

Role of *Gandhaka Rasayana* along with *Karpoor mixed Nimba taila* in the treatment of *Dadru* - Case Report

Case Report

Jasmine^{1*}, Sudhir Kumar Pani²,
Vishal Prajapati³, Shashidhar Kumar⁴, Ravneet Kaur⁴

1. Assistant Professor, 4. Associate Professor, Rasa Shastra and Bhaishajya Kalpana, Kunwar Shekhar Vijendra Ayurved Medical College and Research Center, Shobhit University, Gangoh, Saharanpur, U.P. India.
2. Professor & H.O.D., 3. Assistant Professor, Kaumarbhritya Department, Parul Institute of Ayurved, Parul University, Vadodara. India.

Abstract

From the ancient time and till date of modern era, skin plays important role in all over the self-confidence and mental health. The first thing whenever we see person is skin as skin is the largest organ of body. If person suffering from any skin disease specially in face. Then it appears irritable and give negative impact on self-confidence and mental health. Every person in the world wants to be more beautiful than anyone. In this case study, A patient suffered from *dadru* on thigh region have treated. In *dadru*, elevated skin lesions with rashes, itching and redness associated with burning sensation appears with circular shape. All Acharyas mentioned all skin disease under *kushtha*. There are two types of *kushtha*, *mahakushtha* and *kshudra kushtha* mentioned in Ayurveda. Acharya Charak mentioned *dadru* into *kshudra kushtha* but Acharya Sushrut explained it into *maha kushtha*. *Nidan* and *samprapti* of all the *kushtha* types are same. We can correlate *dadru* with *Tinea corporis* as they have similar properties and appearance. In the present case study *Karpoor* mix *Nimba taila* was applied locally to the affected area of patient and *Gandhak rasayan* orally for 7days. Patient got completely relief from *dadru* on seventh day of treatment. This study showed that local application of *Karpoor* mixed with *Nimba taila* and orally *Gandhak rasayan* shows significant efficacy in the management of *dadru*.

Key Words: *Dadru*, *Tinea corporis*, *Gandhak Rasayan*, *Nimba taila*, *Karpoor*, Ayurveda, Fungal infection.

Introduction

From the ancient time and till date of modern era, skin plays important role in all over the self-confidence and mental health. The first thing whenever we see person is skin as skin is the largest organ of body. All Acharyas mentioned all skin disease under *kushtha*. There are two types of *kushtha*- *mahakushtha* and *kshudra kushtha* mentioned in Ayurveda. Acharya Charak mentioned *dadru* into *kshudra kushtha* (1) but Acharya Sushrut explained it into *maha kushtha* (2). *Kandu*(itching), *pidika* (eruption), *raag* (redness), and *utsana mandal* (elevated patches in round shape) are the symptoms of *dadru* (3). All the symptoms of *dadru* are similar to *Tinea corporis* in modern medicine (4). So, we can correlate *dadru* as *tinea corporis*. *Nidan* and *samprapti* of all the *kushtha* types are same (5).

Aim and Objective

To study the efficacy of *Gandhak rasayan* along with *Karpoor* mix *nimba taila* in the treatment of *dadru* (*Tinea corporis*).

Demographic data-

Name- abc
Age- 16yrs
Gender- female
Address- abc
Demographic data of patient is confidential.

Case Report

Chief complaint-

1. Elevated irregular rashes in circular shape
 2. Severe Itching
 3. Severe Burning sensation
 4. Severe Redness on Thigh area
- All the symptoms persist from 2 months.

History of present illness

Patient came here with parents having complaint of elevated skin rashes over thigh in round shape associated with severe itching, severe burning sensation and redness of skin. Patient came in OPD of Kaumarbhritya department, Parul Ayurveda hospital, Vadodara, Gujarat for taken ayurvedic treatment.

* Corresponding Author:

Jasmine

Assistant Professor, Kaumarbhritya Department, Kunwar Shekhar Vijendra Ayurved Medical College, Shobhit University, Gangoh, Saharanpur, Uttar Pradesh. India.
Email Id: jasmineduggal2512@gmail.com

History of Past Illness

Patient have same complaints from two months and taken medicine – Itraconazole, Terbinafine, Cetirizine and itraconazole local apply ointment from allopathic doctors and got relief after taken medicine but lesions reoccur when she stopped medicine even after consulted doctor.

