

Ayurvedic Management of *Dadru Kushtha* - A Case Report

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ABSTRACT

Introduction: *Dadru* is explained in *Charak Samhita* & *Sushrut Samhita* under *Kushtha Chikitsa Adhyaya*. *Dadru* can be correlated with *Tinea Corporis* as it shows similar clinical presentation. A cutaneous fungal infection of glabrous skin caused by *t. rubrum* and *trychopython mentagrophytes* is called *Tinea corporis*.

Methodology: The present case report is of 8 years old female child, came with complaints of white crust in scalp with whitish discoloration, itching on scalp, erythematous patch on right axilla and banded areas for 3 years of age. The condition is effectively treated with *Shaman Chikitsa* (conservative management).

Result: Patient showed excellent result after *Shaman Chikitsa*. Discussion: Patient was treated with *Shaman Chikitsa*, where crust in scalp reduced & whitish discoloration, erythematous patch disappears as normal skin. Patient was observed with 100% improvement.

Conclusion: The present case study validated the efficacy of Ayurvedic medicine in treating *Dadru*.

Key Words: *Kushtha*, *Dadru*, *Tinea Corporis*, Ayurved, *Shaman Chikitsa*

INTRODUCTION

Skin disorders are often seen as a result of a change in lifestyle, a lack of physical activity, and inadequate nutrition. Hygiene, emotional stress, and poor eating habits are also factors to consider. *Kushtha* (skin diseases) is the term used in Ayurved to describe all skin disorders which is classified as *Maha Kushtha* (major skin disorders) and *Kshudra Kushtha* (minor skin disorders). *Dadru* is classified as *Kshudra Kushtha* and *Maha Kushtha* by *Charak Samhita*¹ and *Shushrut*² *Samhita* respectively. According to *Shushrut Samhita*, *Dadru* shows *Atasi Pushpa Varna*

(flax flower coloured), *Visarpini* (spreading nature), *Tamra Pidikanvita* (copper-coloured pustules) in which *Kapha Dosh* is predominantly vitiated. It shows *Sakandu Raga Pidika Lakshana* (redness with elevated circular patch) according to *Charak Samhita* in which *Pitta-Kapha Dosh* are involved. The main causative factors are *Drava* (liquid), *Snigdha* (fatty), *Guru Ahara* (heavy diet), *Amla* (sour) -*Lavana* (salty) *Rasa*, *Viruddha Ahara* and *Chhardi Vega Vidharan* (restraining natural urges like vomiting). There is *Sapta Dravya Sangraha* (seven essential entities) in *Kushtha Vyadhi* constituting vitiated *Dosh* are *Vata*, *Pitta*,

Kapha, and *Dushya* are *Twak*, *Rakta*, *Mansa* and *Ambu* which plays important role in pathogenesis of *Kushtha*. It is said to be *Kashtatara* (curable with efforts) in nature because *Kushtha Vyadhi* is manifested with involvement of four *Dhatus* vitiated by three *Doshas*. In Ayurved, the signs of *Dadru Kushtha* are similar as those of *Tinea corporis*.

*Tinea corporis*³ is a type of cutaneous fungal infection with propensity for invading keratinized tissues i.e. stratum corneum layer of skin, hair and nails. It has a wide range of clinical symptoms that are mostly dependent on the infective organisms. The causative organism is *t. rubrum* and *trychopython mentagrophytes*. It is a contagious disease spread directly or indirectly. It affects glabrous skin except palm soles and groin regions. Clinical features are dry lesion, mildly erythematous, elevated scaly papule or plaque that spread centrifugally and clears centrally to form characteristic annular lesion responsible for designation of ringworm. Sometimes granulomatous lesions called Majocchi granuloma, which are caused by penetration of organism along the hair follicle to the level of dermis, produce a fungal folliculitis and Perifolliculitis and *Tinea profunda*. Most lesions clear spontaneously within several months, but some may become chronic.

OBJECTIVE OF THE STUDY:

To evaluate the efficacy of Ayurvedic formulations in *Dadru Kushtha*.

