

Effective Ayurvedic Management of *Dadru Kustha* with *Herbo-Mineral Aushadhi Yoga*: A Single Case Study

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Abstract

The skin, as the body's largest organ, is highly prone to various disorders due to its size and exposure to external factors. The majority of skin conditions are often the result of infections, including those caused by fungi or bacteria. In Ayurveda, skin diseases are grouped under the term "Kustha" and are further categorized into MahaKustha and KshudraKustha. Among these, Dadru is a notable condition, classified as Raktapradoshaja Vikara, with a dominance of Kapha and Pitta doshas. The symptoms of Dadru closely resemble those of Tinea, a fungal infection typically resulting from poor hygiene. These abstract highlights a case of Dadru Kustha. A 47-year-old male patient came with complaints about recurrent symptoms like circular and greyish- reddish patches over the Ankle joint of both legs associated with severe itching since last 2 years. He was treated with Nimbadi Churna, Suddha Gandhak, Suddha Swarna- Gairika, Suddha Sphatika, Rasamanikya, Arogyavardhini Vati, Khadiraaristha, and Gandhak ointment. The treatment lasted for 21 days, and after completion, significant improvements were noted in symptoms such as itching (Kandu), erythema (Raga), eruptions (Pidika), and elevated circular skin lesions (Utsaana Mandala). Suddha Gandhak, Suddha Swarna-Gairika, Suddha Sphatika, Rasa Manikya, Arogyavardhini Vati, and Gandhak ointment has properties like Kandughna, Kusthagana, & Krimighna which is helpful in elimination of aggravated dosha thus breaks the samprapti of the Dadru Kustha. From this case study it can be concluded that Shaman Chikitsa are effective in the management of Dadru Kustha.

Keywords: Dadru kustha, tinea infection, Ayurveda Chikitsa, Shaman Chikitsa

INTRODUCTION

Tinea infection, also known as Dermatophytosis, is one of the most prevalent fungal infections. Dermatophytosis is especially common in tropical climates, making it widespread in our country. Based on the affected body area, Dermatophytosis is classified into different types, such as Tinea

corporis, Tinea barbae, and Tinea cruris. A common symptom across all types is pruritus (itching). From an Ayurvedic perspective, skin diseases fall under the broad category of "Kustha". In the *Charak Samhita*, *Dadru Kustha* is specifically described under the classification of *Kshudra Kustha*. Acharya Charak classified *Kustha* in 2 parts – *Kshudra Kustha* and *Maha Kustha* which are of 11 and 7 types, respectively [1]. In the absence of distinct cause or pathogenesis specifically outlined for *Dadru Kustha* in the classical *Ayurvedic* texts, so, the causes and pathogenesis of *Kustha* are deemed applicable to *Dadru Kustha*. Acharya Sushruta has identified hereditary factors (*Anuvanshika*) and infection (*Krimija*) as key causes of *Kustha*. Additionally, *Kustha* is recognized as a contagious disease (*Aupasargika Roga*), indicating that it can spread from one person to another. In the *Nidan*

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Sthana, *Sushruta* explains the *Kustha* involves the deep tissues of the body (*Dhatugatatva*) [2]. Modern medicine, Tinea infections are generally managed with both topical and systemic antifungal treatments. However, there is an increasing concern about rising drug resistance; these infections often become unresponsive to conventional antifungal therapies. Although the symptoms may temporarily subside, the infection tends to re-occur. This challenge highlights the potential for Ayurvedic interventions, which could offer a more effective solution by not only controlling the infection but also preventing its recurrence and ensuring long-term relief.

PATIENT INFORMATION

• Age of Patient:	47 years
• Sex:	Male
• Address:	Paiganbarpur, Varanasi.
• Registered in O.P.D.:	03/08/2023

A 47-year-old male patient complained about recurrent symptoms like greyish-reddish circular patches associated with severe itching over ankle joint of both legs since last 2 years. The condition was treated with topical and systemic antifungal agents, as well as corticosteroids, but the patient did not experience relief, leading them to visit the O.P.D. of Government P.G. Ayurvedic College and Hospital, Chaukaghat – Varanasi for further treatment.

