

# Efficacy of Ayurveda Formulations and *Shodhan Chikitsa* on *Dadru Kushtha*: A Review on Researches Conducted on *Dadru Kushtha*

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## ABSTRACT

Skin is the most important organ of the human body as it protects the body from invading pathogens. It is the largest organ of the human body. Its size and external location makes it susceptible to wide variety of disorders, hence skin is prone to superficial fungal infections. In recent years, there has been a considerable increase in the incidence of skin diseases in the tropical and developing countries like India. Most of the skin diseases are caused due to bacterial or fungal infections. Poverty, poor sanitation, unhygienic conditions, pollution are some of the reasons for infections. In Ayurveda, all the skin diseases are considered under the *Vyadhi Kushtha* among it *Dadru* is *Pittakapha Pradhan Kushtha* having clinical features *Kandu* (Itching), *Raga* (Erythema), *Pidika* (Eruptions) and *Utsanna Mandala* (Elevated circular skin lesion). While during management of this disease, it is difficult to manage due to relapsing nature. Ayurveda classics described a number of formulations and *Shodhan Chikitsa* to combat *Kushtha* (skin disease) which offers effective remedy for *Dadru*. In this review, in the most of the studies *Ayurvedic* formulation as *Shaman Chikitsa* along with *Shodhan Chikitsa* was given in group of patients and showed the encouraging results. This review article attributes the researches on *DadruKushtha* showing effective *Ayurvedic* treatment in the same.

**Key Words** *Ayurveda*, Skin diseases, *Kushtha*, *Dadru*, *Shaman chikitsa*, *Shodhan chikitsa*

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## INTRODUCTION

A healthy skin reflects the health of the individual. Skin is the largest organ of the human body, and it is the only organ that can be seen outside the body. It acts as physical barrier between internal organs and environment. Now in a time when looking good has become very important to most people, it's a very significant

aspect to maintain skin healthy. Sometimes due to poor hygienic conditions, humid temperature, pollution and poor sanitization, infections on the skin may occur, it seems to be a concern as it may lead to psychological disturbances like anger, stress, depression and confidence often falls. And therefore, keeping your skin healthy has become a critical concern. Tinea of all skin

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disorders is the most wretched and widespread skin disorder that affects people of any age. According to Ayurveda, skin diseases were categorized under the heading of *Kushtha*. *Kushtha* is classified under two categories- *Kshudra Kushtha* and *Maha Kushtha*. Acharya Sushruta has included *DadruKushthain MahaKushtha* may be because of its extensively occupying lesions and quick invading nature. Acharya Charaka has considered *Dadru* under *Kshudra Kushtha*. In conventional dermatology, *DadruKushtha* can be alluded to as Ringworm/Tinea. Types of infection are typically referred to for the affected body Parts-Tinea corporis or Ring worm (general skin), Tinea Cruris or Jock itch (groin), Tinea onychomycosis (nails), Tinea capitis (ring worm of scalp). *Dadru* is *Pitta Kapha Pradhan Vyadhi*<sup>1</sup> it may be diagnosed with symptoms such as severe itching (*Kandu*), erythema (*Raga*), exanthema, and discoid lesions (*Pidika*) with elevated borders (*Utssanamandal*)<sup>2</sup>. There are actually a variety of allopathic drugs, such as Steroids, Antifungal and Anti Histaminic, used for the treatment of fungal infection. In such cases, No doubt, the use of steroids suppresses eczema, but it costs deeply in the severe long-term toxicity, including osteoporosis, skin fragility, susceptibility to infection and pituitary-adrenal axis suppression and recurrence is also seen. Since time immemorial, *Ayurveda* has helped humans conquer physical and mental ailments. There are also several medicines mentioned in *Ayurveda* for the treatment of *Kushtha* Rog.

Various treatment options like *Shaman Chikitsa* and *Shodhan Chikitsa* in form of *Kashaya* (decoction), *Kalka* (paste), *Ghrita* (medicated ghee), *Churna* (Compound formulations) and *Lepa* (External application) are mentioned under treatment of *Kushtha*. Keeping to the considerations of line of management, the treatment methods which are adopted for *Dadru* like *Abhyanga*, *Lepa*, *Pradeha*, *Virechana* etc are advised for all varieties of *Kushtha*. These procedures are being selected as per the predominance of individual *doshas*.

In this article total 05 research studies have been reviewed out of which 02 *Virechan* as *Shodhan Chikitsa* and 05 *Shaman Chikitsa* along with *Shodhan Chikitsa* carried out to find the effective modalities or formulations in the management of *DadruKushtha*.

