



Case Study

**UNDERSTANDING THE CONCEPT OF SANKRAMIKA DADRU KUSTA- A CASE STUDY**

**S Kamalakar Puripanda<sup>1\*</sup>, Mahesh raju B<sup>2</sup>, Mallika KJ<sup>3</sup>, Tripathy TB<sup>4</sup>**

<sup>\*1</sup>Final Year Samhita, Post- Graduate Scholar, <sup>3</sup>H.O.D & Professor in Samhita & Siddhanta, Sri Dharmasthala Manjunatheshwara College of Ayurveda & Hospital, Hassan, Karnataka, India.

<sup>2</sup>Second Year Swasthavrutta, Post- Graduate Scholar, <sup>4</sup>H.O.D & Professor in Swasthavrutta, Sri Dharmasthala Manjunatheshwara College of Ayurveda & Hospital, Hassan, Karnataka, India.

**ABSTRACT**

Skin is a primary external covering of body mostly affected by fungal infections. In *Ayurveda* skin fungal infection is termed as *Dadru* (Tinea/Ringworm). It is one of the most common *Twak Vikara* affecting all the age group of population.. There is no separate mention of *Nidana*, *Poorvarupa*, *Samprapti* of *Dadru*, but the *Samanya Nidana*, *Poorvarupa* mentioned for *Kusta* can be considered here. *Sankramika* or *Aupasargika Roga Nidana* of *Kusta* explained by *Acharya Susrutha*. Incidence rate of *Dadru* gradually increasing day to day because of improper *Vihara* like uncleanliness of body, sharing cloths of others etc., so this type of *Dadru* considered as *Sankramika Vyadhi*. These *Sankramika Vyadhi* spreads from person to person by *Krimi through Sweda*. *Dadru* can be diagnosed with the help of *Varna (Raga)*, *Samsthana (Pidika & Mandala)*, *Adhistana (Twak)*. The knowledge of *Nidana* is helpful for the proper diagnosis, prevention of disease and treatment also. The physician who is having proper knowledge of *Nidana* means to cure the disease and their proper utilization. '*Nidana Parivarjana*' is the main method of keeping oneself free from the disease. *Krimi Gatha Dadru Vyadhi (Sankramika)* has to be treated by *Apakarshanam*, *Prakrithi Vigatha* and *Nidana Parivarjana*. With the help of this principle the case of *Sankramika Bahya Malaja Sitha* type of *Dadru Kusta* successfully managed.

**KEYWORDS:** *Dadru, Sankramika, Aupasargika, Krimi, Bahya Mala, Sweda, Nidana.*

**INTRODUCTION**

*Acharya Charaka* has explained *Dadru* under *Kshudra Kusta* but *Acharya Sushruta* explained under *Mahakusta* and *Acharya Dalhana* classified *Dadru* into *Sitha & Asitha*. *Acharyas* not explained separate *Nidana* for *Dadru Kusta*. But *Dadru Kusta (Sankramika)* spreads one person to another person by *Bahya Malaja Krimi* through *Sweda* (contact of skin, sharing clothes etc<sup>1</sup>). *Dadru* can be diagnosed by symptoms like *Pidika*, *Varna (Atasipushpa)* with *Mandala* (Round patch)<sup>2</sup>. Especially in this case depending on *Nidana and Lakshana* it was diagnosed as *Sankramika Bahya Malaja Sitha Dadru Kusta*.

**Presenting Concern**

A 16 years male patient (hosteller) was apparently healthy before 4 Months. He gradually *Nidana Panchaka*

developed itching sensation, multiple erythematous papulo vesicular lesions with Sharp boarder and central cleared round red color big patches in groin region. Later it spreads over thigh, genital and buttocks region associated with sleeplessness.

**Skin Examination**

Multiple erythematous papulo vesicular lesions (*Raaga and Pidika*) with Sharp boarder central cleared round big patches (*Mandala*) along with slight discharge (*Srava*) observed in groin, thigh, genital (Scrotum), Perineum and buttocks region. Some patches with blackish discoloration.

