Dadru (Skin Disease): A Case Report

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Abstract

Skin is the outermost layer of body which protects body from direct contact of surrounding environment. The skin also secretes some secretions which are protective in nature by their killing or inhibiting action on some microorganisms. Dadru is pitta kapha vyādhi which simulates clinically with Tinea corporis. The symptoms are Itching, redness with elevated piḍikā, scaly lesions. In this study, a female patient with average built 42 years came with complaints of itching, rashes, scaly lesions and was diagnosed to suffer from dadru. A composite of āyurveda treatment- malla sindūra -125mg B.D, suddh gandhakā cūrṇa -1g B.D, rasamāṇikya -125mg B.D, nimbādi cūrṇa -1g B.D (anti-helminthic), manjiśṭhā cūrṇa -1g B.D, haridrākhandā -1tsp B.D, kaiśora guggulu-2 tab(250mg) B.D., dadruharalepa for local application B.D, tarunikusumākara cūrṇa with lukewarm water only during sleeping time, these medicines were given to patient. Some dietary and life style changes were also advised to her. After follow up of seven days, significant results were seen in kandu, redness and scaly lesions.

Keywords: Dadru; Tvaka; Cikitsa

Introduction

Skin is the protective layer of whole body and also called “tvaka”. According to āyurveda, it is upadhātu of mānsadhātu [1-3]. Dadru occurs on cells in the outer layer of skin. Itching, redness with elevated piḍikā, alasī flower & copper like colour [4] are symptoms of this disease according to āyurveda. Ācārya caraka kept dadru under the concept of kṣudra kuṣṭha which is pitta kapha vyādhi [5]. According to suśruta, this vyadhi comes under mahākuṣṭha & is kapha pradhāna vyadhi [6]. In āyurveda, tvacāgatakuṣṭha like dadru, the treatment given is shodhana lepana [7]. So mild purgative, tarunikusumākara cūrṇa is also used for this purpose. Ācārya vāgbhaṭṭa said, kuṣṭha which is present in tvaka, the symptoms are toda, vaivarṇya & rūkṣatā [8]. Rasa & rakta dhātu duṣṭi also occur in the pathogenesis of dadru & it is spreading like dūrvāvāta (dirghapratānā) [9] in whole body.

Case Report

A female patient with average built 42 years was treated in OPD, Department of śarīra kriyā, National Institute of āyurveda, Jaipur with chief complaints of itching and rashes in bilateral inguinal region, under breast area, on left thigh, left forearm and lower abdomen (belt area). Patient had given the history of constipation, pain in epigastric region & white discharge per vagina sometimes. She has also giving the history of hypothyroidism and taking medication since six years.
TSH level is 5.29ul/mL, B.P- 126/88, P.R- 80/min, weight- 70 kg, height- 5.7.

After the examination, this patient was diagnosed to suffering from dadru (Tinea corporis infection) & a composite ayurveda treatment was given. Malla sindura - 125mg B.D, shuddha gandhaka cūrṇa-1g B.D, rasamāṇikya-125mg B.D, nimbādi cūrṇa-1g B.D (anti-helminthic), manjīṣṭhā cūrṇa- 1g B.D, haridrākhanā-1sp B.D, kāiṣora guggulu-2 tab B.D (250mg), dadruharalepa two times for local application, tarunikusumākara cūrṇa-5g with lukewarm water only during sleeping time, these medicines were given to the patient. Satisfactory results were found after 7 days of treatment.

Dietary and Life Style Modifications

Patient is advised to avoid sour, salted food, incompatible food, oily, spicy, junk/fast food, cold water, non-vegetarian food, avoid tight fitted clothes, avoid daytime sleep and also suggested to maintain personal hygiene.