## MATERIALS AND METHODS

**MATERIALS:** Research works done on the management of *DadruKushtha* were collected from published articles in various journals.

**Methods:** After review of research work done on *Dadru* it was observed that most of the scholars have selected *Virechan* as *Shodhan Chikitsa* along with different oral formulations as mentioned in the classics.

The methodology adopted for *Virechan karma* is given as follows.

*Sodhana- SodhanaChikitsa* is very important to excrete the vitiated *doshas* from diseased person. In *DadruKushtha* *Virechana* and *raktmokshan*

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should be given to remove out vitiated *Pitta* and *rakta*.

*Virechana karma* -

*Poorva Karma* (Preoperative measures)

a) *Snehana karma* - *Snehana* should be done with *Panchtikta ghrīta* or any medicated *sneha* indicated in treatment of *Kushtha* daily by increasing manner starting from 50 ml, 150 ml, 250 ml up to appearance of manifestation of “*samyaka snehana*” in the early morning after the completions of physiological urges.

*Snehamatra* was gradually increased according to *Agni* and *Koshta* of the patient. Daily *Sneha Jiryaman* and *Jirna Lakshana* were observed.

b) *Swedana karma* -After the completion of the *snehana* and before the *Virechana karma*. The

*peti sweda* should be given after applications of massage on whole body.

c) *Pradhana Karma* (Operative measures) -After *samyaka snehana Swedana* and examination of patients the planned induce purgation should be given to the patients by giving *trivrita kwath* early in the morning. Then patients should be observed for *samyaka Virechana* and *samsarjanakarma* should be maintain as per schedule.

d) *Pashchata Karma* (Post-Operative measures) *Samsarjan Karma*: It is special type of dietetic regimen explained in *Ayurveda*. It is graduated form of dietetic protocol in which, form of food is gradually graduated from liquid to semisolid form and semisolid to solid and normal food.

**Table 1** Tabulated schedule of graduated diet

Day	Time	Anna kala	Pradhana/ Pravara Shuddhi	Madhyama Shuddhi	Jaghanya/ Avara Shuddhi
1	Morning	-	-	-	-
	Evening	1 <sup>st</sup>	<i>Peya</i>	<i>Peya</i>	<i>Peya</i>
2	Morning	2 <sup>nd</sup>	<i>Peya</i>	<i>Peya</i>	<i>Vilepi</i>
	Evening	3 <sup>rd</sup>	<i>Peya</i>	<i>Vilepi</i>	<i>Krutakruta Yush</i>
3	Morning	4 <sup>th</sup>	<i>Vilepi</i>	<i>Vilepi</i>	<i>Krutakruta Mamsarasa</i>
	Evening	5 <sup>th</sup>	<i>Vilepi</i>	<i>Akruta Yusha</i>	<i>Samanya Bhojana</i>
4	Morning	6 <sup>th</sup>	<i>Vilepi</i>	<i>Kruta Yusha</i>	*
	Evening	7 <sup>th</sup>	<i>Akruta Yusha</i>	<i>Akruta Mamsarasa</i>	*
5	Morning	8 <sup>th</sup>	<i>kruta Yusha</i>	<i>Kruta Mamsarasa</i>	*
	Evening	9 <sup>th</sup>	<i>kruta Yusha</i>	<i>Samanya Bhojana</i>	*
6	Morning	10 <sup>th</sup>	<i>Akruta Mamsarasa</i>	*	*
	Evening	11 <sup>th</sup>	<i>Kruta Mamsarasa</i>	*	*
7	Morning	12 <sup>th</sup>	<i>Kruta Mamsarasa</i>	*	*
	Evening		<i>Samanya Bhojana</i>	*	*

A case study, in which management of *Dadru Kushtha* w.s.r to *tinea*<sup>3</sup>. It was planned with the aim to provide the safe and effective treatment for patients of *Dadru*. A 38 years old male patient visited to OPD with chief complaints of elevated irregular ring like patches with severe itching, redness/discoloration and burning sensation at the face, groin and buttock

region. Patient had above complaints for 3 months. Patient already took oral and local antifungal modern medicines which got him relief from itching for time being but after quitting the medicine the patches reappeared with increased discoloration/redness. The line of treatment was *Bilvadiagadgutika*<sup>4</sup>, 500mg twice a day with lukewarm water after meals was given

