“Effective management of Dadru (Tinea corporis) through Ayurveda – A Case Report”

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Abstract-

Introduction: Diseases related to skin can affect an individual physically as well as psychologically. Dadru is one of the types of Kshudrakushta. The main lakshanas of Dadru include Kandu, Deerghapratana, Utsanna, Mandala, Raaga, and Pidakas. It is a Raktapradoshajvyadhi in which mainly Kapha and Pittadoshas are involved. Dadru can be very well correlated to clinical features of Tinea corporis which is a fungal infection. In all Samhitas repeated Shodhana is indicated in the management of Kushtha as it is Bahudoshavastha. Case report: A 40 yrs old female came with complaints of red, rounded patches with itching over abdominal and back region since 3 months was treated with Vaman therapy. Methodology: For deepanpachan first Trikatuchurna was given for three days. Following that Panchtiktaghritawas given daily in increasing matra for 6 days uptosamyakSnehasiddhilakshanas observed in patient. After samyak siddhi lakshana Vaman was given with yashtimadhuphant, madanaphalachurna, vacha, pippaliandsaindhava,. Then Sansarjana karma was advised for 5 days. Result: Assessment was done after Sansarjana krama and significant improvement was observed in subjective parameters like in Kandu, Deerghapratana, Utsanna, Mandala, Raaga. Discussion: Panchtiktaghrit and Yastimadhuhas kaphaghna and kandughna properties so Panchtiktaghritis the best for snehpana and Yastimadhu is used for Vaman. Vaman helps in elimination of vitiated doshas thus helps in breaking samprapti. Conclusion: Vaman is effective in the management of Dadru.

Keywords: Dadru, Kshudrakushta, Tinea corporis, Shodhan, Vaman.
Introduction:

The word Kushtha means which produces discolouration over skin region. Dadru is classified as Kshudrakushthaby Acharya Charaka(1), and Mahakushthaby Acharya Sushruta.(2) The symptoms of Dadru are Kandu (Itching), Utsanna Mandala (Elevated round lesions), Raaga (Erythema), and Pidikas (Eruptions). It is a Raktapradoshajvyadhi in which mainly Kapha and Pitta doshas are involved. Due to similarity of clinical features Dadru can be equated with Tinea corporis, the common fungal infection. Prevalence showed Five out of 1000 individuals are suffering from this fungal infection. (3) In modern science, it is treated with local application of ointments and systemic antifungal medications with steroids. In all Samhitas repeated Shodhanais indicated in the management of Kushtha as it is Bahudoshavastha. In this case study Vamantherapy was given which helps in elimination of vitiated doshas followed by ShamanaAushadhi(PanchkitaghritaGuggulu, GomutrasiddhaHaritaki and local S-kin powder and Karanjateil) that helps in reducing symptoms.

Case Report:

A female with 40 years of age came to Kayachikitsa OPD of Mahatma Gandhi Ayurved College Hospital & Research Centre, Salod(H) Wardha with following main symptoms-

1. Red, rounded patches with severe itching over abdomen and back region (Kandu)
2. Formation of erythematous lesions (Utsanna Mandala)
3. Burning sensation at the site of lesions (Daha)
4. Redness (Raaga)

Patient was suffering from the above complaint since 3 months.

History of present illness: The patient was alright 3 months back, afterward she slowly complaining of round and reddish lesions over abdominal and back region, severe itching was also present. Therefore, she came to this Hospital for treatment.

Past History: She had no history of Diabetes mellitus, Hypertension, Asthma, Hypothyroidism or any type of surgery.

Family History: Her husband was suffering from same disease.

Clinical examination: Ashtavidhparikshawas normal.

Vital parameters: Vital parameters were normal.

Local examination: Local examination showed 5-7 round reddish, well demarcated lesions with vesicular eruptions over abdominal area. There was no discharge.

Diagnosis: After history and examination she was diagnosed as Dadru (Tinea corporis).

Samprapti Ghatak-

Dosh: Tridosha

Dushya: Rasa, Rakta.

Adhishtana: Twaka.

Therapeutic interventions:

I. ShodhanaChikitsa- Vamanakarma
II. ShamanaChikitsa– PanchtiktaghritaGuggulu, GomutraSiddhaHaritaki and Local S-kin powder and Karanjateil.

