

# **A Case Study: Effect of Vidangaidagajadi Lepa in the Management of Dadru Kushta W.S.R. to Dermatophytosis**

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## **ABSTRACT**

Skin is the largest and the most infection prone organ. Its size and the external location is more prone to most of the fungal, bacterial and other infections. In ayurveda all skin diseases are explained under the concept of kushta rogas. Dadru kushta is one of the kushta rogas, that comes under the heading of kshudra kushta, characterized by circular, reddish skin lesions accompanied by intense itching (kandu), burning sensation (daha), and oozing (srava). Dadru kushta is clinically compared to dermatophytosis in modern medicine. Commonly known as ringworm. Ayurveda offers the treatment for the dadru kushta through internal medications (shamana), external applications (lepa, dhupan), and purification therapies (shodhana). Here the lepa application is done, with the vidangaidagajadi lepa. As it has shown a very good result to the patient suffering with the dadru kushta so a case study is done.

**Keywords:** Dadru kushta, Dermatophytosis, Kshudra kushta, Vidangaidagajadi lepa

## **1. INTRODUCTION**

Skin disorders are among the most common health problems, significantly impacting the quality of life and psychosocial well-being of affected individuals. One such condition is dadru kushta, a type of kshudra kushta described in classical ayurvedic texts. It is characterized by symptoms like kandu (itching), raaga (erythema), pidaka (papular eruptions), and mandala (circular lesions) <sup>[1]</sup>.

These features closely correlate with dermatophytosis, commonly referred to as ringworm, which is a superficial fungal infection caused by dermatophytes including trichophyton, microsporum, and epidermophyton species <sup>[2]</sup>.

The samprapti of dadru mainly involves vitiation of pitta-kapha doshas and dushti of rasa and raktavaha strotas <sup>[3]</sup>.

The prevalence rate of dadru kushta was found with 22.3% in india <sup>[4]</sup>.

Despite the availability of modern antifungal treatments, dermatophytosis is often recurrent and increasingly resistant to standard therapies, making long-term management challenging <sup>[5]</sup>.

This case study explores the effectiveness of vidangaidagajaadi lepa as a topical formulation in the management of dadru kushta, with special reference to dermatophytosis.

According to Dalhana, commentator on susrutha samhita, the Sitha variety of dadru kushta is sukha sadya vyadhi i.e absence of severe pain and disability, not involving tridoshas, incapacitating with limited signs and symptoms, effecting only one rogamarga(bahya), absence of involvement of marma sthana and not being chronic. Therefore, while spelling out the chikitsa for dadru only bahirparimarjana treatment is mentioned. As a house on fire is brought to normalcy by sprinkling water, likewise the lepa applied brings down the concerned vikara.This simili by Susrutha imparts the importance of lepa, which is one among the Bahirparimarjana chikitsa karma <sup>[6]</sup>. Here the “vidangaidagajadi lepa” mentioned by chakradatta<sup>[7]</sup> indicated for Dadru chikitsa is taken for the study, As it shown the good results in reducing the symptoms of dadru kushta.

## 2. OBJECTIVES

- To study dadru kushta in detail with the help of case.
- To evaluate the effect of vidangaidagajadi lepa in the management of dadru kushta.
- To study treatment principles/ siddhanta / protocol of ayurveda for the management of dadru kushta.

## 3. MATERIAL AND METHODS

- a) **Source of Data:** a patient suffering from the dadru kushta was selected from the dept.of kayachikitsa opd from R.P.K ayurvedic ospital ilkal, dist bgalkote
- b) **Study design:** a single case study to evaluate the effect of vidangaidagajadi lepa in the management of dadru kushta.

### • Criteria for selection of patients:

#### Diagnostic criteria

Diagnosis is mainly based on the signs and symptoms explained in the classical Ayurvedic text.

- Kandu(itching)
- Mandal (wheals )
- Raga (redness)
- Pidika (eruptions)

#### 1. Inclusion criteria

- Patient having signs and syptoms of dadru kushta .
- Patient with chronicity of less than one year.
- Age group of 18 to 60 years old
- Irrespective of gender,caste, religion and socio-economic status .

#### e. Exclusion criteria

- Patient having pre-diagnosed history of systemic diseases like diabetes mellitus ,HIV,TB .
- Pregnant and lactating women.
- History of allergic reaction to external application.

#### 4. CASE HISTORY

##### 4.1. H/O Present illness;

21 years old, Male, c/o itching, redness, burning sensation, round patches over upper back region, since 2 to 3 months. The Patient was apparently asymptomatic 2 to 3 months ago. He had gradually developed above symptoms. He was diagnosed with dermatophytosis by doing examination and was prescribed modern medical treatment. But he didn't get any relief. Since last 15 days, his symptoms got severe and got worsened. So he approached R.P.K. ayurvedic hospital Ilkal, dist. Bagalkote.

