

ROLE OF *KHADIRASHTAK KWATH* AND *KUSTHADI LEPA* IN REFERENCE OF *DADRU KUSHTHA*: EXPLORATRY REVIEW

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ABSTRACT

The skin, being the largest organ of the human body, is particularly vulnerable to a variety of disorders due to its size and external exposure. Dermatological conditions are predominantly caused by infectious agents such as bacteria and fungi. In *Ayurvedic* medicine, all skin diseases are categorized under the general term '*Kushtha*,' which is further subdivided into *Mahakushtha* and *Kshudrakushtha*. Among these, *Dadru* is recognized as a *rakta pradoshaja vyadhi* characterized by the predominance of *kapha* and *pitta doshas*. Given the similarity in clinical manifestations, *Dadru* can be correlated with *Tinea*, a fungal infection commonly associated with inadequate hygiene. In *Ayurveda*, *twaka vikara* (skin disorders) are generally treated with medications having *rakta shodhak* and *tridosahara guna*. *Khadirashtak Kwath* and *Kusthadi Lepa* are medications known for their *Pitta-Kapha* balancing properties.

KEYWORDS: *Dadru Kushtha*, *tinea*, *Khadirashtak kwath*, *kushthanashak*.

INTRODUCTION

Kushtha is referred to as *Saptakodravysangraha*, meaning it involves seven major etiological factors: the three doshas (*Tridosha*) along with *twaka*, *mamsa*, *rakta* and *lasika*, which collectively cause *Kushtha* disease. In *Charak vimana sthana kushtha* is considered as *mahagada vyadhi*. *Acharya Sushruta* considered *Kushtha* to be an *aupsargika vyadhi* (contagious disease). *Acharya Charak* describes seven types of *Mahakushtha* and eleven types of *Kshudra Kushtha* under *Kushtha* disease. According to *Acharya Charak*, *Dadru* is classified as *Kshudra Kushtha*, while *Acharya Shushruta* classifies *Dadru* as *Mahakushtha*. *Acharya Dalhana* describes the types of *Dadru* as *sita* and *asita*. *Dadru* is characterized by a predominance of the *pitta* and *kapha doshas*. In modern medicine, it can be correlated with *tinea* or fungal infections due to the similarity in sign and symptoms. In *dadru kushtha*, symptoms include *kandu* (itching), *raga* (redness), *daha* (burning sensation), *utasanna mandal* (raised circular lesions), and *pidika* (papules). Similarly, *tinea* infections present with annular patches accompanied by itching and erythema. Tropical and developing countries are highly affected by skin diseases due to lack of education about hygiene, overpopulation, poverty, pollution, and environmental factors such as high humidity. Superficial

fungal infection is a common contagious disease with a worldwide prevalence rate of 20-25%.^[1] Due to its relapsing nature, fungal infections are hard to treat with a single course of treatment. The recurrence of dermatophytosis demands effective herbal remedy solutions. Considering these facts, two *Ayurveda* formulations were selected for a review study.

Khadirashtak Kwatha has been selected because of its ingredients, which act on blood impurities, *Twak Dushya*, and the *Kapha* and *Pitta* doshas. It possesses properties such as *Deepana*, *Raktashodhaka*, and *Kusthaghna*, which help alleviate the symptoms of *Dadru Kushtha*. *Kusthadi Lepa* has been chosen for its active ingredients, which have *Kapha-Pitta-hara* properties and act effectively on *Bhrajak Pitta*.

Etiopathogenesis of *dadru Kushtha*^[2]

Nidan	Purvarupa	Rupa	Upshaya	Samprapti
Aharaj.	Vaivarnyatha (Abnormal color).	Kandu.	Shodhan karma (bloodletting, Virechana karma)	Nidan sevan.
Viharaja.	Kandu (Pruritis).	Raga.	Tikta such as tikta shaka prayog, laghu ahar prayog.	Vitiatisation of dosha.
Sansargaja.	Nistoda (piercing pain).	Pidika.	Krimihar chikitsa, kledahar chikitsa	Enter siravahi srotas.
Kulaja.	Suptata (Numbness).	Mandal utpatii.	Utsadanam (ointment or lepa prayojan)	Vitiation of twak mamsa rakta, ambu.
Chikitsa apcharaj.	Paridaha (General burning sensation).	Utasanta in mandal.	Hygiene maintenance.	Vaivarnyata in twak dhatu.

