

Ayurvedic Management Of Dadru

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Abstract-

Dadru that is boils with redness and itching of skin over any region of body. Its causes discomfort when itching and burning starts. Many home remedies are available for the Dadru but recurrence is very common. In Ayurveda Dadru is considered as a type of kushtha and it's management can be done without considerable recurrence. In the present study it had found that Dadru can be treated in a simple economical way by means of Ayurvedic medicine.

Key words- Dadru, boil with redness, burning and itching, kushtha

Introduction-

As per Ayurvedic concept Dadru is classified under kshudra kushta. Nidan panchak of kushtha has been described in detail in Brahatraye and Laghutraye. Tridosha and twak, rakt, mans, ambu are collectively involved in the pathogenesis of Dadru. Various shodhan and shaman treatment modalities are describe in classics for the treatment of kushtha. Considering the history and clinical examination of said patient specific treatment plan was defined.

A case report-

A female patient of 62 yes old came to the out patient department of Kaychikitsa of Late B V Kale Ayu College Latur on 10/07/2019 suffering from boils with itching and burning over scalp during sleeping time.

Majority of boils have unbearable itching and burning in winter season specifically during evening time or late night. She has been treated by allopathic dermatologist for 2 months but there was no relief. Her general health was good and both physical examination and blood tests are within noraml limits.

C/O- Boils 2-3 in no over scalp and forehead since 2months.

Itching and burning since 2 months.

O/E –

Nadi- 74/min

Mala- regular, 1-2 tikes/day

Mutra- 4-5 times/day

Jinva- niram

Shabda- samyak

Soarsh- anushnshit

Drik- samyak

Akruti- sthula

Prakruti- kapha pradhan pitta

Agni- mandya

Koshtha- madhyam

No past history of any major illness.

Patient has history of menopause.

Diet history-

- Purely vegetarian
- Amla tikta Katy raspradhan aahara
- Virudha Anna 1-2 times/15days
- Upvasa 1/week

Treatment plan-

Patient was prescribed,

- Tab Arogyavardhani vati 500mg 2 times/per day after food.
- Gandhak rasayan vati 250mg 2 times/day after food.
- Triphala guggul vati 500mg 2 times/day after food.
- With Luke warm water.
- Mahamarichyadi tail for loacal application.

Patient was assessed by specially designed chart. The score was recorded before and interval of 15days up to 1 month. After 15days the patient was prescribed tab Krumikuthar Ras 500mg 2 times/day before food and tab Hestantin 500mg 2times/day after food for 1 month and local application with Mahamarichyadi tail was continued up to 1 month.

Table.1 Before Treatment

1	Number of boils	4-5
2	Burning	4-5
3	Itching	4-5

Table.2 After 15days

1	Number of boils	2-3
2	Burning	2-3
3	Itching	2-3

Table.3

1	Number of boils	0-1
2	Burning	0
3	Itching	0

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Discussion-

Kushtha has been categories under ashtomahagada which requires a strict nidhanparivarjan, consistent shodhan followed by shaman therapy. Dadru is not so much severe condition. Recurrence of boils with itching and burning are two important factors which requires medical management. Considering the chikitsa sutra of dosha dominance in Dadru pitta kapha hara regime was planned for sthan dushti which is kapha vatahara twachya Mahamarichyadi tail was planned, so oral(Abhyanatar) and local (Bahirparimarjan) treatment approach will be more effective to manage Dadru.

Conclusion-

In above patient boils were completely recovered after 1month till the patient was asked for regular follow up. Till last follow up there were no boils were found. So oral(abhyanatar) and local(Bahirparimarjan) treatment approach will be more effective to manage Dadru.