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along with *Kushthaghna mahakashay vati*<sup>5</sup>, that is *Khadira*, *Haritaki*, *Aamlaki*, *Van Haridra*, *Bhallatak*, *Saptaparna*, *Aaragwadh*, *Karweer*, *Vidanga*, *Jaati* all which were collected in equal quantity in powder form which is 7 times triturated by decoction of *KushthaghnaMahakashay* drugs and after 7 times trituration tablet formed in dose of 500 mg was given after meals with luke warm water. *Arogyavardhini vati*<sup>6</sup>, 250 mg with luke warm water was advised thrice a day before meals, *Vidang Churna*<sup>7</sup>, 3gm was given after meals with luke warm water. *Triphala kwath*<sup>8</sup> was given in which contents were taken in equal proportion, *Amalaki* (*Phyllanthus emblica*), *Haritaki* (*Terminalia chebula*), *Bibhitak* (*Terminalia bellirica*) were added with water in 1:8 proportions and boiled till ¼ part remains behind was used for wash locally. *Cutis cream*<sup>9</sup> was advised to be applied locally after washing and cleaning both times a day. Duration of the course was 1 month and follow up was 15 days.

Before treatment Gradation of *Kandu* was 3 (Severe Itching) which reduced to 2 (Moderate or Frequent Itching) during first follow up and it was absent on day 30 that is after completion of treatment. Before treatment Gradation of *Raag* (Erythema) was 3 which reduced to 2 during first follow up and it was 1 day 30 that is after completion of treatment. Before treatment Gradation of *Pidika* was 2 which reduced to 1 during first follow up and it was 1 on day 30 that is after completion of treatment. Before treatment Gradation of *Utsanna Mandala* was 3 which

reduced to 2 during first follow up and it was 1 on day 30 that is after completion of treatment. Before treatment Gradation of area of lesion was 3 which reduced to 2 during first follow up and it was 1 on day 30 that is after completion of treatment. Before treatment Gradation of *Daha* was 1 which reduced to 0 during first follow up and it was absent on day 30 that is after completion of treatment. Before treatment Gradation of *Rookshata* was 3 which reduced to 1 during first follow up and it was 1 on day 30 that is after completion of treatment.

*Ayurvedic* management of *DadruKushtha* - a case study<sup>10</sup>. The aim of the study was to evaluate role of *Shodhan Chikitsa* i.e. *Virechan karma* followed by *Shaman Chikitsa* in the management of *Dadru*. A 38 year old male patient with complaints of severe itching at the nape of neck and buttocks, erythematous lesions, burning sensation at the site of lesion, Redness, Itching and aggravation of itching during night. Patient was suffering from the above complaint since 2 and half years. *Deepana – Pachana Aushadh* was given up to the achievement of *Nirama Lakshana* which took 4 days. For this *TrikatuChurna* and *Triphala Vati* (250mg each) in the dose of 2 tablets three times in a day was administered. For *Snehapana PanchtiktaGhrita* was used. For *Virechana- Trivritta Avleha* (80gms) + *Triphala Kashaya* (200ml) was given at *madhyanh kaal* to the patient. *Anupana- Ushna jala* was advised for the whole day. As this is *Kapha Pradhan* condition *Samsarjana karma* so *Mudga YushaPradhan* was advised for 5 days. After the November 10<sup>th</sup> 2021 Volume 15, Issue 3 Page 46

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completion of Samsarjan *Karma*, once patient was started and started feeling normal hunger *Shaman Aushadhi* for that drugs, given in table 2 were administered.

**Table 2**Treatment

Sr. No.	Treatment	Doses	Lakshna(Symptoms)
1.	<i>Panchtikita Ghrita Guggulu</i>	2-2-2	Itching over all body +++
2.	<i>Chandrakala Vati</i>	2-2-2	Rough skin lesion on neck, abdomen and buttocks+++
3.	<i>Aarogyavardhini Vati</i>	2-2-2	<i>Annabhilasha</i> +++
4.	<i>Panchvalkal kwath -Snanartha</i>	-	Burning sensation +++
5.	<i>Nimba Taila Abhyanga</i>	-	Itching aggravated at night +++

Sr. No	Medicine	Observation of Lakshana
1 <sup>st</sup> Follow up	<i>Yathavata</i>	Itching over whole body++ Rough skin lesions on neck, abdomen and buttocks+ <i>Annabhilasha</i> -absent Burning sensation+
2 <sup>nd</sup> Follow up	<i>Yathavata</i>	Itching over whole body+ Rough skin lesions on neck, abdomen and buttocks+ Burning sensation- absent.
3 <sup>rd</sup> Followup	<i>Yathavata</i>	Itching over whole body- absent Rough skin lesions on neck, abdomen, and buttocks- absent Burning sensation – absent.

