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Clinical Study of *Chakramardadi Pralepa* in the management of *Dadru Kushta*

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ABSTRACT

Background: Skin is the largest organ of human body. Its size and external location makes it susceptible to a wide variety of disorders. In recent years there has been increase in incidence of skin problem due to various reasons like Poverty, Poor sanitation, Unhygienic condition, Pollution etc. Dadru is one among Kushta Roga affecting all the age of population. It is *Kapha-Pitta Pradhan Vyadhi* and presents clinically with the features of *Kandu, Raga, Pidika, Daha, Rookshata, Udgata Mandala* etc. and can be correlated with Tinea infection. Management of *Dadru* includes *Shodhana, Shaman* and *Bahiparimarjan Chikitsa*. *Chakramarda* is a wild crop grows in most part of India and it is known as Ringworm plant. So here in this study *Chakramardadi Pralepa* was used to evaluate the efficacy in *Dadru*.

Key words: *Chakramard, Dadru, Kushta, Tinea.*

INTRODUCTION

Ayurveda is the Upanga of Atharvaveda it is a science which compares how to live a long and healthy life. Ayurveda is a mother of all medical sciences. All Nations in the world have now accepted "Ayurveda" as one of the precious and valuable medical system. Ayurveda describes a way to healthy life and it aim at maintenance of that health and the prevention of that disease and also cure of the disease.

After curing the disease *Apunarbhava Chikitsa* is also mentioned in Ayurveda. That is the protection against disease is given. So that recurrence of disease is

prevented by increasing *Dhatubala*. In general, any person goes to the physician whenever any disease disturbs his daily routine work. At that time patients is examined with 3 basic examination explained in Ayurvedic text. Those are Darshan, Sparshan and Prashna.

In Ayurveda samhitas there is detailed description of the disease *Dadru* is a type of *Kshudrakushtha*.

In Ayurvedic Samhitas; etiology, pathology, symptomatology and treatment of *Dadru* is found is descriptive form.

In Ayurveda, skin diseases are described under the heading of kushtha roga by Maharshi Charaka. Kushtha means "*Krushanati Vapuhu Iti Kushthah*" It means that it is the disease in which there is vitiation of *Tvak* is found. It means the damage of the skin in any form severe moderate or mild is called *Kushta*. The damage ranges from *Twaka Vaivarnya* or discolouration of the skin upto loss of organ or *Shakha* (For e.g. loss of nose or absorption of fingers in leprosy). *Charkacharya* described skin diseases in two types of *Kushta*. 1) *Mahakushta* 2) *Kshudrakushta*. And these two categories are again subdivided into seven *Mahakushta* and eleven *Kshudrakushta*.

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Mahakushtha is sub-divided are as follows:-

1. *Kapaal*
2. *Aaudumbar*
3. *Mandal*
4. *Rushyajivaha*
5. *Pundarik*
6. *Siddhama*
7. *Kaknaka*.

Kshudrakushtha is sub-divided are as follows;

1. *Ekakushtha*
2. *Charmakushtha*
3. *Kitibha*
4. *Vaipadeeka*
5. *Alaska*
6. *Dadru*
7. *Charmadala*
8. *Pama*
9. *Kachhu*
10. *Vispoat*
11. *Shataru*
12. *Vicharcheeka*.

From above list. In Ayurvedic statistics various medicines are prescribed for *Dadru Roga Chikitsa*. So our goal is to find out effective herbal formulation which will have less side-effects and will cause low economical burden. So we have selected this topic for the study purpose mentioned in Chakradatta.

A skin disease *Dadru* has a social importance. It is a common Cosmetic problem in today's era and the numbers of patients are increasing day by day, in our hospital I found so many patients of fungal infection, patients taken modern treatment even though patients get initially relief but after stopped treatment disease reappear.

Aim

Assessment of *Chakramardadi Pralepa* in *Dadru Roga*.

