



EFFECT OF KARANJADI LEPA AND HARITAKI CURNA IN DADRUKUSTA – CASE STUDY

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Abstract: *Dadru Kusta* is a prevalent dermatological condition affecting millions worldwide. In Ayurvedic medicine, *Karanjadi Lepa*¹ and *Haritaki Churna*² as *Antha* and *Bahi Parimarjana* have been traditionally used to treat skin disorders, including ringworm. This study aimed to assess the efficacy of *Karanjadi Lepa* and *Haritaki Churna* in managing *Dadru Kusta*.

Methods: A patient with *Dadru Kusta Haritaki Churna* in the dose of 6gms with luke warm water for 3 consecutive nights for *Anulomana*. On 4 th day and 5 th day *Samssarjana Krama* followed with *Mudga Yusha* and *Shali Anna*. From 6 th day *Karanjadi Lepa* will be applied on effected area twice daily for further 7 days (6th – 12th day) *lepa*. Clinical outcomes, including *Kandu* (itching), *Raga* (redness), *Pidaka* (pimple), *Mandala udgata*(circular patches with elevated edges), *Mandalakara*³. lesion size reduction, symptom alleviation, and patient satisfaction, were evaluated at baseline

Results: Significant improvements in clinical outcomes were observed, with a mean lesion size reduction and symptom alleviation. Patient satisfaction was high, and patients reporting improvement in symptoms.

Conclusion: This study demonstrates the therapeutic potential of *Karanjadi Lepa* and *Haritaki Churna* in managing *Dadru Kusta*, offering a promising Ayurvedic treatment option for *Dadru*. Further research is warranted to confirm these findings and explore the mechanisms of action.

Keywords : *Dadrukusta, Karanjaadi Lepa, Haritaki Churna, Anta and Bahi parimarjana, Anulomana*

INTRODUCTION

Dadru Kusta is considered a skin disorder caused by an imbalance of the three *Doshas* (*Vata*, *Pitta*, and *Kapha*). It is a contagious fungal infection affecting the skin. Despite its prevalence, conventional treatments often have limitations, including side effects, resistance, and incomplete cure. Ayurvedic medicine offers a holistic approach to managing skin disorders, with *Karanjadi Lepa* and *Haritaki Churna* being two traditionally used formulations for *Krimighna* properties, their antifungal, anti-inflammatory, and wound-healing properties and *Anulomanartha* .

Karanjadi Lepa, is prepared from the seeds of *Karanja Beeja Churna* and *Chakramarda Beeja Churna* with *Gomutra* as *Bahi Parimarjana*⁴, known for its antifungal and antibacterial activities. *Haritaki Churna*, as *Antha Parimarjana* renowned for its *Anulomana*, *Kosta Shodhana*⁵, antioxidant, anti-inflammatory, and immune-modulating effects. The combination of *Karanjadi Lepa* and *Haritaki Churna* may offer a synergistic approach to managing *Dadru Kusta*⁶, addressing both the symptoms and underlying causes of the condition.

This study aims to investigate the therapeutic efficacy of *Karanjadi Lepa* and *Haritaki Churna* in patients with *Dadru Kusta*, providing insights into their potential as an effective Ayurvedic treatment option for *Dadru Kusta*.

CASE REPORT

A 54 year male came to OPD of Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hassan. With complaints of circular patch with elevated edge, and itching and reddish discoloration over the lesion since 7 days.

PRADHANA VEDANA

Patient was apparently healthy before 7 days and suddenly observed a circular patch with elevated edge, and itching and reddish discoloration over the right thigh. Had consulted allopathy hospital and found no relief for further management visited SDM College of Ayurveda and Hospital Hassan.

PURVAVYADHI VRUTTANTA

There was no past history of Diabetes mellitus, Hypertension, Asthma & Hypothyroidism.

VAYAKTIKA VRUTTANTA

Prior to the onset of itching and crimson discoloration over the right leg seven days ago, the patient appeared healthy. The patient claimed to be vegetarian, was consuming oil or ghee, and stored food with other typical foods that were primarily sour, salty, spicy, and pungent. The patient had a low digestive fire and no habits of drinking alcohol, tea, coffee, or tobacco. The patient was not suppressing any natural desires or engaging in regular exercise. The patient slept soundly for six to seven hours at night and for one to two hours during the day without having any dreams. The patient was taking a typical hot water bath. The patient was under stress at work and led a sedentary lifestyle.

PARIKSHA

Vital signs at the time of the visit included a blood pressure reading of 140/90 mm Hg, a pulse rate of 72 beats per minute, a respiratory rate of 16 cycles per minute, a temperature of 96 °F, a weight of 72 kg, a height of 168 centimetres, and a body mass index of 29.6 kg per meter square.

ASHTA STHANA PARIKSHA

Nadi Pariksha : Vata Pardhana

Mutra : Pravriti was four to five times per day with pale yellow Varna,

Mala : Normal in frequency and colour and consistency,

Jihva : Aipta and Adra,

Shabda : Prakrit,

Sparsha : Ushna, Drik was Prakrit,

Akriti : Madhyama.

