



## Case Study

### CASE STUDY ON MOOLAKABEEJADI LEPA IN DADRU KUSHTA

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*Lepa.*

#### ABSTRACT

In recent years; there has been a considerable increase in the incidence of skin problems in the developing countries like India and tropical countries due to less immunity, unhygienic, living conditions, and nutrition. The most exposed part of the body is skin. In cosmetic point of view patient who suffers with any skin diseases leads to experience physical, emotional and socio-economic embarrassment in his/her society because mirror that reflects internal & external pathology in such diseases is skin which helps in diagnosis. In among the various skin infections tinea/ringworm is one which is spreading rapidly and affecting all the age group of population. Skin infection is termed as *Twak Vikara* or *Kushta roga* in Ayurveda. In among the *Kushta Roga*, *Dadru* termed as a *Dadru Kushta*. In contemporary medicine, tinea/ringworm which is skin fungal infection is correlated to *Dadru Kushta* due to similarities in their signs and symptoms. Large community prevalence studies have demonstrated that between 20-30% of the population have various skin problems requiring attention. Present study was conducted on diagnosed patients of *Dadru Kushta* in patients *Moolakabeejadi Lepa* was applied. The drugs used in the formulations having *Kandughana*, *Kushtahara*, *Krimighna*, *Shodhana* and *Tridoshahara* in their properties. The results revealed highly significant effect of *Moolakabeejadi Lepa* in various subjective and objective parameters like *Raga*, *Kandu* and number of *Pidika*, number of *Mandala* after treatment. During follow up period of 15 days the drug effect suggested the sustained effect on the disease.

#### INTRODUCTION

As per the need of today's lifestyle and also due to the increase in the resistance of the human body Ayurveda has to be taken in the limelight for such type resistance behavior which is going to harm the humans in future. In Ayurvedic science, skin diseases are classified under broad heading of *Kushta*, which is further classified into *Mahakushta* and *Kshudrakushta*<sup>[1]</sup>. *Kushta* is considered as *Mahagada* by our *Acharyas*. *Dadru kushta* is one among the 18 types of *Kushtas*.

*Acharya Charaka* included *Dadru kushta* in *Kshudrakushta*<sup>[2]</sup> whereas *Acharya Sushruta*<sup>[3]</sup> and *Vagbhata*<sup>[4]</sup> have explained under *Mahakushta*. According to *Acharya Dalhana*<sup>[5]</sup> *Dadru kushta* is classified into two types: *Sitha* and *Asitha*. He interpreted that *Dadru kushta* mentioned by *Acharya Sushruta* under *Mahakushta*, is *Asitha* type of *Dadru kushta* and *Dadru kushta* by *Acharaya Charaka* which is enumerated under *Kshudrakushta* is a *Sitha* type. *Dadru kushta* is predominantly *Pitta-Kaphaja* as per *Acharya Charaka*<sup>[6]</sup> and *Acharya Vagbhata*<sup>[7]</sup>. On the other hand, *Kaphaja* as per *Acharya Sushruta*<sup>[8]</sup>. In Ayurveda, according to *Acharya Sushruta*, the *Bahiparimarajana* type of treatment is indicated in *Dadrukushta*. Therefore, the *Lepas* are applied, local application works faster due to physiological effect of heat on the skin. *Acharya Charaka* has described 32 formulations of *Lepa* in '*Aragwadhiya Adhaya*' which also shows importance of *Lepa Kalpana*.

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Thus, the Ayurvedic formulations of *Bahiparimarjana* in the form of *Lepas* and *Shaman Aushadhis* should be taken which can act as *Sthanika Chikitsa* externally and internally do *Rakta Shudhi* so that disease should be cured from root. These *Nidana Panchaka*

