



## Case Study

### DADRU KUSTA UNDER THE LENS OF AYURVEDA

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#### ABSTRACT

The skin is considered as largest organ in our body, it maintains the body temperature, stores water, fat, vit D. In Ayurveda skin diseases considered mainly under the spectrum of *Kusta*, the meaning of which is that causes disfiguration. As it is *Tridoshaja vyadhi* but type of *Kustha* depends upon predominance of particular *Dosha* (biological energies). The *Acharyas* including *Charaka, Sushruta, Vagbhata* divided *Twak vikara* into two, *Maha kusta* and *Kshudra kusta*. The *Dadru kusta* is one among them and commonly compared to fungal infections based on the appearance. Certain occupations increase the risk of these infections from the environment like extreme summer, rainy seasons and repeated contacts from infected person with use of personal belongings has high chances of causing infections. Here is a case study of male 32-year-old having *Dadru* symptoms and for this we have planned *Nitya virechana* (regular therapeutic purgation) and *Shaman chikitsa* (oral medications).

### INTRODUCTION

Skin is the largest organ in the body and regulates the body temperature, gathers sensory inputs from the environment, stores water, fat and vit D and it plays an important role in the immune system protecting from the disease. Ayurvedic literature has described skin and their diseases mainly under the spectrum of *Kusta*, the meaning of which is that causes disfiguration. The *Kusta* has an etiological factor including *Aharaja* and *Viharaja* and generally described as *Tridoshaja vyadhi* but type of *Kustha* depends upon predominance of particular *Dosha*. The *Acharyas* mentioned the *Kustha* may be seven, eighteen or innumerable types but almost all including *Charaka, Sushruta, Vagbhata* divided *Kushta* into two, *Maha kusta* and *Kshudra kusta*, which further classified into seven and eleven types respectively<sup>[1]</sup>.

The fungal infections are superficial and affecting skin, hair, nails and spreads to one person to another person by contact. In Ayurveda the *Dadru kusta* is *Sankramika roga* with *Bahya krimi* and can be compared to fungal or *Tinea* infections based on

*Lakshanas* and appearance. It is characterized by circular patches with elevated edges associated with erythema and itching.<sup>[2]</sup>

#### Case Report

A 32-year-old male patient came to KPSVS Ayurvedic Medical College, to *Agada tantra/Visha chikitsa* OPD reported with following symptoms itching, burning sensation on the left side of face.

**Chief Complaints:** Itching, burning sensation, elevated round patch with clear at centre on the skin near cheek, ear and neck with scaling and dryness.

**Associated Complaints:** Scalp itching, dandruff and Hair fall.

**History of Present Illness:** Patient was apparently normal before a year suddenly he noticed a small red circular patch behind the left ear associated with itching, he ignored and gradually the circle began to spread and forms large patch on left side of face, neck and cheek, with scaling, dryness and elevated margin. The itching aggravates at night and moderate in day, for this he had taken allopathic treatment and symptoms subsided but after some time he noticed again formation of same type of patch with hair fall. So, for further treatment he approached KPSVS Ayurveda Hospital, Manvi.

**Past History:** Not a known case of asthma, diabetes mellitus, hypertension and thyroid disease.

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For present complaints he had taken antihistamines, antifungal creams and tablets.

### Personal History

Appetite – Manda  
Bowel – Constipated  
Micturition – 5-6/day  
Sleep – Disturbed  
Food – Vegetarian  
Work – Kuli (Exposure to dust of husk)  
Family History: Nothing significant

### General Examination

Built – Moderate  
Pulse - 80/m  
Blood Pressure – 130/70 mmHg  
Respiratory Rate- 22/m  
Weight- 65kg  
Pallor, Icterus, Cyanosis, Koilonychia – Absent