**Table 3**After Treatment

Ayurveda Management of *DadruKushtha*: Case Series<sup>11</sup>. The study planned with objective to evaluate combined efficacy of *Laghumanjishthadi kwatha* and *DurvadiLepa* in the management of *DadruKushtha*. For that purpose 6 patients of *DadruKushtha* were taken in view of inclusion criteria. *Laghumanjishthadi kwatha* is taken for study as internal medicine. The ingredients of *Laghumanjishthadi kwatha* are *Manjishtha*, *Triphala*, *Vacha*, *daruharidra*, *Nimba*<sup>12</sup>, which have properties like *Agnideepana*, *Raktashodhana*, *Samsrana*, *Pittakaphahara*, and *Kushthaghna* which results in *sampraptivighatan* of *DadruKushtha*<sup>13</sup> in dose of 25 ml *kwatha* twice in a day during *Aushadhi sevankala* of *Adhobhakta* (*vyanudan kala*) by oral route of administration for duration of 30 days. Follow up was done every 10<sup>th</sup> day. *Lepa* is one among *BahirparimarjanChikitsa* in *Kushtha*. *DurvadiLepa*<sup>14</sup> containing *Durva* and *Haridra* are

having properties of *Kaphapittaprashamana*, *Kushthaghna*, *Dahaprashamana*, *Kandughna*, *Raktashodhaka*, *Varnya*. *Lepa* was given to the patient as a local application on affected area (till it dry up) in once a day for 30 days duration. After completion of treatment there was mark improvement in signs and symptoms (table 3) i.e in *Kandu* (Itching), *Raga*(erythma), *Pidika*(eruptions), *Utsanna Mandala*. *Ayurvedic Approach in Management of DadruKushtha*<sup>15</sup>. The study is about the management of *DadruKushtha* with the basic principles in Ayurveda with *Shaman aushadhi* and *Raktamokshana* to give complete protocol of *Ayurvedic* management of *Dadru*. A 28 year old female presented with erythematous lesion (bilateral below the knee joint) with severe itching, burning sensation, redness, irregular bowel evacuation since 1 month. Initially the patient was advised to follow *Nidana parivarjana*

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i.e. Avoiding the *Ahara* and *Vihara hetus* responsible for the disease, it helps to decrease the *GrahaniDushti* followed by *Jalloukavacharana* which was done on 1 and 15 day of treatment and *AbhyantaraChikitsa* for 4 weeks including *Arogyavardhini vati* 500 mg twice a day, *Gandhaka Rasayan* 500 mg twice a day *Nimba Taila* for Local application. In this study, the treatment helped in curing *Grahani dushti*, *twaka*, *rakta*, *mamsa dushti* and hence breaking the *samprapti* which lead to *Vyadhi* development. This study states the management of *DadruKushtha* with *Nidana parivarjana*, *Abhyantara aushadhi* and *Raktamokshana* is effective.

Management of *DadruKushtha* with Ayurveda Intervention - A Case Study<sup>16</sup>. In this study *Shodhan Chikitsa* in form of *SadyoVirechan* followed by *Shaman Chikitsa* for duration of 45 days was given to a patient. A 21 year old patient, complaining of *Kandu* (itching sensation) over groin region, buttock, *Twak Vaivarnya* (reddish to black discoloration with mild discharge over the gluteal region on both sides. *SadyoVirechan* by *Aragwadg kapila vati* followed by *Shaman Chikitsa* by *Arogyavardhini vati* 500 mg, *Gandhak rasayan* 500 mg and *Rakta pachak vati* 250 mg, all medicines twice a day after meal for 15 days given to patient. For next 16 to 45 days *Gandhak rasayan* 500 mg, *Rakta pachak vati* 250 mg and *Avipattikar choorna* 3 gm all medicines twice a day after meal were given to the patient. In this case study marked improvement was seen in patient of

*DadruKushtha*. The treatment given was found effective in relieving the symptoms and induce remission by way of *Aampachana*, removal of vitiated *Dosha* from body and bringing *Samyavastha* (balanced condition) of *Doshas*.

