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# The Role of Vidangarishta and Maha Marichyadi Taila in the Treatment of Dadru Kushta (Tinea Corporis)-A Case Study

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### Abstract

The human body's biggest organ is the skin. It is prone to a number of illnesses because of its size and position outside the body. Most skin illnesses are brought on by bacterial, fungal, and other types of infections. All skin conditions in Ayurveda fall under the umbrella term "Kushta," which is further divided into Mahakushta and Kshudrakushta. Dadru belongs to this group. It is Raktapradoshaja vyadhi, who is dominated by kapha and pitta. Owing to the consistency of these symptoms, Tinea corporis, a fungal illness specifically brought on by unsanitary surroundings, and Dadru can be associated extremely effectively. Shaman Chikitsais recommended in Kushtha. A total 16 screened and complained of circular, reddish blotches all over her abdomen, which had been itching badly for 20 days. For 14 days, all the patients received treatment with Group A-Vidangarishta, Group B-Maha Marichyadi Taila, and Group C-Vidangarishta+ Maha Marichyadi Taila. Significant improvement was shown in the parameters Kandu (itching), Raaga (erythema), Pidika (eruptions), and Utsaana mandala following the end of the therapy (elevated circular skin lesion). By removing exacerbated doshaja, Vidangarishta+ Maha Marichyadi Taila with Kushtaghna, Kandughana, and Krumighna qualities aid to dissolve the Samprapti of the vyadhi. It is clear from this case Report that Ayurvedic remedies work well for treating Dadru kushta.

**Keywords:** Kushta, Vidangarishta, maha marichyadi taila, dadru, tinea corporis etc

### Introduction

The human body's biggest organ is the skin. It is prone to a number of illnesses because of its size and position outside the body. In tropical and developing nations like India, the prevalence of skin problems has significantly increased in recent years [1]. In Ayurveda, all skin conditions fall under the umbrella term "Kushta," which is further divided into Mahakushta and Kshudrakushta. Dadru belongs to this group. Acharya Sushruta and Acharya Vagbhata provided explanations under the heading of Mahakushta, whilst Acharya Charak included Dadru in Kshudrakushta [2]. Kandu (itching), Utsanna (elevated circular lesions), Mandala (circular patches), Raaga (erythema), and Pidakas are among the symptoms of Dadru (Papule) [3]. The key components of Dadru's samprapti are dushti of rasa and raktavaha strotas as well as vitiation of Pitta-kapha doshas. Vishamashana (incompatible food), vega vidharana (restraining natural urges), divaswapna (daytime sleeping), consumption of atilavana, atitikshnaahar (excessively salty or spicy food), consumption of contaminated food, drinking cold water immediately following physical labour, or exposure to sunlight are the causes of Kushta. Kandu (itching), Utsanna (elevated circular lesions), Mandala (circular patches), Raaga (erythema), and Pidakas are some of the primary lakshanas of

Dadru (Papule) [4]. The key components of Dadru's samprapti are dushti of rasa and raktavaha strotas as well as vitiation of Pitta-kapha doshas. Tinea corporis, a fungal skin condition, and Dadru can be compared due to the similarity of their symptoms. The related fungi are called dermatophytes, and they can lead to skin alterations including tinea, ringworm, dermatophytosis, or mycosis [5].

Infection with Tinea affects 5 out of every 1000 persons. It is treated with topical and systemic antifungal medications, as well as corticosteroids. Shaman, and Bahirparimarjan (topical) Chikitsa are recommended for Dadru (Kushtha) [6]. this case study makes use of each of these therapy techniques. Formulations with Kushtaghna, Krumighna, and Kandughna characteristics, such as Vidangarishta, Maha Marichyadi Taila, were utilized in Shamana Chikitsa. In the form of oral medication of Vidangarishta given and local application of Maha Marichyadi Taila, bahirparimarjana chikitsa was administered.

### Case Report

Total 16 Patients in the OPD of Agadtantra Department, Chandrashekhar Singh Ayurveda Sansthan, Kaushambi, Prayagraj, UP. With Chief complaints of round and reddish

patches over abdominal region with severe itching for 20 days.

**History of Present Illness**

A total 16 Patients (either gender) were well before 20 days, and then they gradually developed the round and reddish patches over abdominal region with severe itching. For that they had taken Allopathic treatment from local practitioner but didn't get satisfactory result so, they came to Chandrashekhar Singh Ayurveda Sansthan, Kaushambi, Prayagraj, UP. For management.

**Past History**

There was no any past history of juvenile diabetes mellitus and asthmatic condition.

**Family History**

No family complaints.

**Clinical Examination**

Trividha Pariksha was within normal limit.

