

A REVIEW ON EFFECT OF NEELITULSYADI KASHAYAM IN DADRU VIZ- A -VIZ TAENIA CORPORIS

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ABSTRACT

The skin of a person is the index of psychosomatic health. Nowadays various types of fungal diseases are on the rampage, *Dadru* is one of them. *Acharya Charaka* described *Dadru* under *Kshudra Kushtha*, which is characterized by *Udagata Mandala* (raised patch) associated with *Kandu* (itching), *Raga* (redness), and *Pidika* (eruptions) and is *Pitta Kaphaja* predominance skin disease. It has a resemblance to fungal dermatophytosis. The recurrence of this disease is common while treating with modern medicines and has side effects too. To overcome adverse consequences, the need arises for natural herbal remedies. This study aimed to explore and review the probable role of *Neelitulasyadi Kashayam* in the management of *Dadru*. *Neelitulasyadi Kashayam* is an Ayurvedic polyherbal formulation which contains fourteen ingredients which are specifically indicated to *Luta Visha*, but is widely used in chronic skin

disorders in *Keraliya Ayurvedic* Practice. As *Dadru Mandal Sannibham* is specific characteristic of *Lutavisha*, and because the *Kashayam* is *Tridoshahara*, *Srotoshodhak*, *Kushthaghna* and *Vishaghna* hence the drug of choice for the research work. This article aims at reviewing the clinical evaluation of *Neelitulasyadi Kashayam* in *Dadru*.

Key words: *Dadru*, *Lutavisha*, *Neelitulasyadi Kashayam*, *Taenia corporis*.

INTRODUCTION

Skin is the most important and largest organ from the protective as well as cosmetic point of view thereby playing an important role in the expression of beauty. Skin disease account for 10-15% of all consultations in general practice¹ where 5 out of 1000 people are suffering from Tinea infection². Tinea corporis is a frequently occurring skin disease, especially with poor hygienic conditions. It may have a variety of appearances; most easily identifiable are the enlarging raised red rings with a central area of clearing (*ringworm*)³. The prevalence rate of superficial mycotic infection worldwide is 20%–25% (World Health Organization). In India, 5 out of 1000 people, suffer from Tinea infections⁴. In the present era, everyone is partaking *Viruddhahar* directly or indirectly, in one way or the other. In accordance with *Vagbhatacharya's* quotation, this *Viruddhahar* can be termed as '*Garavisha*'.¹¹ On similar lines the long term and consistent consumption of *Viruddhahara* can result in the formation of *Dushivisha* which in turn can become an etiological factor of *Kushtha*⁵.

Hence, besides *Nidan Parivarjan* it is essential to eliminate (*Shodhan*) and pacify (*Shaman*) the systemic *Doshadushti* arising thereof. It can be managed by *Shodhana*, *Shamana* and *Bahiparimarjana* (topical) *Chikitsa*. So, *Neelitulasyadi Kashayam* pacify the condition by its *Tikta Rasa*, *Vishaghna* and *Sroto-shodhana* properties. Ingredients are having *Kaphavatahara* (reduce *Kapha* and *Vata*), *Vishagna* (anti-toxic), *Kushtagna* (pacifies skin diseases), *Vedanasthapana* (reduce pain), *Rakthaprasadana* (Purifies blood) properties.

Nidana Panchaka of Dadru Kushtha:

Detail about *Nidana Panchaka* of *Dadru Kushtha* is depicted in Table. 1

Samprapti Ghataka

Table 2 provides information on *Samprapthi Ghataka* of *Dadru Kushtha*. *Acharya Charaka* gave a description, *Dadru* is found in *Tvaka's* fourth layer. *Kushtha* was described by *Acharya Sushruta* in the fourth and fifth layers of *Tvaka*. Both *Charakacharya* and *Vagbhatacharya*

emphasised the roles of *Agni* and *Viruddhahar* in the *Samprapti* of many ailments, including *Kushtha*⁶. This *Viruddhahar* is a causal factor of *Raktadushti* and *Kushtha*⁷, with the latter also stated as one of *Raktapradoshaj Vyadhi's Lakshana*⁸. As a result, *Viruddhahar* generates *Raktadushti*, who manifests as *Kushtha*, one of the eight *Mahagada*^{9 10}. *Dadru* is classed as a *Kshudra Kushtha* by *Acharya Charaka* and a *Maha Kushtha* by *Acharya Sushruta* among the eighteen types of *kushtha roga*.