BREIF HISTORY OF PATIENT:

The present case report was of 8 years old female child, came with parents having complaints of white crusts on scalp with itching with blackish discoloration and erythematous patch on right axilla and banded areas since last 3 years. Primary treatment of anti-fungal, anti-pruritic etc. was taken but there was no significant improvement seen. Hence patient's parents took her to get a suitable and effective management to the OPD of *Kaumarbhritya* in Sanjeevani Hospital of Dr. Sarvepalli

Radhakrishnan Ayurveda University, Jodhpur, Rajasthan. There she was diagnosed with *Dadru* and *Ayurved* treatment protocol was given.

PAST HISTORY:

There was a history of somewhat rare viral infection with jaundice after 10-12 days of birth and was hospitalized up to 23 days. Fungal infection was started on left toe nail then spreads to other fingers and then to scalp. No history of any surgical intervention or long-term medications.

FAMILY HISTORY:

All other family members are reportedly in good health.

PERSONAL HISTORY:

She was a school going child of vegetarian *Hindu* family. She took food 3 times per day and fruits in between. She took milk at morning and evening presented with good appetite. She had sound sleep with soft bowel and normal micturition. There was no history of allergy to any medicine and food.

HISTORY OF PREVIOUS

TREATMENT: Antifungal and antipruritic treatment was taken.

DIETARY HABITS:

Her *Agni* was *Vishamagni* and took food 3 times in 24 hours irrespective of appetite and timings. Commonly consumed food was *Dahi* and *Aachar*.

DASHAVIDHA PARIKSHA:

Her *Prakriti* (physical constitution) was *Vata-Kaphaja*. She presented *Vikriti* in *Tvaka*, *Rakta*, *Mansa* and *Ambu Dhatus*. *Mansasara*, *Medosara* (having good quality of muscle and fat), *Uttama Samhanana* (good body built), *Sama Pramana* (proportionate body structures), *Pravara Satva* (good psyche), with *Vishamagni* (disturbed *Agni*), *Madhyam Vyayam Shakti* (medium physical capacity) and of *Bala Vaya* (childhood period).

ANTHROPOMETRIC

MEASUREMENTS:

The height of the patient was 133cm while weight was 38kg.

CLINICAL FINDINGS:

Site of lesion: - Right Axilla, Scalp, Nailbeds
 Type of lesion: - Solitary/Widespread
 Colour: - Red and Whitish Scaling, White Crust on Scalp
 Sites: - Nails, Scalp and Axilla
 Distribution: - Asymmetrical
 Skin layer involvement: - Stratum Corneum
 Scaly: - White Scaling
 Crust: - On Scalp
 Genitals: - Not Involved
 Itching: - Present
 Severity: - Moderate
 Inflammation: - Present
 Discharge: - Absent

Table no. 1: NIDANA

Aharaja	Viharaja	Manasika
Excessive intake of <i>Dadhi</i> (curd), <i>Achar</i>	Air-conditioned room, Moist environment	NAD

SAMPRAPTI GHATAK:

Dosha – Pitta Kapha Adhikya Vata
Dushya – Tvaka, Rakta, Mansa, Ambu.
Aama – Jatharagni Janya Ama
Agni – Jatharagni Vishama,
Dhatvagnimandya
Strotas – Rasavaha, Raktavaha, Mansavaha,
Medovaha
Strotodushti Prakara – Sanga
Rogamarga – Bahya
Udbhava Sthana - Aamashaya
Vykata Sthana – Twacha
Roga Swabhava – Chirakari
Sadhyasadhyatva – Kashtasadhyatva

SAMPRAPTI:



Table no. 2: Clinical assessment criteria of subjective parameters-⁴

Sr.no.	Subjective parameters	Grade 0	Grade 1	Grade 2	Grade 3
1	<i>Kandu</i> (Itching)	Absent	Mild	Moderate	Severe
2	<i>Utsanna Mandal</i> (Elevated skin lesions)	Absent	Mild	Moderate	Severe
3	<i>Pididka</i> (Eruptions)	Absent	1-3 eruptions	eruptions	More than 7 eruptions
4	<i>Raga</i> (Erythema)	Absent	Mild	Moderate	Severe
5	<i>Chirothanatva</i> (Slow growing patch)	Very fast-growing patch	Fast growing patch	Moderately growing patch	Slow growing patch

AYURVED TREATMENT PROTOCOL:

Deepana, Pachana and *Shodhana* for 4 months 12 days. Follow up after each month.

