AYURVEDIC MANAGEMENT OF DERMATOPHYTOSIS WITH SPECIAL REFERENCE TO DADRU – A CASE STUDY

Dr. Shahin Pathan*, Vaidya Rohini Salve2 and Dr. Pushkar Rai3

1PG Scholar of Panchakarma Department, Parul Institute of Ayurveda, Vadodara, Gujrat.
2HOD and Associate Professor of Panchakarma Department, Parul Institute of Ayurveda, Vadodara, Gujrat.
3PG Scholar of Panchakarma Department, Parul Institute of Ayurveda, Vadodara, Gujrat, India.

*Corresponding Author: Dr. Shahin Pathan
PG Scholar of Panchakarma Department, Parul Institute of Ayurveda, Vadodara, Gujrat.

ABSTRACT
In present era with maximum use of A.C. work, clothing pattern, Junk food, Hygiene skin diseases are common manifestation. Such patients experience physical, emotional & socio-economic embarrassment in the society due to disfigured appearance. Normally 10 -15% of the general practitioners encounter with skin disorders in their day to day practice. According to Ayurveda such infinite numbers of skin diseases are described under a single title i.e. Kustha (Tvagmay). It is a Tridoshaja Vyadhi where Rasa, Rakta, Mamsa and Ambu are included in Dravya-Sangrahas. Dermatophytosis is a type of Fungal infection. With its clinical manifestation it can be correlated with Dadru. Here is a case of a 18 year male patient, gradually developed Itching and Burning sensation, Multiple Erythematous Papulo vesicular lesions with Sharp boarder and central cleared, round, red coloured big patches in groin region over the period of 2 years. Later it spread over thigh, genital, buttocks region, right hand and neck region, associated with sleeplessness. He underwent Modern medicines but got temporary relief but disease recurred time to time. Patient was treated first with Virechana and Rakamokshana followed by Shaman. The results found are very encouraging. An attempt is made to show efficacy of Ayurvedic management in such highly recurrence disease.

KEYWORDS: Rasa, Rakta, Mamsa and Ambu.

INTRODUCTION
Ayurveda has always emphasized on safeguarding the health of Healthy and then trying to treat the ill. Hence we see detailed elaboration of daily regimen (Dinacharya) and seasonal regimen (Ritucharya) first and then descriptions regarding diseases and their effective management. With the invention of anti-biotics, we have a good chance of controlling the infectious diseases through modern medicines but as far as non-infectious, degenerative and chronic diseases are concerned, Ayurveda can be a real hope. Due to considerable changes in life style in today’s world, Dinacharya and Ritucharya which were an inseparable part of our life style have taken a setback. This has given rise to many faulty habits related to both diet as well as general behaviour. Charakacharya has given 18 types of Viruddha Aahar.[1] If observed carefully, one can easily find all of them in one or the other form in our daily routine. Kushta i.e. skin disease is one of the consequence of such Viruddha Aahar.[2] If observed carefully, one can easily find all of them in one or the other form in our daily routine. Kushta i.e. skin disease is one of the consequence of such Viruddha Aahar.[2] If observed carefully, one can easily find all of them in one or the other form in our daily routine. Kushta i.e. skin disease is one of the consequence of such Viruddha Aahar.[2] If observed carefully, one can easily find all of them in one or the other form in our daily routine. Kushta i.e. skin disease is one of the consequence of such Viruddha Aahar.[2] If observed carefully, one can easily find all of them in one or the other form in our daily routine. Kushta i.e. skin disease is one of the consequence of such Viruddha Aahar.[2] If observed carefully, one can easily find all of them in one or the other form in our daily routine. Kushta i.e. skin disease is one of the consequence of such Viruddha Aahar.[2] If observed carefully, one can easily find all of them in one or the other form in our daily routine. Kushta i.e. skin disease is one of the consequence of such Viruddha Aahar.[2] If observed carefully, one can easily find all of them in one or the other form in our daily routine. Kushta i.e. skin disease is one of the consequence of such Viruddha Aahar.[2]