**Table 1: Nidana Panchaka**

<b>Nidana</b>	Sharing bed and clothes of infected person (Contagious disease)
<b>Purvarupa</b>	<i>Kandu, Pidaka</i>
<b>Rupa</b>	<i>Kandu, Pidaka, Raaga, Mandala, Visarpini</i>
<b>Upasaya</b>	Application of Ointments
<b>Samprapti</b>	<p style="text-align: center;">Sharing bed and clothes of infected person (Contagious disease) (<i>Sankramika</i>)</p> <p style="text-align: center;">↓</p> <p style="text-align: center;"><i>Sankramana</i> of <i>Krimi</i> from <i>Purusha</i> to <i>Purusha</i> (<i>Malaja-Bahya Krimi</i>)</p> <p style="text-align: center;">↓</p> <p style="text-align: center;">That <i>Krimi</i> entered into <i>Twak</i> through <i>Sweda</i> and vitiates <i>Tridosha, Twak, Raktha</i> and <i>Lasika</i></p> <p style="text-align: center;">↓</p> <p style="text-align: center;"><i>Dadru Kusta (Sitha)</i> <i>Kandu, Pidaka, Raaga, Mandala, Visarpini</i></p>

**Samprapthi Ghatakas****Table 2: Samprapthi Ghatakas**

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

**Vyavachedaka Nidana (Differential Diagnosis)****Table 3: Differential Diagnosis**

<b>Paama (Scabies)</b>	In <i>Paama</i> symptoms like Scattered <i>Pidika</i> with different <i>Varna</i> (white, red & black) <sup>3</sup>	
<b>Vicharchika (Eczema)</b>	In <i>Vicharchika</i> Symptoms like <i>Pidika</i> with <i>Bahusraava</i> <sup>4</sup>	
<b>Dadru (Tinea)</b>	In <i>Dadru</i> symptoms like <i>Pidika</i> , <i>Varna</i> ( <i>Atasipushpa</i> ) with <i>Mandala</i> (Round patch) <sup>5,6</sup>	

**Dadru Lakshana and Dosha-Dushya Involvement****Table 4: Dadru Lakshana-Dosha and Dushya**

<b>Kandu</b>	<i>Kandu</i> is produced by the vitiated <i>Kaphadosha</i> .
<b>Pidika and Raaga</b>	When the vitiated <i>Pitta</i> gets accumulated in <i>Twacha</i> and <i>Rakta</i> creates inflammation and redness then it is known as <i>Pidaka</i> .
<b>Srava</b>	The vitiated <i>Pitta</i> , <i>Kapha</i> and <i>Lasika</i> produce <i>Srava</i>

**Vyadhi Vinischaya (Diagnosis)***Sankramika (Bahya Malaja) Sitha DadruKusta***Justification for diagnosis****Table 5: Reasons for diagnosis**

<b>Diagnosis</b>	<b>Observations</b>
<b>Sankramika Vyadhi</b>	Sleeping and sitting together, Clothes and other materials used by patient who is suffering from contagious diseases like <i>Kusta</i> etc. <sup>7</sup>
<b>Malaja Krimi</b>	<i>Bahya Malaja Krimi</i> Aetiology: Avoidance of cleanliness Habitat: Dirty clothes. Clinical features: itching, urticarial patches and pimples <sup>8</sup> .
<b>Dadru kusta</b>	Spreads quickly by manifesting skin eruptions. Patches are characterised by itching, red in colour with development of pimples and circular in shape. Symptomatology of the diseases appears like the flower of <i>Atasi</i> . <sup>9,10</sup>

*Acharya Charaka* has explained *Dadru* under *Kshudra Kusta* but *Acharya Sushruta* explained under *Mahakusta*

**Justification**

According to *Dalhana Dadru* classified in to *Sitha* & *Asitha*. *Sitha* type of *Dadru* comes under *Kshudrakusta* (*Charaka*) & *Asitha* type of *Dadru* comes under *MahaKushta* (*Sushruta*).<sup>11</sup>

**Table 6: Sitha- Asitha Dadru Kusta**

<i>Sitha</i>	<i>Asitha</i>
Recent origin	Chronicity
Non-involvement of deeper <i>Dhatus</i>	Involvement of deeper <i>Dhatus</i>
<i>Sadhya</i>	<i>Asadhya</i>

Chakrapani has also described in *Kusta Adhyaya* that if only four *Dhatus* (*Dushyas*) are vitiated then it is *Samanya Dushti* (General Pathogenesis). While on the vitiation of deeper *Dhatus*, it may be considered as "*Vishesha Dushti*" (Specific Pathogenesis). *Samanya Dushti* occurs mainly in *Kshudra-Kusta* while *Vishesha Dushti* occurs in *Maha kusta*.

