



MANAGEMENT OF DADRU KUSTHA WSR TINEA CAPITIS THROUGH BLOOD LETTING THERAPY :A CASE REPORT

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Abstract

Background: *Dadru* is one of the common skin disease 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. Excessive severe itching and red patches are the common clinical manifestation which can be diagnosed by *darshana* and *prashana pariksha*. *Dadru* is one of the *kapha-pitta pradhana twak vikara*. As per modern perspective disease *Dadru* comes under “Superficial fungal infection of skin” the most common dermatological manifestation affecting up to 15% of world’s population in all age group. As per Ayurveda, As per *ayurveda* treatment of *dadru* are *sodhana karma*, *shamana karma*, local application of *lepa*. A case of *Dadru* was managed at the OPD level by means of *Virechana karma*, *Raktamokshana* and found to be effective which help to cure *dadru*. **Case Report:** A treatment protocol was designed based on the signs and symptoms of the patient and administered. *Snehana* followed by *Virechan* (purgation) and *Shaman* was done initially. Later 4 sittings of *Raktamokshan* (Blood letting) was done by *Jaloukavacharan* (Leech Therapy) in two months duration. **Conclusion:** Blood letting therapy was found to be very effective in managing the itching and associated symptoms.

Key words- *Dadru, Shodhana, Rakta- mokshana, virechana-Karma*

Introduction

The skin is the outer covering of the body and skin is the largest organ of the integumentary system. Because skin interfaces with the environment, it play an important role in protecting the body against pathogens and other environmental conditions. Now-a-days skin diseases are very common. The patients experience physical, emotional and socioeconomic embarrassment in society. Normally 10- 15% of the general practitioners work is with skin diseases and it is a second commonest cause of loss of work. Skin diseases have been comprehended under the heading of *Kushta* in Ayurveda and we find a vivid description of *Dadru Kushta*, since Samhita period. Acharya Charaka^[1] as mentioned 18 types of *Kushta* which are further sub divided into *Maha Kushta* and *Kshudra Kushta*. *Dadru Kushta* has been mentioned in *Chikitsa Sthana*.

All the skin diseases in *Ayurveda* have been classified under the broadheading of “*kushtha*” which are further categorized in to *mahakushtha* & *kashudrakushtha*. Acharya Charaka mentioned *dadru* in *kashudrakushtha*,

and *Acharya Shushruta* has mentioned *dadru kushtha* in *mahakushtha*².] According to most of ayurvedic texts, all types of *Kushtha* have been considered as *Rakta Doshaja vikara*. *Dadru* is one of the *kapha-pitta pradhana twak vikara*³.

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*. The different types of ringworm are usually named based on location of the infection on the body. In modern science KOH scraping (a Fungal Culture) would be useful to diagnose the Tinea along with clinical manifestations. Tinea capitis is a fungal infection of the scalp hairs. Tinea capitis is also known as ringworm and herpes tonsurans infection⁴.

Case Report

Presenting Complaint

A 46years old male patient complains of *Kandu* (severe itching), *raga* (redness)(erythema), raised border rings and scaling with white powdery discharge (dandruff) over scalp region since 2 years.

History of Presenting complaints

Patient was apparently healthy 2 years back .From last 2 years patient started complaining of dandruff firstly and then symptoms like *Kandu* ,redness are also associated for which he consulted and took allopathic medication but have not noticed permanent relief.As the complaints got aggravated from past 6 months patient got consulted in NCA & Hospital, Barwala, Hisar for better management.

Past medical history

No history of DM and HTN

Personal History

Appetite: good; bowel: irregular and constipated; micturition: regular; sleep : disturbed due to itching ; habits: outside food weekly thrice, non veg consumption –weekly once, alcohol consumption-weekly once.

General examination: On physical examination , appearance was moderately built and no major variations. General complexion-fair, BP-130/90mmhg; Pulse-76/min; Respiratory rate-18/min; Temperature-Afebrile.

Integumentary system examination

Inspection : location : over scalp region ; shape: irregular /round lesion; color: reddish white; Powdery discharge; inflammation present.

Palpation: Temperature-present; Edema –slightly present over scalp region ; Texture of lesion-rough and scaly.

Tests:

KOH MICROSCOPY⁵

- The diagnosis of tinea can be made from skin scrapings, nails scrapings, or hair direct microscopic examination with potassium hydroxide (KOH).

Diagnostic Criteria

Kandu(itching), raga(redness), Unnanat mandal(raised border ring) , scaling present.

Samprapti Ghataka

Dosha - Kaphapitta Pradhna Tridoshaja

Vata - Vyana Vata

Kapha - Tarpaka Kapha

Pitta - Bhrajaka Pitta

Dushya - Twak, Raktha, Mamsa And Lasika

Srotas - Rasava, Rakthavaha, Mamsavaha and Lasika Srotas

Srotodushti - Sanga and Vimargagamana

Agni - Jatargnijanya Mandya

Ama - Agnijanya Mandya

Udbhava Sthana - Amashaya

Sanchara Sthana - Rasayani

Adhithana - Twacha

Roga Marga - Bahyarogamarga

Vyadhi Svabhava - Chirakari

Treatment given: As per ayurveda treatment of dadru are sodhana karma, shamana karma, raktamokshan.

