

A CASE STUDY ON DADRU W. S. R. TO TINEA**^{1*}Dr. Hirekar S. N., ²Dr. Toshniwal M. B., ³Dr. Nimbalkar N. R.**

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Corresponding Author*Dr. Hirekar S. N.**D9, Esmeralde, Kanchanwadi
Aurangabad.**ABSTRACT**

One of the most common skin problem in today's era is the Dadru the Dadru is the state characterised by Kandu i'm looking at the atasi Pushpa, vat pidik, tambravarna varna, visarpani pidit, dirgha pratan scaling, vasication etc. first step towards any treatment is nidan parivargen, pachan, virechan, as treatment this treatment gave up very effective results in patients.

KEYWORDS: Nidan Pariwarjan, Pachan, Virechan.**INTRODUCTION**

Skin is the protective organ of the body. It reflects the health of an individual.^[1] Skin and its appendages are the most visible part of our body & any skin disease will create an emotional concern for an individual at any age. Common psychological problems associated with skin diseases include feelings of stress, anxiety, anger, depression, shame, social isolation, low self- esteem & embarrassment. In recent years, there has been a considerable increase in the incidence of skin problems in tropical & developing countries like India.

There is a wide and extensive description of skin diseases in Ayurveda. Under the heading of Kustha roga, different skin related disorders have been explained in Ayurveda Samhitas. It is also considered as one of the eight mahagada (dreadful diseases).^[2] The term 'Kushtha' which means that it comes out from the inner part to the outer part and destroys the organs of the body, therefore it is called Kustha.^[3] There are eighteen types of kustha roga which are classified in to Maha kustha (major skin ailments) and kshudra kustha (minor skin ailments). Dadru is one of the commonly occurring skin diseases Acharya Charak included Dadru in Kshudrakushta. On other hand, Acharya Sushruta & Acharya Vagbhata included it in Mahakushta.^[4,5]

Kushta is a Tridoshaja Vyadhi where Rasa, Rakta, Mamsadhatupradoshaja vikaras 6 & Ambu

are the main Dushya's. According to Acharya Sushruta Dadru is Kapha Pradhanan according to Charak and Vagbhata it is Pitta-Kapha dominance.

1. सकण्डुरागपिडकदद्रुमण्डलमुदगम्। (च.चि.७/२३)
2. दीर्घप्रतानादूर्वावदतसीकुसुमच्छविः।
उत्सन्नमण्डलादद्द्रुःकण्डुमत्यनुषडिंगणौ। (वा.नि.१४/२४)

In Charak Samhita the clinical description of Dadrukushta is Udagatamandala (Raised Patch) associated with Kandu (Itching), Raga (Redness), Pidaka (Pimples)⁷ Charaka described Dadru in 4th layer of twak. In Sushruta black colour & deep seated dadru is called Mahakushta and which is not blackish in colour & superficially seated reddish in colour & circular lesion dadru is categorised as Kshudrakushta. Sushruta mentioned these type of reddish colour circular lesion as Visarpa Kushta because it spreads more⁸. In Dadru Varna of Twak looks like as Atasi flower which are spreading in nature & are associated with Pidaka(Pimples). Skin reflects emotion physical appearance of a person determines our physiological as well as psychological state. The skin is our covering of the body and skin is largest organ of the integumentary system. Nowadays skin disease are very common to patients experience physical emotional social socio-economic embarrassment in society.

All the skin problems are included under the heading of kustha. This Kustha is further classified into Maha Kustha and Ksudrakusta Dadru is the one of Ksudrakusta. According to Charak but according to Sushruta Dadru is one of the Maha Kustha.

All type of Kustha to have been considered as Raktaj vikar, Kapha - pittahar is the prominently present in the Dadru. Dhruv is a superficial fungal infection. Dadru affect up to 15% of world population.

According to ayurveda Nidaan a Parivarjan Shodhan and shaman are the treatment preferred for the dadru.

AIM

1. To study the Dadru w.s.r to the taenia.

OBJECTIVE

1. To study the Dadru.
2. To study the dadru as per modern science.
3. To study the etiopathogenesis of the dadru as per Ayurveda concept

Case report**Name of patient XYZ****Desh:** Sadharan**Gender:** Female**Religion:** Hindu**Age:** 38yrs**Marital status:** Married**Occupation:** Farmer Wt. 90 kg**Chief complaint**

1. Kandu
2. Raga
3. Atasi pushpawat pidika (Kapal pradesh) Angulimadrya
4. Tambravarna Pidika
5. Visarpani Pidika

The patient was asymptomatic before years. After that patient started complaining of Kandu, Raga, Atasi Pushpawat pidaka, Tamara Varna Pidaka visarpani pidika Etc. she was taking treatment from the general practitioners like local steroids for external application and antifungal antihistaminic drugs oral medicines. after that after that patient get relief but didn't get satisfied with the result so for further treatment he come into Ayurvedic Hospital.

Past history illness: No**Family history:** No**Aahar:** Non Vegetarian**Vyasan:** No**Nidra:** Khandit**Prakurtti:** Vat pitta**Nadi:** 78/min**BP:** 110/80 mm of Hg**Jivha:** Sama**Agni:** Manda**Mala:** 01 time/day**Mutra:** 5-6 times/day**Sparsha:** Drusksha

Druk: Swetabh

Skin examination

Kandu: Present

Stava: Present

Pidika: Present

Rukahata: Present

Routine blood investigation like (CBC, ESR) was done before treatment and found normal. After taking proper history virechan was planned followed by shamans.

MATERIAL AND METHODOLOGY

1. Nidan Pariwarjan
2. Aahar: laghu, Rukshya, Abhishandi.
3. Pachan: Musta, churna 5 GM, Bhojan mhadhya

Shodhan

Sneh pan: 1 St day - 30 ml

2 nd day - 60 ml

3rd day - 90 ml

4 th day - 120 ml

Samyak snigdha lakshana appears on 4 th day

Then snehan Sweden for 3 day (Til tail bashp. Swede) Pradhan karma - abhyadi Modak

2 tablet early in the morning Anupan sheet jal

Patient had 7 Vegas

Then Samar Jan krama for 5 day

Shaman: Arogyavardhini

Khadiradi vati skin

Oil Nimba tail

DISCUSSION

Dadru is kshudra kustha according to charaka under Rakta Pradosh Vikar. It is a chronic condition while explaining the treatment of kustha Acharya Charak told if Laxana are severe shodhan should be done if not then we can do Rakta mokshana.

In this patient vyadhi was chirkari and lakshana were severe so far that shodhan was done with the virechana and then shamana treatment is given.

After that patient get 60 to 70% result.

CONCLUSION

It can be concluded that chronic case of dadru can be successfully manage with Ayurvedic treatment such as virechan and Shaman Chikitsa.

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