Table no. 3: Shaman Chikitsa advised to patient.

Date	Complaints	Treatment	Duration
06/01/24	White crust in scalp + + + Nails with whitish discoloration + + + Itching on scalp + + + Erythematous patch on right axilla + + +	After meal Syp Septillin 2 tsf tds Syp Talekt 2 tsf tds Syp M liv 1 tsf bd Syp Allecgy 1 tsf bd For local application Cutis ointment for nail and body Danil hair oil for scalp Lumina shampoo	28 days
03/02/24	White crust in scalp + + + Nails with whitish discoloration + + + Itching on scalp + + + Erythematous patch on right axilla + + +	After meal <i>Ashtamurti Rasayan</i> 125mg <i>Gandhak Rasayan</i> 20gm <i>Praval Pishti</i> 5gm <i>Bhrihat Mahamanjishtadi kadha</i> 30gm <i>Nisha Choorna</i> 10gm 2gm tds with honey/milk <i>Tab Panchatikta Ghrit Guggul</i> 1 bd Cap Uriples 1 bd For local application Danil hair oil to scalp <i>Mahamarichyadi Tail</i> +777 oil	11 days
14/02/2024	White crust in scalp + + + Nails with whitish discoloration + + + Itching on scalp + + + Erythematous patch on right axilla + + +	After meal <i>Ashtamurti Rasayan</i> 125mg <i>Gandhak Rasayan</i> 30 tabs <i>Praval Panchamrit</i> 20 tabs <i>Giloy Satva</i> 5 gm <i>Bhrihat Mahamanjishtadi Kadha</i> 30gm <i>Nisha Choorna</i> 10gm 2gm tds with honey/milk <i>Tab Kaishore Guggul</i> 1 bd Cap Uriples 1 bd <i>Tab Arogyavardhini Vati</i> 1 bd For local application <i>Neem</i> oil for scalp <i>Mahamarichyadi Tail</i> +777 oil Lumina shampoo	10 days
24/02/2024	White crust in scalp + + + Nails with whitish discoloration + + + Itching on scalp + + + Erythematous patch on right axilla + + +	After meal <i>Ashtamurti Rasayan</i> 125mg <i>Gandhak Rasayan</i> 30 tab <i>Praval Panchamrit</i> 20 tabs <i>Giloy Satva</i> 5 gm <i>Bhrihat Mahamanjishtadi Kadha</i> 30gm <i>Nisha Choorna</i> 10gm 2gm tds with honey/milk <i>Tab Kaishore Guggul</i> 1 bd Cap Uriples 1 bd For local application <i>Neem</i> oil for scalp <i>Mahamarichyadi Tail</i> +777 oil Lumina shampoo	14 days
09/03/2024	White crust in scalp + + + Nails with whitish discoloration + + + Itching on scalp + + + Erythematous patch on right axilla + + +	After meal <i>Ashtamurti Rasayan</i> 125mg <i>Gandhak Rasayan</i> 30 tabs <i>Praval Panchamrit</i> 20 tabs <i>Giloy Satva</i> 5 gm <i>Bhrihat Mahamanjishtadi Kadha</i> 30gm <i>Nisha Choorna</i> 10gm 2gm tds with honey/milk	14 days