## DISCUSSION

Ayurveda describes the wide spectra of skin disorders as “*Kushtha*” and is classified into two divisions, i.e., *MahaKushtha* and *Kshudra Kushtha*. All type of *Kushtha* are *Tridoshaja* (involving vitiation of these biohumours). According to *Acharya Charak* and *Vagbhata*, *Dadru* is *Pitta-Kapha Pradhan* (predominance) skin disease, while according to *Acharya Sushruta* it is *Kaphapradhan*. But clinical features mimics with both *Pittaj* as well as *Kaphaj* like redness, *Daha*, and *Kandu* respectively. Sometimes the patient may appear with *Pittaj* predominance symptoms along with *Kandu* and sometimes patient may present with *Kaphaj* predominance symptoms along with *Daha* while sometimes patient presents with both. Like *EkadashKushtha* patients of *Dadru* also have vitiations of *Saptadhatu* and vitiation of *Raktvaha Srotas*. In *Ayurveda Shodhana* procedure and *ShamanaChikitsa* is recommended along with drugs having *Kushtaghna*, *Krumighna* and *Kandughna* properties, along with *BahiparimarjanaChikitsa* (local application) in the form of *Lepa* and oil.

In the above research studies reviewed in this article, the drug used *Bilvadi Agad* is reference of *AshtangHruday* comprises the effect in versatile

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infective-non infective condition like *Visuchika*, *Jwar*, *Gara Visha*, various poisonous conditions including venomous bites and cumulative poisons either sources from animate, inanimate or artificial causes skin disorders due to accumulation of poisonous wastes within the body. *Bilvadi Agad* plays an important role in counteracting the causative factors in management of *Dadru*. *Kushthghna Mahakshay* having ingredients *Khadira*, *Haritaki*, *Aamlaki*, *VanHaridra*, *Bhallatak*, *Saptaparna*, *Aaragwadh*, *Karweer*, *Vidanga*, *Jaati* plays important role in pacifying the skin disorders as these drugs have *Vishaghna*, *Kandughna* and *Kushtaghna* properties. *VidangaChurna* have *krimighna* properties which acts as anthelmintic and anti-microbial in nature. *Triphala kwath* used as the local wash possess anti-microbial, *Kandughna* as well as *Kushthaghna* properties.

*Kushtha* is one of the most chronic disorders but with slight *Hetusevan* relapse easily occurs so it is difficult to cure. Because of this *Acharyas* have advised to conduct repeated *shodhanakarma* instead of *Shaman* only. The line of treatment of *Kushtha* includes, *Snehapana*, *Vamana*, *Raktamokshana*, *Virechana*, and *Nasya*<sup>17</sup>. *Panchtikta Ghrita*<sup>18</sup> which contains *Aattrushaka(Vasa)*, *Guduchi*, *Vyaghri*, *Kantakari*, *Patola*. These drugs have 100% *Tikta Rasatmak Dravyas*. Here *Tikta Rasa* helps to absorb *RasaRakta Gata Kleda*, which eventually reduces *Kandu*. While *Kleda* is decreased *Kushtha Samprapti* starts to break resulting in recovery. *Arogyavardhini Vati*<sup>19</sup> is a herbo-mineral formulation primarily

indicated in *Kushtaroga*. Its contents are *Kajjali*, *Loha Bhasama*, *Abhraka Bhasama*, *Tamra Bhasama*, *Shilajit* and *Triphala*, *Chitraka*, *Kutaki*, *Nimba Patra* equal proportion of *Tiktachoorna* etc with *Bhavana Dravya* of *Nimbakwatha*. Here most of herbal drugs are *Tikta Rasatmaka*, whereas *Bhasma* carry these drugs to *Sukshma* level. *Kutaki*, *Tamra* in *Arogyavardhini* acts as *Pitta Virechan* and thus causes *Raktashudhi* as *Pitta* and *Rakta* have *Asharay Ashrayi Sambhandh*. This drug acts miraculously in *Kushtha* for *MandalaKushtha* and all type of *Kushtha* with *Tri-Doshghna* property.

