



Research Article

## A PILOT STUDY ON ROLE OF NIMBA PATRA POTTALI SWEDAN IN DADRU

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**KEYWORDS:** *Dadru, Nimba, Patrapottaliswedan, Kandu, Kandughna.*

### ABSTRACT

Life style modulated diseases have overpowered the human over a decade. Sedentary life, *Virudhaaahar*, over sweating. Due to this life style factors reduction in skin based immunity takes place which leads to *Kustharoga*. *Dadru* which comes under *Kshudraroga*. *Dadru* has classical symptoms mainly of itching (*Kandu*), reddish patches with prominent edges (*Mugdagam, Mandalaakruti*). **Materials & Method:** *Nimba* has *Tikta rasa katuvipak* and *Shitavirya*. It leaves have properties like *Krumighna, Vranashodhan, Putihar, Dahaprashaman* and *Kandughna*. It is included under *Kandughnagana*. *Patrapottaliswedan* is consider under *Sankarsweda* told by *Acharya charaka*. Hence *Nimbapatrapottali swedan* has significant result in *Dadru*. There is a significant relief in itching (*Kandu*), redness and the prominent edges of the patches are reduced. To prove the efficacy of *Nimbapatrapottali swedan* in *Dadru* 4 patients were selected with classical symptoms of *Dadru* from Panchakarma OPD and IPD of Y.M.T. medical college. **Result:** A course of *Nimba patrapottali swedan* for 11 days and orally *Nimbachala Ghana vati* for 3 month was done on the subjective parameter. Significant changes were observed in subjective parameter.

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## INTRODUCTION

*Kustha* is one of the most common but miserable *Twak Vikar* affecting all the ages of population still stands as a challenge to different medical systems. *Kustha* is type of skin disorder mentioned in Ayurveda it's a *Tridoshaja Vyadhi* where *Rasa, Rakta, Mamsa* and *Ambu* are the main *Dushyas*. *Dadru* is one of common type of *Kustha*.

Now a day it has become epidemic of *Dadru* which is not responding to many antifungal tables so it is need of time to have some new and effective treatment on it. *Pradhan lakshan* of *Dadru* is *Kandu* and *Mandala utpatti*. *Dadru* is a *Kapha PittaPradhan Vyadhi* and the management of which includes *Shodhana, Shamana* and *Bahiparimarjana chikitsa* among them *Swedan* in the form of *Nimba Patrapottali* has shown appreciable results.

As we know *Nimba* has *Tikata rasa, Katuvipak* and properties like *Krumighna, Vranashodhan, Putihar, Dahaprashaman* and *Kandughna*. *Sonimba* does *Sampraptibhagna* of *Dadru*.

Its leaves contain nimbin, nimbenene, nimbandiol. Leaves has properties like antiseptic, anthelmintic, insecticidal, demulcent & refrigerant.

### AIMS & OBJECTIVE

- To study the efficacy *Nimbapatrapottali* in *Dadru*.
- To study etiopathology of *Dadru*.
- To study *Nimba* in details.

### MATERIAL & METHODS

For the study, total four diagnosed cases of *Dadru* were selected from Panchakarma OPD YMT Ayurvedic medical collage irrespective of religion, gender, occupation.

### Material for *Nimbapatrapottali*

<i>Nimbapatra</i>	As per required
<i>Nimba</i> oil	30-40ml
<i>Haridrachurna</i>	10-20gm
Cotton cloth	45cm*45cm

**Plan of treatment**

- Patient selected were give 2 sitting of *Nimbapatrapottali swedan* for 11days with interval of 7 days and orally *Nimbachala ghana vati* for 3month. Significant changes were observed.

**Method****Preparation of mixture**

- Take a vessel put it on a burner heat the *Nimba* oil add some *Nimba* leaves furthermore add some *Haridrachurna* in it.

**Preparation of Potali**

- The cooked material should be divided into 2 equal parts and put into 2 pieces of cotton cloths.
- The three corners should be folded neatly together so as to come under the fourth corner and the 4th fold is used to cover the other three corner folds underneath.
- One end of the thread is held tight with left hand and the other end is wound around the folds.
- In short, the boluses should be tied in such a way that the tuft of the boluses should be firm enough to hold and the size of bundle is half kernel of a moderate coconut.

**Swedan karma****Purva karma**

- *Sambhar sangraha*
- *Swedanyogyaayogya*
- *Aturasiddhata*

**Pradhana karma**

- *Swedana karma*
- observation of *Samyak*, *Ayoga* and *Atiyoga-lakshana* of *Swedana*.

**Pashcat karma**

- Cover the body.
- Avoid direct exposure to wind

**Purva karma**

- The patient should be seated with leg extended over the *Droni* and *Talam* should be applied with suitable oil.
- *Abhyanga* should be performed with prescribed oil for about 10 minutes.

