



Research Paper

## A Single Case Study to Evaluate the Efficacy of *Adagazadi Lepa* in *Dadru*

Dr Amandeep Kaur<sup>1</sup> Dr D.K. Goyal<sup>2</sup> Dr. Arun Kumar Sharma<sup>3</sup>

<sup>1</sup>P.G.Scholar, P.G. Dept. of Kayachikitsa, Gurukul Campus, U.A.U. Haridwar

<sup>2</sup>Professor and Head, Dept. of Kayachikitsa, Gurukul Campus, U.A.U. Haridwar

<sup>3</sup>Associate Professor, Dept. of Kayachikitsa, Gurukul Campus, U.A.U. Haridwar

### Abstract

Skin diseases like *Dadru* are most common in day to day life. The human body's largest organ is the skin. The body is shielded from pathogen invasion by the skin. All skin conditions are covered under heading *Kushta* in Ayurveda. In Ayurveda, *Dadru* is one of the most prevalent skin conditions. About 15% of the population is impacted. It was classified as *Mahakushta* by Acharya Sushruta and Vagbhata. It has been explained by Acharya Charaka under *Kshudra Kushta*. A single patient was registered for the study. *Adagazadi Lepa* constituents have *Tridoshar*, *Pittakaphahar*, *Kushtgana* and *Krimighana* characteristics. This study shows, *Dadru* can be cured by *Adagazadi Lepa*.

**Keywords:** *Kushta*, *Dadru*, *Adagazadi lepa*

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### I. Introduction

The human body's largest organ is the skin. Our skin serves as a crucial sensory organ for our body, carrying out a number of physiological processes as well as guarding against pathogen invasion. Any age might be impacted by skin diseases.

In Ayurveda, skin conditions are described in great detail. Nearly all skin conditions are classified as *Kushta roga* in Ayurveda. The state of the body when deformity takes place is referred to as *Kushta*. It is mentioned in great detail in practically in all ayurvedic texts. According to *Acharaya Charaka*, the formation of all types of *Kushtas* is due to the "*saptko dravya sangrha*" (group of 7 components). Three *doshas*, namely *Vata*, *Pitta* and *Kapha*, as well as four *dushyas*, namely *Twak*, *Rakta*, *Mamsa* and *Lasika* make up this collection of seven components. So it is obvious that vitiation of all three *doshas* is responsible for the development of *Kushta* (skin disorders), but what kind of *Kushta* will develop, it totally depends on the predominance of particular *doshas* on their combination.

The disease *Kushta* is classified in two categories- '*Mahakushta*' and '*Kshudrakushta*'. Further 7 types of *Mahakushta* and 11 types of *Kshudrakushta*. According to *Acharya Charaka* vitiation of *Pitta* & *Kapha* is responsible for the development of *Dadru*. According to *Acharya Charak*, *Dadru* is a disease in which there is *Kandu* (itching), *Raga* (erythema or redness), *Pidika* (eruptions) and *Utsanna mandal* (elevated circular skin lesion).

*Tinea corporis* is a superficial fungal infection of arms & legs however it can also occur at any other part of the body. Its clinical features are variable. Classically the lesions are annular, erythematous, scaly with well defined edge. *Microsporum canis* and *Trichophyton verrucosum* are common culprits and zoophilic. In modern medicine it is treated with topical or systemic antifungal, corticosteroids give immediate relief in such conditions but recurrence of the disease occurs in most cases. The local application of *adagazadi lepa* has shown considerable effects in *dadru*.

### II. Case Report

A 45 years old hindu, married, daily wage worker by occupation came to the OPD of kayachikitsa with complains of *Kandu* (itching), *raga* (erythema), *pidika* (eruptions), *utsanna mandal* (elevated circular skin lesion). Since 1 year he took allopathic treatment but nothing provide relief from his problem, then he came to us for further treatment.

Name: XXXX

Age: 45

Sex: Male

OPD/IPD NO: 2131/10717

Address: Jwalapur

Religion: Hindu

Occupation: Shopkeeper

Marital status: Married

Personal history- Appetite was normal, sleep was disturbed due to itching, rest micturition and bowel habits were regular.

General examination- No pallor, icterus, oedema, clubbing, no lymph node were palpable. Blood pressure was 120/80 mmhg, pulse rate 74/min.

Systemic examination- Not any defect.

Drug history- Patient took allopathic medicine.

