

To Study the Efficacy of Pathyadi Lepa Application (By Bhav Prakash) In the Management of Dadru W.S.R to Tinea Corporis in Age Group 2 To 12 Years by Randomised Control Trial

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Abstract:- According to Ayurveda, Twak is the organ which covers the external surface of the body. According to modern science, skin is protective organ of the body. In these era, recurrence of skin disease have increased tremendously. In Ayurveda all skin disease are considered under broad heading of Kushtha Disease. Kushtha are mainly divided into seven types of Maha Kushtha and eleven types of Kshudra Kushtha. Dadru is one of the Kshudra Kushtha. Dadru is one of the most common but curable twak vicar affecting all the age of population. Dadru is one of the Kshudra Kushtha with predominance of Pitta and Kalpha dosha. The symptoms of dadru are Raga (erythema), Kandu (itching), Pidika and mandal formatioun (vesicle or pustules).The symptoms of Dadruasnd Tineacorporis shows tremendous similarities with each other. The Nidan, Samprapti, Roopa and Bheda of Dadru goes with many similarities with that of Tinea infection. Many drugs are mentioned for internal and external application described in ancient Samhitha. So a remedy would be easy to follow efficacy, cost effective and also free from all side effect should be adopted. PathyadiLepa mentioned in Bhavprakash contain the drug Haritaki, Karanj, Nisha, Bakuchi, Vidanga, Sarshap and Saindhav.

Keywords:- Kushtha, Dadru, Tineacorporis, PathyadiLepa.

I. INTRODUCTION

The skin is the one organ of the body that is readily available for inspections by the eyes & fingers of every living person. It is subjected by us an application of thousands of potentially harmful chemicals, exposure to extreme environmental conditions of cold, heat, wind and trauma & yet it tolerates all these insults.

Nowadays skin diseases are very common. Though skin diseases are common at any age. All the skin diseases in Ayurveda have been classified under the broad heading of

'Kushtha' which are further categorized in to Mahakushtha & Kshudrakushtha. DadruKushtha is classified under the Kshudrakushtha. DadruKushtha is curable but very tenacious in nature, hence it should be treated continuously otherwise relapses are very common. As per modern perspective come under 'Superficial fungal infections of the skin, the most common dermatological manifestation affecting up to 15% of world's populations in all age group.

Ayurvedic Classics have considered each type of Kushtha to be a Tridoshaja manifestation. Dadru is purely Kaphajaphenomenon. Acharya Sushruta has mentioned the treatment as 'Lepana of Shodhana' type because external applications form the best way to cure Kushtha. Furthermore Acharya Charaka has described Lepana as 'Sadyah Siddhi Karaka'. Acharya Bhavprakash explained PathyadiLepa a combination of seven drugs i.e. haritaki, karanaj, siddharthak, nisha, bakuchi, vidanga and saindhav is selected here for research purpose.

II. MATERIAL AND METHODS

- All the references regarding *Kushtha*, Dadru and *Lepakalpana* are collected from *Laghutrayee* and *Bruhatrayee* and various text books and compilation is done.
- Concept of *Dadru*, and *LepaKalpana* studied in details.
- PathyadiLepa prepared as per literature.

III. CLINICAL STUDY

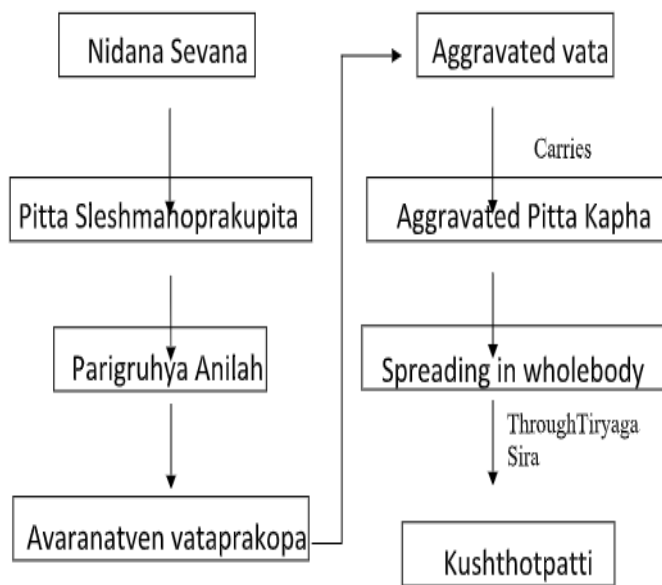
1. PathyadiLepa Group :

In this group, PathyadiLepa was given to the patient for the topical applications twice in a day for 15 days.

2. Clotrimazole Group :

This was clotrimazole group. In this group the patients were given clotrimazole cream for topical application twice in a day for 15 days.