Samprapti ghatak of *dadru kushtha*^[3]

Dosha	Tridosha (Kapha-pitta Pradhan)
Dushya	Twacha, Lashika (Ambu), Rakta and Mamasa
Srotas	Rasavaha, Rakta vaha.
Srotodushiti	Sanga, vimarggaman.
Adhistan	Twacha
Rogamarga	Bahya.

AIM AND OBJECTIVE

To analyse and evaluate the therapeutic role of *Khadirashtak Kwatha* and *Kusthadi Lepa* in management of *Dadru Kushtha*.

role and mechanism of action of *Khadirashtak Kwath* and *Kusthadi Lepa* in the treatment of *Dadru* by analysing the available literature.

MATERIAL AND METHODS

The work is based on a review of classical texts and contemporary literature. It aims to explore the potential

DRUG REVIEW***Khadirashtak kwath*^[4]**

Drugs	Botanical name	Part used	Quantity
<i>Khadira</i>	<i>Acacia catechu</i>	Twaka	1
<i>Amlaki</i>	<i>Emblica officinalis</i>	Phala	1
<i>Haritaki</i>	<i>Emblica chebula</i>	Phala	1
<i>Vibhitaki</i>	<i>Terminalia bellirica</i>	Phala	1
<i>Nimba</i>	<i>Azadirachtha indica</i>	Twaka	1
<i>Patola</i>	<i>Trichosanthes dioica</i>	Patra	1
<i>Guduchi</i>	<i>Tinospora cordifolia</i>	Kanda	1
<i>Vasa</i>	<i>Adhatoda vasica</i>	Patra	1

Rasa-panchak

Drugs	Rasa	Guna	Virya	Vipaka	Karma	Pharmacological action.
<i>Khadira</i>	Tikta, Kashaya	Laghu, ruksha	Sheeta	Katu	Kapha- pitta shamak	Anti-fungal, anti-microbial, anti- oxidant.
<i>Amlaki</i>	Pancharasa, amla Pradhan	Guru, ruksha, sheeta	Sheeta	Madhura	Pittashamak, tridoshar, rasayan	Anti-inflammatory, anti - microbial,
<i>Haritaki</i>	Pancharasa, Kashaya Pradhan	Laghu, ruksha	Ushna	Madhura	Tridosahar, rasayana, kushthghna, sothhara.	Antimicrobial, antifungal, antihelminthic
<i>Vibhitaki</i>	Kashaya	Ruksha, laghu	Ushna	Madhura	Kaphahar, rasayan, krimighna	Antifungal, antihistaminic, antibacterial.
<i>Nimba</i>	Tikta, Kashaya	Laghu	Sheeta	Katu	Kapha-pitta shamak, kandughna, raktashodhak.	Anti-inflammatory, antihelminthic.

Patola	Tikta, katu	Laghu, ruksha	Ushna	Katu	Deepan, pachana, kushthghna, kandughna	Anti -inflammatory.
Guduchi	Tikta, Kashaya	Guru, snigdha	Ushna	Madhur	Kushthghna, krimighna, tridoshshamak.	Anti inflammatory
Vasa	Tikta, Kashaya	Ruksha, laghu	Sheeta	Katu	Kapha-pittashamak, shothahar, kushthaghna	Antihistamine, anti-bacterial, antitussive.

KUSTHADI LEPA^[5]

Drug	Botanical name	Part used	Quantity
Kushtha	Saussurea lappa	Moola	1
Vidaanga	Embllica ribes	Phala	1
Chakramarda	Cassia tora	Beeja	1
Haridra	Curcuma longa	Rhizome	1
Sendhava	Sodium chloride	-	1
Sarshap	Brassica campestris	Beeja	1
Amlaphal(Nimbu)	Citrus limon	Juice extract	As per quantity of Churna

Rasa panchak

Drugs	Rasa	Guna	Virya	Vipaka	Karma	Pharmacological action
Kushtha	Tikta,katu,	Laghu,	Ushna	Katu	Kaph-vatashamak, raktashodhak, varnya.	Antibacterial, antimicrobial, anti-inflammatory.
Vidanga	Katu, Kashaya	Laghu, ruksha, tikshana	Ushna	Katu	Krimighana, anulomana.	Antimicrobial, antifungal, antioxidant, anti-helminthic.
Chakramarda	Katu	Laghu, ruksha	Ushna	Katu	Krimighna, vishaghna, kaphavataghna, tvachya.	Anti-helminthic, anti-inflammatory.
Haridra	Katu, tikta	Ruksha	Ushna	Katu	Varnya, krimighna, kushthghna, vishaghna.	Anti-histamine, antibacterial, antifungal.
Sendhava	Lavana	Laghu, snigdha, tikshana	Sheeta	Madhur	Agnideepak, pachana, varnya, kaphachedana.	Antioxidant, Anti-inflammatory,
Sarshap	Tikta, katu	Snigdha, Tikshna	Ushna	Katu	Krimighna, kandughna, Deepana, Kaphavataghna.	Antifungal, antimicrobial.
Nimbuka (jambira nimbu)	Amla	Tikshna	Ushna	amla	Vata-kapha shamak,	Anti-oxidant, twakshodhan.

