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*Original Article*

# A Case Report On Ayurvedic Management Of Dadru

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## ABSTRACT

Skin (*Tvak*) is considered the largest organ of human body and acts as a barrier from external environment. It reflects the internal health and is susceptible to various disorders, which are classified in Ayurveda as *Kushta*. *Dadru* is one among the *Kshudra Kushta,* which is mainly caused by *Kapha–Pitta* vitiation and presents with circular reddish lesions and severe itching. The present study shows a case report of a 67-year-old female, who was admitted with multiple circular reddish lesions over the axillae, groins, inner thighs, waist, and buttocks, associated with burning sensation and severe itching for six months. She was diagnosed with *Dadru* based on clinical features. Ayurvedic management involving *Shamana & Shodhana chikitsa,* incorporating *Krimighna* line of management and appropriate external applications, along with dietary measures were administered. Significant improvement was observed in itching, redness, and size of the lesions. Hence, this case highlights the effectiveness of *Ayurvedic* treatment in *Dadru*.

**Keywords**: Skin (Tvak), Kapha–Pitta vitiation, Dadru, Ayurvedic.

## INTRODUCTION

Skin (*Tvak*) is an essential organ serving as a protective barrier and thereby reflecting the internal health. Disturbance in *Tridosha* with involvement of *Rakta, Mamsa, and Lasika* leads to *Kushta* disorders[1]. *Dadru* is a *Kshudra Kushta*, resulting from predominant *Kapha–Pitta* vitiation and is characterized by circular reddish lesions and itching[2]. Factors such as improper diet, sweating, and poor hygiene can worsen the condition.[3] *Ayurvedic* management emphasizing *Nidana Parivarjana, Shodhana, Shamana oushadhi*, and external applications aims at restoring *doshic* balance.

## CASE REPORT

A 67-year-old female reported to the *Vishachikitsa* OPD at SDM College of Ayurveda & Hospital, Hassan, presenting with multiple circular reddish lesions along with severe itching and burning sensation in the axillae, groins, inner thighs, waist and buttocks, persisting for the last six months. The patient does not have any history of chronic illness.

### General Examination

- **Temperature**: 97 F
- **Pulse rate:** 86 bpm
- **Blood pressure:** 130/90 mmHg
- **Respiratory System:** Chest clear
- **Circulatory System:** S1, S2 heard, no murmurs
- **Central Nervous System:** Conscious and oriented
- **P/A:** soft and non tender

### Local Examination

- **Site:** B/L axillae, groins, inner thighs, waist and buttocks
- **Shape:** Circular
- **Colour:** Reddish
- **Number:** multiple

**Relevant conflicts of interest/financial disclosures**: The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.

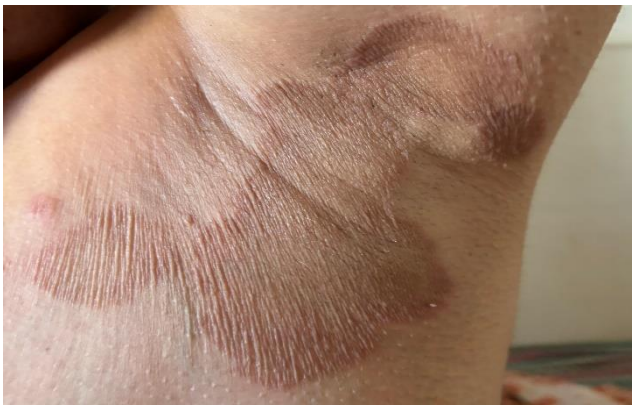
- **Type of lesion:** erythematous patches, with raised borders