General examination

Normal gait, No lymphadenopathy, No oedema, No icterus, No pallor.

Vitals

BP- 110/70, Pulse rate- 80, Respiratory rate- 18

Local examination

Multiple erythematous papulovesicular annular lesions seen on right thigh region.

Differential diagnosis

Dadru, paama and *vicharchika*, all the three have eruptions (*pidhikas*) but they have certain peculiar sets of other signs and symptoms. On the ground of these sign and symptoms all the three ailments can be differentiated. These differentiating signs and symptoms are as follows:

In *paama*, there are whitish, reddish &/or blackish eruptions (*shweta-aruna- shyaava pidikaa*) along with intense itching (*kandulaa bhrisham*) (6).

In *vicharchikaa* – there are blackish eruptions (*shyaava pidika*) along with itching (*skandu*; itching is not intense like *paama*) and excessive secretions (*bahusraava*) (7).

In *Dadru*- There are reddish eruptions (*raag pidikam*) along with itching (*skandu*; again, not intense like that of *paama*) and annular elevated patches (*utsanna-mandal*) (*mandalam-udgatam*) (3,8).

Diagnosis

Clinical features of *dadru* are *kandu*(itching), *pidika* (eruption), *raag* (redness), and *utsana mandal* (elevated patches in round shape). So, Patient was diagnosed *dadru* as per clinical features.

Study Design

Single case Study.

Material and Methods

Treatment prescribed

Gandhak rasayan 125mg 2tabs TDS orally with Luke warm water. *Karpoor* mix with *nimba* oil applied on local affected area of thigh (Table no 1).

Table no 1- Treatment prescribed

Sr. No	Drug given	Dose	Administration	Anupaan	Duration
1	<i>Gandhak Rasayan Vati</i>	125mg, 2tablets TDS	Orally	Luke warm water	7days
2	<i>Karpoor mix Nimba taila</i>	2gm <i>Karpoor</i> + 10ml <i>Nimba Taila</i> BD	Local	-	7days

Method

Firstly cleaned the affected area by sterile cotton with Luke warm water.

Applied *karpoor nimba* oil and massage in round motion for 3-4minutes twice a day. After massage, the patient was advised to take rest for 20minutes with applied *taila* on affected region. Cleaned the applied oil with Luke warm water and then dried with clean cloth.

Advice

Patient was advised to be hygienic and bath twice a day. Clean and dry the affected area. Wear cotton and loose inner and outer garments. If possible, to wrap the cotton cloth only.

Observation

Observation was done as per gradation of clinical features or subjective parameters mentioned in Table no 2.

Table no 2- Gradation criteria (9)

Sr. no	Clinical features	Grade 0	Grade 1	Grade 2	Grade 3
1	<i>Kandu</i> (itching)	Absent	Mild or occasional itching	Moderate or frequent itching	Severe itching
2	<i>Pidika</i> (eruption)	Absent	1-3 eruptions	3-7 eruptions	More than 7 eruptions
3	<i>Raag</i> (redness)	Absent	Mild Present	Moderate present	Severe Present
4	<i>Utsana mandal</i> (elevated patches in round shape)	Absent	Mild elevated lesion	Moderated elevated lesion	Severe elevated lesion
5	<i>Daaha</i> (burning sensation)	Absent	Mild burning sensation	Moderate burning sensation	Severe burning sensation

Observation before treatment

Table no 3- Gradation before treatment

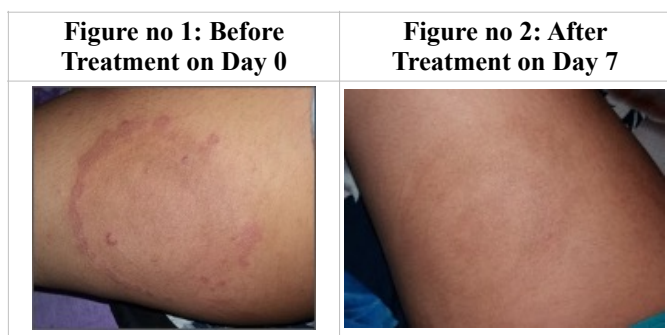
Sr. no	Clinical features	Day 0
1	<i>Kandu</i> (itching)	3
2	<i>Pidika</i> (eruption)	2
3	<i>Raag</i> (redness)	3
4	<i>Utsana mandal</i> (elevated patches in round shape)	3
5	<i>Daaha</i> (burning sensation)	3