I. ShodhanaChikitsa- Vaman karma

   A) AbhyantarAushadhi–
      **Poorva Karma**– As shown in table no.1, Agni Deepana with Trikatuchurna followed by Snepana with Panchatiktaghrita.
      **Duration**: 3 days for Agni Deepan and after that 6 days for Snehapana

   B) BahyaAushadhi–
      **Drug**: Snehana with Marichyadi teil
      **Dose**: Quantity sufficient
      **Duration**: A day before and on the day of Vaman

Treatment Plan– 1 day prior to Vaman

1) AbhishyandiAahar (curd, mash, ice-cream & milk diets)

2) SarwangaSnehanaSwedana with Marichyadi teil

C) Selected Internal Ayurvedic Drugs for Vaman therapy–

   VamakaDravya– Madanaphaladi yoga (Madanaphalachurna3gm, Vachachurna5gm, Saindhav5gm and Honey 25ml) is mixed together and administered.

   Vamanopagadravya– Ksheer (2500ml), Yashtimadhuphanta (1000ml), Lavanjala and Koshajala.

**AbhyantarAushadhi**: Oral medications were selected on the basis of their properties useful in pacifying the vitiated doshas in Dadru and ability to relieve signs and symptoms of Dadru.

**Plan for schedule**

During Snehapana the quantity of Ghrita was daily increased according to Agnibala and Pachanshakti of the patient. It was started with 30ml and on last day, the maximum quantity of consumed Panchtiktaghrita was 240ml. Patient was advised to take hot water bath to get mrudusweda after Snehapana.

**Procedure of Vaman karma –**

Prior to Vaman karma, the patient was told to consume Kapha aggravating ahar like curd, mash, ice-cream& milk for Kaphotklesha. Next day early in the morning at Kaphakala at 6 A.M. patient was examined for the Samyak Sneha siddhi lakshan and Vital parameters were checked. Before Vaman karma, Marichyadi teil was applied all over the body for SarvangaSnehana followed by mrudusweda to chest and back.

For Vaman Vamakdravyas like Madanaphaladi yoga were given. Spontaneous Vamanvegas started within 15 minutes. In between Vamanopaga drugs were administered for complete elimination of vitiated doshas. During procedure quantity of input, output, symptoms and number of Vamanvegas were observed and noted. PittantikVamanis observed at the end of the procedure.

The Antiki, Vaigiki, Maniki & Laingikipurifications are as mentioned in table no.2.

Six Vamana vegas (emetics) with 3600ml output is suggestive of “Madhyamashuddhi” (4) The time required for entire process was 80 minutes. Patient had experience relaxation and
lightness in the body. After Samyaka Vamana, Dhupapanawith Dhupapanvaritand Gandushwas advised. Sanssarjana krama was advised to the patient for 5 days.

After the completion of Samsarjan Krama following Shaman Aushadhi were started as mentioned in table no.3

**Investigations**– Complete Blood Count and Random Blood Sugar of patient were normal.

**Follow up and Outcomes** - Patient was assessed on Day 0, on day 10 (Immediate after completion of Vaman) and on day 25 (after completion of ShamanaChikitsa)

**Assessment criteria** – Patient was assessed by observing relief in subjective parameters like Kandu (Itching), Raaga (Erythema), Utsanna Mandala (Elevated circular skin, Lesion) and Pidikas (Eruptions) and photographs of lesions on day 0, on day 10 and on day 25.

**Gradation of subjective parameters are as mentioned in table no.4**

**Observation and Results:**

**Assessment before, during and after treatment are as mentioned in table no.5**

Before treatment Gradation of Kandu was 3 (Severe Itching) which reduced to 2 (Moderate or Frequent Itching) during first follow up and it was absent on day 25 that is after treatment.

Before treatment Gradation of Utsanna Mandala was 3 (Severe elevated lesion) which reduced to 1 (Mild elevated lesion) during first follow up and it was absent on day 25 that is after treatment.

Before treatment Gradation of Pidikas was 3 (> 7 eruptions) which reduced to 2 (4-7 eruptions) during first follow up and it was absent on day 25 that is after treatment.

Before treatment Raaga (Erythema) was present that persists during first follow up and it was absent on day 25 that is after treatment.

It was observed that patient got complete relief from all symptoms after treatment.