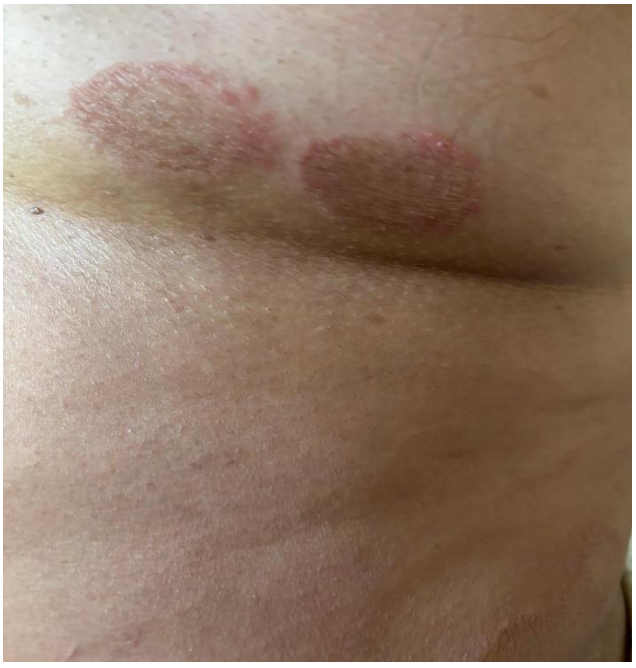
***Ashta sthana pareeksha***

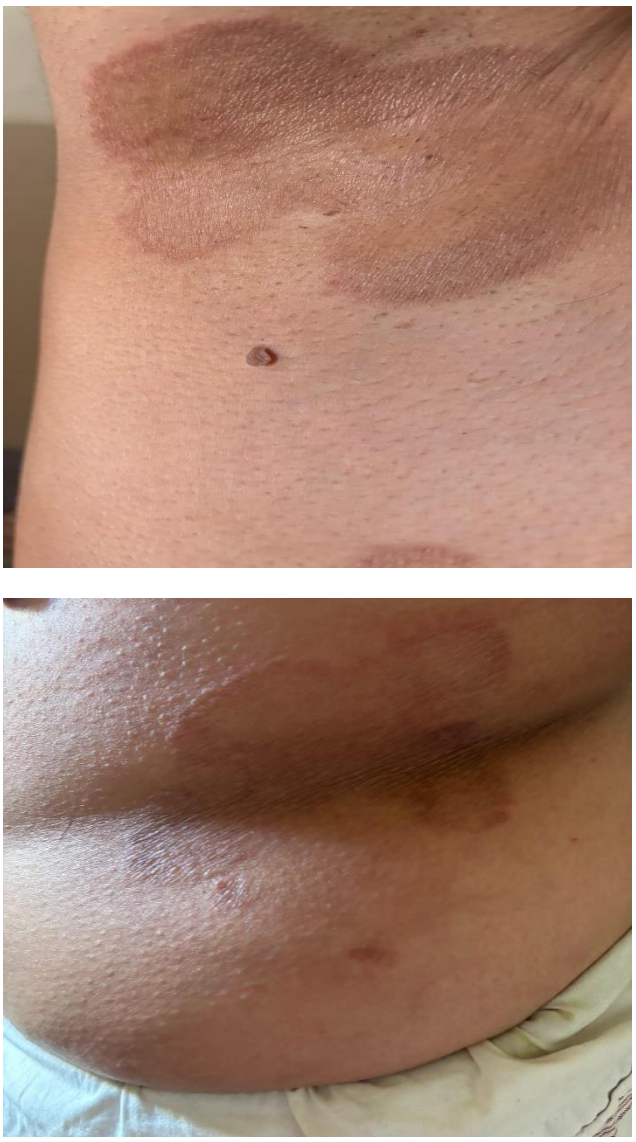
- ***Nadi:*** *Kapha pitta*
- ***Mala:*** Regular bowel
- ***Mutra:*** occasionally associated with burning sensation
- ***Jihva:*** *Alipta*
- ***Shabda:*** *Spashta*
- ***Sparsha:*** *Anushna sheeta*
- ***Drik:*** *Prakruta*
- ***Akruti:*** *Madhyama*

***Dashavidha pareeksha***

- ***Prakruti:*** *Vata kapha*
- ***Vikruti:*** ***Dosha -*** *Kapha pitta;* ***Dushya -*** *Rasa, rakta, mamsa, ambu, lasika*
- ***Sara:*** *Madhyama*
- ***Samhanana:*** *Madhyama*
- ***Satva:*** *Madhyama*
- ***Satmya:*** *Katu, Amla pradhana ahara*
- ***Ahara shakti:*** *Madhyama*
- ***Vyayama shakti:*** *Madhyama*
- ***Vaya:*** *Madhyama*
- ***Bala:*** *Madhyama*