Dadru Kushtha (Sankramika) spreads one person to another person by Bahya Malaja Krimi through Sweda (contact of skin, sharing clothes etc.). Dadru can be diagnosed by symptoms like Pidika, Varna (Atasipushpa) with Mandala (Round patch).[4] With the resembles of signs and symptoms Dadru can be correlated with dermatophyte or ring worm. In ayurved line of treatment both Shaman and Shodhan are available. As Dadru kushta is Bahudoshatmaka vyadhi punah punah Shodhan[5] can be done to avoid recurrence. Shodhan forms a very important part of therapy used for Viruddha Aahar and Kushta in particular.[6]

MATERIALS AND METHOD
A 18 year old male registered by the O.P.D. number 18003435 on the date of 05/03/18 came to the O.P.D. number 113 of Parul Ayurved Hospital. He presented himself with the following symptoms.

- Lesions on genital, abdomen, right hand, thigh region, neck area with red demarcation with mandalotpatti.
- Severe itching as well as burning which would rarely result into bleeding.
- Itching aggravating during night.
- Suffering from the last 2 years.
- Had taken modern treatment (Anti fungal drugs, sometimes steroids) with limited improvement and recurrence.

His overall physical status was good with some findings of over-thinking and shy nature which was developed gradually after the lesions of disease spread on his body. Based on the above case findings an Ayurvedic treatment protocol was designed comprising of Shodhan and Shaman treatment in the form of Apunarbhava Chikitsa.

**TREATMENT PROTOCOL**

The patient was first explained the need of Shodhan therapy i.e. Virechan and Raktamokshana (Siravedhana), was administered Virechan first followed by Siravedhana and Shaman treatment. The details are as follows,

**VIRECHAN THERAPY**

This was administered in three stages as,

- Purvakarma (Pre-treatment)
- Pradhankarma (Primary treatment)
- Pashchatkarma (Post-treatment)

**Purvakarma (Pre-treatment)-(10/3/2018-18/3/18)**

The patient was admitted in the I.P.D. ward of Parul Ayurved Hospital with the registration number 180568. Consent was obtained from the patient as a standard protocol followed in our hospital. All the modern as well as Ayurvedic medicines were stopped before the commencement of this karma. The patient being admitted in the hospital, all vitals were checked twice in daily rounds. This forms the initial part which is followed by the prime therapy of Virechan. It comprised.

- Deepan-Pachan- Trikatu Choorna 3gms thrice a day for 4 days Triphala vati 2 tablets at night for proper bowel evacuation
- Snehapan - Panchatikta-ghrit which was gradually increased from 25ml on the 1st day to 170ml on the 6th day respectively.
- Abhyang-Swedan- Abhyang with Nimba Taila and Atap Sweda was given for 3 days

- (This Purvarkarma improves the digestive power of the patient in turn which helps in proper digestion of the Snehapan which will be done later.
- After obtaining the Samyak Sneha Lakshana, Snehapan was stopped.
- Some aggravation in burning as well as itching was seen during this period especially on the 2nd rest day.
- A strict diet regimen was also followed by the patient during this time of Purvakarma. All vitals were checked twice in daily rounds.)

<table>
<thead>
<tr>
<th>Date</th>
<th>ML</th>
<th>Kshudha Pravartana</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st (13/3/18)</td>
<td>25ml</td>
<td>12.30pm</td>
</tr>
<tr>
<td>2nd (14/3/18)</td>
<td>60ml</td>
<td>1.00pm</td>
</tr>
<tr>
<td>3rd (15/3/18)</td>
<td>90 ml</td>
<td>1.30pm</td>
</tr>
<tr>
<td>4th (16/3/18)</td>
<td>120 ml</td>
<td>2.00pm</td>
</tr>
<tr>
<td>5th (17/3/18)</td>
<td>150 ml</td>
<td>2.30pm</td>
</tr>
<tr>
<td>6th (18/3/18)</td>
<td>170 ml</td>
<td>3.00pm</td>
</tr>
</tbody>
</table>