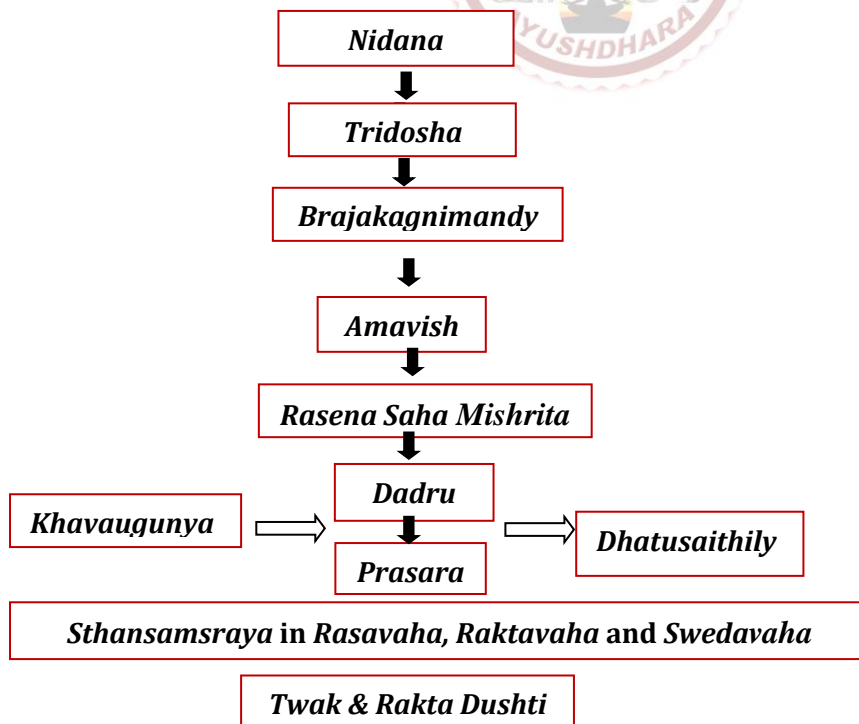
Ayurvedic formulations totally cure this *Dadru Kushta*, due to the properties of the various drugs the chances of reoccurrence are also very less which are included in this.

**Table 1: Description of Different *Nidana* causes *Dadru Kushta***

<i>Nidana</i>		
<i>Aharaja Nidana</i>	<i>Viharaja Nidana</i>	<b>Others</b>
<i>Ati Snigdha, Amala Ahara Sevana</i>	Tight clothes	
Honey+Milk, Guda+Milk	Using others inmate objects	
Excess <i>Tila taila</i> & Radish	Excessive sweating	
<i>Ajeerna Bhojana</i>	Soil to person, public shower use	Weak immune system
<i>Madhyamla</i> with Milk	Contaminated by affected person	Immunosuppressive drug
Excess Curd / Buttermilk	Humidity, Poor hygiene	Obesity
<i>Mamsa</i> with <i>Madhu</i>	Seasonal (Rainy/ Summer/ Winter)	
Rice with milk	Animal Petting or Grooming	
<b><i>Purvarupa</i></b>	<i>Pidaka, Kandu</i>	
<b><i>Rupa</i></b>	<i>Raaga, Kandu, Pidaka, Mandala</i>	
<b><i>Upasaya</i></b>	External Application of Ointments on the lesion	

**Samprapti**

**Flow Chart No.1: Showing the *Samprapti* of *Dadru Kushta***



**Samprapti Ghatakas****Table 2: Samprapti Ghatakas**

<i>Nidana</i>	<i>Sankramika Bahya Malaja Krimi</i>
<i>Doshas</i>	<i>Tridosha (Kapha Pitta Pradhana)</i>
<i>Dushya</i>	<i>Twak, Rakta, Lasika (Ambu), Sweda</i>
<i>Srotas</i>	<i>Rasa, Rakta</i>
<i>Adhishthana</i>	<i>Twacha</i>
<i>Rogamarga</i>	<i>Bahya</i>

**Ayurvedic Management (Chikitsa)**

As per the need of today's lifestyle and also due to the increased resistance behaviour in the human body which is going to harm the humans in future, Ayurveda has to be taken in the limelight. Thus, the Ayurvedic formulations of *Bahiparimarjana* in the form of *Lepas* and *Shaman Aushadhis* should be taken which can acts as *Sthanika Chikitsa* externally and internally do *Rakta Shudhi* so that disease should be cured from root. These Ayurvedic formulations having the property to totally cure this *Dadru Kushta* and also very less chances of reoccurrence due to the various properties of drugs which are included in this.

In modern medicine Sulphur used as antifungal drug for fungal infection, this content present in many herbal drugs and under this line of treatment also mentioned without having any side-effects. For e.g. - *Gandhak*

1. **Nidana Parivarjana** (To avoid the triggering factors i.e., food habit, lifestyle, poor hygiene etc.) that can lead to this infection) so that the manifestation of disease can be controlled.

Before administration for assimilation of the drugs properly and for efficacy of treatment protocol in any disease should be followed by *Koshtha Shudhi & Agni Dipana*.