**Figures 1 to 4: Showing clinical presentation on day 1 of admission**

**MANAGEMENT**

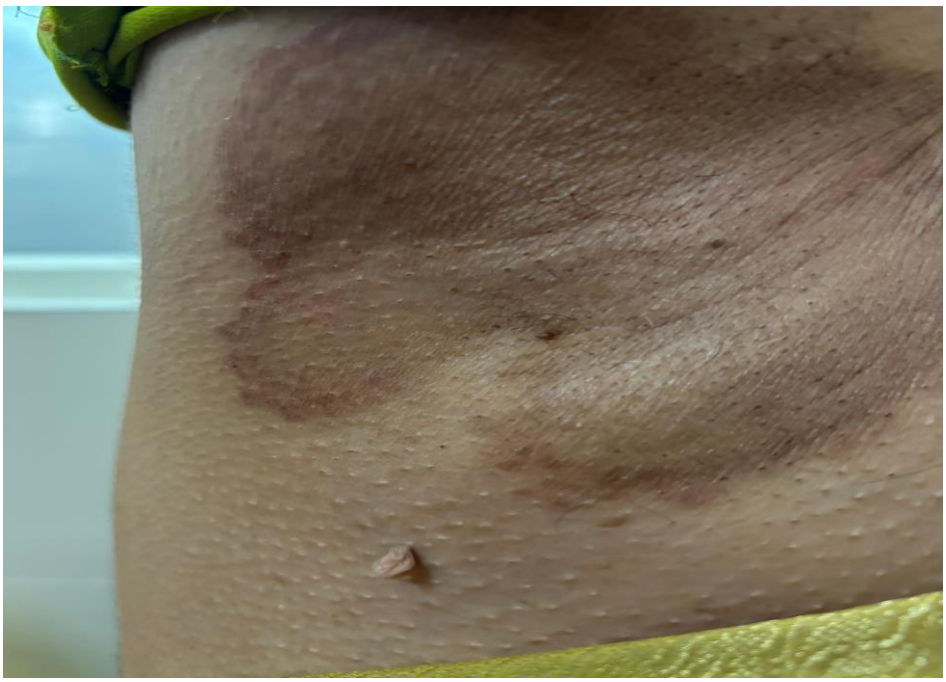
| SL.NO | *SHAMANA OUSHADHI* | DOSE | TIME |
|---|---|---|---|
| 1. | *Krimikutara rasa* | 1-1-1 | After food |
| 2. | *Gandhaka rasayana DS* | 1-0-1 | After food |
| 3. | *Arogyavardhini vati* | 2-0-2 | Before food |
| 4. | *Sootasekara rasa* | 2-2-2 | Before food |
| 5. | *Nimbadi kashaya* | 15ml-0-15ml | Before food |

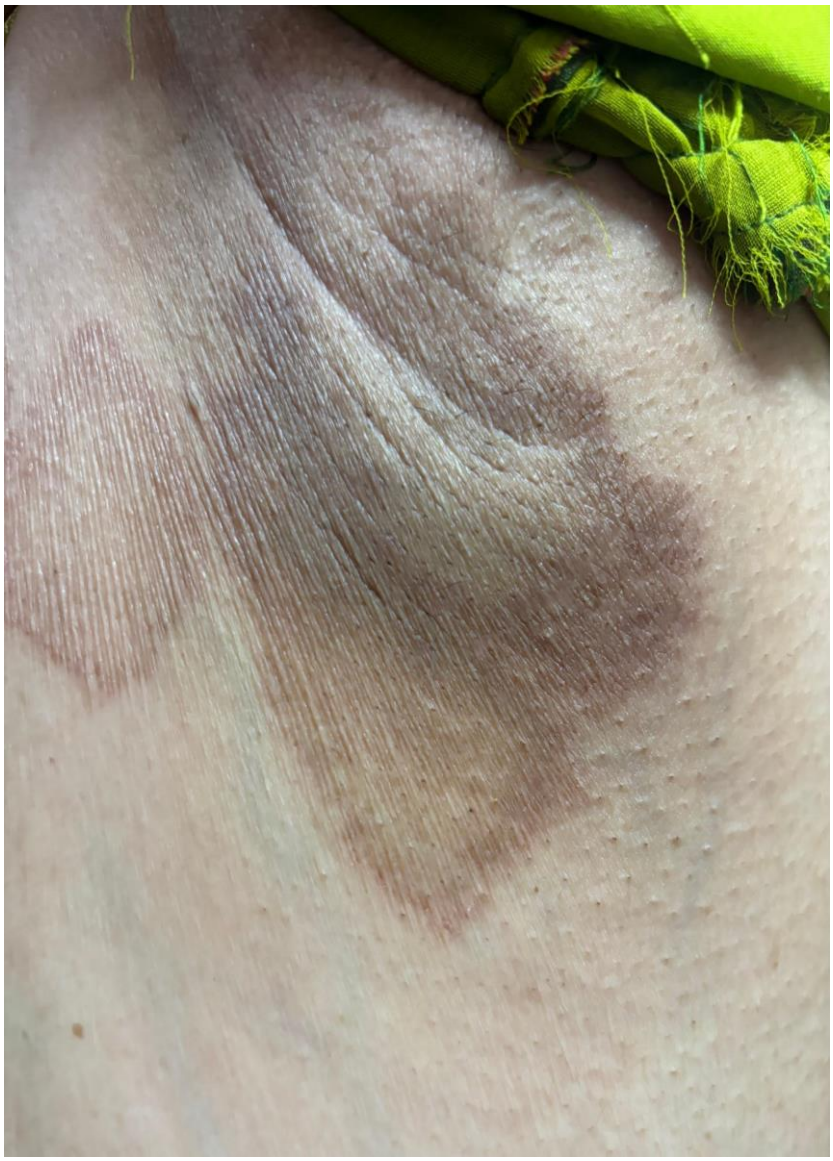
| | | | |
|---|---|---|---|
| 6. | *Tulasi bathing powder* | once | for external application & wash |
| 7. | *Pinda taila* | once | for external application at night |
| 8. | *Gandha karpura* | once | for external application at morning |

