

EFFICACY OF CHAKRAMARD BEEJ CHURNA IN DADRU (TINEA) – A CASE STUDY

¹*Dr. Samruddhi P. Gujarathi and ²Dr. Mahesh Pandey¹Dept of Medicine Dr G.D.Pol.Foundation Y.M.T Ayurvedic Medical College and Hospital Institutional Area Sector 4 Kharghar, Navi Mumbai, Raigad, Maharashtra, 410210, India.²Dept of Medicine, Associate Professor, YMT Ayurvedic Medical College, Institutional Area, Sector 4, Kharghar, Navi Mumbai, Maharashtra.

*Corresponding Author: Dr. Samruddhi P. Gujarathi

Dept of Medicine Dr G.D.Pol.Foundation Y.M.T Ayurvedic Medical College and Hospital Institutional Area Sector 4 Kharghar, Navi Mumbai, Raigad, Maharashtra, 410210, India. Mail Id: samgujarathi24@gmail.com

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ABSTRACT

Skin is important, most visible and largest organ of human body affected by fungal infections. Dadru is one of the most common dermatological condition encountered in clinical practice. However in today's era around 20-25% of patients suffer from skin disease and fungal infection constitute around 25%. Dermatophytosis is extremely common in India due to tropical climate. There are 18 types of kushta described in Ayurved. Dadru is one of them. There is no separate mention of nidana, purvaroop, samprapti of dadru but samanya nidana, purvaroop mentioned for kushta can be considered here. Dadru is raktapradoshaj vyadhi and dominance of kapha and pitta dosha. Chakramard has katu rasa, laghu, ruksha guna, kapha vathara, varnya, vranaropan and kushtagna properties. Current study includes 30 patients from OPD of Y.M.T Medical College, Kharghar, Navi Mumbai diagnosed to have dadru kushta based on signs and symptoms. Therapeutic effect has been analysed before, in between and after treatment. A present study denoted that a 40 yr female patient was apparently healthy before 3 months, she gradually develops itching sensation multiple papuloerythematous lesion with sharp border and central cleared round blackish colour big patches over abdominal region. Later it spreads over thigh, genital and buttocks region associated with sleepiness, treated with chakramard beej churna with water for local application for 1 month. Improvement was noted in symptoms of itching, redness, vesicular patches. Hence application of chakramard beej churna is an effective treatment in the management of dadru kushta.

KEYWORDS: Dadru kushta Dermatophytosis, Chakramard beej churna Kushtagna property.

INTRODUCTION

Skin is a protective organ and vital sense of our body.^[1] It executes various physiological functions and it also prevents invading pathogens. Skin and its appendages are most visible part of our body and any skin disease will create an emotional concern for an individual. Dadru is variety of kushta with rasa, rakta and mansadhātu involvement.^[2] It includes clinical features like kandu, raga, pidika, twak, rukshata which exhibit involvement of kapha and pitta. Acharya Vagbhat especially mentioned dadru as aAnusangika.^[3] Its etiology includes ahara, viharaja, upsargaja, and krumij factors.^[3] Chakramard possess katu rasa, laghu, ruksha guna, kapha vatahar, varnya, vishagna, vranaropan and kushtagna properties.^[4] The drug chakramard is indicated in dadru, kushta varnya vishaghna, vranaropana and kushta properties. In modern dermatology, Dadru can be referred to as Ringworm/Tinea. Tinea is a Latin word for worm. The infections were originally thought to be caused by worm like parasites. Commonly the infection types are named with respect to the affected body parts- Tinea corporis or Ring worm (general skin), Tinea Cruris

or Jock itch (groin), Tinea onychomycosis (nails), Tinea capitis (ring worm of scalp). Fungal infection of the skin and nails is a common global problem. The high prevalence of superficial mycotic infections shows that 20-25% of the world's population has skin mycoses, making these one of the most frequent forms of infection. Local socio-economic kushta & varnya conditions and cultural practices can also influence the prevalence of a particular infection in a given area. Treatment of tinea depends upon the severity of infection.

MATERIAL AND METHOD

Study design and Patient selection

It is a single group, observational clinical study with pre and post test design conducted on 30 patients attending OPD and IPD of Y.M.T Medical college and hospital pg institute, Kharghar, Navi Mumbai.

An elaborative case taking perfoma was specially designed for the purpose of incorporating all aspects of the disease on Ayurvedic parlance.

Informed consent was taken from the patient before including them in the trial.

Inclusion Criteria

1. Subjects of either gender
2. Subjects of more than 18 yrs of the age.
3. Subjects presenting either any all classical signs and symptoms of Dadru like itching (kandu) Erythema(raga), Papules (pidika), Dryness (twak Rukshata) .

