

Ayurvedic Management Of Dadru : A Case Report

Vd. Amruta Sanjay Patil

PG Scholar (Rasashastra & Bhaishajyakalpana)

Vd. B.R. Kurkute

Guide & HOD

PMTs Ayurved College Shevgaon

Abstract :

Skin is longest sense organ of human body, which covers the other organs. it is protective part of human body. Various environmental factors shows many pathological effects on skin also shows early physiological changes. We hears so every time that skin is mirror of our metabolic activity or health of the digestive system. Now a days, no. of skin problems increases rapidly. They take more time to cure and more possibility to recurrence. Avoid recurrence and cure from roots it can be possible by Ayurveda management. The commonly seen skin disorder is dadru. Patient of dadru is comes to OPD with red patches and horrible itching. Lacking of hygiene and poor immunity is the main causative factors.

Keywords – skin disorders, dadru, kandu, red patches.

Introduction –

In ayurvedic literature skin conditions have been dealt under the heading of ‘Kushta’. There is seven major and eleven minor Kushta has been mentioned. Among that Dadru is a one type of skin disorder. It is most commonly found skin condition and takes long time to cure. It is seen all type of age groups. Dadru can be correlated with fungal infection or tinea infection. About the classification of Dadru various Acharya’s having different opinion. But all are listed Dadru between major or minor Kushta definitely.

The management by Ayurveda is done by understanding and following the basic principles of management as in ancient text. Ayurveda based on shaman aushadhi for management of various diseases.

Skin disorders start from Aharjanya and viharjanya causative factors. Such like salt predominant foods, fermented products, matravidrudhha (honey and ghee equal quantity), sanskaravidrudhha (honey taken with hot water), deshvidrudhha (food not from the native area.), kalavidrudhha (non seasonal foods), guru annapana (heavy to digest), dravannapan (drinking excess quantity of water irrespective of thirst), navanna (newly harvested grains like rice), dadhi (curd in different forms)....etc. other major hetu (causes)are Viharjanyahetu like wrong habits of day today life.

Casereport – A seventy six years old patient was come for treatment of skin disorder. He was

suffering from red and rounded patches on left leg exact upper to knee joint. That red and rounded patches are had horrible itching. Since two months. Before approach to Ayurveda patient already taken treatment from modern medicine. It help to relief for short time. Then patient comes to Ayurveda management. We found hetu as abhishandi food in ahara.

Plan of treatment -

Considering old age preferred to go for shaman aushadhichikitsa. We advised to diet plan and follow first step of chikitsa that is nidanaparivarjana. In medicine treatment tab. Arogyavardhini, Aragvadhalepa and manjishtadikwatha was prescribe. Then observations noted when follow up take after 7 days.

Medicines

Sr. no.	Medicine	Dose	Anupana	Duration
1.	Tab. Arogyavardhani	250 mg	Warm water	BD
2.	Aragvadhalepa	Local application	-	BD
3.	Manjishtadikwatha	20 ml	-	BD

Frist day symptoms : itching +++; patches, redness+++, size ++

Followup:

No. of follow up	Duration	Itching	Patches
1	After 5 days	++	+++
2	After 7 days	nil	+
3	After 7 days	nil	nil

follow up : Frist follow up was taken after 5 days and same treatment was continued for 7 days. At first follow up itching episodes and intensity decreases and redness of patches persist but good thing was red patches stop to spread. At second follow up stop itching and redness also decreases. And final follow up all symptoms disappears.

Discussion:

In *Dadruraktadushti* found and it is a *raktapradoshajavyadhi*. *Raktaprasadhanadavya* prescribed for patient like *Manjishthadikwatha* along other medication and patient get relief. *Aragavadha* is *kaphahara*. In *Dadrukandu* is major symptom for patient. *Arogyavardhini* help to decrease *Kleda* and when *Kleda* decreases *kandu* also minimize. When *vata* and *kaphadushti* is present in skin conditions then *Arogyavardhini* is most beneficial drug.

Conclusion-

Ayurveda management of skin disease. *Dadru* can say fungal infections is proved to be effective. it gives relief in short period for most irritating symptoms like itching. Overall it is best treatment for *Dadru*.

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