### Astha Sthana Pariksha

Nadi – Vata  
Mutra – Prakrutha  
Mala – Vibandha

### Nidana Panchaka

#### Nidana

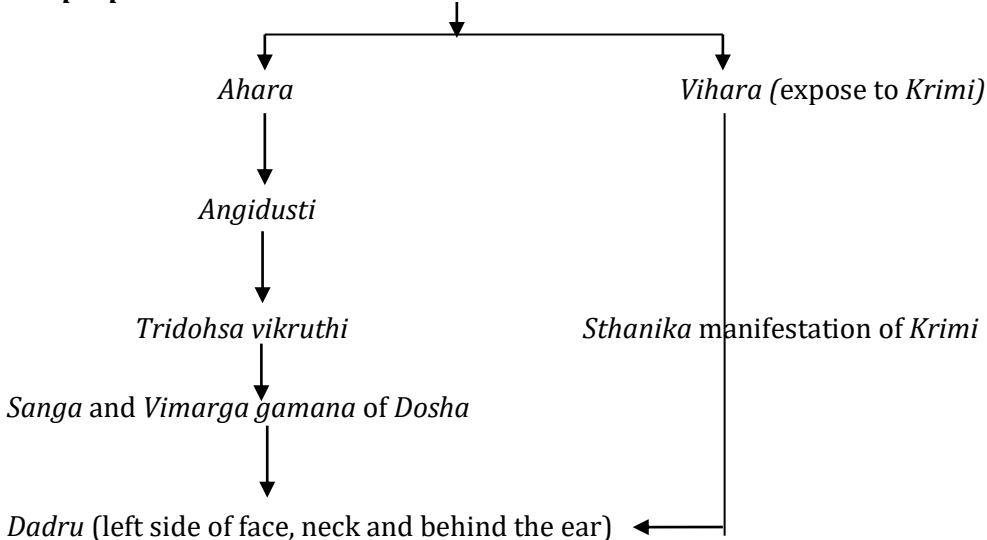
Aharaja	Viharaja
Kapha – Pitta kara ahara Madhura, Amla, Lavana rasa Ahara sevana even with Ajirna Daily intake of rice + curd at night	Contact of infected co-worker Work: Kuli (Exposure to dust of husk)

**Poorvarupa** – Kandu, Mandala formation

**Rupa** - Kandu, Daha, Utsanna mandala, Tamra varna

**Samprapti** [3]

#### Nidana sevana



### Samprapti ghataka

Dosha – Kapha pitta, Tridoshaja  
Dhusya – Rasa, Raktha, Mamsa, Lasika  
Srotas – Rasa, Raktha,  
Srotodushti – Sanga and Vimarga gamana

Shabda – Prakrutha

Drik – Prakrutha

Jihwa – Lipthata

Sparsha – Ushana

### Systemic Examinations

**Central nervous system** - Conscious, well oriented to time, place and person

**Cardio vascular system** - S1 and S2 heard clearly, no murmur heard.

**Respiratory system** - Symmetrical chest, normal vesicular breath sounds heard, no added sounds.

**Gastro intestinal system** - Soft, no tenderness and no organomegaly

### Skin Examination

**Site** - Left side of face, neck and behind the ear (lateral cheek, preauricular area and lateral neck below the ear).

**Distribution** – Localized to one side of face and neck

**Character of lesion:** Circular, erythematic with slightly elevated and well-defined margins with scaling and dryness.

*Adhishtana – Twak*

*Roga Marga – Bhaya*

**Diagnosis:** Based on the Signs and symptoms the case was diagnosed as *Dadru*.

**Upashaya:** *Nidana parivarjana, (Ahara, Vihara).*

**Chikitsa:** Treatment planned was *Nitya Virechana* and *Shamana aushadhis*.

**Table 1: Representing the treatment protocol**

	<b>Aushadha</b>	<b>Dose</b>
<b>03/08/2024 (For 10 days)</b>	<i>Tab. Lagusootashekara rasa</i>	1-0-1 (BF)
	<i>Tab. Arogyavardini vati</i>	1-0-1 (A/F)
	<i>Syp Nimbaamrutadi Eranda taila</i>	0-0-10ml (AF) bedtime with lukewarm milk
	Scurfall shampoo	External application
	Neemderm cream	External application
<b>13/8/2024 1<sup>st</sup> follow up (For 10 days)</b>	<i>Cap. Panchatiktaha guggulu Ghritha</i>	1-0-1 (BF) with Lukewarm water
	<i>Tab. Dushivishari gutika</i>	1-0-1 (A/F)
	<i>Tab. Arogyavrdini vati</i>	1-0-1 (A/F)
	Scurfall shampoo	External application
	Neemderm cream	External application (Morning)
	<i>Karanja Taila</i>	External application (Night)
<b>23/8/2024 2<sup>nd</sup> follow up (For 10 days)</b>	<i>Haridra khanda</i>	1/2 tsp-0-1/2tsp (A/F)
	<i>Syp. Manjishtadi kashaya</i>	10ml-0-10ml (A/F)
	<i>Tab. Kaishora guggulu</i>	1-0-1 (A/F)
	Scurfall shampoo	External application
	<i>Karanja Taila</i>	External application
<b>03/9/2025 3<sup>rd</sup> follow up</b>	<i>Tab. Kaishora guggulu</i>	1-0-1 (A/F)
	<i>Haridra khanda</i>	1/2 tsp-0-1/2tsp (A/F) with lukewarm milk
	<i>Karanja Taila</i>	External application
	Scurfall shampoo	External application

