

CLINICAL EVALUATION OF ROLE OF SHADDHARAN YOG AND LOCAL APPLICATION OF TRUNA TAILAM IN THE MANAGEMENT OF DADRU: A CASE STUDY

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ABSTRACT

Ayurveda is science of life. It is perhaps the oldest established system in the world. All the skin disease in Ayurveda are classified under the common title of "Kustha". Kustha is further classified as "mahakustha" and "kshudra kustha" dadru is type of kshudrakustha mentioned in ayurvedic texts. the clinical manifestation of dadru namely excessive severe itching and red patches can be compared to fungal infection in modern medicine. It is the most prevalent skin disease. the common reason for large prevalence of dadru kustha or fungal infection can be attributed to irregular food and other daily activities. the growing stress and less time for taking self care lead to decrease immunity ultimately leading to many opportunistic infection attacking our body. dadru kustha or fungal infection is one of the commonest skin infection affecting people these days. the allopathic medicines though effective lead to recurrence as well as are devoid of side effects. hence it is important to find traditional remedies for treatment of kustha. here we will study the efficacy of shaddaran yog and truna tail for treatment of dadru kustha. the reference of dadru kustha as kshudra kustha is available in various ayurvedic texts where as the reference of shaddaran yog and truna tailam is available in the vagbhat samhita and chakradatta respectively.

KEYWORDS: Ayurveda, dadru kustha, kshudra kustha, shaddharan yog, truna tailam**INTRODUCTION**

Ayurveda is science of life. It is perhaps the oldest established system in the world Skin is the largest organ of human body. Its size and external location makes it susceptible to various disorders. Skin diseases are mostly caused by infections like bacteria, fungi etc. All the skin diseases in Ayurveda have been classified under the broad heading of 'Kushta' which are further classified into Mahakushta and Kshudrakushta.^[1] Dadru is one of the common skin diseases mentioned in ayurveda. In modern science the clinical manifestation of dadru is closely similar to local fungal infection/tinea infection which is affecting upto 15% of population.^[2] Visham ashana (Incompatible food), vegavidharana (suppression of natural urges), diwaswapa (daytime sleeping), intake of atilavana, atitikshnaahar (excessive salty or spicy food), intake of contaminated food, drinking cold water just after physical work or atapsevana (exposure to sunlight) are causative factors of Kushta.

The symptoms of Dadru are Kandu (Itching), Utsanna Mandala (Elevated round lesions), Raaga (Erythema), and Pidikas (Eruptions). It is a Raktapradoshajvyadhi in which mainly Kapha and Pitta doshas are involved. Due to similarity of clinical features Dadru can be equated with Tinea corporis, the common fungal infection.^[4]

In modern science, it is treated with local application of ointments and systemic antifungal medications with steroids which leads to recurrence and its side effect therefore it is necessary to study the ayurvedic management of dadru.

The Ayurvedic treatment includes two modalities

1. Shodhan chikitsa which includes Snehan, swedan, snehyukta virechan, Vaman asthapan and anuvasan basti, raktamokshan.
2. Shaman chikitsa which includes, lepa, churna, kwatha, taila.

In Ayurvedic texts, two types of treatment of dadru are mentioned such as Samanya chikitsa and Vishesh Chikitsa Ayurvedic Medicines are often proved effective for skin disorders.

AIMS AND OBJECTIVE

To identify an alternative and safer management, shaddaran yog and truna tailam was selected for the study to see its effect on management of dadru

CASE REPORT

A 17 years old female patient came in the opd of the

hospital with complaints of round and red patches over hand and abdomen since One months. she complained of severe itching

History of Present Illness

The patient was well before one month. the patient developed round and reddish patches over hand and abdomen with severe itching. the patient took modern medicine for the same for many days. the symptoms relieved with the

Assessment Criteria

Allopathic medicine and reappeared on stopping medicine with increased symptoms as the patient did not get satisfactory result with modern medicine patient came to the opd of the hospital.

Past History

No past history of any other illness like diabetes, hypertension hypothyroidism asthma present.

Family History

No family history of such complaints

Clinical Examinations

- **Ashtavidhpariksha** - Ashtavidhpariksha was normal.
- **Vital parameters:** Vital parameters were normal.
- **Local examination:** Local examination showed 2-3 round reddish, well demarcated lesions with vesicular eruptions over hand and 4-5 lesions over abdominal area. There was no discharge.
- **Diagnosis:** After history and examination she was diagnosed as Dadru (Tinea corporis).

Samprapti Ghatak

Dosh	Tridosha
Dushya	Rasa, Rakta
Adhishtana	Twaka
Rog marga	bahya marg

Treatment given: Shaddharan yog 4mg twice a day after meal with lukewarm water and local application of truna tailam for 14 Days weekly observation were made.