2. **Shodhana Chikitsa (According to Dosha and Bala of patients)**

a. <b>Purvakarma</b>	<i>Abhyanga, Sweda</i>
b. <b>Pradhana Karma</b>	<i>Vamana, Virechana, Raktamokshana</i>

**Shamana Chikitsa**

i) **Antaha parimarjana**

a. <i>Bhasma/ Rasa</i>	<i>Shudha Gandhak, Kushtha Kuthar Rasa</i>
b. <i>Vati</i>	<i>Arogyavardhini Vati, Kaishor Guggulu, Panchtikta Ghritha Guggulu</i>
c. <i>Churna</i>	<i>Panchanimba Churna, Manjishthadi Churna, Triphaladi Churna</i>
d. <i>Kwatha</i>	<i>Patoladi Kwatha, Brihadamahamanjishthadi Kwatha</i>
e. <i>Asava</i>	<i>Triphala Asava, Sarivadya Asava</i>
f. <i>Arishta</i>	<i>Khadirarishta, Kankabinduarishta, Vidangarishta</i>
g. <i>Ghritha</i>	<i>Mahatikta Ghritha, Panchatikta Ghritha, Mahakhadira Ghritha</i>
h. <i>Lehya</i>	<i>Amritha Bhallataka Leahya, Dhatriyavleha</i>
i. <i>Ekal Dravya</i>	<i>Khadira, Vidanga, Manjishtha, Haridra, Karveer</i>

ii) **Bahya parimarjana**

a. <i>Lepa</i>	<i>Karanjadi Lepa, Kaveeradi Lepa, Manahshiladi Lepa</i>
b. <i>Taila</i>	<i>Karanja-nimba Taila, Marichayadi Taila, Kanakshiri Taila</i>
c. <i>Kalka</i>	<i>Bhrishta Sarshapa Kalka</i>

iii) **Rasayana**

a. <i>Gandhaka Rasayana</i>	d. <i>Haridra Rasayana</i>
b. <i>Haritaki Rasayana</i>	e. <i>Tuvaraka Rasayana</i>
c. <i>Bhallataka Rasayana</i>	

Some skin conditions require *Shamana*, some needs only *Shodhana*, some requires repeated *Raktamokshana* and *Shodhana* simultaneously etc., these all treatment modalities can be applied in *Dadru*.

### Pathya-Apathya

Pathya	Apathya
<b>Ahara</b>	<b>Ahara</b>
<i>Laghu, Ruksha, Tikta Rasa Pradhana</i> <i>Moong Masoor Dal, Wheat and Yava, Purana</i> <i>Ghritha, Gomutra, Dadima, Lashun, Nimba,</i> <i>Patola, Karela Shak etc.</i>	<i>Tila, Virudhahara (Milk and Matsaya),</i> <i>Navanna, Pishtanna, Vidahi, Abhishyandi,</i> <i>Madya, Mulanki, Dadhi Urada, Gudda, etc.</i>
<b>Vihara</b>	<b>Vihara</b>
<i>Laghu Vyayam, Snana (Sidharthaka Snana) etc.</i>	<i>Divaswapna, Vega Dharna, Ati Vyayam, Ati</i> <i>Sweda, Sankramit Purusha Samyoga etc.</i>

### Case Report

#### Brief History about Patient

A female patient was Student by name ABC of 19 years old with 58 kg of body weight.

#### Chief Complaints

- *Kandu* (Itching)
- *Raga* (Redness)
- *Mandala*
- *Pidika* (Pustules)

#### History of Present Illness: Since- 2 months.

Patient was apparently normal before 2 months. A 19 years old female was apparently normal 8 days back. Suddenly she noticed itching on right side of wrist, redness with spreading area of itching part, pustules formation. Patient has non-Diabetic, non-Hypertension. Patient did not find any relief after taking treatment from other hospital. For *Ayurvedic* management she came to our OPD.

**Chikitsa Vrittanta:** For this problem found no relief, after taking allopathic treatment.

**Poorvavyadhi Vrittanta:** No other major illness history.

#### Ashtavidha Pariksha

• <i>Nadi</i> (Pulse) = 82/min.	• <i>Sparsha</i> (Skin) = <i>Shitoshna, Khara</i>
• <i>Mala Pravrutti</i> (Stool) = <i>Asamyak Pravartana</i>	• <i>Dhruka</i> (Eyes) = Normal
• <i>Mutra Pravrutti</i> (Urine) = Normal	• <i>Nidra</i> (Sleep) = <i>Khandita</i>
• <i>Jeeva</i> (Tongue) = <i>Sama</i>	• <i>Akrutti</i> = <i>Madhyama</i>
• <i>Kshudha</i> (Agni) = <i>Mandya</i>	• <i>Bala</i> = <i>Uttama</i>
• <i>Shabda</i> (Speech) = Normal	