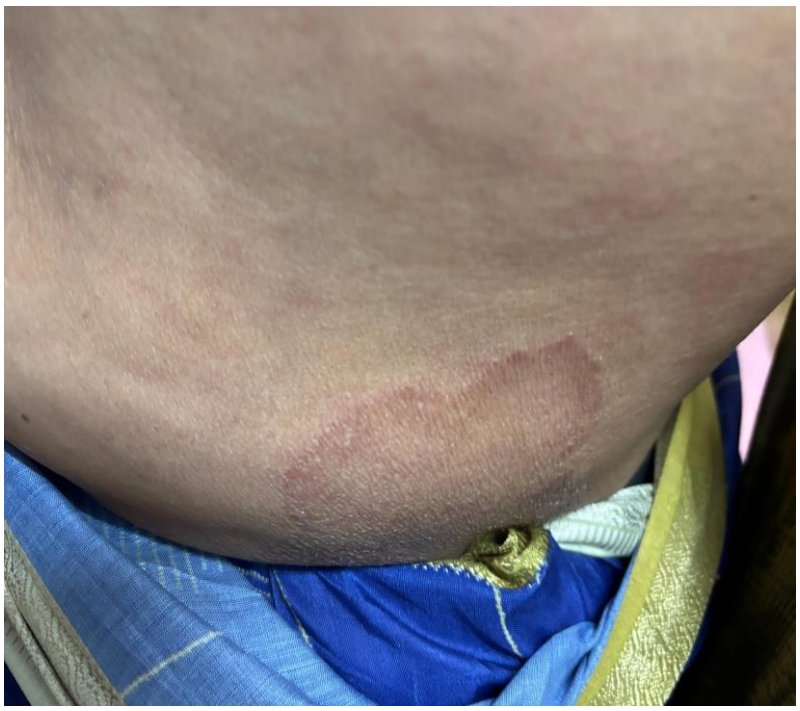
**Table 1: Showing *Shamana Oushadhi* (for 7 days)**