**Treatment Principle**

1. *Nidhana Parivarjana*
2. *Prakrithi Vigatha- Krimihara Chikitsa, Bahirparimarjana Chikitsa*
3. *Apakarshana- Sodhana Karma*<sup>12</sup>

**Table 7: Treatment Schedule**

Date	Treatment	Observation
24. 5. 2016	<i>Krimikutararas 2-0-2 B/F</i>	Itching Reduced
25. 5. 2016	<i>Kalamegha Syrup 3tsp-0-3tsp A/F</i>	Vesicles Reduced
26. 6. 2016	<i>Virechana Churna 0-0-1tsp A/F</i> <i>Marichadhi Taila E/A</i> <i>Ushna Jala Pariseka (Vidanga Ch) -E/A</i> <i>Dermafex Soap-E/A</i> <i>Trichoderm + Six-C Oint-E/A</i>	Redness Reduced Sleep-Good
27. 5. 2016	<i>Sneha Pana With *PTGG 40ml</i>	Slight Itching
28. 5. 2016	<i>Sneha Pana With PTGG 80ml</i>	
29. 5. 2016	<i>Sneha Pana With PTGG 130ml</i>	
30. 5. 2016	<i>Sneha Pana With PTGG 160ml</i> <i>Snigdha Varchas observed</i> <i>**PTGG-Pancha Tikta Guggulu Ghrita</i>	
31. 5. 2016	<i>S. Abhayanga with Marichadi Taila and Bashpa</i>	Itching Reduced
1. 06. 2016	<i>Sweda</i>	Vesicles Reduced
2. 06. 2016		Redness Reduced Sound-Sleep
2. 06. 2016	<i>Virechana</i> <i>Trivruth Lehya 80gm</i> <i>Vidanga Choorna 10gm</i> <i>Draksha Kashaya 150ml</i>	18 Vegas <i>Samsarjana Krama</i> Advised
3. 06. 2016	<b>Discharge Medication</b> <i>Arogyavardhini Vati 2. 0. 2 A/F</i> <i>Mahamanjistadhi Kashaya 3tsp-0-3tsp B/F</i> <i>Virechana Churna 1tsp Night A/F</i> <i>Yastimadhu Taila E/A</i> <i>Viswamitrakapala Taila E/A (SOS)</i> <i>Eladi Soap E/A</i>	Blackish Discoloration No Vesicles No Itching

**Medication Ingredients and Indications****Table 8: Formulations- Ingredients-Indications**

Formulation	Ingredients	Indications
<i>Arogyavardhini Vati</i> ( <i>Rasaratna Samuchaya</i> )	<i>Gandhaka, Loha Bhasma, Abhraka Bhasma, Triphala, Shilajit, Chitra Mula, Kirata Tikta</i>	<i>Yakrit Vikara, Kushta, Madhumeha, Medho Dosha</i>
<i>Krimikutara Rasa</i> ( <i>Nighantu Ratnakara</i> )	<i>Karpura, Kutaja, Trayamana, Ajamoda, Vidanga, Hingula Bhasma, Vatsanabha, Palasha Beeja, Bhavana Dravya - Bringaraja Rasa</i>	<i>Krimi, Krimijanya Tvak Vikara, Shopha, Krimija Hridroga, Krimija Pandu</i>
<i>Panchatiktaka Grita</i>	<i>Nimbha, Amruta, Patola, Guggulu,</i>	<i>Twak Roga, Bhagandhara, Dushta Roga</i>

<i>Guggulu (Bhaishajya Ratnavali)</i>	<i>Goghrita, Vidanga, Yava Kshara, Sarja Kshara, Haridra, Vacha, Triphala, Bhallataka</i>	
<i>Mahamanjishtadhi Kashaya (Sahasra Yoga)</i>	<i>Manjishta, Mushta, Kutaja, Vidanga, Triphala, Nimbha, Patola, Chitraka, Kushta, Nagara, Bharangi</i>	All Types of <i>Kushta, Vatarakta, Upadamsha, Slipada, Pakshaghata</i>
<i>Virechana Churna</i>	<i>Triphala, Trivruth, Pippali, Maricha, Sunti, Saindhava</i>	Constipation
<i>Arogyavardhini Vati (Rasaratna Samuchaya)</i>	<i>Gandhaka, Loha Bhasma, Abhraka Bhasma, Triphala, Shilajit, Chitra Mula, Kirata Tikta</i>	<i>Yakrit Vikara, Kushta, Madhumeha, Medho Dosh</i>
<i>Krimikutara Rasa (Nighantu Ratnakara)</i>	<i>Karpura, Kutaja, Trayamana, Ajamoda, Vidanga, Hingula Bhasma, Vatsanabha, Palasha Beeja, Bhavana Dravya - Bringaraja Rasa</i>	<i>Krimi, Krimi Janya Tvak Vikara, Shopha, Krimija Hridroga, Krimija Pandu</i>
<i>Kalamegha Syp</i>	<i>Kalamegha, Vidanga, Bhumyamla, Trikatu, Patola, Amrita</i>	<i>Krimi, Pandu, Kamala, Raktha shodaka, liver tonic</i>
<i>Yashtimadhu Taila</i>	<i>Yashtimadhu, Tila, Amalaki, Godugdha</i>	<i>Bhagandhara, Vranaropaka, Palitha, Kesha Pathana</i>
<i>Marichadi Taila (Bhaishajya Ratnavali)</i>	<i>Maricha, Haratala, Manashila, Mustha, Karaveera, Jatamamsi, Haridra Dwaya, Trivruth, Gomaya Rasa</i>	<i>Dadru- Kushta, Switra, Sarva Kushta</i>
<i>Trichoderm</i>	<i>Chakramardha, Nimba, Shuddha Gandhaka</i>	All Types of Superficial fungal infections
Six-C	<i>Shuddha Gandhak, Yashada Bhasma, Karanja Taila</i>	Scabies, Ringworm, Rash
Dermafex Soap	<i>Chakramrdha, Manjista, Neem, Tulasi</i>	Controls Bacterial and Fungal infection
<i>Viswamitrakapala Tailam</i>	Dried Coconut shells Place it on mild fire for certain time period and care should be taken that shells should not turn in to char. Keep Burnt Coconut shells in aluminium vessel and close it. By this procedure oil from the shells will be collected as a layer on inner surface of vessel.	<i>Dadru Kushta</i> 

