaahar* (excessive salty or spicy food), intake of contaminated food, drinking cold water just after physical work or *Atapsevana* (exposure to sunlight). *Lakshanas* of *Dadru* include *Kandu* (Itching), *Utsanna* (elevated circular lesions), *Mandala* (Circular Patches), *Raaga* (Erythema), and *Pidakas* (Papule). The *Samprapti* of *Dadru* mainly involves vitiation of *Pitta-kapha Doshas* and *Dushti* of *rasa* and *Raktavaha Strotas*. A 56 year old male patient, came to OPD with the complaints of reddish circular patch on chest and back with sever itching and burning sensation since last 3 months. After examination patient was diagnosed as case of *Dadru Kushth* and was treated with *Ayurvedic* management protocol i.e., *Abyantar Snehan* with *Nitya Virechan*, *Shaman Aushdhi* and *Bahirparimarjan Chikitsa* for 1 month and was taken follow up after 14days. Dietary restriction was advised to avoid spicy and junk food along with personal hygiene to be maintained. After complete treatment of 1 month patient was assessed with parameter like *raga* (redness), *Kandu* (itching), *Daha* (burning sensation), and *Utsana Mandal* on a grade from 0 to 3 and there was significant improvement was noted. From this case study it can be concluded that use of *Nitya Virechan* with *Snehapan* with *Panchatikta Ghruta* and *Shaman Aushdhi* along with *Bahya Chikitsa* can treat *Dadru Kushta*.

Key words: *Dadru*, *Kushtha*, *Nitya Virechan*, *Bahirparimarjan Chikitsa*

INTRODUCTION

Ayurveda have been classified all the skin diseases under the broad heading of 'Kushta' which were sub classified into *Mahakushta* and *Kshudrakushta*.^[1] *Acharya Charak* has included *Dadru* in *Kshudrakushta*,^[2]

whereas *Acharya Sushruta* and *Acharya Vagbhata* have explained under *Mahakushta*.^[3,4] *Hetu* (Causative factors) of *Kushta* involves *Vishamashana* (Incompatible food), *Vegavidharana* (suppression of natural urges), *Diwaswapa* (daytime sleeping), intake of *Atilavana*, *Atitikshnaahar* (excessive salty or spicy food), intake of contaminated food, drinking cold water just after physical work or *Atapsevana* (exposure to sunlight).^[5] The major *Lakshanas* of *Dadru* include *Kandu* (Itching), *Utsanna* (elevated circular lesions), *Mandala* (Circular Patches), *Raaga* (Erythema), and *Pidakas* (Papule). The *Samprapti* of *Dadru* mainly involves vitiation of *Pitta-Kapha Doshas* and *Dushti* of *Rasa* and *Raktavaha Strotas*.^[6] Due to similarity of symptoms *Dadru* can be correlated with *Tinea corporis*, which is a fungal skin infection. The related fungi are dermatophytes capable of causing skin changes of the type known as *Tinea* or ringworm or

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dermatophytosis or Mycosis.^[7] In modern medical science, it is managed with topical and systemic antifungal agents and use of corticosteroids. In *Ayurveda Chikitsa Sutra* of *Dadru Kushtha* involves *Shodhan*, *Shaman* and *Bahirparimarjan* (topical) *Chikitsa*.^[8] For *Shodhana Nitya Virechana* with *Gandharv Haritaki* was given. In *Shamana Chikitsa* formulations like *Arogavardhini Vati* and *Gandhaka Rasayana* having *Kushtaghna*, *Krumighna* and *Kandughna* properties were used. *Bahiparimarjana Chikitsa* was given in the form of *Lepa* of S-kin powder with *Gomutra* and local application of *Karanj* oil.

CASE STUDY

A 56 year old male patient, came to OPD with the complaints of reddish circular patch on chest and back with sever itching and burning sensation since last 3 months, he had took medications and tropical creams for local application but got no relief so consulted for further management. He was known case of hypertension was on telmisartan 40mg OD.

On Examination

PR - 75/MIN

RR - 22/MIN

BP - 130/90 MMHG

Asthavidh Pariksha

Nadi - 75/Min, *Vatapittaj*

Mala - Constipated, improper evacuation

Mutra - *Samayak*, 5-6 Times/Day

Jivha - *Saam*,

Shabda - *Spastha*

Sparsh - *Ruksha*

Druk - *Samyak*

Akruti - *Madhyam*

Local Examination

A Large Circular Patch Around 12-13cm in Diameter

On Chest and Back with Elevated Margins

Redness - + +

Dryness - + +

Personal History

Diet - Mixed

Habit - Tobacco Chewing

Sleep - Disturbed due to itching.