Before treatment

Severe itching with grade 3, 6 *pidika* with grade 2, *raag* with grade 3, and *utsana mandal* (elevated patches in round shape) with grade 3 was observed as seen in Figure no 1.

After completion of treatment

Severe itching with grade 0, 0 *pidika* with grade 0, *raag* with grade 1, and *utsana mandal* (elevated patches in round shape) with grade 0 but mild scar in round shape was present and seen in Figure no 2.



Assessment

Assessment was done as per the gradation of subjective parameters mentioned in table no 4.

Table no 4- Assessment gradation on Day 7

Sr. no	Clinical features	Day 7
1	<i>Kandu</i> (itching)	0
2	<i>Pidika</i> (eruption)	0
3	<i>raag</i> (redness)	1
4	<i>Utsana mandal</i> (elevated patches in round shape)	0
5	<i>Daaha</i> (burning sensation)	0

Results

Before treatment Severe itching with grade 3 was present but after completion of 7 days treatment severe itching at affected region.

6 *pidika* with grade 2 was observed before treatment and it reduced to grade 0 with no *pidika* at affected region was observed.

Raag(redness) with grade 3 was observed before treatment and it was mild on 7th day after treatment completion and before treatment *utsana mandal* (elevated patches in round shape) at thigh region with grade 3 was observed, which was absent after completion of treatment and clearly seen in pictures attached with this case study shown in Figure no 2, Table no 4.

Discussion

Action of drug

Gandhak rasayan

Gandhak rasayan is polyherbal drug which is *rakta shodhak* (blood purifier), *kandughana* and *rasayan* mainly indicated in *kushtha* rog. It is prepared by giving 12 *bhawnas* to *kwatha* of *chaturjata*, *triphala*, *shunthi*, and with *swaras* of *guduchi*, *bhringraja*,

adraka with pure *gandhak*. It has antifungal and antibacterial properties. Thus, it reduces the infection. It reduces features of *raag*, *pidika* with *raktashodhak* and *kushthaghana* properties (10,11).

Nimba Taila

Neem (*Azadirachta indica* A.Juss.), of *Meliaceae* family have various therapeutic uses. *Neem* has antifungal, antibacterial, antipyretic, anti-inflammatory and analgesic properties. *Nimbin*, *Nimbidin*, *Nimbolide*, *Limonoids*, *Quercetin* and *B-Sitosterol* flavonoids are the constituents of *neem* in which mainly *quercetin* and *B-sitosterol* have property of antifungal and antibacterial (12,13,14). A previous study done shows that *Nimbidin*-Constituent of *neem* reduce the inflammation by suppression of the functions of macrophages and neutrophils (15). Other research studies also showed anti-inflammatory properties of *neem* seeds oil (16). One other study result showed that leaves extract of *Neem* improve the wound healing process by increased inflammatory property and neovascularization (17).

Karpoor

Botanical name of *Karpoor* (*Camphor*) is *Cinnamomum Camphora* (L.) J.Presl of *Lauraceae* family. It has anti-inflammatory, analgesic, antiseptic, antispasmodic, antipruritic and anti-infective properties (18). Previous studies showed that extracts of this family have significant effect of antioxidant and anti-inflammation activities (19,20). *Karpoor* is mainly indicated in skin diseases as it is good fungicidal and bactericidal. *Camphor* is easily absorbed by skin. So, it gave faster result in the treatment (21).

Conclusion

The present study concluded that *Gandhak Rasayan* along with *Karpoor* mix *nimba taila* was effective in the treatment of *dadru* (*Tinea corporis*) without any adverse drug reaction.

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