Exclusion Criteria

1. Subjects having any acute systemic illness, uncontrolled DM, (HBA1C >7.5) etc
2. Subjects having skin disorder other than Dadru.
3. K/C/O immunocompromising conditions or on immunosuppressive drugs.

Trial Drug

Chakramard Beej Churna
Dravya - Chakramard
Latin Name – Cassia Tora
Part – Seed
Preparation of lepa

Desired quantity of Chakramard beej churna depending on size of lesion will be mixed with sufficient amount of lukewarm water and lepa will be prepared which will be applied over affected area . The thickness of doshagn lepa should be 1/4th angula (Angula is about 2 cm thick) according to sharangdhara samhita .

Application –Local (Desired quantity of chakramard beej churna mixed with lukewarm water)

Time - 30 minutes

Duration – 1 Month

Follow up – weekly for 6 week

OBSERVATION AND RESULTS

Grading Criteria for assessment of result

Sr No	Criteria	G ₁	G ₂	G ₃	G ₄
1	Kandu	No Kandu	Ishat Kandu	Bahu Kandu	Ugra Kandu
2	Raga	Normal skin colour	Faint and near to normal	Blanching and red colour	Red Colour
3	Pidika	No Pidika	1-3 pidika	4-6 pidika	Greater than 7

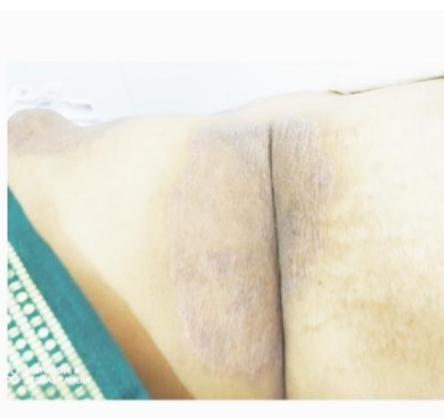
Assessment of signs and symptoms of Dadru before and after treatment are as changes in signs and symptoms were as follows

Signs and symptoms	Before treatment	1 st follow up	2 nd follow up
Kandu	G ₄	G ₂	G ₁
Raga	G ₄	G ₃	G ₁
Pidika	G ₄	G ₂	G ₁
Twak Rukshata	G ₄	G ₄	G ₃

Table shows that there is significant relief in all signs and symptoms of Dadru .It means selected management of dadru is effective.



Before Treatment



After treatment

Objective criteria for assessment of result is done on the basis of photographs (i.e Before and After)

DISCUSSION

The basic principles of hetu of Dadru have been mentioned in Brihatrayi and Laghutrayi in the Kustha Nidana. Most of the Apathya Ahara Vihara mentioned in Ayurveda for causes of Kushtha, produces the healthy environment for the growth of fungal infection in the skin tissues. In modern science the clinical manifestation of Dadru is closely similar to Tinea infection which is caused by contact with diseased person, the weak immune system, poor nutrition, stress, obesity and contact with contagious things etc. These are the risk factor for Tinea infection. Severe itching and Red patches are the common clinical manifestations described in Ayurvedic texts, which can be evaluated by Darshana and Prashana pareeksha. Most of the Acharayas has mentioned predominance of Pitta-Kapha dosha in Dadru except Acharya Sushruta, who has considered Kapha predominance in Dadru. Tvak, Rakta, Lasika and Ambu these are the Dushyas described in Ayurveda along with Raktavaha Srotasa Dushti. In this present case study, Highly significant result was observed in the symptoms of kandu, raga mandal and pidikas.

Kandu is produced by the vitiated Kaphadosha. katu, tikta, kasaya rasa Kandughna, Kustaghna Kaphashamaka, chakramarda, which helps to reduce in the symptom.

Raga is resultant of Pitta Prakopa. sheet, madhur, tikta rasa, and properties like raktashodhak, raktaprasadak . chakramardbeej causes pittashaman and helps to reduce in the symptom of raga.

Pidika are produced due to the Kapha Pitta Pradhana Tridosha.

In this present case study it was observed that, due to decreased in the symptom of kandu, raga, pidika patient.

CONCLUSION

The results suggested that Chakramard beej churna showed significant result after treatment in Kandu, color of mandala, number of pidika, number of mandala variables and the efficacy of the treatment was highly significant even during follow up. In this case study patient completed the full course of treatment without any adverse reaction to drug.

Hence it can be suggested that Chakramard beej churna can be used in the patients suffering from Dadru Kushta .

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