



“SHARIR KRIYATMAK STUDY OF RAKTADHATUPACHAK YOGA ON RAKTAPRADOSHAI VIKARA W.S.R. TO DADRU KUSHTHA (TINEA CORPORIS)”

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ABSTRACT

The *Tri-Doshas* maintain the stability and equilibrium of the body, however, if these three *Doshas* are vitiated, they cause *Vikruti*. Now, once these *Doshas* get vitiated, they vitiate the *Dushya*, which is the *Dhatu*, which in turn manifests various signs and symptoms. Skin is the largest organ of human body. Its size and external location makes it susceptible to various disorders.^[1] All the skin diseases in Ayurveda have been classified under the broad heading of ‘*Kushta*’ which are further classified into *Mahakushta* and *Kshudrakushta*. *Dadru* is one amongst them. The main lakshanas of *Dadru* include *Kandu* (Itching), *Utsanna* (elevated circular lesions), *Mandala* (Circular Patches), *Raaga* (Erythema), and *Pidakas* (Papule). The *samprapti* of *Dadru*

mainly involves vitiation of *Pitta-kapha doshas* and *dushti* of *rasa* and *raktavaha strotas*.^[2] Due to similarity of symptoms *Dadru* can be correlated with *Tinea corporis*, which is a fungal skin infection. There for study of *Rakta Dhatu Pachak Yoga* in *Raktadushtijanya Vikara* will help to access vitiated *Rakta Dhatu* in the body. It will definitely interest in to observe what changes will *Dushit Rakta Dhatu* shows in the *Raktadushtijanya Vikara*. No such a type of observational study of *Rakta Dhatu Pachak Yoga* on *Raktadushtijanya Vikara* has been yet done.

KEYWORDS: *Rakta Dhatu, Raktapradoshaj vikara, Raktadhatu Pachak Yoga, Dadru kushtha.*

INTRODUCTION

Rakta dhatu is produced in *Raktavaha srotas*. *Rakta dhatu* is second *Dhatu* amongst seven. It gets generated in intra-uterine life. Growth and nourishment is by food just like any other *Dhatu*. *Rasa dhatu* is produced in *Rasavaha srotas*. Part of *Rasa dhatu* reaches next *srotas* that is *Raktavaha srotas*; it takes part in production of *Rakta dhatu*. In *Charaka Samhita Raktapradosaja Vikaras* are explained at two places in the *Sutrasthana* itself i.e. in *Vidhisonitiya Adhyaya* and in *Vividhasitapitiya Adhyaya*. *Susruta* listed the *Raktapradosaja Vikaras* in *Vyadhisammudesiya* chapter. On this background it is necessary to think of the nature of *Rakta Dusti* and *Rakta Pradosaja Vikaras* one thing is true that the disease described under the common heading of *Kustha*(*Dadru kushtha*) come under this category. Due to similarity of symptoms *Dadru* can be correlated with *Tinea corporis*, which is a fungal skin infection. The related fungi are dermatophytes capable of causing skin changes of the type known as *Tinea* or ringworm or dermatophytosis or Mycosis.^[3] *Raktadhatupachak yoga* described in *jwarachikitsa adhaya Charaksamhita* was selected these preparations have *Kusthaghna*, *Kandughna*, *Raktashodhaka*, *Twak Prasadaka* and *Varnyakara* properties.

AIM AND OBJECTIVES

To study the Effect of *Raktadhatupachak yoga* on *Raktapradoshaj Vikara* patients suffering from *Dadru Kushtha* (*Tinea Corporis*).

MATERIAL AND METHODS

Materials

1. The references of the *Rakta Dhatu* and *Raktadhatu Pachak Yoga* will be compiled from *Bruhatrayee*.
2. Sign and symptoms (*Lakshana*) of *Raktadushtijanya Vikara Dadru Kushtha* will be compiled from *Bruhatrayee*.

Methods

1. An observational study will be carried out to verify *Dadru Kushtha* in 15 patients.
2. This study will be conducted with specially prepared case record form to assess.
3. *Dushtilakshanas* of *Rakta Dhatu*, which is *Dadru Kushtha*.
4. Questionnaire designing:-Considering the *Lakshanas* of *Dadru Kushtha* mentioned in *Bruhatrayee*, questions will be designed. Questionnaire will be based on the *Nidan*, *Sharir*, *Chikitsa Sthana* of *Bruhatrayee*.

Sample size:- 15

Sampling technique:- Simple random method

A. Inclusion criteria

1. Age group: 20-50 years.
2. Patients of either sex.
3. Diagnosed cases of *Dadru Kushtha* (*Taenia corporis*).
4. Chronicity less than 1 year.

B. Exclusion criteria

Patients suffering from any systemic diseases e.g Uncontrolled DM, Koch's.

1. Patients of Psoriasis, Eczema.

Investigation:- Investigations Routine investigations of blood, and urine were carried out before treatment to rule out any systemic diseases.

Raktadhatupachak yog churna preparation:- *Raktadhatupachak Churna* was prepared according to the standard method of preparation of *Churna*, in the pharmacy of GAC Osmanabad.

Table no. 1: The ingredients of raktadhatupachak churna.