| S. No. | Drug Name | Botanical Name | Family | Rasa | Guṇa | Virya | Vipāka | Prabhāva | Doṣa Karma |
|--------|------------|----------------|--------|------|------|------|-------|--------|-----------|
| 1.     | Manjīṣṭhā [10] | Rubia cordifolia | Rubiaceae | Tikta, kaśāya, madhura | gurū, rūkṣa | Ūṣṇa | Katu | Varṇya, kuṣṭhaghna | Kapha pitta śāmakā |
| 2.     | Nimba [11] | Azadirachta indica | Meliaceae | Tikta, kaśāya | Laghu | Śīta | Katu | kuṣṭhaghna, krumihara, kandughana | Kapha pitta śāmakā |
| 3.     | Haridrā [12] | Curcuma longa | Zingiberaceae | Tikta, katu | Rūkṣa, laghu | Ūṣṇa | Katu | Varnya, krumihara, kandughana | Tridoṣa śāmakā |
| 4.     | Tarunī [13] | Rosa centifolia | Rosaceae | Tikta, kaśāya, madhura | Laghu, snigdha | Śīta | Madhura | Hrudya, varnaya | Kapha pitta śāmakā |
| 5.     | Sarala niruyasa [14] | Pinus roxurghii | Pinaceae | Katu, tikta, madhura | Laghu, tikshna, snigdha | Ūṣṇa | Katu | kuṣṭhaghna | Kaphavāta śāmakā |
| 6.     | Gandhaka [15] | Katu, tikta, Sara, Balya, vrṣya, bṛṇhaṇa | Katu, tikta, | Laghu, snigdha | Ūṣṇa | Madhura | Kandu, kuṣṭha, dadru nāsaka | Pittavardhaka, Kaphavāta śāmakā |
| 7.     | Rāla [16] | Shorea robusta | Dipterocarpaceae | kaśāya - madhura | Rūkṣa | Śīta | Katu | kuṣṭha, krimi vināśana | Pittakapha śāmakā |
| 9.     | Somala [17] | Tikta | Tikta | Snigdha | kuṣṭhahara | kuṣṭhaghna | |
| 10.    | Harītaki [18] | Terminalia chebula | Combretaceae | pancarasa lavanavarjita) kaśāya Pradhāna | Laghu,rūkṣa | Ūṣṇa | Madhura | kuṣṭha, krimihara, rasāyana | Tridoṣa śāmakā |
| 11.    | āmalaki [19] | Emblica officinalis | Euphorbiaceae | pancarasa lavanavarjita) Pradhāna | Gurū, rūkṣa, śīta | Śīta | Madhura | rasāyana, kuṣṭhaghna | Tridoṣahara |
| 12.    | Vibhitaki [20] | Terminalia bellaica | Combretaceae | kaśāya | Rūkṣa, laghu | Ūṣṇa | Madhura | Krimihara, pittaroga vināśana | Tridoṣahara |
| 13.    | Giloya [21] | Tinospora cordifolia | Menispermaceae | Tikta, kaśāya | Gurū, snigdha | Ūṣṇa | Madhura | kuṣṭhahara, krimihara | Tridoṣaśāmakā |
| 14.    | Guggulu [22] | Commiphora mukul | Burseraceae | Tikta, katu | Laghu, rūkṣa, vishada,sara, tridoṣa, - purānā, navina - snigdha, picchila | Ūṣṇa | Katu | kuṣṭhaghna | Tridoṣaāhara |

**Table 1:** Rasa, Guṇa, Virya, Vipāka, Prabhāva & Doṣa Karma of Auṣadhi.
Observation and Result

Figure 1: On Lower Abdomen.

Figure 2: On the left thigh region.

Figure 3: On the left forearm.

During follow up, the (कांदु, रागा & उतसन्ना मण्डला) symptoms of patient were diminished after taking medicines for seven days & at this time, patient condition was improved.
Discussion

Dadru is pitta kapha vyādhi. Dadru is manifested as discoloured, elevated lesions with severe kandu and rūkṣatī and recurrence is possible. It is commonly found in unhygienic and in immune compromised person. In this study, the treatment given is as follows: Malla sindāra, shuddha gandhaka cūrṇa, nibābdī cūrṇa, maniśṭhā cūrṇa, haridrákhaṇḍha, kaiśora guggulu (raktaśodhaka action), and dadruharalepa are tridāsa śāmaka. Dadruharalepa includes Sarala niryasa, Gandhaka, tankāṇa & rāla [23]. This lepa is applied locally two times in a day. Kaiśora guggulu includes the contents like triphalā, nim, giloya, guggulu and malla sindāra (Shuddha pārad, ghandhak & somāl) [24]. All these drugs have raktaśodhaka property which helps in curing rokta duṣṭi. Raktu duṣṭi is common in all skin diseases. These medicines are dadru nāsaka, krimihāra, kaśṭhaghnā, kandūghana & varṇya. These drugs act as a rasāyana and are also responsible for maintaining the healthy condition of skin. During this study, significant improvement in symptoms (Elevated lesion, itching & redness) occurs within seven days.

Conclusion

Dadru is a contagious skin disease which is clinically similar to tinea corporis. So, personal hygiene is very important to maintain in this disease. This present case study cocludes that ayurvedic medicines like Malla sindāra, shuddha gandhaka cūrṇa, nibābdī cūrṇa, maniśṭhā cūrṇa, haridrákhaṇḍha, kaiśora guggulu, and dadruharalepa with some dietary and life style changes are very effective in the treatment of dadru.

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