

Dadru (Skin Disease): A Case Report

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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, *śuddh gandhaka cūrṇa*-1g B.D, *rasamāṇikya* -125mg B.D, *nimbādi cūrṇa* -1g B.D (anti-helminthic), *manjiṣṭhā cūrṇa*-1g B.D, *haridrākhaṇḍa*-1tsp B.D, *kaiśora guggulu*-2 tab(250mg) B.D., *dadruharalepa* for local application B.D, *taruṇikusumākara 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 *kaṇḍu*, 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*, *alasi* flower & copper like colour [4] are symptoms of this disease according to *āyurveda*. *ācārya caraka* kept *dadru* under the concept of *kśudra 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 lepāna* [7]. So mild purgative, *taruṇikusumākara 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 (dīrghapratānā)* [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 5.29uI/ 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 *āyurveda* treatment was given. *Malla sindūra* - 125mg B.D, *shuddha gandhaka cūrṇa*-1g B.D, *rasamāṇikya*-125mg B.D, *nimbādi cūrṇa*-1g B.D (anti-helminthic), *manjiṣṭhā cūrṇa* - 1g B.D, *haridrākhaṇḍa*-1tsp B.D, *kaiṣora guggulu*-2 tab B.D (250mg), *dadruharalepa* two times for local application, *taruṇikusumākara 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 day-time sleep and also suggested to maintain personal hygiene.

S. No.	Drug Name	Botanical Name	Family	Rasa	Guṇa	Vīrya	Vipāka	Prabhāva	Doṣa Karma
1.	Manjiṣṭhā [10]	<i>Rubia cordifolia</i>	Rubiaceae	Tikta, kaṣāya, madhura	gurū, rūkṣa	Ūṣṇa	Katu	Varṇya, kuṣṭhaghna	Kapha pitta sāmaka
2.	Nimba [11]	<i>Azadirachta indica</i>	Meliaceae	Tikta, kaṣāya	Laghu	Śīta	Katu	kuṣṭhaghna, krumihara, kaṇḍughana	Kapha pitta sāmaka
3.	Haridrā [12]	<i>Curcuma longa</i>	Zingiberaceae	Tikta, katu	Rūkṣa, laghu	Ūṣṇa	Katu	Varṇya, krumihara, kaṇḍughana	Tridoṣa sāmaka
4.	Taruṇī [13]	<i>Rosa centifolia</i>	Rosaceae	Tikta, kaṣāya, madhura	Laghu, snigdha	Śīta	Madhura	Hrudya, varṇya	Kapha pitta sāmaka
5.	Sarala niryasa [14]	<i>Pinus roxurghii</i>	Pinaceae	Katu, tikta, madhura	Laghu, tikshna, snigdha	Ūṣṇa	Katu	kuṣṭhaghna	Kaphavāta sāmaka
6.	Gandhaka [15]			Katu, tikta,	Sara, Balya, vr̥ṣya, br̥nhaṇa	Ūṣṇa	Madhura	Kaṇḍu, kuṣṭha, dadru nāśaka	Pittavardhaka, Kaphavāta sāmaka
7.	Rāla [16]	<i>Shorea robusta</i>	Dipterocarpaceae	kaṣāya – madhura	Rūkṣa	Śīta	Katu	kuṣṭha, krimi vināśana	Pittakapha sāmaka
9.	Somala [17]			Tikta	Snigdha			kuṣṭhahara	kuṣṭhaghna
10.	Haritakī [18]	<i>Terminalia chebula</i>	Combretaceae	pancarasa (lavaṇavarjita) kaṣāya Pradhāna	Laghu, rūkṣa	Ūṣṇa	Madhura	kuṣṭha, krimihara, rasāyana	Tridoṣa sāmaka
11.	āmalakī [19]	<i>Emblica officinalis</i>	Euphorbiaceae	pancarasa (lavaṇavarjita) Pradhāna	Gurū, rūkṣa, śīta	Śīta	Madhura	rasāyana, kuṣṭhaghna	Tridoṣahara
12.	Vibhitakī [20]	<i>Terminalia bellirica</i>	Combretaceae	kaṣāya	Rūkṣa, laghu	Ūṣṇa	Madhura	Krimihara, pittaroga vināśana	Tridoṣahara
13.	Giloya [21]	<i>Tinospora cordifolia</i>	Menispermaceae	Tikta, kaṣāya	Gurū, snigdha	Ūṣṇa	Madhura	kuṣṭhahara, krimihara	Tridoṣasāmaka
14.	Guggulu [22]	<i>Commiphora mukul</i>	Burseraceae	Tikta, katu	Laghu, rūkṣa, vishada, sara, tridoṣa, - purānā, navīna - snigdha, picchila	Ūṣṇa	Katu	kuṣṭhaghna	Tridoṣaahara

Table 1: Rasa, Guṇa, Vīrya, Vipāka, Prabhāva & Doṣa Karma of Auśadhi.

Observation and Result



During follow up, the (*kaṇḍu*, *rāga* & *utsanna maṇḍala*) 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 *kaṇḍu* and *rūkṣatā* 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 sindūra*, *shuddha gandhaka cūrṇa*, *nimbādi cūrṇa*, *manjiṣṭhā cūrṇa*, *haridrākhaṇḍa*, *kaiśora guggulu* (*raktashodhaka* action), and *dadruharalepa* are *tridoṣa sāmaka*. *Dadruharalepa* includes *Sarala niryasa*, *Gandhaka*, *ṭankaṇa & rāla* [23]. This *lepa* is applied locally two times in a day. *Kaiśora guggulu* includes the contents like *triphalā*, *nim*, *giloya*, *guggulu* and *malla sindūra* (*Shuddha pārad*, *ghandhak & somal*) [24]. All these drugs have *raktashodhaka* property which helps in curing *rakta duṣṭi*. *Rakta duṣṭi* is common in all skin diseases. These medicines are *dadru nāśaka*, *krimihara*, *kuṣṭhaghna*, *kaṇḍughana & 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 concludes that *ayurvedic* medicines like *Malla sindūra*, *shuddha gandhaka cūrṇa*, *nimbādi cūrṇa*, *manjiṣṭhā cūrṇa*, *haridrākhaṇḍa*, *kaiśora guggulu*, and *dadruharalepa* with some dietary and life style changes are very effective in the treatment of *dadru*.

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