**Local Examination:** 4-5 circular erythematous, well demarcated patches with some vesicular eruption over abdominal area. No discharge from lesion.

**Vital Parameters:** Vitals parameters were within normal limit.

Diagnosis From clinical features it was diagnosed as Dadru (Tinea corporis).

**Table 1:** Treatment Suggested

S. No.	Druggiven	Dose/Anupana	Duration/Time
1.	Vidangarishta	20 ml twice a day with kosha jala (Lukewarm water)	1 4days/after food
2.	Maha Marichyadi oil	Local application	Twice a day

**Follow UP:** After 7 days

**Investigations**

CBC and RBS were within normal limits

**Assessment Criteria**

Assessment of patient was done on the basis of improvement in subjective parameters like

- Kandu (Itching),
- Raaga (Erythema),
- Utsanna mandala (Elevated circular skin, Lesion)
- Pidika (Eruption)
- During and after treatment.

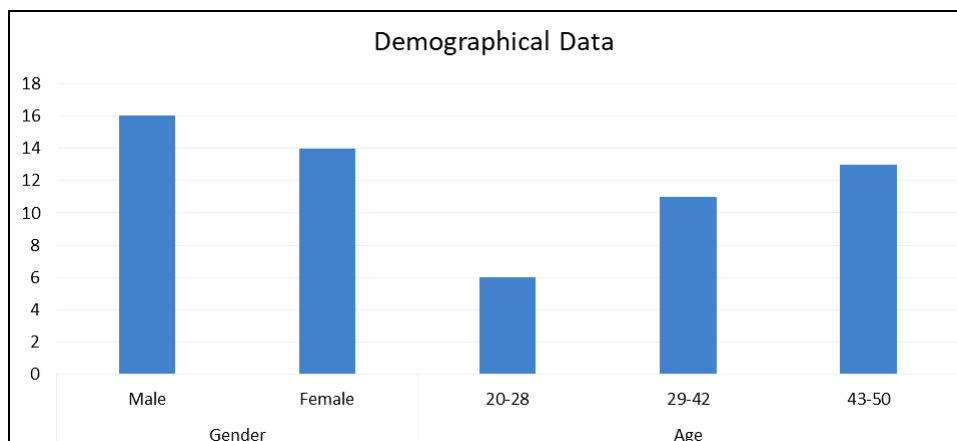
**Table 2:** Gradation of Parameters

S.No.	Grade 0	Grade 1	Grade 2	Grade 3
Kandu (Itching)	Absent	Mild or Occasional Itching	Moderate or Frequent Itching	Severe Itching
Utsanna Mandala (Elevated circular skin lesion)	Absent	Mild elevated lesion	Moderate elevated lesion	Severe elevated lesion
Pidika (Eruption)	Absent	1-3 eruptions	4-7 eruptions	>7 eruptions
Raaga (Erythema)	Absent	Present	-	-

**Demographic Data:** In this study, 16 patients were male and 14 were female, 6 patients were from 20-28 age group, 11 patients were from 29-42 age group and 13 were from 43-50 age group.

**Table 3:** Demographic data according to Age & gender

Demography		Number
Gender	Male	16
	Female	14
Age	20-28	6
	29-42	11
	43-50	13



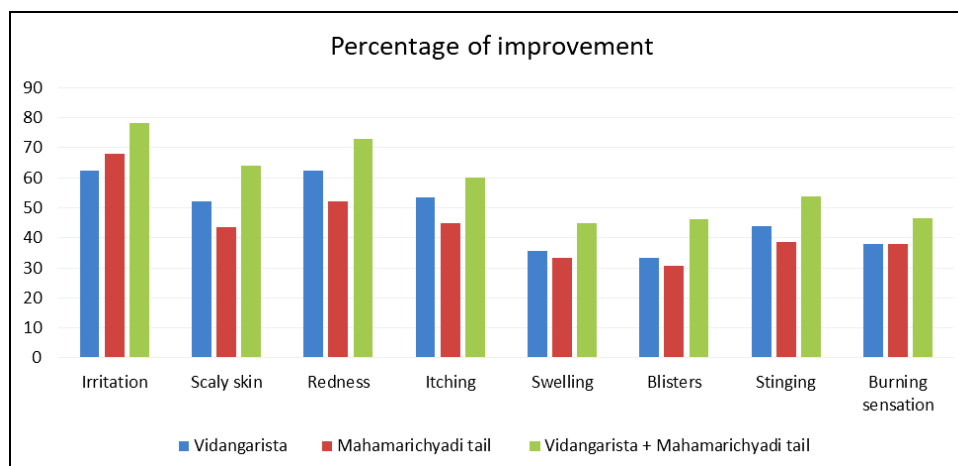
**Fig 1:** Demographic presentation

**Effect of Treatment:** After the treatment in the Vidangarishta treated group percentage of improvement for irritation was 62.5%, 52.17% for scaly skin, 62.5% for redness, 53.33% for itching, 35.71% for swelling, 33.33% for blisters, 44% for stinging and 37.93% for burning sensation. Similarly Maha Marichyadi taila treated group percentage of improvement for irritation was 68%, 43.47% for scaly skin, 52.17% for redness, 44.82% for itching, 33.33% for swelling, 30.76% for blisters, 38.46% for stinging and 37.93% for burning sensation.