After examination patient was diagnosed as case of *Dadru Kushth* and was treated with *Ayurvedic* management protocol i.e., *Abyantar Snehan* with *Nitya Virechan*, *Shaman Aushdhi* and *Bahirparimarjan Chikitsa* for 1 month and was taken follow up after 14 days. (Table 1)

Table 1: Treatment plan

S N	Name of medicine	Dose	Rout of Administrat ion	Anupa na	Durati on
1.	<i>Panchatikta Ghrita</i> ^[9]	10ml early morni ng empty stoma ch	Oral	<i>Koshna Jala</i>	
2.	<i>Arogyavard hini Vati</i> ^[10]	500mg twice a day after meal	Oral	<i>Koshna Jala</i>	
3.	<i>Gandhak Rasayan</i> ^[11]	500mg twice a day after meal	Oral	<i>Koshna Jala</i>	1 month
4.	<i>Gandharv Haritaki Churna</i> ^[12]	5gm at bed time	Oral	<i>Koshna Jala</i>	
5.	<i>S-Kin Powder</i> ^[13]	q.s. in morni ng	Local application	<i>Gomut ra</i>	
6.	<i>Karanj Tail</i>	q.s. in night	Local application	-	

	<i>Kandu</i> (itching)	<i>Raga</i> (Erythema)	<i>Daha</i> (burning sensation)	<i>Utsanna Mandala</i> (Elevated circular skin lesion)
BT	Grade 3	Grade 2	Grade 3	Grade 2
AT	Grade 1	Grade 0	Grade 1	Grade 0

Follow up after 14 days and dietary restriction advice - avoid spicy and junk food along with personal hygiene to be maintained.

RESULTS

After complete treatment of 1 month patient was assessed with parameter like *Raga* (redness), *Kandu* (itching), *Daha* (burning sensation), and *Utsana Mandal* on a grade from 0 to 3 and there was significant improvement was noted.

Assessment parameters with their grading

1. *Kandu* (Itching)

- Grade 0 - Absent
- Grade 1 - Mild or Occasional Itching
- Grade 2 - Moderate Itching
- Grade 3 - Severe Itching

2. *Raga* (Erythema)

- Grade 0 - Absent
- Grade 1 - Mild redness (pinkish appearance)
- Grade 2 - Moderate redness
- Grade 3 - Deep brown appearance

3. *Daha* (Burning sensation)

- Grade 0 - Absent
- Grade 1 - Mild burning sensation
- Grade 2 - Moderate burning sensation
- Grade 3 - Severe burning sensation

4. *Utsanna Mandala* (Elevated circular skin lesion)

- Grade 0 - Absent
- Grade 1 - Mild elevated lesion
- Grade 2 - Moderate elevated lesion

- Grade 3 - Severe elevated lesion



DISCUSSION

Probable mode of action of drugs

Panchatikta Ghruta - *Nitya Snehapana* with *Panchatikta Ghruta* is an herbal *Ghruta* used most often in skin disorders and has a best result in skin diseases. It contains Five *Tikta Rasa Dravya* Like *Nimb*, *Patol*, *Kanthakari*, *Guduchi*, *Vasa* etc. This improves digestion by its sharp and penetrates action which clarifies perception of skin. It moreover reduces *Kapha* and aggravates *Pitta*.^[14] It is considered as best for all skin diseases as mentioned in *Bhaisajya Ratnavali Kushta Adhikara*.

Arogyavarhini Vati - a herbo-mineral drugs having *Kusthanasaka* (can alleviate all types of skin disorder) action, balancing *Tridoshas*, and is also good antioxidant, anti-hepatotoxic and immune-modulator needed for early healing and avoid recurrence.

Gandhak Rasayan - is a polyherbal drug prepared by giving 12 *Bhavanas* of herbal drugs to *Shuddha Gandhaka*. It is mainly indicated in the management of *Kushta Roga*. It possesses antibacterial and antifungal properties. It mainly acts on *Rakta Dhatu* and causes *Rakta Shodhan* (purification of blood). It helps in reducing infection by its antifungal property. It also acts as *Rasayana* and helps in improving the digestion and skin complexion. Sulfur is used both internally and externally for treatment of diseases of skin. It reduces the *Kandu*, *Pidika*, *Raaga* and *Daha* by its *Rakta Shodhak*, *Vranaropak*, *Krumighna* and *Kushthaghna* properties.^[15]

Karanj Tail - It contains *Karanj* (*Pongamia pinnata*), *Saptacchada* (*Alstonia scholaris*), *Langali* (*Gloriosa superba*), *Arka* (*Calatropis procera*), *Chitraka* (*Plumbago zeylanica*), *Brungaraj* (*Eclipta alba*), *Vatsanabh* (*Aconitum ferox*), *Gomutra* (Cow urine). It is widely used in various skin diseases. The *Karanj-Oil* contains medicinal properties and used in itches, abscess and other skin diseases.^[16]

S- Kin Powder - contains *Krumighna* (antibacterial, antimicrobial, and antifungal), *Raktashodhak* (blood purifying) and *Vranaropak* (wound healing) properties of *Manjistha* (*Rubia cordifolia* Linn.), *Amalaki* (*Emblica officinalis* Gaertn), *Haridra* (*Curcuma longa* Linn.), *Bibhitaka* (*Terminalia bellerica* (Gaertn.) Roxb.), *Nagarmotha* (*Cyperus rotundus* R.Br.) and *Shudha Gandhaka* (Purified Sulphur). which is applied with *Gomutra* as *Anupana* which increases the absorption. Hence topical application of it helps in reducing symptoms like *Kandu*, *Raaga*, *Utsanna Mandala* and *Pidikas*.^[17]

CONCLUSION

Dadru Kushta can be correlated with *Tinea corporis* or dermatophytosis as symptoms and causative factor resembles. Personal hygiene is an important part as it is a contagious disease. From this case study it can be concluded that use of *Nitya Virechan* with *Snehapan* with *Panchatikta Ghruta* and *Shaman Aushdhi* along with *Bahya Chikitsa* can treat *Dadru Kushta*.

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