**Table 2. Assessment criteria**

<b>Severity</b>	<b>Kandu</b>	<b>Daha</b>	<b>Tamra varna</b>	<b>Utsanna mandala</b>
Absent	0	0	0	0
Mild	1	1	1	1
Moderate	2	2	2	2
Severe	3	3	3	3

**Table 3: Result**

<b>Symptoms</b>	<b>Before treatment</b>	<b>1<sup>st</sup> follow up</b>	<b>2<sup>nd</sup> follow up</b>	<b>3<sup>rd</sup> follow up</b>
<i>Kandu</i>	3	2	1	0
<i>Daha</i>	3	0	0	0
<i>Tamra varna</i>	3	2	1	0
<i>Utsanna mandala</i>	3	2	1	0

After *Nitya virechana*, *Daha* was completely relieved and *Kandu*, *Tamra varna*, *Utsanna mandala* was mildly reduced. The significant improvement was seen after *Shamana chikitsa* with 3<sup>rd</sup> follow up.





Fig: 1 Before treatment



Fig: 2 After Nitya virechana and 1<sup>st</sup> follow up



Fig: 2<sup>nd</sup> follow up



Fig: 3<sup>rd</sup> follow up

## DISCUSSION

- *Dadru kusta* is one among the *Kshudra kusta* with *Lakshanas kandu, Tamrini, Pidaka* and *Mandala*, So the dominance of *Dosha* here are *Kapha pitta* along with *Dusti* of *Rasa, Rakta, Twak* and *Lasika*<sup>[4]</sup>.
- The *Ahara nidana* causing *Agni dusti*, impairment in *Agni* vitiate the *Doshas* and *Dushya*. The *Krimi* directly enters the *Twak* through *Sweda* with contact and by these changes *Dadru kusta* is formed<sup>[5]</sup>.
- *Laghu sootashakara Rasa* is indicated in *Pittaja shirashoola, Ardhawabedaka, Nidranasha, Pittaja unmada, Daha, Urdwa rakthapitta*.<sup>[6]</sup>
- *Arogyavardini vati* is indicated in *Kusta roga, Jwaropanasha, Pachaka, Deepana, Pathyakaraka, Hrudya, Medohara, Malashuddhikara*.<sup>[7]</sup>
- *Nimbaamrutadi eranda taila* is indicated in *Kusta, Nadi vrana, Bhagandhara, Gandamala, Jatru urdhwagatha vikaras*.<sup>[8]</sup>
- Scurfall shampoo is indicated in dandruff, seborrhea dermatitis, psoriasis.<sup>[9]</sup>
- Neemderm cream is indicated in dermatitis and fungal infections.<sup>[10]</sup>
- *Cap. Panchatiktha guggulu Ghrith* is indicated in *Kusta, Nadi vran, Bhagandhara, Gandamala, Jatru urdhwagatha vikaras*.<sup>[11]</sup>
- *Dooshivishari Gutika* acts as *Dushivisha Hara* and *Amavisha Hara*.<sup>[12]</sup>
- *Karanja taila* is indicated in *Visarpa, Kusta, Visphota* and *Vicharchika roga*.<sup>[13]</sup>
- *Haridra khanda* is indicated in *Sheetapitta, Udarda - Kotha roga, Kandu, Dadru* and *Visarpa*.<sup>[14]</sup>
- *Manjishtyadi kashaya* is indicated in *Vatarakta, Pama, Kapala kusta, Mandala kusta*.<sup>[15]</sup>
- *Kaishora guggulu* is indicated in *Sarva kusta, Tridoshaja vikaras, Sarva vrana, Gulma, Prameha*

*pidakas, Udara, Agnimandya, Kasa, Shwayathu, Pandu.*<sup>[16]</sup>

- All the above-mentioned drugs have role in treating and directly indicated in *Kusta* which act on the *Kapha pitta dosha* and also in targeting the *Krimi*. Hence these *Shaman oushadhis* been selected and can be proved in treating *Dadru kusta*.

## CONCLUSION

*Dadru kusta*, a *Kapha-pitta* predominance *Twak vikara*, can be effectively managed through *Nidana parivarjana*, *Nitya virechana* and appropriate *Shamana oshadhis*, offering a valuable Ayurvedic approach in the era of Antifungal resistance.

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