## DISCUSSION

In this present case depend on *Nidana (Sankramika)* and *Lakshana (Raga, Pidika, Kandu, and Mandala* in groin region), this case was diagnosed as *Sankramika Bahya Malaja Krimi Sitha Dadru Kusta*. Here *Krimi Hara Chikitsa* was Adopted i.e., *Apakarshanam, Prakrithi Vigatham, Nidana Parivarjanam*.

*Apakarshanam* is considered as *Shodana Karma, Prakrithi Vigatha* is considered as *Ushna Tikshna, Katu, Tiktha, Kashaya Dravya Prayoga* externally and internally and *Nidana Parivarjana* considered as avoidance of particular cause of disease.

### 1. Prakrithi vigatha

#### A. Shamana chikitsa

**Reason for selecting these drugs:** Here main cause is *Krimi (Sankramika)* because of the same reason primarily prescribed medication as Internal Medication and External Medication.

#### a. Anthar Parimarjana Shamana Chikitsa (Internal Medication)

*Krimikutarras, Kalamegha* syrup and *Virechana Churna*.

#### b. Bahir Parimarjana Shamana Chikitsa (External Medication)

*Marichadhi Taila, UshnaJala Pariseka* with *Vidanga Churna, Dermafex Soap, Trichoderm + Six-C Oint.*

**In this case Bahir Parimarjanashamana Chikitsa is followed as:**

**Before bath:** Application of *Marichadi Taila* for one hour then washed with *Vidanga Kashaya* then cleaned with *Dermafex soap*.

**After bath:** Application of *Marichadi Taila* for one hour then washed with *Vidanga Kashaya* then cleaned with *Trichoderm + Six-C Ointment* mix twice a day.

#### 2. Apakarshanam (Sodhana)

In this case after *Shaman Chikitsa* planned for *Virechana* because spreading nature and to prevent reoccurrence of disease, here for *Snehapana* purpose *Panchatiktagritha Guggulu* was used because this *Guggulu* formulation having *Vidanga* and also indicated in all type of *Twak Rogas* (Depends on *Prakriti* of person). *Sarvanga Abhyanga* is done with *Marichyadi Taila* because of its best *Kanduhara* property. *Virechana* with *Trivruth Lehya (Sukha Virechaka), Vidanga Churna*

(Best *Krimigna*) along with *Draksha Kashaya (Vaata Anulomaka)*.

### 3. *Nidana parivarjana*

'*Nidana Parivarjana*' is the main method of keeping oneself free from the disease. Depends on involvement of *Nidana* should be avoided like uncleanliness of the body, using others cloths (towels) etc.

### CONCLUSION

In present case depending on *Nidana and Lakshana* it was diagnosed as *Sankramika Bahya Malaja Sitha Dadru Kusta*. This case study is a documented evidence for the successful management of *Sankramika Bahya Malaja Sitha Dadru Kusta* by *Krimi Chikitsa Sutra*.

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#### \*Address for correspondence

**Dr S Kamalakar Puripanda**

Final Year Samhita,  
Post- Graduate Scholar,  
Sri Dharmasthala Manjunatheshwara  
College of Ayurveda & Hospital, Hassan,  
Karnataka, India.

Email: [kamalvasupuripanda@gmail.com](mailto:kamalvasupuripanda@gmail.com)

Mobile No.: +919133612228