OBJECTIVES

1. To study the etiopathology and prognosis of *Dadru*
2. To study the standardization of ingredients of *Chakramardadi pralepa*.
3. To know the differential diagnosis of skin diseases.
4. To study the limitations in the Management of *Dadru*.
5. To study the mode of action of *chakramardadi pralepa* by Ayurvedic point of view.

Purpose of selection of disease

Skin is the largest organ of human body. It's size and external location makes it susceptible to a wide variety of disorders. In recent years, there has been a considerable increase in the incidence of skin problems in the tropical and developing counts like India due to various reasons like poverty, poor sanitation, unhygienic condition, pollution etc. *Dadru* (tinea) is one among the *Kushta Roga*. *Dadru* is one of the *Kapha-Pitta Pradhana Twaka Vikara* affecting all the age of population. It can be correlated with Tinea infections. It should be noted that 10-15% of the general practitioner work with skin disorder. A skin disease *Dadru* has a social importance. It is a common Cosmetic problem in today's era and the numbers of patients are increasing day by day, patients of fungal infection, treated with modern medicine, even though patients get initially relief but after treatment was stopped disease reappear. So our goal is to find out effective herbal formulation which will have less side-effects and will cause low economical burden. So this topic was selected for the study purpose mentioned in Chakradatta.

Purpose of selection of drug

The formulation *Chakramardadi Pralepa* selected for the study has described in Chakradatta in the management of *Dadru*. It contains *Chakramarda Beeja, Jeerak, Sudarshanmool*. Among these drugs, *Chakramard* and *Sudarshan* have *Kushtaghna* property and *Jeerak* have *Krumighna* property while is

mentioned as *Tridoshagna*. Hence, the drug *Chakramardadi Pralepa* has been selected for the study. The above formulation is mentioned in the form of *Lepa*. During the hospital work, I observed that the number of patients are suffering from skin disease. These patients responds very well with Ayurvedic herbal preparation. *Chakramardadi Pralepa* from *Chakradatta* was used in the management of *Dadru*.

MATERIALS AND METHODS

For the present study *Chakramardadi Pralepa* will be used for the management of *Dadru*. The Details of the formulation and method of preparation are as follows. As per Sharangadhar Samhita

Table1: Details of Chakramardadi Pralepa

| SN | Drug | Latin Name | Part used | Quantity |
|----|---------------------|--------------------------------|----------------------|------------|
| 1. | <i>Chakramarda</i> | <i>Cassia tora</i> | <i>Beeja</i> (seed) | 1 Part |
| 2. | <i>Jeerak</i> | <i>Cuminum cyminum</i> | <i>Beeja</i> (seed) | 1 Part |
| 3. | <i>Sudarshanmul</i> | <i>Andrographis paniculata</i> | <i>Mula</i> (root) | 1/4th Part |

Methodology

1. Preparation of drug
2. Standardization of drug.
3. Clinical study

Method of preparation of Chakramardadi Pralepa

The useful parts of *Chakramard Beeja* one part, *Shwet Jeerak* one part, *Sudarshanmul* 1/4th of other drugs. All three drugs were converted to fine powder form and mixed with water and apply on patients patches of 1/4th *Anguli Praman* as mentioned in *Sharangadhar Samhita* and remove it before completely dry with the help of water. Thickness depends upon the size according to patients *Anguli Praman*.

STANDARDIZATION OF CHAKRAMARDADI PRALEPA

Pharmacognostic and Pharmaceutical analysis

Pharmacognostic analysis of all the raw drugs was done in pharmacy, after the preparation of *Chakramardadi pralepa* was analyzed for its standardization in pharmacy. The pharmaceutical analysis report is attached at the end of the section.