In this study, the participants' personal information collected (Table 1). The criteria for assessing symptoms were established based on previous studies (Table 2). Clinical findings were documented and summarized in Table 3. After evaluating the clinical interventions (Table 4), the follow-up and outcomes were recorded (Table 5). The patient's condition was monitored throughout the treatment process, with visual documentation capturing key stages of progress (Figures 1(a–d)). The patient's progress was evident when comparing the condition before and after treatment (Figures 2(a) and (b)).

Table 1. Personal information.

Diet	Vegetarian
Religion	Hindu
Addiction	Tea two to three times a day
Occupation	Shop (readymade garments – whole day sitting)
Comorbidity	Not any
Family History	Elder brother has same problem for 1.5 years

Table 2. Criteria for assessment of symptoms [3].

S.N.	Parameters	Grade 0	Grade 1	Grade 2	Grade 3
1.	<i>Kandu</i> (Itching)	Absent	Mild	Frequent and moderate	Severe and disturbing routine work.
2.	<i>Raga</i> (Erythema)	Normal skin colour	Faint normal	Reddish	Reddish greyish
3.	<i>Pidika</i> (Eruption)	Absent	1-3 pidika	4-6 pidika Altered colour & slightly raised.	More than 6 Coarse eruptions.
4.	Mandal size (Lesions)	Size 0	1-5 cm	6 to 10 cm	Up to 10 cm.
5.	Number of Mandal	0	1	2 to 3	4 to 5

DISCUSSION

An imbalance of the three *doshas* (*Vata*, *Pitta*, and *Kapha*) is the underlying cause of all types of *Kustha*. However, according to *Acharya Charak* and *Vagbhatta*, *Dadru* is primarily due to *Pitta-Kapha* dominance, while *Acharya Sushruta* identifies *Kapha* as the predominant *dosha*. The involvement of the *Rasa* and *Rakta dhatus* (bodily tissues) is a key in the development of this condition. Classical *Ayurvedic* texts recommend the use of both *Sodhana* (purification) and *Shamana*

(pacification) therapies, utilizing herbs with *Kusthaghna* (anti-skin disease), *Krimighna* (anti-parasitic), and *Kandughna* (anti-itching) properties for the treatment of *Kustha*. For enhanced efficacy, *Bahiparimarjana Chikitsa*, or external treatments, such as the application of medicated oils and *lepa* (herbal paste), is also advised. In this case study the patient was treated with internally *Nimbadi Churna*, *Suddha Gandhak*, *Suddha Swarna Gairika*, *Suddha Sphatika*, *Rasamanikaya*, *Arogyavardhini Vati*, *Khadiraaristha*, and *Shat Sakar Churna* with external application of *Gandhak* ointment for 21 days.

Table 3. Clinical findings.

S.N.	Symptoms	Grading
1	<i>Kandu</i> (Itching)	3
2	<i>Raga</i> (Erythema)	3
3	<i>Pidika</i> (Eruption)	0
4	Mandal size (Lesions)	1-2 to 3 cm 2-1 cm
5	Number of Mandal	3

Table 4. Clinical intervention.

S. N.	Drug Name	Dose/Anupama	Duration/Time
1	<i>Nimbadi Churna</i> – 2 gm <i>Suddha Gandhak</i> – 250 mg <i>Suddha Swarnagairik</i> – 125 mg <i>Suddha Sphatika</i> – 250 mg <i>Rasa manikya</i> – 65 mg mixture of above medicine.	Twice a day With Honey	For 21 days/ before meal.
2	<i>Arogyavardhini Vati</i> -500 mg	500 mg twice a day with kosha jala (lukewarm water).	For 21 days/after food.
3	<i>Khadiraaristha</i> .	20 ml Twice a day with equal amount of water.	For 21 days/after food.
4	<i>Shat Sakar Churna</i> – 3 gm.	Once a day with lukewarm water.	For 21 days/at bed time.
5	<i>Gandhak</i> Ointment – local application.	Thrice a day. After cleaning and drying of affected part.	For 21 days/after cleaning and drying the affected part with normal water.

Note: Follow up – after 07 days.

Table 5. Follow-up and outcomes.

