

**ROLE OF PIPPALYADI AGAD IN DUSHIVISHAJANYA DADRU KUSHTHA (TINEA INFECTIONS): A CASE STUDY**Dr. Amruta Nakate*¹ and Dr. Manohar Khankhane²¹PG Scholar, Department of Agadtantra, Sumatibhai Shah Ayurved Mahavidyalay, Hadapsar, Pune.²HOD, Department of Agadtantra, Sumatibhai Shah Ayurved Mahavidyalay, Hadapsar, Pune.

*Corresponding Author: Dr. Amruta Nakate

PG Scholar, Department of Agadtantra, Sumatibhai Shah Ayurved Mahavidyalay, Hadapsar, Pune.

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ABSTRACT

Introduction: Skin is outermost organ of body which acts as protective mechanism against many microorganisms but due to change in lifestyle, change in food habit, consumption of *Gurugunatmaka Aahara* like cheese, paneer, environmental pollution causes many skin diseases. *Acharya Charak* explain all these eating habits in *Virudha Aahara* e.g. *Desha, Kaala, Matra*.^[1] These kind of *Virudha Aahara* leads to *Agnimandya*, if in this condition food is taken it forms *Apakva Aahara Rasa* called *Aama* which is similar to *Visha*. If it is continue for longer time cause *Dushti* in *Doshas* and *Dhatus* which leads to formation of *Dushivisha*. This *Dushivisha* further cause various diseases. One of such diseases is *Kushtha*. Among *kushtha Dadru kushtha* is the commonest among people. *Dadru* is *kaphapittaja vyadhi*. It can be correlated with Tinea Infections. Symptoms of *Dadru* are *Raaga, Kandu, Mandala, Pidika*. **Case presentation:-** A patient of 42 years old came with complaints of severe itching, circular inflamed lesion over left armpit and abdomen from 6 months. History revealed the survival of patient in unhygienic environment, *Dadhi*, non veg regularly. Patient was also psychologically upset since 3 months. she had used various local and oral allopathic medicines but there was no significant relief. **Management and outcome:-** Eliminating toxin as it is the commonest cause. After 1 month she got significant relief in lesion. There is reduction in itching, size of lesion, inflammation. This case study demonstrates that *Dushivishjanya Dadru Kushtha* can be successfully managed by *Pippalyadi Agad*.

KEYWORDS: *Dushivisha, Dadru Kushtha, Kushtha, Pippalyadi Agad (P.A).***INTRODUCTION**

In present era, people are exposing to various toxins in day to day life which are causing various health problems. There are many such kind of diseases where treatment does not work, as it is not eliminating the root cause. *Dushivisha* is one of the unique concepts explained in *Ayurveda*. It is a type of toxin which remains inside the body for long-term & then produces various ill effects on the body. *Sthavar, Jangam* or *Kritirima visha* which cannot be eliminated from the body completely but it is destroyed or denatured due to use of anti poisonous remedies in past, fire, air, sun exposure or due to its low potency it does not kill the human instantly. But as it is encapsulated by *Kapha dosha* it remains accumulated in the body for several years producing various ill effects.^[2]

Different factors aggravates this condition, like, *Dushta desha* (wet lands), *Dushta Kaal* (cloudy days), *Dushta anna*, *Diwaswapna* (day sleep), *Pragwat* (air from eastern region), *Ajirna* (Indigestion), *Ativyayam* (over exertion), *Ativyavay* (sexual intercourse), *Krodha*

(anger).^[3,4,5] *Dushivisha* formed in the body causes *Rakta Dhātu Dushti*. Symptoms of *Rakta Dhātu Dushti* seen on skin such as *Kotha, Kitibha*.^[6] In *Ayurveda* all skin diseases are explain under *Kushtha*. *Kushtha* is a *Tridoshjanya Vyadhi*. *Mithya Aahara Vihaara, Snigdha, Guru Anna Sevana, Adhyashana, Shitoshna Aahaara, Divaswapa* are the Hetus of *Kushtha*. All these *Hetu* cause *Shaithilya* in *Rakta, Mansa, Twacha* which forms *Kleda* in body causing *Kushtha*.^[7] All *Acharya* explain many types of *Kushtha*. *Dadru* is one of the type of *Kushtha*. *Acharya Charak* includes *Dadru* in *Ekkushtha*, *Acharya Sushrut* and *Acharya Vagbhat* includes in *Mahakushtha*.^[8,9,10]