blisters, 38.46% for stinging and 37.93% for burning sensation, while combination of Vidangarishta and Maha Marichyadi taila treated group percentage of improvement for irritation was 78.26%, 64% for scaly skin, 73.07% for redness, 60% for itching, 44.82% for swelling, 46.15% for blisters, 53.84% for stinging and 46.66% for burning sensation.

**Table 4:** Percentage of before & after treatment improvement

Symptoms	Before treatment			After treatment			Percentage of improvement		
	Vidangarishta	Maha Marichyadi tail	Vidangarishta + Maha Marichyadi tail	Vidangarishta	Maha Marichyadi tail	Vidangarishta + Maha Marichyadi tail	Vidangarishta	Maha Marichyadi tail	Vidangarishta + Maha Marichyadi tail
Irritation	24	25	23	9	8	5	62.5	68	78.26
Scaly skin	23	23	25	11	13	9	52.17	43.47	64
Redness	24	23	26	9	11	7	62.5	52.17	73.07
Itching	30	29	30	14	16	12	53.33	44.82	60
Swelling	28	27	29	18	18	16	35.71	33.33	44.82
Blisters	27	26	26	18	18	14	33.33	30.76	46.15
Stinging	25	26	26	14	16	12	44	38.46	53.84
Burning sensation	29	29	30	18	18	16	37.93	37.93	46.66
Paired t-test							<0.0001	<0.0001	<0.0001



**Fig 2:** Percentage of improvement

**Table 5:** List of symptoms of Dadru kusth

Symptoms	On Day 0	On Day 7	On Day 14
Kandu (Itching)	5	3	0
Utsannamandala (Elevated circularskinlesion)	4	2	0
Pidika (Eruptions)	3	1	0
Raaga (Erythema)	4	2	0

- Before treatment Gradation of Kandu was 5 (Moderate Itching) which reduced to 3 (mild Itching) during first follow up and it was absent on day 14 that is after completion of treatment. Before treatment Gradation of Utsanna mandala was 4 (Moderate elevated lesion) which reduced to 2 (Less than Mild elevated lesion) during first follow up and it was absent on day 14 that is after completion of treatment.
- Before treatment Gradation of Pidika was 3 (mild Pidika) which reduced to 1Pidika (eruption) during first follow

up and it was absent on day 14 that is after completion of treatment

- Before treatment Raaga (Erythema) 4 (Moderate Raaga) was present that persists during first follow up and it was absent on day 14 that is after completion of treatment.
- Thus, complete improvement was observed in all parameters after completion of treatment.

### Discussion

Tridoshaja are all Kushta. Dadru is a Pitta-Kapha dominance, according to Acharya Charak and Vagbhata, and it is a Kapha Pradhan, according to Acharya Sushruta [8]. Rasa and Rakta are involved in the Samprapti. Samhita describes several Shamana Chikitsa with Kushtaghna, Krimighna, and Kandughna qualities for Kushta. Moreover, Bahirparimarjana Chikitsa (local medication application) using oil was suggested for improved results [9]. In this case study, the patient was treated for 14 days using a combination of exterior applications of Maha Marichyadi oil and internal administration of Vidangarishta [10].

### Conclusion

According to Acharya Charak, Dadru Kushta is a subtype of Kshudra Kushta, while according to Acharya Sushruta and Acharya Vagbhata, it is a subtype of Maha Kushtha. It is connected to dermatophytosis or Tinea corporis. Personal cleanliness is crucial to the therapy of this condition since it is communicable. From this case study it can be concluded that use of Chikitsa Upkrama described like Shamana (formulations like Vidangarishta) and Bahirparimarjana (local application of Maha Marichyadi taila) are effective in the management of Dudrukushta. Vidangarishta and Maha Marichyadi tail both showed antifungal activity and improved the fungal infection symptoms. After the treatment a significant improvement reported in the disease symptoms. However, in comparison to the individual drugs, combination of both drugs showed better improvement of the disease symptoms and higher percentage of improvement in comparison to the individual drugs i.e., Vidangarishta and Maha Marichyadi taila.

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