**Discussion:**

**Mode of Action in Vamankarma;** -

The Vamakadravya possesses Ushna, Tikshna, Sukshma, Vyavayi and Vikashi properties. Due to these properties they get easily absorbed and reach to the heart. Sukshma and Vyavayi properties enable them to move through Dhamani and they reach to Sthulaa and Sukshma Srotas in all directions of the body. Ushna property of Vamakadravyas help in liquification (vishyandanti) of vitiated doshas which then easily flow through circulation. After that their complex molecules get fragmented due to action of Tikshna property&reached to Amashaya, flowing through “Anu Srotas” where from stimulated by Udana-Vayu and due to the Agni, Vayu Mahabhautikaconstitutions and Prabhava, they flow in upward direction to remove the vitiated dosha, along with them.(5)

A Vaman expels out the aggravated dosha and dragging them towards the Urdhvabhaga through the Mukha. Vaman is a specific therapy for KaphaDosha. Vamakadravyas by their property and Vayu Aakash Mahabhuta dominancy helps in eliminating the morbid doshas from the Shakha to Koshtha and then out of the body by oral route.

**Panchtiktaghrit** and **Yashtimadhu** has Kaphaghna and Kandughna properties. So Panchtiktaghritis the best for Snehapana and Yashtimadhu is used as Vamanopagadravya.
Marichyaditeil (6) is Raktashodhak, Vranaropaka, Twachya, useful in skin diseases.

Probable mode of action of PanchtiktaghrıtaGuggulu—

PanchtiktaghrıtaGuggulu is mentioned in BhaishajyaRatnavaliin Kushthrogadhikar. It is Tikta Rasa Paradhan, acts as RaktadoshaPachaka and later RaktaPrasadak. Purana Guggulu is said to be Lekhana in nature. Here Guggulu acts as a vehicle for these drugs which enters into Sukshma channels. Gives instant relief in Kandu Pradhan Lakshanas. (7,8)

Probable mode of action of GomutrasiddhaHaritaki—

GomutrasiddhaHaritaki is a GomutrabhavitHaritaki formulation described in all Brihattrayi. Haritaki has Kashaya, Ruksha, Ushna, Anulomana properties and Gomutra has Katu, Tikshna, Ushna, Kshara properties. Due to these properties they help in relieving obstruction in srotas. It enhances agni by agnideepana property and causes virechana. (9)

Probable mode of action of S-kin Powder—

Main constituents of S-kin powder possess Krumighna, Vranaropaka and Raktashodhak properties. Hence these are used in all types of skin disorders. Gomutra is used due to alkaline property it enhances absorption of drugs. Shodhit Gandhak has antibacterial, antifungal properties hence it is useful in the management of all types of skin disorders. Hence Local application of it helps in reducing symptoms of Dadru.

According to Ayurveda, Karanj is anthelmintic, alexipharmic and useful in diseases of eye, vagina, skin. It is good for tumour, wounds, ulcers, itching, ascites, enlargement of spleen and abdomen, urinary discharges. It also cures biliousness, piles, head pains, leucoderma, skin diseases and wounds. According to Unani system of medicine, seeds are acrid and carminative, purify and enrich blood, relieves inflammations, cure earache, chest complaints, lumbago, chronic fever and hydrocele. According to Ayurveda, Karanj is anthelmintic, alexipharmic and useful in diseases of eye, vagina, skin. It is good for tumour, wounds, ulcers, itching, ascites, enlargement of spleen and abdomen, urinary discharges. It also cures biliousness, piles, head pains, leucoderma, skin diseases and wounds. According to Unani system of medicine, seeds are acrid and carminative, purify and enrich blood, relieves inflammations, cure earache, chest complaints, lumbago, chronic fever and hydrocele.

A number of articles show evidences of similar problems globally (10-14). Henry et. al. reported a case of altered clinical picture of extensive Tinea Corporis (15). Related article was also reported by Sahu et. al. (16).

Probable mode of action of Karanjateil—

Karanjateil is mentioned in Bhaishajya Ratnavali in Visarpa Chikitsa. It possesses Krumighna, Kandughna, Vranashodhaka and Vranaropaka properties. All properties enable them to break samprapti by alleviating vitiated dosha. Local application causes smoothening action and oil enhances absorption of locally applied drugs and helps in relieving symptoms.

Conclusion:

Shodhana therapy in the form of Vaman followed by Shamana Aushadhi are more effective in the management of Dadru.