Sr. No.	Sanskrit Name	Latin Name	Family	Parts Used	Quantity
1.	<i>Patol</i>	<i>Trichosanthes dioica</i>	Cucurbitaceae	Leaves	50gm
2.	<i>Sariva</i>	<i>Hemidesmus indicus</i>	Asclapiadaceae	Roots	50gm
3.	<i>Musta</i>	<i>Cyprus rotendus</i>	Cyperaceae	Rhizomes	50gm
4.	<i>Patha</i>	<i>Cissampelos pareira</i>	Menispermaceae	Roots	50gm
5.	<i>Kutki</i>	<i>Picrorhiza kurroa</i>	Scrophularianaceae	Stem Bark	50gm

Treatment schedule:- Total of 15 patients were registered and internal medication of *Raktadhatupachak Yoga Kwatha* in the dose of 10 ml for two times daily after food for 28 days.

Preparation of raktadhatupachak yoga kwatha

पानीयं षोडशगुणम् क्षुण्णे द्रव्यपले क्षिपेत् ।

मृत्पात्रे क्वाथयेत् ग्राह्यम् अष्टमांशावशोषतम् ।

तत्जलं पाययेद्धोमान मृद् वग्निसार्धतम् ॥ (शा.स.म.ख.२/१-२)

Dravya + water Δ kwatha

10gm 160ml = 20ml

Take *Patol, Sariva, Musta, Patha, Kutki* in *Samapramana* i.e. 2gm of each add 8 parts of water to the mixture. Boil and stir the mixture continuously till it remains 1/8 of the total amount.

Dosage: - 20ml

Kala: - Vyan – Udaan

Duration:- 28 days

Route of administration: - Oral

Follow-up Patients were asked to attend the OPD on alternate weeks for follow-up for a period of 90 days.

Method of measurement subjective criteria^[4]

Sr. No.	Parameter	Grade 0	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
1.	Itching	No itching	Ocassion ally mild itching	Mild itching	Moderate itching	Severe Itching	Severe continuous Itching
2.	Inflammation	No inflammation	Mild inflammation	Moderate Inflammation	Severe inflammation	Severe inflammation with prominent erythematous base.	Severe inflammation, erythema
3.	Colour changes	-	Normal skin colour	Faint and near to	Blanching and red colour	Red colour	Dark red colour
4.	Nature of lesion	No lesion	Mild viable lesion	Moderately visible	Prominent visible lesion	Prominently evident lesion associated with discharge	Prominently visible with Discharge

OBSERVATIONS AND RESULT

A) According to % Relief in Patients

Table No. 2: Relieved score and % Relief in Patients

Pt. No.	BT	AT	Relief	% Relief	Pt. No.	BT	AT	Relief	% Relief
1	18	08	10	55.56%	9	18	08	10	55.56%
2	19	11	08	42.10%	10	18	09	09	50.00%
3	17	11	06	60%	11	19	10	09	47.37%
4	16	09	07	43.75%	12	16	08	08	50.00%
5	17	05	12	70.59%	13	16	03	13	81.25%
6	16	08	08	50.00%	14	19	10	09	47.36%
7	17	08	09	52.94%	15	16	07	09	56.25%
8	14	04	10	71.42%					

B) According to statistical analysis

Table no. 3: Overall effect of therapy statistical analysis.

Symptoms	N	BT (Mean ± SD)	AT (Mean ± SD)	T-value	P value		Interpretation
Itching	15	4.87±1.73	1.73±42.93	6.79398	0.0021	P<0.05	Significant
Inflammation	15	4.07±0.88	1.67±1.18	6.32177	0.01721	P<0.05	Significant
Nature of Lesion	15	4.07±6.93	1.87±15.73	6.69636	0.0011	P<0.05	Significant
Colour of Lesion	15	45.833±9.47	51.333±11.95	1.974	0.0531	P>0.05	Insignificant



Figure no. 1

Figure no. 2

Figure no. 3



Figure no. 4

Figure no. 5

Figure no. 6

DISCUSSION

Dadru Kushtha is the *Kshudrakushtha*. There were no specific *Hetus*, *Samprapti*, *Chikitsa* for *Dadru Kushtha* is mentioned. So, the *hetus*, *Samprapti*, *chikitsa* mentioned for *Kushtha* are considered here. In modern science it can be correlated with the *Tinea Corporis*, due to close similar symptoms of each other. Mode of action of drug the mode of action of the drug under trial can be understood on the basis of inherent properties of the drug. Mainly *Rasa* of

Raktadhaupachak yoga is *Tikta*, *Kashaya Rasa*, *Gunas* are *Laghu*, *Ruksha*, *Veerya* is *Sheeta* and mainly having *Pitta Shamaka* and *Rakta Prasadaka* properties. With property of *Kashaya Rasa*, it will encounter *Pitta* and *Rakta Dosha*. The *Kashaya Rasa* removes the *Twak Vaivarnyata* and helps to attain the normal skin color. Due to *Tikta Rasa* and *Sheeta Veerya* it encounters the *Pitta Dosha*. *Prasadana* property of *Sheeta Veerya* also helps to purify the vitiated *Doshas* in *Vyanga*.

The *Rakta Prasadaka* and *Twak Prasadaka* actions of *Raktadhatupachak Yoga* help to pacify the *Sanchita Doshas* locally.

CONCLUSIONS

The present studies prove the good efficacy of *Raktadhatupachak Yoga* over *Dadru kushtha*. Itching, inflammation, colour of lesion and Nature of lesion were significant i.e 97.33%, 60%, 70.54%, and 56.77%. *Raktadhatupachak Yoga* has not shown any skin reactions, so it could be used safely. From the observations and results of this study, it can be concluded that *Raktadhatupachak Yoga* has provided better results in hyperpigmentation of the patches seen in cases of *Dadru Kushtha*.

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