**Pradhankarma –(19/3/2018)**

Abhyang was done on the Virechan day with Nimba taila in the morning. Virechan yoga in the form of 4 Tablets of Icchabhedi Rasa was administered empty stomach at 9:50 a.m. Patient was advised to have sips of water in between to continue the motions and prevent any possible (dehydration) adverse effects arising from continuous Virechan Vegas. Observations were noted in the form of a table as below,

<table>
<thead>
<tr>
<th>TIME</th>
<th>VEGA</th>
<th>CONSISTENCY</th>
<th>BLOOD PRESSURE</th>
<th>PULSE RATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>11.00a.m.</td>
<td>1</td>
<td>Semisolid</td>
<td>130/80 mm of Hg</td>
<td>72/min</td>
</tr>
<tr>
<td>11.30a.m.</td>
<td>1</td>
<td>Semisolid</td>
<td>130/70 mm of Hg</td>
<td>78/min</td>
</tr>
<tr>
<td>11.45a.m.</td>
<td>1</td>
<td>Liquid</td>
<td>120/90 mm of Hg</td>
<td>89/min</td>
</tr>
<tr>
<td>12.05p.m.</td>
<td>1</td>
<td>Liquid</td>
<td>120/80 mm of Hg</td>
<td>80/min</td>
</tr>
<tr>
<td>12.15p.m.</td>
<td>2</td>
<td>Liquid</td>
<td>120/80 mm of Hg</td>
<td>83/min</td>
</tr>
<tr>
<td>12.30p.m.</td>
<td>2</td>
<td>Liquid</td>
<td>120/80 mm of Hg</td>
<td>80/min</td>
</tr>
<tr>
<td>12.32p.m.</td>
<td>3</td>
<td>Liquid</td>
<td>110/90 mm of Hg</td>
<td>84/min</td>
</tr>
<tr>
<td>12.55p.m.</td>
<td>2</td>
<td>Liquid</td>
<td>110/70 mm of Hg</td>
<td>78/min</td>
</tr>
<tr>
<td>01.05p.m.</td>
<td>2</td>
<td>Liquid</td>
<td>110/90 mm of Hg</td>
<td>78/min</td>
</tr>
<tr>
<td>01.15p.m.</td>
<td>2</td>
<td>Liquid</td>
<td>110/80 mm of Hg</td>
<td>74/min</td>
</tr>
<tr>
<td>01.20p.m.</td>
<td>1</td>
<td>Liquid</td>
<td>120/80 mm of Hg</td>
<td>72/min</td>
</tr>
<tr>
<td>01.30p.m.</td>
<td>2</td>
<td>Liquid</td>
<td>118/90 mm of Hg</td>
<td>72/min</td>
</tr>
</tbody>
</table>
Emergency medicines like Kutaj ghanavati and Shankha Vati were kept at hand if needed in any conditions.

**Pashchatkarma (20/3/18-24/3/18)**
This patient was kept admitted till the Samsarjan Krama of 5 days considering the Shodhan as Madhyam Shuddhi i.e. moderate cleansing was finished. He was advised strict rest and diet only in the form Rice gruel in the form of Manda, Peya, Yavagu and Vilepi in gradual successions. He was advised thin Krishara(Rice+ Mudga) on the day of discharge and advised to follow light diet and rest for few more days.

**RAKTAMOKSHANA(SIRAVEDHANA KARMA)-(25/3/18)**
Siravedhana Karma was done after local Abhyanga and Swedana. There was 4 sitting of Siravedhana Karma in one month with gap of 7 days. Needle no.18, Scalp vein set, measuring glass (200ml), bandage and gloves were used in the process.