Symptoms	On Admission	On 7 th Day	On 14 th Day	On 21 st Day
<i>Kandu</i> (Itching)	3	2	1	0
<i>Utsaana mandala</i> (Elevated circular skin lesion size and number)	3	2	1	0
<i>Pidika</i> (Eruptions)	Absent	Absent	Absent	Absent
<i>Raaga</i> (Erythema)	2	1	1	0

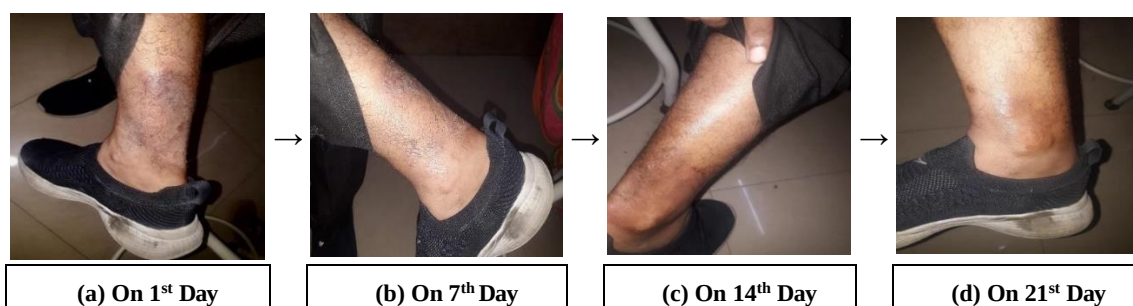


Figure 1. Sequential images showing the patient's progress during treatment. (a) Initial assessment at the beginning of treatment. (b) Mid-treatment showing noticeable changes in symptom management. (c) Further improvement in clinical outcomes after intervention. (d) Final follow-up depicting significant recovery and treatment efficacy.



Figure 2. Comparative images of the patient before and after treatment. (a) Pretreatment condition., (b) Posttreatment image showing significant improvements.

Probable Mode of Action of *Nimbadi Churna* [4]

In *Bhaishajya Ratnavali*, *Nimbadi Churna* is mentioned under the treatment for *Vata Rakta*. The ingredients of *Nimbadi Churna*, such as *Nimba*, *Amruta*, and *Abhaya*, predominantly possess *Tikta* (bitter), *Kashaya* (astringent), and *Katu* (pungent) tastes. These specific tastes help in balancing the *Pitta* and *Kapha doshas* while purifying the *Rakta dhatu* (blood tissue). Additionally, the *Tikta* and *Katu* rasas enhance metabolism. The primary ingredient, *Nimba* (Neem), is particularly valued for its properties like *Kusthagna* (anti-skin disease), *Kandughna* (anti-itching), and *Krimighna* (anti-parasitic), making it an essential component in the management of skin diseases (Table 6).

Table 6. Probable mode of action of *Suddha Gandhak* [5], *Swarna Gairika* [6], *Sphatika* [7], and *Rasa Manikya* [8].

S.N.	Drug name	Rasa-Virya-Vipaka	Effect on Dosha/Any Specific
1	<i>Suddha Gandhak</i>	<i>Madhura-katu</i>	Pacify <i>Kapha</i> and <i>Vata</i>
		<i>Ushna</i> <i>Katu</i>	" <i>Dadru Davanalascha...</i> " " <i>Ama Shamsoshanam...</i> "
2	<i>Suddha Swarna Gairika</i>	<i>Madhura</i> <i>Sheeta</i> <i>Madhura</i>	Pacify <i>Pitta</i> " <i>Ati kanduhara Ruksham tatha Udardanuta...</i> "
3	<i>Suddha Sphatika</i>	<i>Kashaya-katu</i> <i>Ushna</i> <i>Katu</i>	Pacify <i>Kapha</i> <i>Kandughna-vranaghna-</i> <i>Tridoshanashini...</i>
4	<i>Rasamanikaya</i>	<i>Katu</i> <i>Ushana</i> <i>Katu</i>	Pacify <i>kapha</i> and <i>vata</i>

Probable Mode of Action by *Arogyavardhini Vati* [9]