		<p>Tab <i>Kaishore Guggul</i> 1 bd Cap <i>Uriples</i> 1 bd Tab <i>Arogyavardhini Vati</i> 1 bd For local application <i>Neem</i> oil for scalp <i>Mahamarichyadi Tail</i> +777 oil Lumina shampoo</p>	
23/03/2024	<p>White crust in scalp ++ Nails with whitish discoloration ++ Itching on scalp ++ Erythematous patch on right axilla ++</p>	<p>After meal <i>Ashtamurti Rasayan</i> 125mg <i>Gandhak Rasayan</i> 30 tabs <i>Praval Panchamrit</i> 20 tabs <i>Giloy Satva</i> 5 gm <i>Bhrihat Mahamanjishtadi Kadha</i> 30gm <i>Nisha Choorna</i> 10gm 2gm tds with honey/milk Tab <i>Kaishore Guggul</i> 1 bd Cap <i>Uriples</i> 1 bd Tab <i>Pesin</i> 1 od For local application <i>Neem</i> oil for scalp <i>Mahamarichyadi Tail</i> +777 oil Lumina shampoo</p>	14 days
06/04/2024	<p>White crust in scalp + Nails with whitish discoloration + Itching on scalp + No Erythematous patch on right axilla</p>	<p>After meal <i>Ashtamurti Rasayan</i> 125mg <i>Gandhak Rasayan</i> 30 tabs <i>Praval Panchamrit</i> 20 tabs <i>Giloy Satva</i> 5 gm <i>Bhrihat Mahamanjishtadi Kadha</i> 30gm <i>Nisha Choorna</i> 10gm 2gm tds with honey/milk Tab <i>Kaishore Guggul</i> 1 bd Cap <i>Uriples</i> 1 bd For local application 777 oils Lumina shampoo</p>	14 days
20/04/2024	<p>No White crust in scalp Nails with whitish discoloration + Itching on scalp + No Erythematous patch on right axilla</p>	<p>After meal <i>Ashtamurti Rasayan</i> 125mg <i>Gandhak Rasayan</i> 30 tabs <i>Praval Panchamrit</i> 20 tabs <i>Giloy Satva</i> 5 gm <i>Bhrihat Mahamanjishtadi Kadha</i> 30gm <i>Nisha Choorna</i> 10gm 2gm tds with honey/milk Tab <i>Kaishore Guggul</i> 1 bd Cap <i>Uriples</i> 1 bd For local application 777 oils Lumina shampoo</p>	28 days
18/05/2024	<p>No White crust in scalp No whitish discoloration on nails No Itching on scalp No Erythematous patch on right axilla</p>	Treatment completed	

RESULT

Table no. 4: Results showing changes before, during and after treatment

Sr.no.	Symptoms	Before treatment	During treatment	After treatment
1	<i>Kandu</i> (Itching)	2	2	0

2	<i>Utsanna Mandal</i> (Elevated skin lesions)	1	1	0
3	<i>Pididka</i> (Eruptions)	3	0	0
4	<i>Raga</i> (Erythema)	3	0	0
5	<i>Chirothanatva</i> (Slow growing patch)	3	0	0

Before treatment



Figure No.1(a)

After treatment



Figure No.1(b)



Figure no.2(a)



Figure no.2(b)



Figure no.3(a)



Figure no.3(b)

DISCUSSION

Although *Dadru* is a *Kashtatara Vyadhi* but it can be easily cured by *Ayurvedic* management. It shows excellent results in skin diseases. *Ayurvedic* drugs pacifies vitiated *Doshas* and balances all *Dhatus* involved in skin diseases. It mainly works on *Rakta Dhatu* to purify blood and eliminate foreign micro agents from body.

Ashtamurti Rasayan is a type of *Kupi Pakva Rasayan* containing *Parad, Gandhak, Singaraf, Manasheela, Somal, Haratal, Rasa Karpur, Mrudgarshringa, Fitkari, Suvarna Varka, Rajat Varka*. It is administered specifically to prevent *Agantuj Hetu*, a microbial infection. This combination has the quality of *Tridoshaghna* in addition to purifying blood.⁵

Gandhaka Rasayana is *Aampachak, Agnideepak, Vishahara, Krimighna*. *Gandhak* itself is a *Raktshodhak* and *Varnyakar*. All other ingredients of *Gandhak Rasayana* helps to improve its properties. *Chaturjatak* is *Kusthaghna* whereas *Bhringaraj* and *Nagakeshar* is *Vishaghna* in nature. Excess *Drava Guna* pacifies by *Nagakeshara* and *Dalchini* with its *Laghu, Ruksha Guna*. Most of the drugs are *Madhur Vipaka* which helps to pacify *Daha Lakshana* of *Kushtha*. As it is *Rasayan*, it helps to increase *Dhatvagni* and prevents relapse of diseases.⁶

Praval Pishti: is prepared by trituration of *Praval Bhasma* (choral powder) with rose water. It improves immunity, skin complexion and lustre. It relieves excess sweating. Its *Madhur, Amla, Kashay Rasa* and *Sheet Virya* decreases *Ushna, Tikshna* and *Daha* produced by parasites. It helps in *Pitta* dominating condition when used with *Giloy Satva*.⁷