**Site of Siravedha:** Right leg 4 Angula above the Gulpha Sandhi.

<table>
<thead>
<tr>
<th>SR NO.</th>
<th>ON DATE</th>
<th>QUANTITY (IN ML)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>25-03-18</td>
<td>30ml</td>
</tr>
<tr>
<td>2nd</td>
<td>02-04-18</td>
<td>30ml</td>
</tr>
<tr>
<td>3rd</td>
<td>09-04-18</td>
<td>30ml</td>
</tr>
<tr>
<td>4th</td>
<td>16-04-18</td>
<td>30ml</td>
</tr>
</tbody>
</table>

**SHAMANA AUSHADHI- (Date- 25-03-18)**
1. Pachatikta ghruta guggulu-3TID
2. Arogyavardhini Vati-2TID
3. Sarivati vati-2TID
4. Katuki choorna-1gm+ Patol choorna-1gm+Nagarmotha Choorna-1gm+Patha Choorna -1gm—4gms TID
5. Gandhaka Malahara for Local application

**RESULTS**
After the Virechana therapy which took 16 days in total, the patient experienced considerable improvement in his patches. Though the improvement was not so prominent in the first 3 days post Virechan, it gradually improved on the 4th and 5th day of Samsarjan Krama.

Some dietary modifications like avoiding excess salt, sour taste, fast food, Chinese food, pickles etc. and behavioural corrections like avoiding day sleep were advised to the patient. He showed marked improvement in the lesions and has no signs of recurrence since then.

**OBSERVATION-** On the Basis of Result found during study effect were quated-
DISCUSSION
Kushtha i.e. skin disease is said to have Dushya samgraha comprising of 7 contents (SaptkoDushya Sangrha).[7] Hence Shodhan is considered as the prime treatment protocol to remove these deep rooted Doshas from the body. Shodhan procedures not only help in quick relief to the patients but also prevent recurrence which is very common in such skin conditions.

Mode of Action

Pradhan karma – Pradhan kaarma was given in the form of Virechan after proper Snehan. This therapy removed the already accumulated Doshas in the Kushtha area and regularises the Pitta- Kapha dosha considered as the main culprit in Dadru. Pitika and Mandalvata twacha can also be attributed to Pitta- Kapha dosha. Virechana is a Shodhan process primarily aimed at removing doshas through the Pakwashaya region.[11] In the above patient, 20 vegas were obtained and patient did not show any signs of Virechan Vyapada. here it said that Virechana is the prime procedure for Pitta Doshha. Virechana drug after entering Amashaya dislodges the vitiated Pitta Dosha and henceforth pacifies all Pitta Vikara of the body, just like a house which consists of fire will not only become hot when fire is made hot by adding suitable fuel and cooled when it is cooled.[12] hence ones vitiated Pitta is removed from the body, later the pure form blood is formed which automatically improves the Dadru lesions.

Samsarjanakrama – Samsarjankrama was carried out in the patient for 5 days considering the Shuddhi of moderate or medium type. Abhyantara Snehana and Virechana Karma in particular causes Agni to diminish leading to Anu Agni.[13] In such condition, having regular diet can cause rapid recurrence of diseases due to dosha prakopa resulting from Agnimandya. Hence the patient was kept on laghu, pathyahar and discharged on 24/3/2018.