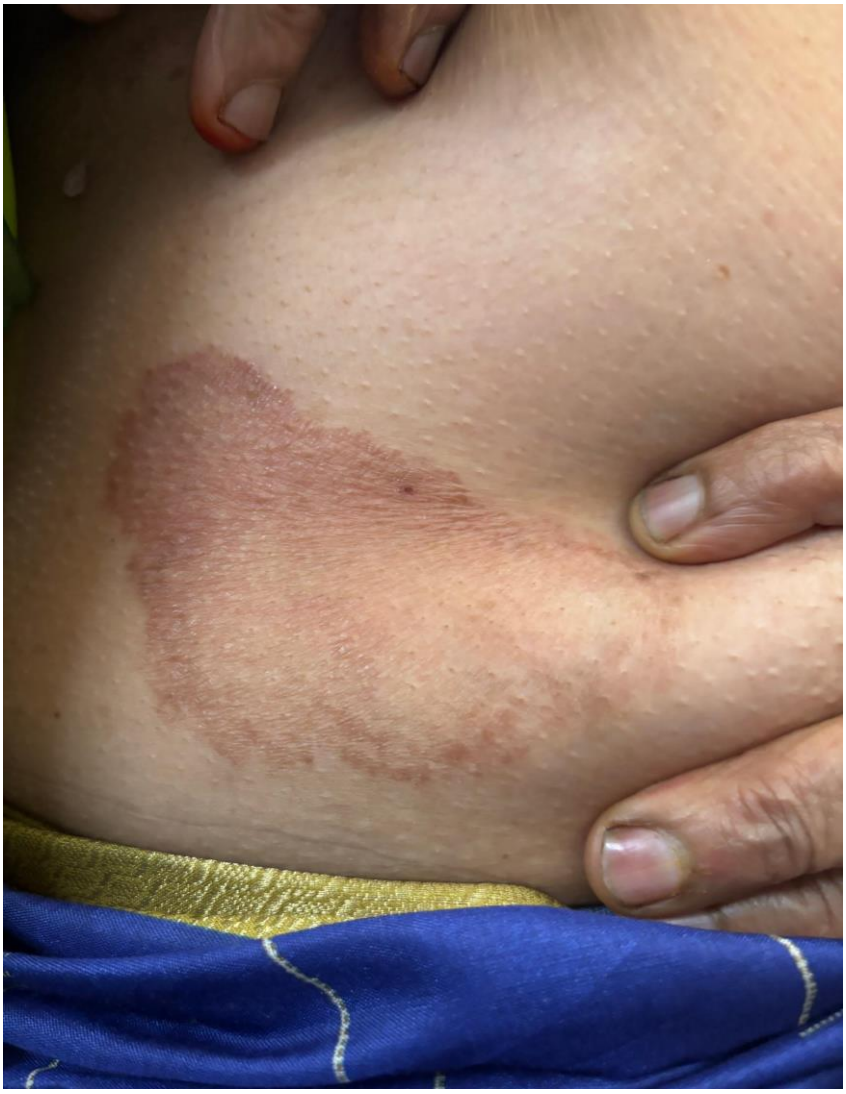
| SL.NO | PROCEDURES | DAYS |
|---|---|---|
| 1. | *Sarvanga Utsadana* with *Daruharidra+Kushta+Lodhra choorna+Pinda taila* | 11 days |
| 2. | *Sarvanga Parisheka* with *Dashamoola kwatha* | 11 days |
| 3. | *Sadyovirechana* with *Avipattikara choorna* 15grams with honey at 11am on 04/09/2025 (2 Vegas) | 1 day |
| 4. | *Sadyovirechana* with *Nimbamruthadi eranda taila* 50ml at 5.30am on 05/09/2025 (5 Vegas) | 1 day |
| 5. | *Anuvasana Basti* with *Nimbamruthadi eranda taila* 50ml | 3 days |
| 6. | *Anuvasana Basti* with *Balaguduchyadi taila 60ml* | 3 days |
| 7. | *Niruha Basti - Manjishtadi niruha basti*<br>*Madhu - 50ml*<br>*Saindhava - 5g*<br>*Sneha - Balaguduchyadi taila 50ml*<br>*Kalka - Daruharidra choorna, Lodhra choorna, Manjishta choorna, Kushta choorna (5g each), Arogyavardhini vati (2 tabs)*<br>*Kwatha - Manjishtadi kashaya 100ml* | 4 days |
| 8. | *Virechana* with *Trivrut lehya* 100grams with *Triphala kashaya* 100ml with honey on 12/09/2025 (9 vegas) | 1 day |