#### On Examination

**Cerebrovascular system-** S1-S2 heard, No murmurs.

**Respiratory System-** No added vesicular breath sounds heard.

**Per-Abdominal -** Soft, No Tenderness and No Organomegaly.

**Central Nervous System -** Conscious and Oriented to Time, Place and Person.

#### Skin Examination

- *Kandu* present in right wrist of affected area
- *Raga* present in right wrist of affected area
- *Pidikas* are present in affected area
- *Mandala* formation

**Total Treatment Schedule**

**MATERIALS AND METHODS**

✓ <i>Moolakabeejadi Lepa with Gomutra</i>
✓ Dosage- Quantity sufficient
✓ Thickness- <i>Angushtha</i> 1/3 <sup>rd</sup>
✓ <i>Lepa</i> to be remove before drying completely
✓ Treatment duration- 45 days
✓ Follow up-15 days (Patients will be assessed on 0 <sup>th</sup> , 15 <sup>th</sup> , 30 <sup>th</sup> , 45 <sup>th</sup> and 60 <sup>th</sup> day).

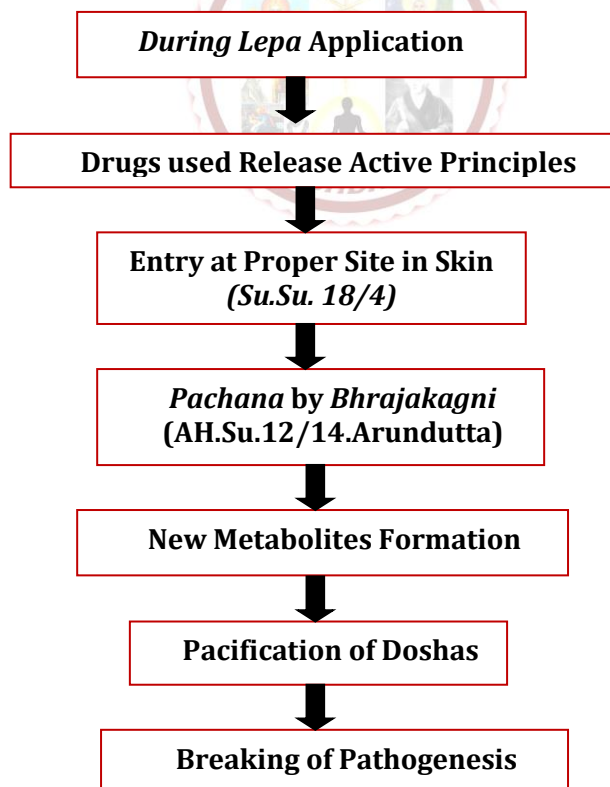
**Total course of treatment is 60 days with follow up after 15 days.**

**Precautions Advised to be Taken**

- Avoid sharing clothing, sports equipment, towels, or sheets.
- After suspected exposure to ringworm wash clothes in hot water.
- Wear appropriate protective shoes in locker rooms and sandals at the beach to avoid walking barefoot.
- Pets with bald spots, avoid touching them as they are often carriers of the fungus.
- Daily during an infection wash bedding and clothes to help disinfect your surroundings.
- After bath dry wet areas thoroughly.
- To avoid over sweating wear loose clothes in affected areas
- Avoid the exposure of humid environment
- Treating all infected areas to avoid spreading to other parts of body.