**Past illness:** No history of any major medical or surgical illness.

**Diet :** Non-vegetarian.

**Family history:** nothing significant.

**Medication history:** Not Specific.

##### Examination of the patient:

- On examination PR- 84/min
- BP- 120/70 mm of Hg
- RS- B/L NVBS, no added sounds
- SPO2- 98% on Room air
- CVS- S1,S2 Normal
- CNS- Conscious and Oriented
- P/A- Soft and nontender

##### 4.2. Ashtavidha Pareeksha:

- **Nadi:** VataPittaja
- **Mala:** Asamyak (Constipation i.e., hard, sticky, unsatisfactory bowel evacuation most of the time)
- **Mutra:** Anavilam, SamyakMutrapravartana
- **Jihwa:** Saama
- **Sabda:** Prakrita
- **Sparsa:** AnushnaAseeta
- **Drik:** Prakrta
- **Akriti:** Madhyamam

**Agni:** Vishamagni, Abhyavaharana Shakti is reduced Jarana Shakti is normal

**Koshta:** madhyama koshta

**Prakruti:** vatapradhana kaphaja

**Nidana Aharaja nidana:** amla, lavana, viruddha ahara, adhyashana, ajirna bhojana

**Viharaja nidana:** diwaswapna, ratri jagarana, avyayama, atapa sevanam, unclean habits

**Manasika:** krodha, shoka, chinta

**Agantuja (external)** contact with krimi, sharing personal items, humid climate

##### • Samprapti <sup>[8]</sup>:

Hetu sevan( ahara & vihara) →kapha,Pitta dushti →Accumulation in Amashaya (Udbhava Sthana) →srotorodha→Dosha spreads through Rasa & Rakta Dhatus (via circulation)→dosha dushya sammurchana→ Impairment of Dhatvagni →Localization in Tvak (Adhisthana) – Bahya Roga Marga →dadru kushta lakshans

##### 4.3. Samprapti Ghatak

1. Dosha -Pitta Pradhana, Kapha anubandhi.

2. Dushya – tvak, rakta, mamsa, and lasika.
3. Strotodushti- raktavaha Strotas, mamsavaha Strotas, rasavaha strotas.
4. Vyadhi Avastha- Sama Avastha, local tissue metabolism is impaired.
5. Agni- dhatvagni
6. Udhbhava sthana- amashaya
7. Vyadhimarga- bahya Marga
8. Vyadhi vinicshaya-dadru kushta.
9. Adhistana- tvacha
10. Sadhyosadhyatva- Sadhya vyadhi

#### 4.4. Treatment (Chikitsa)

Considering the dadru kushta here lepa as a bahirparimarjana chikitsa is applied i.e with vidangaidagajadi lepa on the lesions present in the patient for 21 days. follow up after 30 days

#### 4.5. Pathyapathya<sup>[9]</sup>

**Pathya: Ahara:** tiktaka dravyas (bitter foods like neem, karela, methi), Laghupatha Ahara (light, easily digestible food), Shali (old rice), Mudga (green gram), Warm water, Takra (buttermilk) with herbs.

**Vihara:** regular cleansing and hygiene, vyayam, Exposure to fresh air and sunlight, Avoid diwaswapna, Stress management (meditation/yoga)

**Apathya: Ahara:** Amla, Lavana, Katu rasa, Dadhi, Guru, Snigdha Ahara, Viruddhahara Anupa Mamsa, (marshy meat), seafood, Fermented, stale, fried foods Excessive sweets and dairy.

**Vihara:** Diwaswapna, Ratri jagarana, Avyayama Wearing tight, unclean clothing Stress, anger, anxiety Poor hygiene or sharing personal items.

#### • Vidangaidagajadi Lepa

Sufficient quantity of churna of all ingredients in equal quantity taken, mixed with kanji to make paste and applied over affected area, thickness of lepa will be 1/4th angula and to be washed before drying at morning.