IV. SAMPRAPTI ACCORDING TO SUSHRUTA NIDAN 5/3



V. DADRU REVIEW

- The word “Dadru” also belongs to neuter gender but its etymological derivation is not found anywhere.
- According to Acharya Sushruta, the skin disease which is having spreading nature, papules with bluish tint or copper colour is known as DadruKushtha.
- Acharya Kashyapa has clearly defined Dadru as a skin disease having "VridhimantMandals" i.e. disseminating discoid lesions with intense itching, burning and secretions from it. The lesions are sometimes dry in nature which is a very important point through practical aspect.
- For better understanding the etiology of DadruKushtha can be categorized in the following groups.
- (a) AharaHetu - 1. Mithya Ahara 2. ViruddhaAhara
- (b) ViharaHetu
- (c) AcharaHetu
- (d) Anya Hetu - 1. Kulajahetu
2. KrimijaHetu
- Dosha - Tridosha
- Dushya- Twak, Rakta, Mamsa, Lasika. Here only Rasa & Rakta.
- Srotas – Rasavaha & RaktavahaSrotas
- Srotodushti – Sanga & Vimargagamana.
- Agni - Bhrajakagni
- Udbhavasthana - Twak
- Adhisthana - Twak
- Vyadhimarga - Bahya
- Svabhava - Chirakari

VI. LEPAN KARMA

Bahiparimarjana means, the medicine intended for external use only. For that purpose, in Ayurveda different forms of external applications are described for the convenience of treatment of different diseases. They are Lepa, Upanaha, Udavartana, Abhyanga, Malahara etc. Out of all these formulation, LepaKalpana is selected here for treatment of Dadru'Kushtha.

➤ DEFINITION :

Wet medicinal drugs are made in to paste form, if the drugs are in dry state they are converted in to paste form by adding little quantity of water and grinding. This paste is used as an external application and called LepaKalpana.

➤ IMPORTANCE OF LEPA KALPANA :

According to Acharya Sushruta, while explaining the efficiency of Lepas told by giving example as by pouring water over a burning house, the fire is extinguished immediately; in the same manner the Lepa reduced the provoked local Doshas by local application. Lepa has also actions like Shodhana, Utsadana, Ropana & Pralhadana.

➤ TYPES OF LEPA :

According to Acharya Sushruta there are types of Lepa as

- 1) Pralepa
- 2) Pradeha

He has further classified the LepaKalpana on the basis of the drugs used for the preparation of Lepa&their action as follows

- (1) DoshaghnaLepa
- (2) VishaghnaLepa
- (3) VarnyaLepa

➤ THICKNESS OF LEPA :-

1. According to Sharangadhara Samhita :One fourth, one third & half angulis is the thickness of the lepa (Paste) respectively for Doshaghna, Vishaghna & VarnyaLepa.
2. According to Acharya Sushrut Samhita : Acharya Sushruta opines that the thickness of Lepa application on the skin should be equal to the thickness of a buffalo's skin.
3. Modern pharmaceuticals have not laid down any such norms. It recommends only a uniform application over the affected skin surface.

VII. GOMUTRA AS PENETRATION ENHANCER

Gomutra is used as a base for the topical application of PathyadiLepa. Penetration enhancer has been used to describe substances that facilitates absorption through the skin. While most materials have a direct effect on the permeability of the skin, the penetration enhancers appears to augment percutaneous absorption by increasing the thermodynamic activity of the penetrant thereby increasing the effective tendency & concentration gradient of the diffusing species. Penetration enhancers, with a direct effect on the skin permeability. Gomutra contains more than 30% of urea in it. Thus Gomutra can be put forward as a penetration enhancer of Ayurveda.

VIII. CRITERIA FOR ASSESSMENT :

The improvement provided by the therapy was assessed on the basis of classical signs & symptoms. All the signs & symptoms were assigned score depending upon their severity to assess the effect of the drugs objectively. The details of which are, as shown below.

DADRU

(1) **Kandu (itching)** Score:-

Present- 2

Reduced-1

Absent-0

(2) **Raga (colour/ Erythema):-**

Present- 2

Reduced-1

Absent-0

(3) **Pidaka**

Present- 2

Reduced-1

Absent-0

IX. DISCUSSION & CONCLUSION:

Dadru can be defined as an entity manifested by intractable itching, scaling, erythematic with the lesions discoid in shape. But it is not true for all. Practically we get many variants of Dadru as per the involvement of sites. Hence the shape of the lesions is not one & the only same everywhere, it differs as the site of affection changes. The disorders are insidious in onset & persistent. Hence after successful treatment recurrences are common. Dadru have superficial pathology & in such cases Acharya Sushruta has advised to apply Shodhana Alepa. That's why 'PathyadiLepa' is selected here for the treatment. When PathyadiLepa with gomutra is applied over the surface of the skin in the direction opposite to that of hairs, the active principles dissolved in to the vehicle traverse the transfollicular route in solubilized form & their penetration through the layers of the skin, principally stratum corneum, takes place. Thereafter these active principles invade the fungus cells & micelles & arrest the growth of the fungus leading to the abatement of the diseases. There is no significant difference in Group A & Group B if Effects of factors Colour, Kandu, Pidika are considered.

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