Druggiven	Shaddharan yog	Truna tailam
Dose	Twice daily	Twice daily
Quantity	4gm	As per patches
Route	internally	Externally local application
Time	After food	-
Anupan	Lukewarm water	-
Follow up	7 th day, 14 th day	7 th day, 14 th day

Assessment of patient was done on the basis of improvement in subjective parameters like Kandu (Itching), Raaga (Erythema), Utsanna mandala (Elevated

circular skin Lesion) and Pidika (Eruption) during and after treatment.

Subjective Criteria

SN	GRADE 0	GRADE 1	GRADE 2	GRADE 3
Kandu (itching)	Absent	Mild or Occasional Itching	Moderate or Frequent Itching	Severe Itching
Utsanna mandala (Elevated circular skin lesion)	Absent	Mild elevated	Moderate elevated	Severe elevated
Pidika (Eruption)	Absent	Absent 1-3 eruption	4-7 eruptions	>7 eruption
Raaga (erythema)	Absent	present		

Objective Criteria

cbc and rbs

OBSERVATION AND RESULT

Assesment done after and before treatment.

Subjective criteria	Before treatment	After treatment
KANDU	PRESENT (+++)	ABSENT
UTASANNA MANDALA	PRESENT (+++)	ABSENT
PIDIKA	PRESENT (+++)	ABSENT
RAAGA	PRESENT (+)	ABSENT

Before treatment, Gradation of Utsanna mandala was 3 (Severe elevated lesion) which gradually reduced to 1 (Mild elevated lesion) during followup and it was absent

on day 14 that is after completion of treatment. Before treatment Gradation of Pidika was 3 (>7 eruptions) which reduced to 2 (4-7 eruptions) during follow up and

it was absent on day 14 that is after completion of treatment. Before treatment Raaga (Erythema) was present that persists during follow up and it was absent on day 14 that is after completion of treatment. Thus, complete improvement was observed in all parameters after completion of treatment.

Objective Criteria

Cbc and rbs were within normal limits

DISCUSSION

Dadru is Pitta Kapha Pradhana Vyadhi. The symptoms like Kandu (Itching), Udgata Mandala (Elevated circular lesion), Raga (Erythema), Pidaka (Eruption), Daha (Burning sensation), and Rookshata (Dryness) are the primary features of dadru the cause of dadru include unhygienic conditions, stress and irregular eating habits. As per the need of today's lifestyle and also due to the increase in the resistance of the human body Ayurveda has to be taken in the limelight for such type resistance behaviour which is going to harm the humans in future. Thus, the ayurvedic formulations of Bahiparimarjana in the form of Lepas and shaman aushadhis should be taken which can act as sthanika chikitsa externally and internally do rakta shudhi so that disease should be cured from root. These ayurvedic formulations having the property to totally cure this dadrukushta and the chances of recurrence are also very less due to the properties of the various drugs that are included in this.

Probable Mode of Action

Action of drug is based on 5 mechanism of attributes namely *rasa, guna, virya, vipaka and Prabhav*. The drug jointly act as an antagonist and cause 'Samprapti Vighatana'

Shaddharan Yog -patha, darvi, chitrak indrayav, kutki ativisha The probable effect of all the constituent drugs of shaddaran yog can be explained as further.

Rasa: Due to predominance of *tikta, katu rasa* it pacifies *pitta dosha*. *Tikta rasa* have *Deepan* and *Pachan* properties by which it corrects *Mandagni* and also helps in *amapachana*. Both *tikta* and *kashaya rasa* reduce the *kled guna* of *rakta, kapha* and *ama*. It also has *lekhana* and *Shoshana guna* which clears the *srotas* and *sira marga*, *avritta* with *samarakta*.

Guna: *Laghu guna* of most of the constituent drugs has *srotoshodhak, agnideepak* effect.

Virya: As most of the drugs in the trial drug have *Ushna virya*, it has *vatakaphahara* property and also have *deepan pachan* effect. It also helps in *vilayan* of doshas which is necessary.

Pharmacological Action Of Drugs^[5]

Deepana Karma: Most of drugs exhibit deepana guna due to pradhanata of *vayu* and *agni mahabhoota*. It corrects abnormality in *jatharagni* and *dhatwagni*.

Local Application

Truna Tailam -manjistha, kusth hardidrachakramarda aragvadh, gandha truna sesame oil Due to all these ingredients it possess *pitta virechan, tridosha shamak, deepan, pachan, kushthaghna, and kandughna* properties. Due to these properties it helps in balancing *tridosha*, causes *agnivardhana, bhedana, malashodhana* and *vatanulomana*. *Kushtaghna* and *Kandughna* properties help in relieving symptoms and breaking *samprapti* of disease

CONCLUSION

On the basis of present clinical study it can be concluded that *shaddharan yog* and *truna tailam pitta virechan, tridosha shamak, deepan, pachan, kushthaghna, and kandughna* properties. is found effective in the management of *dadru kushta*. It showed significant improvement in the symptoms of *dadru kushta* but further the drug requires to be tried on a larger number of cases. The study may also be conducted with varying doses, and duration of treatment.

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