**Table no.1; treatment given**

Kalpa	Lepa
Matra	Quantity sufficient
Kala	Morning before bath
Duration	Removed just before drying
Type	Doshaghna
Route of administration	External

**Table 2: Assessment of symptoms before and after treatment.**

S.NO	PARAMETERS	BT	AT
1.	Kandu	3	0
2.	Mandala	2	1
3.	Raga	3	1
4.	Pidika	2	0

**Table 3: Grading for subjective & objective parameters**

S.NO	SUBJECTIVE PARAMETER	
	PARAMETERS	GRADING
1.	<b>KANDU</b>	
	No itching	0
	Itching only once or twice a day	1
	Intermittent itching for more than 5 times a day	2
	Itching continuous during the day	3
S.NO	<b>OBJECTIVES PARAMETERS</b>	
1.	<b>MANDALA(WHEELS)</b>	
	No wheals	0
	1-2 small mandals, less than 2cm	1
	3-4 mandals (2-5 cm)	2
	More than 5 mandals (more than 5cm)	3
	Large area, indurated skin	4
2.	<b>RAGA (REDNESS)</b>	
	No visible redness	0
	Slight pink or pale red discolouration not easily noticeable	1
	Clearly visible red patch but not intense or inflamed	2
	Bright red with or without signs of inflammation	3
	Deep red associated with heat and tenderness	4
3.	<b>PIDIKA (ERUPTION)</b>	
	No eruption	0
	1-2 small papules	1
	Multiple (3-5) papules vesicle present over the lesion	2
	Numerous greater than 5 eruption, crust formation	3
	Eruptions cover most of the lesion, large and confluent, possibly with pus or discharge	4



**Figure 1 BEFORE TREATMENT(BT)**



**Figure 2 AFTER TREATMENT(AT)**



**Figure 3 AFTER FOLLOW UP(AF)**

## 5. RESULT:

Vidangaidagajadi lepa by applying externally on the lesions of dadru kushta have shown good results. it has reduced symptoms as shown in the table.2. before treatment patients had severe itching, redness, burning sensation, and round patches over the upper back, after treatment the symptoms got moderately reduced.

## 6. DISCUSSION

In this study observations were done before and after the intervention based on the symptoms and the results are mentioned in the table 2. The result shows reduction in all the symptoms, some being completely cured.

The present study was aimed at finding a safe and effective method for managing Dadru Kushta. Dadru is manifested by appearance of discoid lesions within tractable itching.

The contents of vidangaidagajadi lepa viz. Seeds of vidanga, chakramarda, kushta, sarshapa, haridra and saindhava lavana are mixed with dhanyamla which possess ushna, tikshna, laghu, ruksha, vishada guna, ushna virya & katu vipaka properties. The lepa is said to be sukshma in nature the active principles of the lepa reach to the deeper tissues through siramukha & swedavahi srotas & stain it with its sukshma & tikshna property.

Due to its ushna, tikshna, vishada & sukshma properties it blocks the obstruction in swedavahi srotas & allows the local toxins to flow out through the sweda, thus clearing out the micro channels. The ushna virya of vidangaidagajadi lepa & laghu, tikshna guna of its vehicle i.e. Dhanyamla causes pacification of kapha which forms the samprapti thus alleviating the symptoms. In most of the patients kandu was relieved significantly was due to the kandughna property of chakramarda & kushta. The effects of bahiparimarjana (external application) were assessed on each cardinal symptoms of the disease. These symptoms were assessed on the basis of scoring pattern, which was given before and after treatment and were assessed on the basis of subjective and objective parameters. After treatment in kandu was reduced remarkably. The colour, size, number of mandala, was reduced remarkably significant.

After the application of vidangaidagajadi lepa, number of pidika was reduced remarkably and changes were more significant even after follow up period. Tropical preparation applied might have acted by its ruksha and lekhana property for pacifying the kapha doshas locally and maintained the equilibrium the other doshas. The suskshma property of drugs used might have penetrated into deeper srotas and dissolved the sanga. After acting locally, the impaired dhatwagni of rasa and rakta might be corrected to some extent by the agnideepana property of the ingredients present in the lepa. By this dhatu shaithilya might have resolved and provided nourishment to twacha. When a lepa is applied over the surface of skin opposite to the direction of hairs on it, through a proper base, the active principles of the ingredients of lepa are released into that base. After that, this combination enters the romkupa & further gets absorbed through the swedavahi srotas & siramukh it does the cutaneous biotransformation and which will pacify the doshas and leads to breaking of samprapti. However, it should be kept in mind that the pilosebaceous uptake i.e. Absorption of lepa differs as per the site variation, skin condition, a clinical study of vidangaidagajadi lepa in the management of dadru kushta.

## 7. CONCLUSION

The results suggested that vidangaidagajadi lepa showed significant result after treatment in kandu, color of mandala, no of pidika, no of mandala variables and the efficacy of the treatment was highly significant.

Here through the lepa application samprapti vighatana can be done so the dadru kushta can be treated well with vidangaidagajadi lepa. Hence it can be suggested that vidangaidagajadi lepa can be used in the patients suffering from dadru kushta.

**Compliance with ethical standards acknowledgments**

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**Disclosure of conflict of interest**

The authors declare that there was no conflict of interest regarding the publication of this manuscript.

**Statement of informed consent**

Written informed consent was taken from patient.

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