**Table 2: Showing treatment procedures**





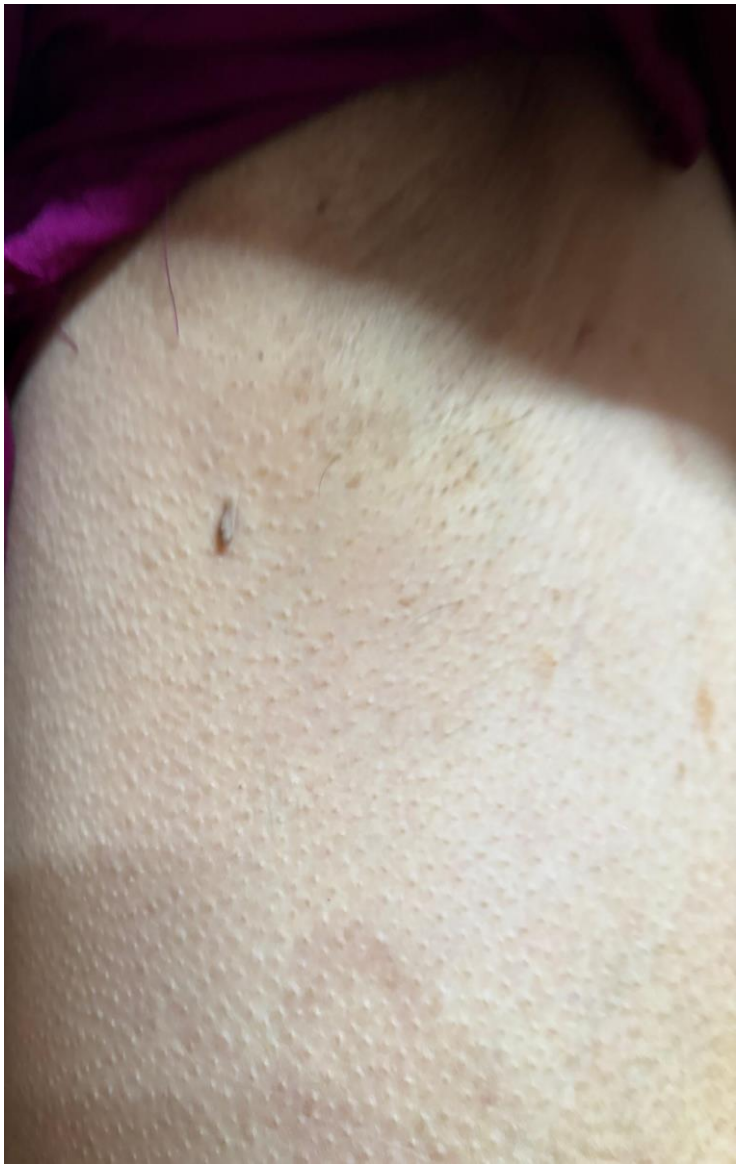


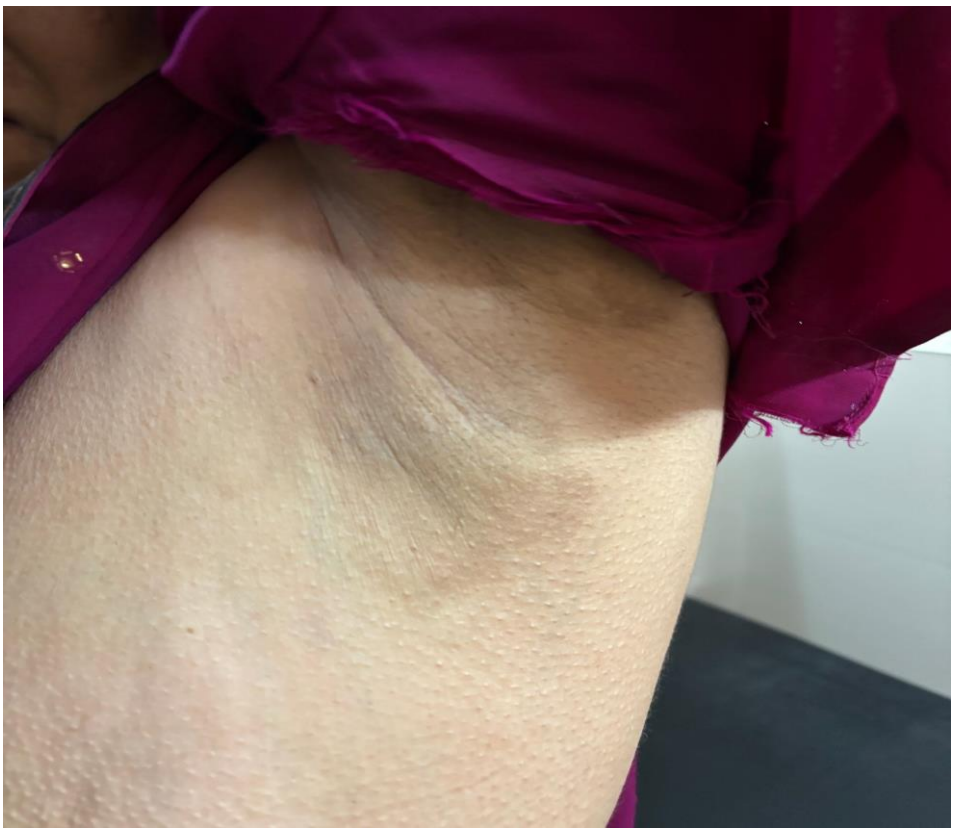


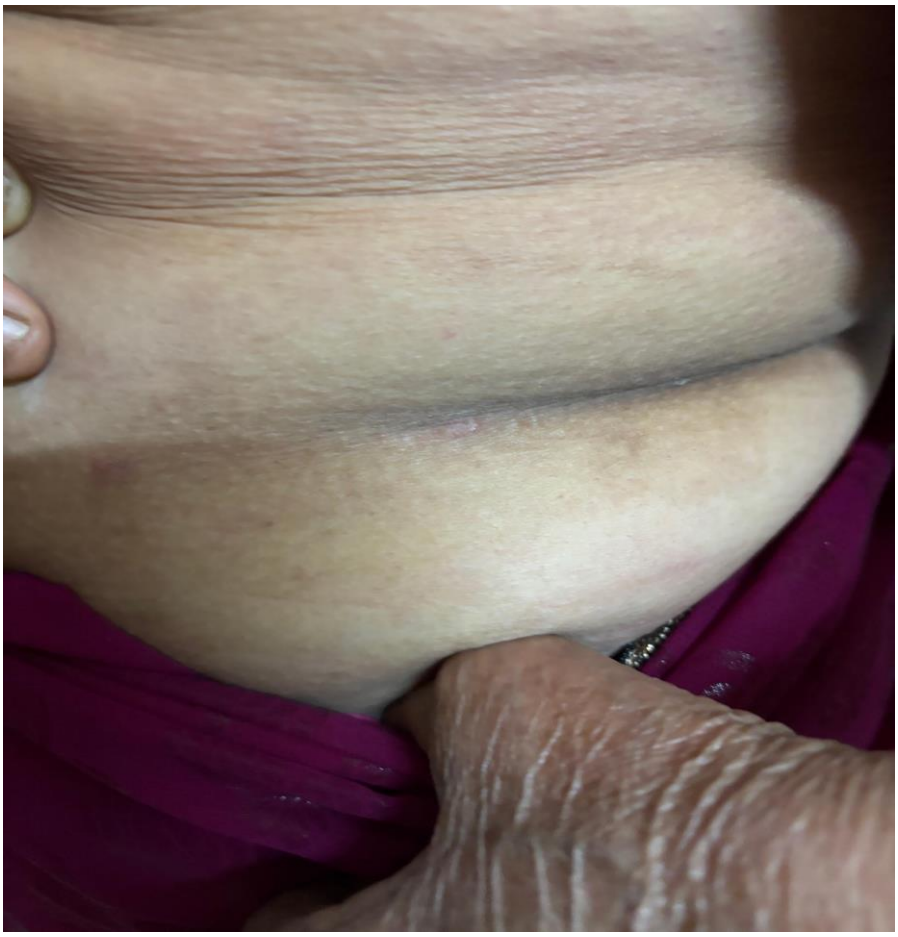
**Figures 5 to 8: On the day of discharge - redness and itching reduced**

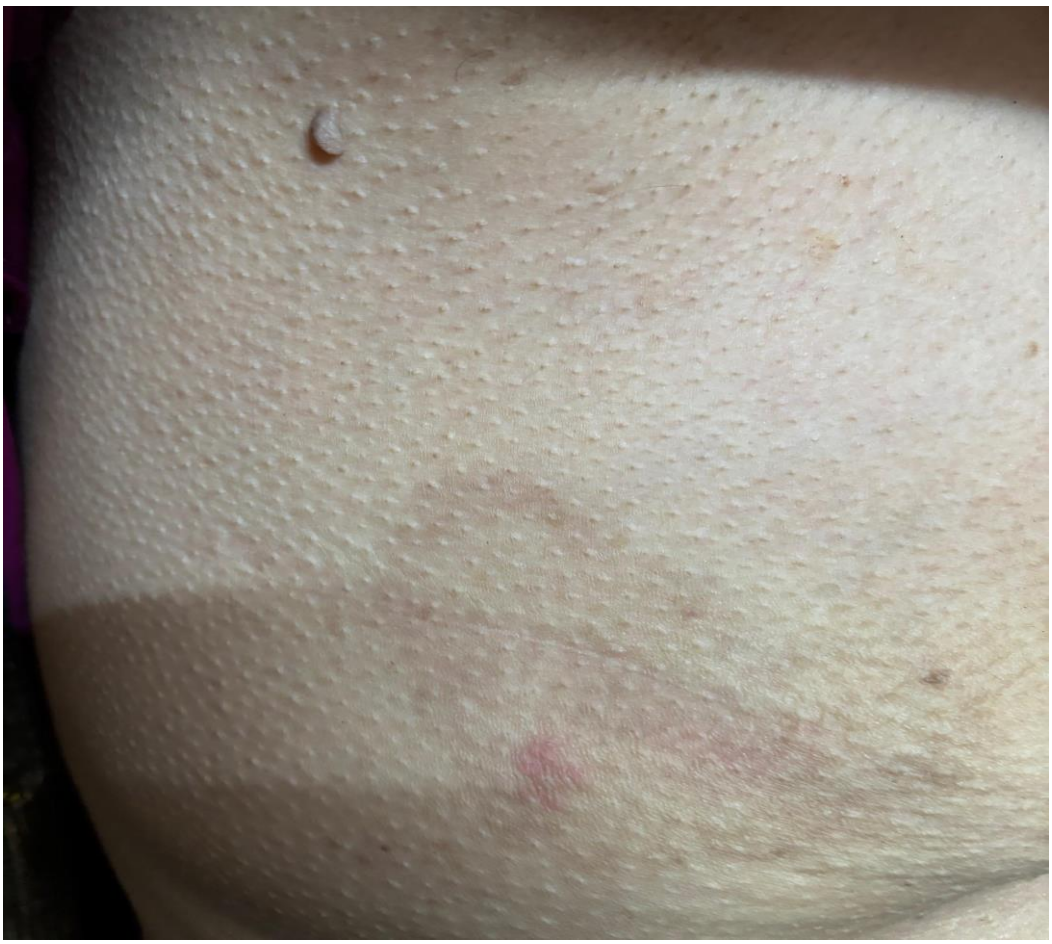
| SL.NO | *SHAMANA OUSHADHI* | DOSE | TIME |
|---|---|---|---|
| 1. | *Gandhaka rasayana DS* | 1-0-1 | After food |
| 2. | *Arogyavardhini vati* | 1-1-1 | Before food |
| 3. | *Patolakaturohinyadi kashaya* | 15ml-0-15ml | Before food |
| 5. | *Aragwadhadi kwatha* | once | for external wash |
| 6. | *Pinda taila* | once | for external application at night |
| 7. | D sora lotion | once | for external application at morning |