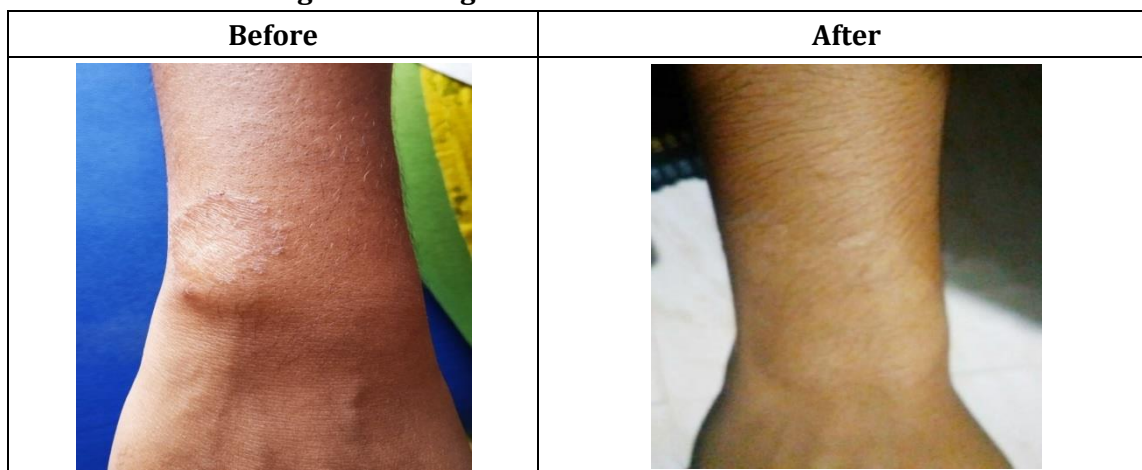
**Probable Mode of Action of Lepa**

**Flow Chart 2: Hypothesis based on textual references of mode of Action of Lepa**





**Image no.1: Images of Before and After Treatment**



**Grading For Assessment of Subjective and Objective Parameters**

**Subjective Parameters Grading**

S. No.	Parameters	Grade	Observation	Symptom	Before	After
<b>1.</b>	<b><i>Pidika</i></b>	0	Normal	0 To 3 <i>Pidikas</i>		0
		1	Mild	4 To 10 <i>Pidikas</i>		
		2	Moderate	11 To 15 <i>Pidikas</i>	2	
		3	Severe	More Than 15 <i>Pidikas</i>		
<b>2.</b>	<b><i>Kandu</i></b>	0	Normal	No <i>Kandu</i>		0
		1	Mild	<i>Ishat Kandu</i>		
		2	Moderate	<i>Bahu Kandu</i>	2	
		3	Severe	<i>Ughra Kandu</i>		
<b>3.</b>	<b><i>Raga</i></b>	0	No	Normal Skin Color		0
		1	Mild	Color Near to Faint and Normal		
		2	Moderate	Blenching and Copper Red Color	2	
		3	Severe	Coppery Red Color		

**Objective Parameters Grading**

S.No	Parameters	Grade	Observation	Symptom	Before	After
<b>1.</b>	<b>No. of Lesion</b>	0	Normal	No Lesion		0
		1	Mild	1 to 3 Lesion		
		2	Moderate	4 to 6 Lesions	2	
		3	Severe	More than 7 Lesion		
<b>2.</b>	<b>Area of Lesion</b>	0	Normal	0 to 3 cm		0
		1	Mild	4 to 10 cm	1	
		2	Moderate	11 to 15 cm		
		3	Severe	More than 15 cm		
<b>3.</b>	<b>Tissue Microscopy (Presence of fungi)</b>	0	Absent	Negative		0
		1	Present	Positive	1	

## DISCUSSION

- Preventive methods should be suggested to patients to control rate of occurrence and reoccurrence of the disease as we know "Prevention Is Better Than Cure".
- Possible palliative and unique treatment modality should be adopted in *Ayurveda* to provide long lasting results and a better life to patients.
- To prevent the rate of resistance have to take step ahead so that these type of disease could be cured without any side effects.
- The drugs in these *Lepas* having *Tridoshghna*, *Varnya*, *Kushtghna*, *Krimighna*, properties.
- *Bahiparimarjana Chikitsa* is best palliative approach for treating such disorders in terms of fast response due to direct contact.

## CONCLUSION

- Our *Acharyas* have noted that the result out of this type of the therapy can be obtained due to physiological heat of skin that is *Bhrajaka Pitta*. This was well followed by the contemporary system of medicine. This signifies the utility of *Lepa* preparation for external application in the management of *Kushta* disease, by the cutaneous hydration is also said to increase the rate of absorption of the trans-dermal applications.
- The inability of the *Shamanoushadhis* to reach the *Vyakta Sthana* i.e., *Twacha* within short span of time to heal the *Vrana* makes the *Bahirparimarjana Chikitsa* superior in the context of *Kushta Chikitsa*.
- *Gomutra* which is used is *Kashaya* in rasa and directly indicated as *Krimi-Kushta- Kandu Nashaka*. Due to these properties *Gomutra* not only cure the symptoms of *Dadru Kushta* but also act as active media for the *Lepa* for absorption in the skin.
- By use of contemporary medicine *Dadru Kushta* (*Tinea*) treatment is becoming resistance and give

response for the short duration of time and later on again it will reoccurring.

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