DASHAVIDHA PARIKSHA

a) Sharirika Prakriti was Kaphapittja Pradhana Tridoshaja,

b) Sara was Rakta and Asthi,

c) Samhanana was Madhyama,

d) Satva was Pravara,

- e) *Pramana* was *Madhyama*,
f) *Vyayama Shakti* was *Madhyama*,
g) *Ahara Shakti Abhyavarana Shakti* was *Madhyama* and *Jarana Shakti* was *Madhyama*,
h) *Desha* was *Jangala Desha*.

STHANKIKA PARIKSHANA

Site was right thigh
Distribution was symmetrical
Number of lesions were two with size of small measuring one to five centimeter of diameter.

NIDANA PANCHAKA

- a) *Nidana*: *Aharaja Nidana* was *Virudha Ahara* and *Vihaaraja Nidana* was *Divaswapna*.
b) *Poorvaroop*: was not elicited
c) *Roopa*: *Kandu* was grade two, *Regatta* was grade two, *Mandala* was grade two, *Utsannamandala* was grade two.
d) *Upashaya* and *Anupashaya* : was not elicited
e) *Sadhyaasadhya*: *sadhya* in this case.

SAMPRAPTI

With adaptation of *Nidana* in day to day lifestyle and food habits *Dushana* of *Pitta* and *Kapha Pradhana Tridosha* leads to *Dosha Gamana* to *Sarvasharira* leads to *Twak, Rakta, Mamsa, Ambu* become *Shithila* leads to *Dosha Sthana Samshraya* in *Twak* leads to formation of symptoms like *Mandala, Pidaka, Kandu, Ragata* leads to diagnosis to *Dadru Kustha*.

SAMPRAPTI GHATAKAS

Dhatu : *Rasa* And *Rakta*,

Mala : *Pitta Kapha Pradhana Tridosha*,

Strotas : *Rasa, Rakta* And *Ambu*,

Strotodusti : *Sanga* And *Vimarga Gamana*,

Adhithana : *Tawak*,

Vyaktasathana : *Twak*,

Udbhava Sthana : *Amashaya*,

Rogamarga : *Bahya*,

Vyadhi Avastha: *Bheda*,

Vyadhi Swabhava : *Ashukari*.

VYADHI NIRNAYA

By considering all condition, symptoms and factors it was come to conclusion that it was *Dadru Kusta* condition.

CHIKITSA

Administered with *Haritaki Churna* in a dose of 6gms, with luke warm water for 3 consecutive nights. On 4th day and 5th day *Samsarjana Krama* followed with *Mudga Yusha* and *Shali Anna*. From 6th day *Karanjadi Lepa*(*KARANJA BEEHA CHURNA+CHAKRAMARDA BEEJA CHURNA + GOMUTRA*) is applied on effected area twice daily for further 7 days (6th – 12th day) *lepa* removed before dry up. Then follow up done on 19th day.

DISCUSSION:

Chakrapani while clarifying the concept narrates that. *Dadru Kusta* is *Kapha Pitta Pradhana Twak Vikara*, which shows involvement of *Rasa, Rakta, Mamsa Dhatu* and *Rasa, Rakta* and *Swedavaha Srotas*. There will be *Kandu*(itching), *Raagata*(redness), *Pidaka*(pustule), *Utsanna Mandala* (elevated edge), the lesion will be in *Mandala*(circular patch) shape⁷.

As *Haritaki* being *Kashaya Pradhana Lavana Varjita Pancha Rasa Dravya* and also Having properties like *Doshanulomana, Deepana, Pachana, Sara, Ushna Veerya* and through *Apatarpana* effect acts as *Kushta Nashaka*. So for *Antaparimarjana* in *Dadru Kushta Haritaki Churna* is chosen and using for present work. In *Bahiparimarjana Churna Pradeha* are narrated.

Churna Pradeha is a broader concept which includes- *Churna, Pradeha, Alepa, Lepa, Avachurnana, Pragharshana, Vesavara, Udvartana* etc. The *Pradeha Nirmana* is done by mixing with the *Drava Dravya* like *Gomutra* or *Gopitta, Taila* etc. Various *Churna Pradeha* mentioned for many types of *Kushta*⁸.

While discussing 32 *Churna Pradeha* Charaka narrates to use external application made from *Chakramardabeeja Churna* and *Karanjabeeja churna* by mixing it with *Gomutra* in *Dadru Kushta*. *Chakramarda* is very efficacious drug in *Dadru* and other *Charmaroga*, it is both *Vatahara Kaphahara* due to its *Ushnavirya*⁹.

It has *Karma* like *Kustaghna, Kandugna, Dadrughna, Krimighna, Swasahara, Hrudya*. *Karanja* is *Vatakapha shamaka*, its properties and *karma* are similar to that of *Chakramarda*, with few special *Karma* like *Sothahara* and *Vranaropaka*¹⁰.

Gomutra is having *Katu, Tikta, Kashaya Rasa*, having *Tikshna, Ushna, Kshra, Laghu Guna* and is *Kapha* and *Vatashamaka*. Thus the *Pradeha* prepared by these combination of drugs are used to treat *Dadru Kusta*¹¹.

CONCLUSION: The combination of *Haritaki Churna* and *Karanjaadi Lepa* provides a comprehensive approach to detoxification, supporting both internal and external well-being, and can be used as a natural adjunct therapy for various health conditions. *Haritaki churna* (as internal administration) given for 3 consecutive nights and *Karnjadi lepa* (as external application) applied for 7 days is effective in treating *Dadru kusta*.

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