

**TO EVALUATE THE EFFICACY OF THE DURVA-NISHA LEPA IN THE  
MANAGEMENT OF DADRU**Vd. Suraj V. Birajdar<sup>\*1</sup>, Dr. Yeshwant R. Patil<sup>2</sup>, Dr. Bhaskar M. Perke<sup>3</sup>, Dr. Shital O. Chavan<sup>4</sup><sup>1</sup>P.G. Scholer, Dept. of Swasthviritta & Yoga, Government Ayurved College, Vazirabad, Nanded, M.S. India.<sup>2</sup>HOD & Professor, Dept. of Swasthviritta & Yoga, Government Ayurved College, Vazirabad, Nanded, M.S. India.<sup>3,4</sup>Asst. Professor, Dept. of Swasthviritta & Yoga, Government Ayurved College, Vazirabad, Nanded, M.S. India.**\*Corresponding Author: Dr. Vd. Suraj V. Birajdar**

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**ABSTRACT**

In recent years skin diseases have gained more importance & attention. The patients of skin diseases are more prone to experience physical, emotional & socioeconomic embarrassment in the society due to disfigured appearance. In Ayurveda skin diseases are mentioned under the name of kushtha. It is the Tridoshaj ayadhi in which Rasa, Rakta, Mamsa & Lasika are the main dushyas. Dadru is one of the most common type of kushtha which affects the population of all the age of group & it stands as challenge to different medical systems. Dadru is kapha pitta Pradhan vyadhi & the management of which includes Shodhana, Shamana & Bahirparimarjanachikitsa. Among this Shamanachikitsa measures in the form of lepa has appreciable results. Here an effort is made to see the effect of Durva(cynadonDactylon), Nisha(Curcuma longa) churna in Dadru. This is study with sample size 10. Diagnosed cases of Dadru were selected from O.P.D. of Govt. Ayurved College & Hospital Nanded. The Patients were treated with external application of Durva-Nisha lepa along with water for 7 days. All the results were analyzed statistically for comparing the effects before after treatment. The results revealed significant effect of lepa in various subjective parameters like Kandu, Raga, Pidika after treatment.

**KEY WORDS:** Kushtha, lepa, Durva, Nisha.**INTRODUCTION**

Dadru is one of the most common but measurable Twakvikar affecting all the age of population. Many research work have been done on skin disorders in modern medical science but no drug has yet been claimed to cure this skin disease completely & prevent its recurrence.

All the skin diseases in Ayurveda are classified under the heading of Kushtha<sup>[1]</sup> & this is further classified into Mahakushtha & Kshudrakushtha. Acharya Charaka has included Dadru in Kshudrakushtha<sup>[2]</sup> & Acharya Sushruta & Acharya Vagbhatta included it in Mahakushtha.<sup>[3,4]</sup>

Through modern perspective dadru comes under superficial fungal infection of the skin which is the most common dermatological manifestation affecting the 15% of world population in all age group.

Lepa means the medicine in the form of paste & used for external application applied against the hair follicular direction this facilitates the fast absorption of the drug potency through Romakupa(hair roots), swedvahini(sweat gland) & Siramukha (blood capillaries).<sup>[5]</sup>

Durva is one of the drug of choice in many yogas(formulations). It has Kashaya rasa (astringent taste), Sheet virya, Pitta and Shleshma & Dahanashak(pacifies the Pitta & Kaphadosha & burning sensations).<sup>[6]</sup> Durva also has antimicrobial, antiulcer, antioxidant, immunomodulatory, antidiabetic properties.<sup>[7]</sup>

Haridra is the most popular herbal drug ancient medicine has katutikta rasa, Ushnavirya, ruksha(rough)guna & kapha Pitta nashak, varnya(gives good complexion), twakadoshnashaka(pacifies skin diseases), vranopak(wound healing) capacity.<sup>[8]</sup> Haridra also having antimicrobial, antifungal, anti-inflammatory, antioxidant, antibacterial capacity.<sup>[9]</sup>

Durva & Nishabotha are very economical hence, it can be used to all skin disease.