References:


[3] Sharma Usha. Tinea infections, unwanted guests; 2010[Express Pharma]: 1


Table no.1- Showing Dose, Route, *Kala* and *Anupana* of Poorva karma drugs

<table>
<thead>
<tr>
<th>Name of medicine</th>
<th>Dose</th>
<th>Route</th>
<th>Kala</th>
<th>Anupana</th>
<th>No.of days</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Trikatuchurna</em></td>
<td>3gm twice a day</td>
<td>Orally</td>
<td>Before meal</td>
<td>Lukewarm water</td>
<td>3 days</td>
</tr>
<tr>
<td><em>Panchatiktaghrita</em></td>
<td>30ml-1&lt;sup&gt;st&lt;/sup&gt; day</td>
<td>Orally</td>
<td>Early morning (7 A.M)</td>
<td>Lukewarm water</td>
<td>6 days</td>
</tr>
<tr>
<td></td>
<td>60ml-2&lt;sup&gt;nd&lt;/sup&gt; day</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>90ml-3&lt;sup&gt;rd&lt;/sup&gt; day</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>120ml-4&lt;sup&gt;th&lt;/sup&gt; day</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>160ml-5&lt;sup&gt;th&lt;/sup&gt; day</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>240ml-6&lt;sup&gt;th&lt;/sup&gt; day</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Table no.2- Showing *Antiki, Vaigiki, Maniki* & *Laingiki* purifications.

<table>
<thead>
<tr>
<th>Procedural summary</th>
<th>Measures</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Mainiki</em> (Measurement) Input</td>
<td>2500ml</td>
</tr>
<tr>
<td>Output</td>
<td>3600ml</td>
</tr>
<tr>
<td><em>Antiki</em> (Procedural Result)</td>
<td><em>PittantikVaman</em></td>
</tr>
<tr>
<td><em>Vegiki</em> (Total no. of vomitings)</td>
<td>6</td>
</tr>
<tr>
<td><em>Laingiki</em> (Symptoms)</td>
<td><em>Kaphachadrika</em></td>
</tr>
<tr>
<td></td>
<td>Present in vomitus &amp; No bleeding was seen.</td>
</tr>
</tbody>
</table>

Table no.3- Showing list of *ShamanaAushadi* given to the patient

<table>
<thead>
<tr>
<th>Sr.no</th>
<th>Treatment given</th>
<th>Dose with <em>Anupana</em></th>
<th>Duration/Kala</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><em>PanchtitakaghritaGuggulu</em></td>
<td>500mg twice a day with <em>Koshnajala</em></td>
<td>15 days/after food</td>
</tr>
<tr>
<td>2</td>
<td><em>GomutrasiddhaHaritaki</em></td>
<td>5gms at night with <em>Koshnajala</em></td>
<td>15 days/after food at night</td>
</tr>
<tr>
<td>3</td>
<td>S-kinpowder (Godavari Pharmacy)</td>
<td>Local application with <em>Gomutra</em></td>
<td>Before bath</td>
</tr>
<tr>
<td>4</td>
<td><em>Karanja tel</em></td>
<td>Local application</td>
<td>2-3 times a day</td>
</tr>
</tbody>
</table>

Table no.4- Showing Gradation of subjective parameters.

<table>
<thead>
<tr>
<th>Sr.no</th>
<th>Gradations</th>
<th>Grade 0</th>
<th>Grade 1</th>
<th>Grade 2</th>
<th>Grade 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><em>Kandu</em></td>
<td>Absent</td>
<td>Mild or Occasional Itching</td>
<td>Moderate or Frequent Itching</td>
<td>Severe Itching</td>
</tr>
<tr>
<td>2</td>
<td><em>Utsanna mandala</em></td>
<td>Absent</td>
<td>Mild elevated lesion</td>
<td>Moderate elevated lesion</td>
<td>Severe elevated lesion</td>
</tr>
<tr>
<td>3</td>
<td><em>Pidikas</em></td>
<td>Absent</td>
<td>1-3 eruptions</td>
<td>4-7 eruptions</td>
<td>&gt; 7 eruptions</td>
</tr>
</tbody>
</table>
4. Raaga- Grade 0 - Absent
         Grade 1 - Present

Table no.5- Showing Assessment done before, during and after treatment.

<table>
<thead>
<tr>
<th>Gradations</th>
<th>On Day 0</th>
<th>On Day 10</th>
<th>On Day 25</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kandu</td>
<td>3</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>Utsanna mandala</td>
<td>3</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Pidikas</td>
<td>3</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>Raaga</td>
<td>1</td>
<td>1</td>
<td>0</td>
</tr>
</tbody>
</table>

First follow up: Figure-2 - On day 10 (After Snehapana and Vaman)

Before Treatment: Figure-1 - On day 0
Second follow up: Figure-3- On day 25 (After Shaman Aushadhi)

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