Arogyavardhini Vati is a Herbo-mineral formulation primarily used in the treatment of *Kustha roga* (skin diseases). The main ingredient is *Kutaki* (*Picrorrhiza kurroa*), and it also includes *Haritaki* (*Terminalia chebula*), *Bibhitaka* (*Terminalia bellerica*), *Amalaki* (*Embllica officinalis*), *Shuddha Shilajatu* (purified Asphaltum), *Shuddha Guggulu* (*Commiphora Mukul*), *Suddha Parada* (purified mercury), *Suddha Gandhak* (purified Sulphur), *Lauha Bhasma* (iron ash), *Abhraka Bhasma* (mica ash), and *Tamra Bhasma* (copper ash). The ingredients are processed with the juice of *Nimba* (*Azadirachta indica*) leaves. *Arogyavardhini vati* possesses multiple therapeutic properties like *Pitta Virechan* (purging of pitta), *Deepan* (appetizer), *Pachan* (digestive), *Kusthaghna* (anti-skin disease), and *Kandughna* (anti-itching) properties. These actions help balance the *Tridosha*, enhance *Agni* (digestive fire), and promote *Bhedana* (breaking up of toxins) and *Malashodhana* (cleansing of waste). Its *Kusthaghna* and *Kandughna* properties are crucial in relieving the symptoms of skin diseases and disrupting the disease process (*samprapti*).

Probable Mode of Action of *Khadiraaristha* [10]

Khadira (*Acacia catechu Willd*) is classified under the *Kusthaghna Gana* and is recognized as one of the most effective remedies for alleviating *Kustha* (skin diseases). The ingredients found in

Khadiraaristha predominantly exhibit *Tikta* (bitter) and *Katu* (pungent) tastes, along with *Katu Vipaka* (pungent post-digestive effect) and *Ushna Virya* (hot potency). These properties help to pacify both *Kapha* and *Pitta* doshas.

Additionally, *Khadira* is known for its antioxidant effects, and studies have documented its antifungal activity against dermatophytosis, reinforcing its role in managing skin conditions.

Probable Mode of Action of *Shat Sakar Churna* [11]

It is an *Ayurvedic* poly Herbo mineral formulation containing *Sunthi*, *Saupha*, *Sanaya*, *Shiva*, *Saindhav lavana*, and *Sauvarchal lavana*. Among them *Saupha* has *Dipana* properties, *Sanaya* has Purgative properties, *Sunthi* has *Ama pachaka* and *Kapha* pacifying properties, *Shiva* (*Haritaki*) it has *Vatanulomana* properties so it removes the constipation, both *Lavana* have *Ushna* and *Tikshana* properties which pacify the *Kapha* and *Malabaddhata*.

Probable Mode of Action of *Gandhak Ointment*

The contents of *Gandhak* ointment are *Suddha Gandhaka*, *Trikatu*, *Tila Taila* and Bee wax. *Suddha Gandhak* has Properties to pacify the *Kapha* and *Ama*, Improve Digestion and Also *Rasatarangini* kara says “*dadru davanalascha...*”, Typically it is indicated in *Dadru Kustha* because of its *Kusthaghna*, *Kandughna* properties. *Trikatu* has *Katu rasa Pradhanata* and *Ushna Veerya* it enhances the digestion and pacify the *Kapha*. *Tila Taila* and Beewax provide Smoothing to the skin and improve local blood circulation, which is helpful in skin healing.

CONCLUSIONS

Dadru Kustha is classified as a type of *Kshudra Kustha* by *Acharya Charak* and as a *Maha Kustha* by *Acharya Sushruta* and *Acharya Vagbhata*. It can be correlated with *Tinea* infection, which is a contagious condition, making personal hygiene crucial for effective management. This case study suggests that *Ayurvedic* treatments, including *Sodhana* (daily purgation with *Shat Sakar Churna*), *Shamana* (using formulations like *Nimbadi Churna*, *Arogyavardhini Vati*, and *Khadiraaristha*), and *Bahiparimarjana* (external applications such as *Gandhak* ointment), are beneficial in managing *Dadru Kustha*. Although this is a single case study and the results cannot be generalized, the outcomes from this management protocol are promising for similar cases.

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