1) **Sodhana**-Sodhana chikitsa is very important to excrete the vitiated doshas from diseased person. In dadru kushta virechana and raktmokshan should be given to remove out vitiated pitta and rakta.

1.1) Virechana karma-

a) **Snehana karma**- Snehana should be done with Panchtikta ghrita daily by increasing manner starting from 50 ml, 150ml, 250 ml upto appearance of manifestation of "samyaka snehana" in the early morning after the completions of physiological urges.

b) **Swedana karma**-After the completion of the snehana and before the virechana karma. The peti sweda should be given after applications of massage on whole body.

c) **Virechana karma**-After samyaka snehana shodhana and examination of patients the planned induce purgation should be given to the patients by giving trivrita avleha early in the morning. Then patient should be observed for samyaka virechana and sansarjana karma should be maintain as per schedule.

1.2) **Rakta-mokshana karma**-Raktamokshan should be done by Jalokavacharan 4 sitting was done.

2) **Shamana chikitsa**- Pitta-kaphaghana and kushthagna poly herbal, herbo-minerals drugs should be used for external and internal uses.

Internal Medicines:

1. Kaishor Guggul 2-0-2 After food with luke warm water for 15 days

2. Gandhak Rasayan 1-1-1 Before food with water for 15 days

3. Manjisthadi Kwatha 20ml with equal amount of water for 15 days

4. Ropani ointment local examination

First follow up :During first follow up, patient found significant improvement in signs and symptoms with no sign of recurrence after 4th sitting of Jalokavacharn. Reddish discolouration, scaling and itching reduced significantly.

Discussion

Most of the Acharayas has mentioned predominance of Pitta-Kapha dosha in Dadru except Acharya Sushruta, who has considered Kapha predominance in Dadru. Twak, Rakta, Lasika and Ambu these are the Dushyas described in Ayurveda along with Raktavaha Srotasa Dushti. Shodhana and Shamana these are the two pillars of treatment for any disease including Dadru.

Before Shamana Chikitsa, Shastrokta Virechana Karma by Trivruit Kwath will be helpful to remove out vitiated Kapha and Pitta Dosha from body. Rakta mokshana will also help to remove vitiated Rakta from patients. 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*.

Deepan and Pachana :For preparing the patient for Snehapana(oleation),the patient should be in a nirama state.For this Chitrakadi vati given for 3 days.Along with this light diet such as Mudga Yusha (green gram soup) and Khichadi was advised.

Snehpana:As the *Purvakarma* for *Virechan* ,*Snehpana* given with *Panchtiktaghrita*.Its *tikta rasa* helped in *kleda shoshanam* and caused *Kapha and Pitta haran* thereby relieving the symptoms of itching etc.After obtaining *Samyak snigdha lakshan* ,*Sarvanga Abhyanga* with *Marichyadi taila* and *Bhaspa Swedan* was administered which can bring the doshas from *Shakha to kostha* .*Marichyadi* being *Vatakaphahar* and *kandu nirharan*,it was selected for *Abhyanga* .

Virechan:After *Snehpana* and *Swedana* the *Doshas* were in *Utlkistha* state.As for *Pittaharan virechan* was administered to expel the *Dushita Dosha (Pitta)* from the *kostha*.

Shaman Chikitsa:After *Shodhan* medicine were *Kaishor Guggul*,*Gandhak rasayan* ,*Manjisthadi kwatha* and *Ropani* ointment .

*Kaishor Guggul*⁶ has antiallergic,antibacterial and blood purifying properties.

Gandhak Rasayan is good for skin as it balances *Tridosha* and is also nourishing in nature.

Manjisthadi Kwatha can be used in all *raktaj vikaras* or where the *dushita rakta* is involved.*Manjistha* improve skin tone and texture by promoting blood circulation and detoxification leading clear and radiant skin.

Ropani ointment has anti fungal and antibacterial properties.



Conclusion:

Dadru is the common disease in developing countries like India as most of the population lived in unhygienic condition. *Dadru* almost all the *acharayas* has mentioned along with its management. *Dadru Kushta* is one of the types of *Kushta* as in this *Pitta* and *Kapha Doshas* plays major role along with *Vata* as *Anubhanda Dosh*. Analysis of textual references regarding etiology of *Dadru Kushta* discloses fact that *Pittakara* and *Kaphakara Nidana* plays a significant role in manifestation of *Dadru Kushta*. This case study is documented evidence for effective management of *Dadru Kushta* by Ayurvedic protocol. *Shodhan karma* includes *Virechan* and *Raktamokshan* that helps to remove the root cause of a disease and prevents the recurrence of diseases by eliminating the aggravated *Doshas* in the body. Also helps in reducing the signs and symptoms like itching, scaling and bringing back the skin color into normalcy. The orally prescribed medicines also played a vital role in alleviating the symptoms.

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