

## **Significance of Shatadoutha Grutha in Dadru Kushta W.S.R to Athlete's Foot**

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### **ABSTRACT**

Skin is the largest organ of human body. Its size and external location makes it susceptible to various disorders. Skin diseases are mostly caused by infections like bacteria, fungi etc<sup>1</sup>. All the skin diseases in Ayurveda have been classified under the broad heading of 'Kushta' which are further classified into Mahakushta and Kshudrakushta. Dadru is one amongst them. It is Raktapradoshaja vyadhi having kapha, pitta dominance<sup>2</sup>. Due to the similarity of all the symptoms of Dadru can be correlated with Tinea pedis which is a fungal infection especially caused due to excessive exposure of water conditions. Athlete's foot is a common disorder of the feet characterized by scaling and/or blistering of the soles, fissures of the toe webs, and itching. When caused by a fungus, an Athlete's foot may spread to the palms. Fungal of the feet are contagious and can be spread from person to person or by walking on contaminated floors. Other causes of athlete's foot include contact allergy, erythrasma and fungal infection<sup>3</sup>, In Ayurveda the Shodhana, Shamana chikitsa and bahir parimarjana chikitsa is mainly indicated in Kushta<sup>4</sup>. The patient Aged 35 yrs male came with the complaints of round reddish patches in between both the foot fingers with severe itching from 2 months, he was treated with application of Shatadoutha grutha for 1 month. After completion of the treatment, significant improvement was observed in the parameters like Kandu (itching), Raaga (Erythema) and cracks. In Samhita the shatadoutha gruta is explained as dahahara, dagdha vrana, vedana nashaka, masurika, visarpa, angaspota, Kushtghna, Kandughana and Krumighna properties so it helps in the break down the samprapti of the dadru<sup>5</sup>. From this case study it can be concluded that shatadouta gruts is effective in the management of Dadru kushta.

**Key words-** Dadru kushta, Kandu (Itching), Raagata (Erythema), Pada sputana (Cracks), Kshudra kushta, Shatadoutha gruta.

### **INTRODUCTION**

Skin is the largest organ of human body. Its size and external location makes it susceptible to various disorders. In recent years, there has been a considerable increase in the incidence of skin problem in the tropical and developing countries like India. All the skin diseases in Ayurveda have been classified under the broad heading of 'Kushta' which are further classified into Mahakushta<sup>6</sup> and Kshudrakushta [7]. Dadru is one amongst them. Acharya Charaka has included Dadru in Kshudrakushta, whereas Acharya Sushruta and Acharya Vagbhata have explained under Mahakushta. Vishamashana (Incompatible food), vegavidharana (suppression of natural urges), diwaswapa (daytime sleeping), intake of ati lavana, ati tikshna ahaar (excessive salty or spicy food), intake of contaminated food, drinking cold water just after physical work or atapa sevana (exposure to sunlight) are causative factors of Kushta. The main lakshanas of Dadru include Kandu (Itching), Utsanna

(elevated circular lesions), Mandala (Circular Patches), Raaga (Erythema), and Pidakas (Papule). The samprapti of Dadru mainly involves vitiation of Pitta-kapha doshas and dushti of rasa and raktavaha strotas [6]. Due to similarity of symptoms Dadru can be correlated with Tinea pedis, which is a fungal skin infection. In modern medical science, it is managed with topical and systemic antifungal agents and use of corticosteroids. In Ayurveda, Shodhan, Shamana and Bahirparimarjan [4] (topical) Chikitsa is indicated for Dadru. The case study was conducted in the form of Bahirparimarjana chikitsa with Shatadoutha grutha.

## **CASE REPORT**

The male patient aged 35 years came to my OPD with the Chief complaints of round reddish patches in between the foot fingers with severe itching from 2 months.

### **History of Present Illness**

Patient was well before 2 months, and then he gradually developed the round reddish patches in foot (fingers) region with severe itching. For that he had taken Allopathic treatment from local practitioner but didn't get satisfactory result, so he came to my OPD for management.

### **Clinical Examination**

Ashtha vidha pariksha was within normal limit except patient had constipation. Patient had madhyama akruti.

### **Local Examination**

Reddish and cracks in between the finger area. No discharge from the lesion. Vital parameters- Vitals parameters were within normal limit. Diagnosis From clinical features it was diagnosed as Dadru (Tinea pedis).



**Table No 1: Treatment Suggested**

Sl no	Drug name	Dose\Anupana	Duration time
1	Shatha doutha grutha	For application	Twice a day \1 month

## OBSERVATION AND RESULTS

**Table No 2 Assessment Before, During and After the Treatment**

Symptoms	On day 0	After 15 days	After 30 days	F\U after 15 days	F\U after 30 days
Kandu (Itching)	3	2	0	0	0
Raaga (Erythema)	1	1	0	0	0
Pada sputana (Cracks)	3	2	0	0	0

Before treatment Gradation of Kandu was 3 (Severe Itching) which reduced to 2 (Moderate or Frequent Itching) after 15 days treatment and it was absent on 30<sup>th</sup> day that is after completion of treatment. As well as follow up after 15<sup>th</sup> day and 30<sup>th</sup> there was no kandu.

Before treatment Raagata (Erythema) was present that persists after 15<sup>th</sup> day of treatment and it was absent on day 30<sup>th</sup> day that was after completion of treatment. As well as follow up after 15<sup>th</sup> day and 30<sup>th</sup> there was no Ragata.

The grading of crack was 3 before treatment, it was reduced to 2 after 15<sup>th</sup> day of treatment and cracks were absent after the treatment. As well as follow up after 15<sup>th</sup> day and 30<sup>th</sup> there was no pada sputana (Cracks).

Thus, complete improvement was observed in all parameters after completion of treatment and follow up.

### Probable Mode of Action of Shatadoutha Grutha [8]

**Shatadoutha Grutha's** contents are Sneha dravya is Gogrutha and sheeta jala, Ghee is a by-product of milk which is efficacious in several ways. Right from boosting your energy to smoothening muscles and joints, it works through biological system. Ghee is also a potent pain reliever and skin care solve the skin problems. It is used in various Ayurvedic treatment and therapies.

Shatadhauta grutha is an Ayurvedic formulation extensively used for skin care treatment. In Sanskrit Shata means 100, dhauta means washed with water and ghrita means ghee. Shatadhauta ghrita is prepared by washing purified ghee for hundred times along with water.

### METHOD OF PREPARATION

Pure cow's ghee should be taken in a big bronze plate and cold water should be added above the level of ghee. It should be rubbed vigorously for a few minutes. When the water becomes slightly warm. (Due to continuous rubbing), it should be replaced by a fresh sample of cold water. This procedure is done for hundred times.

It is a natural moisturizer and anti-wrinkle, unguent that keeps the skin cool and makes it soft by nourishing all the layers of skin. Ghee is rich in fatty acids which acts as a natural hydrating agent and also cures all types of skin diseases. Shatdhauta Grutha is a thick concentrated. Ayurvedic cream that heals the damaged skin by penetrating into the skin and makes the skin surface smooth and silky by removing the dryness.

## CONCLUSION

Dadru kushta is a type of Kshudra kushta according to Acharya Charaka & Maha kushtha according to Acharya Sushruta and Acharya Vagbhata. It can be correlated with **Tinea pedis** or **Athlete's foot**. As it is a contagious disease, personal hygiene is an important part in its management. From this case study it can be concluded that use of Chikitsa upakramas described in Ayurveda like Bahiparimarjana (lepa of Shatadoutha grutha (local application) is effective in the management of Dudru kushta (Athlete's foot).

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