Brihat Mahamanjishtadi Kwath: This preparation is useful to treat 18 types of *Kushtha*. Its ingredients are mainly *Katu, Tikta* and *Kashay* in taste. Hence it acts as blood purifier, purgative and pacifies *Pitta Dosh*. *Manjishta, Sariva, Musta, Guduchi, Kushtha, Sunthi, Bharangi, Nimba, Haridra, Trifala, Patha, Khadir, Chandana, Bakuchi* these are the ingredients useful in skin

diseases. It also contains *Trivruta* and *Krutamal* which are *Virechak* in nature remove out *Doshas* from body.⁸

Nisha Choorna: As *Nisha* is one of the drug from *Kushthaghna Maha Kashay, Vishaghna Maha Kashay* and *Krimihar Gana* hence it is beneficial in fungal infections. It is a natural anti-pruritic, anti-fungal and has a cosmetic property. *Curcumin* is the most active component of *Haridra* exhibits anti-inflammatory, anti-bacterial property. *Curcumin* also has immunomodulatory effect involving activation of host macrophages and natural killer cells.⁹

Panchatikta Ghrit Guggulu: Its ingredients are *Giloy, Nimba, Patol, Vasa, Kantakari, Guugulu* and *Ghrit*. It prevents the emergence of acute hypersensitivity. and, through scavenging free radicals, aid in lowering oxidative stress.¹⁰

Kaishore Guggulu: It has *Trifala (Haritaki+Amalaki+Bibhitaki), Giloy* and *Guggul* mainly used in *Jeerna Raktavikar Vyadhi* as well as in *Aamvishaj* condition. *Guduchi* is one of the ingredients acts as *Rasayan* which rejuvenates damaged *Dhatu*. *Trifala* and *Guduchi* are *Aampachak* drugs as *Dadru* is *Aamashay Udbhav Vyadhi*. *Guggul* decreases inflammation. This combination mainly used as anti-allergic and anti-bacterial and blood purifier in skin diseases.¹¹

Syrup Septilin: It animates the arrangement of WBCs which assist with killing infections agents. Its anti-bacterial property prevents secondary infection and fast healing of wound.

Syrup Talekt has anti allergic property that help to relieve itching caused by skin infection and allergies. It boosts the immune system's response to cutaneous infections, lowering the chance of relapse.

Syrup Allecgy: It is a potent anti-allergic and anti-microbial as its contents are mainly *Tikta-Kashay Rasatmak* and *Raktashodhak*. *Vidanga, Shirish, Neem* are the drugs of *Vishaghna Mahakashay*, destroys fungal agents and prevents further infection.

Urtiplex capsule is a natural anti allergic and anti-itch formula. It contains drugs like

Manjishta, Khadir, Kutki, Daruharidra and *Sariva* are anti-inflammatory, anti-bacterial which helps to pacifying *Tinea corporis*.

Cutis ointment contain *Neem, Karanj and Gandhak*. These are the drugs beneficial in skin diseases and allergic conditions hence helps to cure lesions of *Tinea corporis*.

Mahamarichyadi Tail which act as a long-term action and broad-spectrum antifungal by weakening fungal cell wall to destroy them. It also relieves itching and provide cooling effect.

CONCLUSION

Tinea corporis is associated with *Dadru Kushtha* based on signs and symptoms. *Chikitsa* is planned in *Kushtha Roga*, depending on the severity of *Roga*. *Shamana Chikitsa* is administered in *Alpadoshaavastha* (least severe). *Dadru kushtha* is a kind of *Kshudra Kushtha*, according to *Acharya Charak*, and *Mahakushtha* according to *Acharya Sushruta and Acharya Vagbhata*. *Tinea corporis* or dermatophytosis may be involved. Because it is an infectious illness, personal hygiene is critical in its treatment. From this case study it can be concluded that use of *Chikitsa Upakramas* described in *Ayurved* like *Shamana* (formulations like *Ashtamurti Rasayan, Gandhak Rasayan*) and *Bahiparimarjana* (*Mahamarichyadi Tail +777 oil for L.A.*) are effective in the management of *Dadru kushtha*.

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