**Aims and Objectives**

To evaluate the efficacy of Durva-Nisha lepa in the management of Dadru.

**MATERIALS AND METHODS**

**Period of trial:** Total 7 days lepa is applied.

**Time of application:** Lepa is applied two times per day & Till the lepa would dry up.

**Application of oil:** Local application of lepa.

**Follow up:** 0th day & 7th day.

#### Drug review

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#### Study Design

10 patients of Dadru were selected from the O.P.D. of Govt. Ayurved College & Hospital having the desire inclusion, exclusion criteria.

Durva-Nisha with sheet jalaare used for Bahyalepaanarth (external application) for 7 days.

Affected part is washed & dried and prepared lepa is applied over the lesion. Lepa is applied two times per day for 7 days. Each application is kept until it would dry.

#### Diagnostic Criteria

Diagnosed cases of Dadru.

**Table 1: Difference in before and after giving Durva-Nisha lepa on Kandu.**

	Mean	S.D	S.E	W value	P value	Decision based on P value
BT	3.375	0.6191	0.1548	55.00	0.0046	P<0.05 significant
AT	2.375	0.5000	0.1250			

**Table 2: Difference in before and after giving Durva-Nisha lepa on Raga.**

	Mean	S.D	S.E	W value	P value	Decision based on P value
BT	2.750	0.1708	0.1548	55.00	0.0035	P<0.05 significant
AT	2.000	0.8281	0.2138			

**Table 3: Difference in before and after giving Durva-Nisha lepa on Pidika.**

	Mean	S.D	S.E	W value	P Value	Decision based on P value
BT	3.375	0.6199	0.1548	55.00	0.0036	P<0.05 significant
AT	2.600	0.8281	0.2138			

#### DISCUSSION

In the preparation of Durva-Nisha lepa, Durvachurna & Haridrachurna mixed with Seethajala is used. Durva is one of the drug of choice in many yogas (formulations). It has Kashaya rasa (astringent taste), Sheet virya, Pitta and Shleshma & Dahanashak (pacifies the Pitta & Kaphadosha & burning sensations). Durva also has antimicrobial, antiulcer, antioxidant, immunomodulatory, antidiabetic properties.

Haridra is the most popular herbal drug ancient medicine has katutikta rasa, Ushnavirya, ruksha (rough) guna & kapha Pitta nashak, varnya (gives good complexion), twakadoshnashaka (pacifies skin diseases),

#### Inclusion Criteria

- 1) Diagnosed cases of Dadru having the symptoms of Kandu (Itching), Raga (Erythema), Pidika (Eruption).
- 2) Patients of both gender having the age between 20- 50 years.
- 3) Willing patients are included.

#### Exclusion Criteria

- 1) Patients under the long standing medication
- 2) Chronic Dadru more than 2 years.
- 3) Pregnant women & lactating mother.
- 4) Patients having any systemic disease.

#### Withdrawal Criteria

1. The patient is not willing to continue the trial or not giving regular follow-up.
2. Evidence of any other illness which may interrupt the treatment.

#### Assesment Criteria

- 1) Kandu
- 2) Raga
- 3) Pidika.

#### Medicine used in the study

Durva- Nishalepa for external application.

vreropak (wound healing) capacity. Haridra also having antimicrobial, antifungal, anti-inflammatory, antioxidant, antibacterial capacity. This Durva-Nisha lepaadeblocks the obstruction in the Swedavahisrotas and allows the toxins localised out through the Sweda (sweat), thus clearing out the micro channels. Sheetajala pacifies the Teekshnata of drug and will help in reducing burning sensation etc in lesion after application.

#### CONCLUSION

Thus present study concludes that the use of Durva-Nisha lepa gives relief to the patient of Dadru. There were no adverse effect of Durva-Nisha lepa found on local application. Tropical applications are found to be

producing significant improvement in the disease management, so even if it is used alone without any internal medications can produce favourable results. Hence it is concluded that Durva-Nishalepaa can be used in the management of Dadru.

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