The details of drug administration are as follow;

Table 2: Details of Drug administration

| Drug | <i>Chakramardadi Pralepa</i> |
|--------------|---|
| Form of drug | <i>Lepa</i> |
| Dose | Depends on size |
| <i>Kala</i> | After bath and Evening time |
| Duration | 1 month |
| Follow up | Every week and whenever needed |
| Diet | As per <i>Pathyakara Ahara</i> mentioned in <i>Ayurvedic</i> classics |

Assessment Criteria

The scoring and gradation pattern for the signs and symptoms is as follows;

1. Number of patches

| No. of patches | Score |
|----------------|-------|
| None | 0 |
| 1 | 1 |
| 2-3 | 2 |
| 4-5 | 3 |
| More than 5 | 4 |

2. Size of Patches

| Size of patches | Score |
|-----------------|-------|
| None | 0 |
| Less than 2 cm | 1 |
| 2cm - 3cm | 2 |
| 4cm - 5 cm | 3 |

| | |
|----------------|---|
| More than 5 cm | 4 |
|----------------|---|

3. Colour of patches

| Colour of patches | Score |
|--------------------|-------|
| Normal skin colour | 0 |
| Rash | 1 |
| Reddish | 2 |
| Reddish Black | 3 |
| Blackish | 4 |

4. Kandu (Itching)

| Scale | Score |
|--|-------|
| No itching | 0 |
| Mild/occasional itching | 1 |
| Moderate (tolerable) | 2 |
| Severe itching | 3 |
| Very severe itching, disturbing sleep and other activities | 4 |

CASE REPORT

A 21 years old male, student by profession with chief complaints of itching and reddish circular patches over the Abdomen visited the opd at Dr. M. N. Agashe hospital, Satara, dated on 17th Dec 2019. Patient has been suffering from this problem since 2 yr.

Past History

Previously he consulted an allopathic Dermatologist for the same. He took allopathic treatment which includes both systemic and topical medication and also experienced significant relief initially but after some time such circular red patches with itching and burning sensation reappear on the previous site.

General examination

Patient is conscious, cooperative and well oriented to time, place and person, no pallor, no icterus, no cyanosis, no clubbing, temperature 98.2c, RR-20/min, CVS-S1S2 Normal, CNS –Oriented.

On Examination

- Nadi (pulse) - 78/min

- Mala (stool) - Samyakapravrutti
- Udara(Abdomen) - Soft ,Not tenderness
- Mutra (urine) - Samyakapravrutti
- Kshudha - Mandya
- Jivha (Tongue) - Saam
- Nidra - Khandita
- Bala - Madhyam
- Druk (Eyes) - Prakruta
- Shabda (Speech) - Normal
- Nakha (Nails) - Prakruta
- Akruti - Madhyam
- B.P - 130/80mm of Hg

There is single large circular raised scaly erythematous plaque, 40 to 60cm in diameter is present on the Abdomen after clinical examination patient is diagnosed with *Dadru Kushta* and advised for external application of *Chakramardadi Pralepa* over the patch.

Follow Up

Assessment of the skin lesion was done on first visit and patient follow up was done weekly for consecutive 6 weeks.

Advise

The patient is advised for Dietary and Lifestyle modifications like avoid incompatible food items, fast food, and excessive oily, salty, spicy food. Patient is suggested to maintain personal hygiene by wearing loose fitting clean clothes and change clothes two times a day.

Blood investigations

CBC, BSL, URINE



Before Treatment



After Treatment

DISCUSSION

In Ayurveda, *Dadru* is described as *Kshudra Kushta* with *Doshaj* predominance of *Pittakapha*. All *Kushtha* is described as *Tridoshaj Vyadhi*. Complete relief was observed in *Daha*, *Kandu*, and *Twakvaivarnya* improvement was seen in patches. Thus, It is concluded that the *Chakramardadi Pralepa* as externally application is highly effective and shows excellent result in the treatment of *Dadru Kushta*.

CONCLUSION

Dadru is described as *Kshudrakushta* on the basis of the conceptual analysis, the following conclusion can be drawn as follows. *Dadru* is a *Tridoshaja Vyadhi* with *Pittakapha* predominance symptoms like *Kandu*, *Raga*, *Pidaka*, *Daha*, *Rookshtha* are the cardinal features of *Dadru*. The maintenance of hygiene is a very important issue and not to be neglected during

treatment after the administration of *Chakramardadi Pralepa* the parameter like colour of patches, size of patches and itching showed relief.

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