DISCUSSION

The content of Khadirashtak Kwath and Lepa has Katu, Tikta, and Kashaya rasa, which have a significant effect on Dadru Kushtha. Katu rasa has Kledahar, Snehahar action along with Kandughna properties. Tikta rasa has Kledopashosan, Raktaprasadan, and Kandughna activity. Kashaya rasa has Twaka-prasadan and Varnya activity. Laghu guna has Ropaniya activity and decreases the effect of Kapha dosha. Ruksha guna decreases Kapha dosha, and the Madhur vipaka has Rasayana properties, as in Guduchi. Sheetta virya Dravya like Khadir has direct Kushthaghna activity.

MODE OF ACTION OF KHADIRASHTAK KWATH IN DADRU KUSHTHA (FUNGAL DERMATOPHYTOSIS)
Mechanism of Kwath^[6]

Impaired digestion (Jatharagnimandhya) and weakened cellular metabolism (Rasa Dhatvagnimandya) lead to the

formation of Ama (advanced glycation end products and toxins), which enter the bloodstream and contaminate both the blood and skin. Additionally, poor digestion and cellular metabolism disrupt the skin's moisture balance and pH levels. These changes in skin moisture and pH increase the skin's susceptibility to fungal infections.

Action of drugs

Most of drugs have deepana, pachana, laghu, ruksha, ushna and tikshna guna. These all are opposite properties of ama, so they work as ampachaka as well. The assimilation of dosha and dushya leads to the formation of disease only when the Agni is reduced and the quality of dhatu is deteriorated (shithilikarana). Haritaki, Amalaki, and Guduchi, which are part of Khadirashtak Kwath, act as Rasayana. Rasayana therapy maintains the Agni and improves the quality of rasadi dhatu, thus preventing disease formation. Kushtha develops when Twak, Rakta, Ambu, and Mamsa become shithila;

Rasayana gives strength to them and develops *sthairya*. Therefore, *Rasayana aushadha* works as a *Naimittika Rasayana*, enhancing the nature of relief and stopping recurrences.

MODE OF ACTION OF KUSTHADI LEPA IN DADRU KUSHTHA (FUNGAL DERMATOPHYTOSIS)

Mechanism of Lepa^[7]

The skin consists of three layers: Epidermis, Dermis, and Hypodermis. The stratum corneum, the outermost layer, acts as a protective barrier. Active principles of Lepa are absorbed through skin pores and micro-vessels into circulation, where they exert their therapeutic effects. *Bhrajak Pitta* plays a crucial role in metabolizing active substances applied to the skin. The involvement of *Samana Vayu* and *Vyana Vayu* facilitates penetration and absorption through gravitational pull and weight of the drug.

Action of Drugs

The ingredients in the paste have properties such as *krimighana*, *kandughana*, *kushthaghna*, and *rakta prasada*, which help to pacify the aggravated *Doshas*. Properties like *kushthaghna* and *kandughna* soothe the affected tissues, aiding in breaking the disease process and thereby reducing the symptoms of *Dadru*. Pharmacologically, all components of the paste possess anthelmintic and antiseptic effects.

The paste is characterized by qualities such as lightness (*Laghu*), dryness (*Ruksha*), sharpness (*Tikshna*), heat (*Ushna*), and the ability to balance all three *Doshas* (*Tridosha*). Additionally, it has antibacterial, antifungal, and anti-allergic properties, making it effective in reducing infection and preventing its recurrence by enhancing skin immunity through its antioxidant effects.

CONCLUSION

Content of *Khadirashtak Kwath* and *Kusthadi Lepa* has *Krimighna*, *Kandughna*, and *Kushthaghna* properties. All *karma* of *Ayurvedic herbs* have a significant effect on *Twaka Dhatu*. Pharmacological properties, which are anti-inflammatory, antimicrobial, and antifungal, make the drug very effective for treating the disease. Further drug study is needed to understand how the constituents of the drugs work precisely on the disease.

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