### INVESTIGATION

Hb% = 11.8 gm/dl

TLC = 7600/cumm

DLC =

Neutrophils: 50%

Lymphocytes : 25%

Monocyte: 8%

Eosinophils : 4%

Basophils: 1%

ESR = 26 mm/hr

RBS = 124 mg/dl

### TREATMENT

1) *Nidana parivarjan*

2) *Shamana chikitsa*

### Shamana Chikitsa

**Table No. 1**

DRUG	Contents
<b>ADAGAZADI LEPA</b>	<i>Chakrarda, Vidanga, Saindhava lavana, Sarsapa, Kustha</i>

All the ingredients were mixed in equal ration to form Adagazadi Lepa. The medicine was given in the form of *lepa* for external application. Patient was treated with *Adagazadi lepa* mixed with *gomutra* and applied for 20 minutes twice a day for a period of 30 days.

### III. Results

All the symptoms of *Dadru*, after 30 days of external application of *Adagazadi lepa* shows positive results were found, which are as follows table.

**Table No. 2** comparing the symptoms before and after treatment of Dadru.

Symptoms	Before TT	After TT
<i>Kandu</i> (itching)	Present	Resolved
<i>Raga</i> (Erythema)	Present	Resolved
<i>Pidika</i>	Present	Resolved
<i>No. of utsanna mandala</i> (elevated circular skin lesion)	Present	Resolved
<i>Size of utsanna mandala</i>	Present	Resolved

## BEFORE AND AFTER TREATMENT



Figure 1: Before Treatment

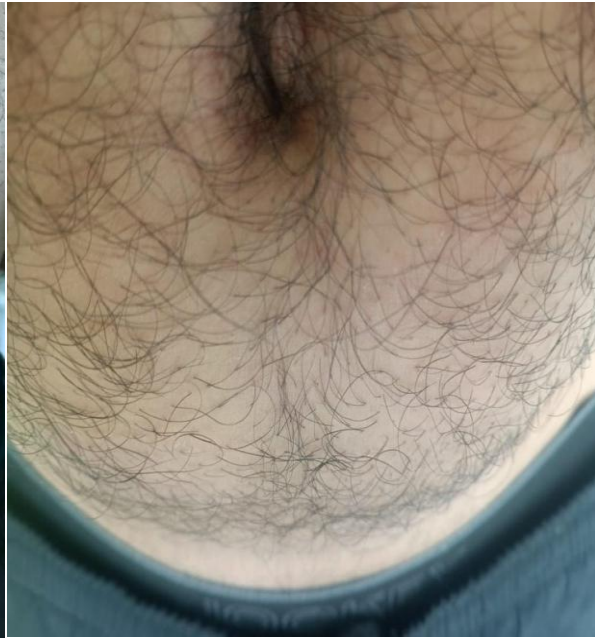


Figure 2: After Treatment

## IV. Discussion

The present study was focused at finding a safe and effective method for managing *Dadru Kushta*. Skin diseases are chronic in nature, relapses after successful treatment is common & hence difficult to cure. The contents of *Adagazadi lepa* viz. *Chakrmarda*, *Kustha*, *Sarsapa*, *Vidanga* and *Saindhava lavana* are mixed with *Gomutra* which possess *Ushna*, *Tikshna*, *Laghu*, *Ruksha*, *Vishada Guna*, *Ushna Virya* properties. The *Lepa* is said to be *Sukshma* in nature as it is macerated with *Gomutra* for two times. Upon topical application, the active principles of the *Lepa* reach to the deeper tissues through *Siramukh* and *Swedvahi Shrotas* and it stain with its *Sukshma* and *Tikshna* property. Due to its *Ushna*, *Tikshna*, *Vishada* and *Sukshma* properties it blocks the obstruction in *Swedvahi Shrotas* and allows the local toxins to flow out through the *Sweda*, thus clearing out the microchannels. The *Ushna Virya* of *Adagazadi lepa* and *Snigdha guna* of its vehicle i.e. *Gomutra* causes pacification of *Kapha* which forms the *Samprapti* thus alleviating the symptoms. In most of the patients *Kandu* was relieved due to property of *Chakrmarda* and *Kushtha*. The abatement in scaling can be attributed to the anti scaling property of *Gomutra*. Tropical penetrantion applied might have acted by *Ruksha* and *Lekhan* property for pacifying the *Kapha Doshas* locally and maintained the equilibrium with the other *Doshas*. The *Sukshma* property of drugs used might have penetrated into deeper *Shrotas* and dissolved the *Sanga*. After acting locally, the impaired *Dhatawagni* of *Rasa* and *Rakta* might be corrected to some extent by *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 *Lepa* are released into that base. After that, this combination enters the *romakupa* and further gets absorbed through the *Swedvahi shrotas* and *Siramukh* it does 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 and more important is the base through which applied.

## V. Conclusion

*Dadru*, wheather it is acute or chronic, can be uncomfortable for people physically and mentally because the symptoms, such as itching, persist throughout the day. *Ayurveda* provides a cost effective and permanent cure to the patients. The study shows good result with symptomatic relief. Large randomized studies should be carried out in order to prove the efficacy of *Adagazadi lepa*.

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