Raktaokshana (Siravedhana Karma)
Siravedhana is a one type of Raktamokshana. Morbidity of Rakta Dhatu when generalized is best treated by the Siravedhana method.[18] In this method puncturing the vein for therapeutic purpose. It gives immediate relief in Kandu, Daha etc Symptoms. It is helpful to eliminate Doshas from all over the Body. Elimination of Ama by Siravedhana which obstructs the Srotas and Vaya gets Anulomana. In Dadru Pitta Dosha and Rakta Dhatu are involve so by this Siravedhana, helpful in Vikara Prashamana. It is quoted by our Acharyas that expulsion of Doshas should be done through nearest Bahirmukha srotas. Here as below unbilical part was involved more, so at Right 4 Angula above the Gulpha Sandhi, site was selected.[15]

Internal Medications

Panchatiktaghrit Guggulu[16]
This is a very potent drug of choice in Kushtha Adhikar. It is indicated in Visham and Atiprabala Vata. Nimba, Guduchi, Patola, Kantakari, Vasa are the contents of Panch tikta. Here in Dadru though Pitta and Kapha are involved, to spread all these Doshas are carried by Vata itself. Tikta Rasa acts on both Pitta and Kapha doshas. Guggulu is yogavahi dravya. It acts in Puran Kushtha i.e. chronic and shira conditions very well. Ghrita helps to pacify both Vata and Pitta.

Aarogyavardhini Rasa.[17]
Aarogyavardhini rasa is herbomineral formulation primarily advised in Kushtha Vikar i.e. all type of skin diseases. Its primary site of action is Grahani and Pakwashaya. In Kushtha, Dhatvagni mandya of Rasa and Rakta dhatu takes place resulting in Production of
malarupi Kapha and pitta. It is very potent drug to increase Agni which is a very important ingredient to correct the multiple dashya levels in Kushtha. Not only it helps in all types of dosha predominant conditions, it also helps in their elimination from the body by its bhedan and Mala Shuddhi kar activity.

**Sarivadi Vati**

Theoretically this Vati has Karma Rogadhirak but depending upon the contents it was used in Dadru. It contents Sariva, Malakathi, Katha, Chaturjata, Guduchi, Priyangu, Triphala, Abharraka Bhasma, Loha Bhasma, with Bhavna of Arjun, Mukoya Kwath, Guna moola Kwath etc. Most of ingredients having Tikta Rasa Pradhana. The whole drug first helps to purify the blood. With Abhraka and Loha strength of Shuddha Rakta dhatu increases. It acts on all Rakta Pradoshajya Vyadhi including Kushtha.

**Katukadi Churna**

(Katuki+Patol+ Nagarmotha+Patha)

In Visham Jvara Chikitsa Patoladi Kwatha has been described by Acharya Charak. Sarivadi vati was already prescribed to the patient hence remaining four contents in the form of choorna were used.

2. Patola- Kashaya and Tikta Rasa predominancy with Tridoshahara and mild Amapachaka property (Rasa, Rakta, Mamtha Pachaka also).

**Gandhaka Malahara**

Gandhaka Malahara prepared by Parul Ayurved Pharmacy. It is a Ayurvedic ointment used to treat skin disease such as ring worm infection (Dadru), Tinea infection, Allergic dermatitis, Eczema etc. It is having ingredients like Siktha taila, gandhak, Girisindur, Tankan Bhasma, Ghansara (Camphor). As Gandhaka acts as Antibacterial, Antiviral, Anti Pruritic, and Anti inflammatory agent. It is also having Rakta Shodhaka Property. Tankam Bhasma having Ruksha and Kaphaghna, Agnikara, Rechaka property.

**CONCLUSION**

Dermatophytosis is a type of Skin disease which can be correlated with Dadru explained by Charakacharyaa. In the above patient with Shodhana procedure like Virechana, Raktamokshana and Shumana Aushadhi internally for a period of 2 months showed very promising results. In today’s world even changing diet and work pattern, life style disorders are on a sharp rising pattern. Ayurveda is ray of hope in such chronic health condition where patients are tired of recurrence of the disease and side effects of the medicines used by contempary medical science.

**REFERENCE**

18. Dr. Indrdev Tripathi; Chakrada with Vidyha prabha Comentary; Choukhamba Sanskrit series, Reprint 2012, Kushthadhikar Page no. 288.
Choukambha Surbharti Prakashan, reprint 2009
Karnrogaadhikar 69-74 page no. 974.