**Grading Criteria**

S.No.	Criteria	G1	G2	G3	G4
1	<i>Kandu</i>	No <i>kandu</i>	<i>Ishatkandu</i>	<i>Bahu kandu</i>	<i>Ugrakandu</i>
2	<i>Raga</i>	Normal skin colour	Faint & near to normal skin colour	Blanching & red colour	red colour
3	Number of <i>Mandala</i>	No <i>Mandala</i>	4-6 <i>Mandala</i>	7-9 <i>Mandala</i>	above10
4	Size of <i>Mandala</i>	Zero cm	less than 5cm	5-10 cm	above10 cm

- Out of 2 *Pottalis*, 1 are kept in the mixture (oil) for heating.
- which should be put on a stove with moderate heat.

**Pradhana karma**

- 1 warm *Potali* should be gently applied.
- They should ensure that the heat of the boluses is bearable to the patient by touching them over the dorsum of their hand.
- The temperature of the boluses should be maintained throughout the procedure by continuous relay of the 2 boluses.
- The process should be continued till the mixture and the contents of the *Pottali* is exhausted.

**Pashcat karma**

- At the end of the procedure, the residue remained over the body should be scrapped off with the coconut leaves or with any similar device and the body is wiped dry with tissue paper or soft towels.
- After that medicated oil should be applied all over the body and massage for five minutes to prevent the loss of heat from the body suddenly.
- *Talam* should be removed and *Rasnadichoorna* to be applied over the head.
- *Gandharvahastadikashaya* can be given for drinking.
- The patient should take complete rest for at least half an hour, and then the patient is allowed to take warm water bath.

**Inclusion Criteria**

- Classical symptoms of *Dadru*.
- Patients of both genders within the age group above 18years.

**Exclusion Criteria**

- K/C/O-Diabetes mellitus, hypertension,
- Patient on long treatment of steroid.
- *Pitta prakruti patient*, *Pittajvikar*.

**Assessment Criteria**

- *Kandu*
- *Raga*
- Number of *Mandala*
- Size of *Mandala*

**Observation and Results**

Assessment of signs and symptoms of the patient regarding *Dadru* was done during each follow up and results were as follows.

Assessment of signs and symptoms of *Dadru* before and after treatment are as

**Results**

After use of *Nimbapatrapottali*, statistically significant changes were observed in *Kandu* and colour of *Mandala*. A mild change was observed in Size of *Mandala*.

1. **Kandu:** After treatment, *Kandu* was reduced remarkably with P values <0.01\* which were statistically significant. After follow up, period the result suggested highly significant changes with P values <0.002\*

2. **Color of Mandala**

	Mean	Standard Error	Unpaired 'T' Test	P' Value
BT	3.65	0.15	1.45	< 0.16*
20th Day	2.25	0.09		
BT	3.65	0.15	1.83	< 0.08**
40th Day	2.2	0.09		
BT	3.65	0.15	2.17	< 0.04**
60th Day	3.45	0.16		
BT	3.65	0.15	3.94	< 0.001***
90st Day	1.9	0.06		

After treatment, color of *Mandala* was reduced remarkably with P values-<0.04\* which were statistically significant. After follow up, period the result suggested highly significant changes with P values – <0.001.

3.No.of *Mandala*

	Mean	Standard Error	Unpaired 't' Test	'P' Value
BT	2.20	0.09	1.00	<0.33*
20th Day	2.10	0.10		
BT	2.20	0.09	2.34	<0.030**
40th Day	1.90	0.10		
BT	2.20	0.09	2.66	<0.015**
60th Day	1.85	0.08		
BT	2.20	0.09	2.99	<0.008**
90th Day	1.80	0.09		

After treatment, number of *Mandala* was reduced remarkably with P values – <0.015\* which were statistically significant. After follow up, period the After treatment, number of *Mandala* was reduced remarkably with P values – <0.015\* which were statistically significant. After follow up, period the result suggested highly significant changes with P values – <0.008

4.Size of *Mandala*

	Mean	Standard Error	unpaired 't' test	'P' Value
BT	2.35	0.10	0.00	<1.00*
20th Day	2.35	0.10		
BT	2.35	0.10	1.45	<0.16*
40th Day	2.25	0.09		
BT	2.35	0.10	1.83	<0.08**
60th Day	2.20	0.09		
BT	2.35	0.10	3.94	<0.001***
90th Day	1.90	0.06		

After treatment, size of *Mandala* was reduced remarkably with P values –  $<0.08$ \*which was not statistically significant. But After follow up, it showed highly significant changes with P values  $<0.001$ .

## DISCUSSION

*Dadru* is a *Tridoshaja Vyadhi* where *Rasa*, *Rakta*, *Mamsa* and *Ambu* are the main *Dushyas*. Main step in *Samprapti* is *Kledautpatti* and *Pramukhalakashan* of *Dadru* is *Kandu* and *Mandala Utpatti*. As we know *Nimba* has *Tikata rasa*, *Katuvipak* and properties like *Krumighna*, *Vranashodhan*, *Putihar*, *Dahaprashaman* and *Kandughna*. So *Nimba* does *Sampraptibhagna* of *Dadru*.

## CONCLUSION

Hence it is concluded that *Nimbapatrapotali* is highly effective in management of *Dadru*. After usage of *Nimba* internally and externally mainly *Kandu* was reduced.

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