*Panchtikta Ghrita Guggulu*<sup>20</sup> this drug contains *Nimba*, *Amrita*, *Patola*, *Patha*, *Vidanga*, *Surdaru*, *Nagara* which are *Tikta Rasa Paradhan*, acts as *Raktsdosha Pachaka* and later *Rakta Prasadak*. *Purana Guggulu* is said to be *Lekhana* in nature. In *Sthira*, *Mandal Kushtha Lekhan* property is helpful. Here *Guggulu* acts as a vehicle for these drugs which enters into *Sukshma* channels and gives instant relief in *KanduPradhan Lakshanas*. *Chandrakala Vati*- As the patient has *Daha* after *Kandu* this drug was used. This drug contains *Kajjali*, *Tamra Bhasma* and *Abhraka Bhasma* with *Bhavana Dravya* of *Durva*, *Ketaki*, *Ghrit Kumari*. It is beneficial in all kinds of *Pittaj Vikara* and reduces all kind of *Abhyantra Daha* and *Bahya Daha*<sup>21</sup>. *Panchvalkal Kwath*<sup>22</sup> containing *Nyagrodha*(*Ficus bengalensis* Linn.), *Udumbara* (*Ficus glomerata* Roxb.), *Ashvatha* (*Ficus religiosa* Linn.), *Parisha* (*Thespesia populanea* Soland ex correa), *Plaksha* (*Ficus* November 10<sup>th</sup> 2021 Volume 15, Issue 3 Page 49

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lacor Buch-Ham.) is *Kashay-RasaPradhan*, acts as *Kledashoshan* in result gives very fast symptomatic relief when used externally for *Snana* (Bathing). *Nimb Taila*<sup>23</sup> when used externally, it gives instant symptomatic relief with its *Kushthaghna* property.

*Durvadi Lepa* showed significant effect in *Dadru Kushtha*, this may be because of the *Kandughna*, *Kushthaghna*, *Kaphashamaka*, *Ushna Virya* which justifies the above result with regards to the *BahyaShaman Aushadha* as well as internally the *Laghu Manjishthadi Kashaya* has shown the significant effect on *Dadru* by reducing *Kandu* and other symptoms with its *Tikta Pradhana Rasa*, *Ushna Virya*, *Kaphapittahara* and *Kushthaghna* property. *Raga* is resultant of *Pitta Prakopa*. The *Lepa* as well as *Kashaya* have the properties of *Pittashamana* and *Rakta Shodaka*, *Varnya* hence put forth the above observed result. The *Pidika* are produced due to the *Kapha Pitta PradhanaTridosha*. The *Ushna*, *Ruksha*, *Tikshna Gunas* of both *Bahya* and *Abhyantara Shamana* acts on reducing the *Pidikas*. *Mandalas* are resultant of *Tridosha* and four *Dushya Dhatu*. *Kushthaghna*, *Twakdoshara*, *Raktadoshahara*, *Laghu ruksha Guna*, etc. *Gunas* of *Lepa* and *Kashaya* helped in reducing the *Mandalas* of *Dadru*.

The selected drugs for *AbhyantaraChikitsa* were *Arogyavardhini vati* 500mg BD, *Gandhakarasyana* 500mg BD, local application of *Nimba taila* and *raktamokshana* by *Jalloukavacharana*. Probable mode of action of *Arogyavardhini vati* is already mentioned in

above description. *Gandhakarasyana* is *Kushthaghna*, *Kandughna*, *Visarpahara*, *Krumighna* and *Vranaghna* and also acts on *Rakta* and *Twacha*. *Nimba taila* is *Kushthaghna* and it decreases itching.

In this selected drugs for internal treatment like *Aragvadha Kapila Vati* for *Virechana* and *Arogyavardhini*, *Rakta Pachak Vati*, *Gandhak Rasayan*, *Avipattikar Choorna* as a *Shaman* treatment *Avipattikar choorna* act as *Deepan*, *Rasagata&AmashaygataDosha Pachana*, *Krumighna*, *RaktaPrasadak Varnya*, *Rochana*, *Deepana*, *Kandughna*, *Kushthaghna*, *Rakta Prasadak* where *Rakta PachakVati* acts as *Deepan*, *Pachana*, *Kleda Shoshana*, *Pittasarak*, *Krumighna*, *Kushthaghna*, *Lekhana*, *Shothahara*, *Rasayan* which helped to curb the symptoms of *DadruKushtha* and in this way helped to cure *DadruKushtha*.

## CONCLUSION:

The review of research studies conducted on *DadruKushtha* showed that the *Dadru* can be best treated with *Ayurvedic* formulations as mentioned. The best treatment in repetitive relapsing condition of this disease is *Shodhan Chikitsa* followed by *Shaman Chikitsa*, so *Virechan karma* used in these research studies shown better improvement in *DadruKushtha*. In most of the studies better improvement was noted in the symptoms like *Kandu* (Itching), *Raga* (Erythema), *Pidika* (Eruptions) and *Utsanna Mandala* (Elevated circular skin lesion). Reduction in the relapsing nature of the disease

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also recorded and noticeable point is the quality of life was improved in these studies. No any adverse effect of any drug was noted in these studies means treatment mentioned in review studies was well tolerable.

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