Dadru is *Kaphapittaja vyadhi*. Symptoms of *Dadru* are *Raaga, Mandala, Deerghpratana, Kandu* which are similar to symptoms of Tinea (circular shaped rashes with edges elevated, itching, blister) fungal infection. About 10-20% of general practice includes patients suffering from skin diseases out of which 20% contributes fungal infection. Etiological factors of *Dadru Kushtha* are *Aaharaja, Viharaja, Upsargaj*. *Acharya*

Sushrut mentioned *Prasanga, Gatrasamsparsha, Vastra, Malyanulepa* causes of *Kushtha* which are similar to causes of tinea. Causes of tinea are touching inanimate objects like combs, personal care products.^[11] In modern science many drugs are available for tinea infection but no any drug have satisfactory result. *Acharya Yogratnakar* mentioned *Pippalyadi Agad* in the management of *Dushivisha*. As the *Dushivisha* cause is considered here. Along with we have given *Nitya Mrudu Virechan* in the form of *Gandharva Haritaki* daily at bed time. *Pippalyadi Agad* have *Kushthaghna, Krimghana, Vishaghna, kandughna* properties.

MATERIAL AND METHODS

Centre of study:- SSAM Hadapsar college Skin department. (single case study).

Personal History

Table 1: Personal history.

| Name-XYZ | Bala- Madhyam | Prakriti- Vata kapha |
|-------------------------|-------------------------|----------------------|
| Age-42 year | Sleep- Samyaka | BP- 110/80mm of Hg |
| Sex- Female | Addiction-None | Weight-52kg |
| Mariatal status-Married | Bowel habit- Once a day | Height-153cm |
| Occupation- Housewife | Appetite-less | |

Table 2: Ashtavidha Pariksha.

| | |
|--------------------------|-----------------------------|
| <i>Nadi - Vatapittaj</i> | <i>Shabda- Spashta</i> |
| <i>Mala - Samyaka</i> | <i>Sparsh- Samshitoshna</i> |
| <i>Mutra - Samyaka</i> | <i>Druka- Spashta</i> |
| <i>Jivha – Alpa Saam</i> | <i>Akruti- Madhyam</i> |

Dushivisha

- A. History of *Jangam visha*
- B. History of *Sthavar visha*
- C. History of *Viruddhaahar*
- D. History of Continuous usage of any medicine-
- E. Aggreivating factors of *Dushivisha*-
 - a. *Desh- Anupa*
 - b. *Kal- Varsha rutu*
 - c. *Anna- Dadhi, Non veg*

d. *Nidra- Diwaswap*

Local Examination

1. Site of lesion: Abdomen and left armpit
2. Distribution: Circular
3. Colour: Reddish
4. Itching: Severe
5. Inflammation: Present
6. Discharge: Absent

Assessment criteria:^[12]

| Sr. No. | Parameter | Grade 0 | Grade 1 | Grade2 | Grade3 | Grade4 | Grade5 |
|---------|------------------|-----------------|--------------------------|--------------------------|--------------------------|--|------------------------------------|
| 1 | Itching | No itching | Ocasionally mild itching | Mild itching | Moderate itching | Severe Itching | Severe continuous Itching |
| 2 | Inflammation | No inflammation | Mild inflammation | Moderate Inflammation | Severeinflammation | Severe inflammationwith prominent erythromatous base | Severeinflammation, erythema |
| 3 | Colour changes | - | Normal skin colour | Faint and near to normal | Blanching and red colour | Red colour | Dark red colour |
| 4 | Nature of lesion | No lesion | Mild viable lesion | Moderately visible | Prominent visible lesion | Prominently evident lesion associated with discharge | Prominently visible with Discharge |
| 5 | Size | Below | 1-2 cm | 2-3 | 3-4 | 4-5 | Above 5cm |