**Table 3: Discharge medications**









**Figures 9 to 12: Follow up after 15 days - lesions subsided, patient free of symptoms**

## OBSERVATION & RESULTS

| DAY | *KANDU* | *RAGA* | *DAHA* |
|---|---|---|---|
| 1st | ++++ | ++++ | +++ |
| 14th | ++ | ++ | + |
| 30th | + | - | - |

**Table 4: Observation and symptoms**

## DISCUSSION

*Dadru* involves *Kapha–Pitta* vitiation affecting *Tvak, Rakta, Mamsa, Ambu* and *Lasika*[4]. The patient presented with chronic circular reddish lesions, severe itching, and burning sensation, indicating deeper *dosha dushti*[2]. *Krimikutara rasa* was prescribed in the intention of eliminating *Krimi* from the body. *Shamana oushadhi* such as *Gandhaka rasayana, Arogyavardhini vati, Sootasekara rasa,* and *Nimbadi Kashaya* are indicated for *Kushta*, *Pitta–Kapha* disorders, and skin purification[3–5],[8–9]. External medicaments like *Pinda taila, Gandha karpura*, and *Tulasi* bathing powder are documented for reducing inflammation and itching[9–10]. *Pinda taila* has specific indications for *vata pittaja vikaras,* as mentioned in *Vatarakta adhikara.* As the present case shows

predominant vitiation of *Pitta dosha, Pinda taila was advised.*

*Shodhana* was planned in accordance with classical guidelines[2–4]. *Utsadana* helps in *kapha vilayana* and *Parisheka* prepare the body for purification, by eliminating the toxins via sweat. *Sadyovirechana* was administered for elimination of *Krimi* from the body and also for immediate and quick relief of symptoms. *Anuvasana*, and *Niruha basti* were prescribed, and curated in such a way targetting *Kapha* and *Pitta doshas*[11–12]; and also to relieve the symptoms present in *adho-shareera. Virechana* was again administered to ensure complete *shuddhi* and thereby providing systemic cleansing and enhanced therapeutic outcome.

Marked symptomatic improvement reflects successful *Samprapti vighatana* and validates *Ayurvedic* principles in managing chronic *Dadru*.

## CONCLUSION

This case demonstrates the effectiveness of combined *Shodhana* and *Shamana* therapy along with *Krimighna chikitsa* in treating *Dadru*. Internal medications, external applications, and purificatory therapies addressed both symptoms and underlying *doshic* imbalance[3–6]. Significant relief in itching, burning, redness, and lesion size confirms Ayurveda's role as an effective modality for managing *Kshudra Kushta* like *Dadru*.

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