Assessment parameters of effect of therapy.

| | |
|---------------------|---|
| Cured | Improvement in all signs and symptoms |
| Markedly improved | 75% or more improvement in all signs and symptoms |
| Moderately improved | 50% or more improvement in all signs and symptoms |
| Mildly improved | 25% or more improvement in all signs and symptoms |
| Not cured | 25% or more improvement in all signs and symptoms |

Management of case

Nitya mrudu virechan is given

| | | | |
|---------------------------|--------------------|-------------|--------------------|
| <i>Aushadhi</i> | <i>Matra</i> | <i>Kala</i> | <i>Anupana</i> |
| <i>Gandharva Haritaki</i> | 250 mg at bed time | Nishakaal | <i>Koshna jala</i> |

Shaman

| | | | |
|------------------------|--------------|------------------------|----------------|
| <i>Aushadhi</i> | <i>Matra</i> | <i>kala</i> | <i>Anupana</i> |
| <i>Pippalyadi Agad</i> | 3gm | After lunch and dinner | <i>Madhu</i> |

Follow up was taken after 7th,14th,21th,28th day Observations

| Observations | Day 0 | Day 7 | Day 14 | Day 21 | Day 28 | Treatment |
|------------------|-------|-------|--------|--------|--------|-----------|
| Itching | 4 | 4 | 3 | 2 | 0 | P.A |
| Inflammation | 3 | 2 | 2 | 1 | 0 | P.A |
| Nature of Lesion | 4 | 3 | 3 | 3 | 2 | P.A |
| Size of Lesion | 4 | 3 | 3 | 3 | 2 | P.A |
| Colour of Lesion | 4 | 4 | 3 | 2 | 1 | P.A |

Before Treatment



During treatment



After Treatment



Before treatment



During treatment



After treatment

**DISCUSSION**

In this case study *Dushivisha* is the root cause. *Hetus* are *Dadhi* sevan, non veg regularly, unhygienic environment, *Diwaswap*, stress. Probable mode of action of *Pippalyadi agad*:- *Pippalyadi Agad* includes nine drugs *Pippali*, *Dhanyaka*, *Jatamansi*, *Lodhra*, *Ela*, *Maricha*, *Tagara*, *Sarjika kshara*, *Suvarn gairika*. In all *Twak Rogas* mostly *Raktadushti* is the major factor. All the contents in *Pippalyadi Agad* have *Vishaghna*, *Kusthghna* and *Raktavikarnasak* properties and also some of the drugs in these *Agada* like *Pippali*, *Jatamansi*, *Lodhra*, *Ela*, *Tagar*, are *Kushthaghna*, *Vishaghna*, *Vranaropana*, *Sothaghana* mostly act on *Twakroga*. The *Deepan*, *Pachan* properties of these drugs acts on *Dushivisha* treatment. The *Kustha* manifest by *krimi* and *Pippali*, *Dhanyaka*, *Maricha* has *Krimighna* property. *Lodhra* is the single drug of choice

in skin diseases. The *Kshara* itself having the property to destroy the degenerated *Dhatus* and remove unhealthy tissues and *Doshas* from their location. The goals of treatment are eliminating the toxins and prevent *Kushtha* along with prevention of scar. Modern medications for Skin disorders include topical therapies, antimicrobials, hormones, surgery, UV- radiations, laser treatment etc. But these have many limitations and adverse effects. *Pippalyadi Agad* play a good role in the management of *Dushivishajanya Dadru Kushtha* by the action of neutralize the toxins in body and purifying the blood by its *Vishaghna* property. *Vranaropana* property promotes faster healing of lesions without leaving scars. The drugs having *Kushthaghna*, *Krimighna*, *Sothahara*, *Kandughna* properties. Thus, *Pippalyadi Agad* is beneficial for

Dushivishajanya Dadru Kushtha by its action and properties.

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CONCLUSION

Pippalyadi Agad proved effective in the treatment of *Dadru Kushtha* as the causative factor was *Dushivisha*. *Shodhan* helped to remove the toxins from the body. The remaining toxin were neutralized by *Pippalyadi Agad*.

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