Aim and objectives

To review and explore the role of *Neelitulasyadi Kashayam* in the management of *Dadru*.

MATERIALS AND METHODS

The present paper is based on an examination of historical data, pertinent published research works, and contemporary literature. Through a review of the literature available, an effort has been made to explore the likely role and mode of action of *Neelitulasyadi Kashayam* in the management of *Dadru*.

DRUG REVIEW

Neelitulasyadi Kashayam

The detail about ingredients *Neelitulasyadi Kashayam* is mentioned in Table 3¹¹. Properties and action of contents of *Neelitulasyadi Kashayam* are depicted in Table 4¹².

Method of preparation:

All ingredients are taken in equal quantity and made into course powder. 8 parts of water is added to it and made to boil and reduced to 1/4th part¹³.

DISCUSSION

Neelitulasyadi kashayam

*Neelitulasyadi kashayam*¹⁴; a formulation from *Prayog Sammuchayam*, a Malayalam text, is *Vishaghna* especially indicated in *Luta Visha* but is widely used in chronic skin disorders in *Keraliya Ayurvedic Practice*. As *Dadru mandal Sannibham* is specific characteristic of *Lutavisha*, and because the *Kashayam* is *Tridosahara Srotoshodhak*, *Kushthaghna* and *Vishaghna* hence the drug of choice. The *Kashayam* pacify the condition by its *Tikta Rasa*, *Vishaghna* and *Sroto-shodhana* properties. Ingredients are having *Kaphavatahara* (reduce *Kapha* and *Vata*), *Vishagna* (anti-toxic), *Kushtagna* (pacifies skin diseases), *Vedanasthapana* (reduce pain), *Rakthaprasadana* (Purifies blood) properties.

Mode of action of *Neelitulsyadi kashayam* in *Dadru Kushtha*

The maximum ingredients in *Neelitulsyadi kashayam* contains *Tikta*, *Katu*, and *Kashaya Rasa*. In addition to having qualities like *Deepana* and performing activities like *Kandughna*, *Vranaprasadana*, and *Krimighna*, *Katu Rasa* is also reported expand the *Srotas*¹⁵. *Tikta Rasa* possesses *Vishaghna*, *Krimighna*, *Dahaprashamana*, *Kandughna*, and *Kushthaghna* properties.¹⁶ *Kashaya Rasa* possesses *Vranaropana*, *Kledashoshaka*, and *Kapha-Rakta-Pitta Prashamana*.¹⁷ The majority of the ingredients contain *Laghu* and *Ruksha Guna*. *Laghu Guna* has *Lekhana* and *Ropana* qualities.¹⁸ *Ruksha Guna* possesses the qualities of *Shoshana* and *Rukshana*.¹⁹ The majority of the constituents are *Ushna Veerya*, which contains *Vatakaphashamaka* and *Ashupaka* properties that allow it to act quickly in minute channels.²⁰ *Katu Vipaka* assists in *Srotas Shodhana* (removal of obstructions in microchannels).

Pharmacological action

Neeli (Indigofera tinctoria) has the anti-bacterial and epidermal layer repairing properties²¹. *Tulasi (Ocimum sanctum)* shows antimicrobial activity, antifungal activity, Wound healing activity and antioxidant properties.²² *Ishwarimool (Aristolochia indica)* has antimicrobial activity, Anti-inflammatory activity²³. *Sariva (Hemidesmus indicus)* is commonly found throughout India. Studies have revealed its use in anti-inflammatory, antimicrobial, anti-ulcerogenic, anti-oxidant²⁴. *Nirgundi (Vitex negundo)* found to have significant antifungal activity, Immunomodulatory effect²⁵. *Saussurea lappa* have biological activities like anti-tumour, anti-bacterial, anti-inflammatory, immunomodulation, antiulcer, etc²⁶. *Yashtimadhu (Glycyrrhiza glabra)* possess good anti-fungal activity, immunostimulatory effects and antimicrobial properties²⁷. *Chandana (Santalum Album)* contains antibacterial and antifungal principles. It is used as blood purifier and tonic for heart, stomach and liver, and also in fever and memory improvement²⁸. *Tagara (Valeriana Jatamansi)* have Antidepressant and antianxiety activities, anti-proliferative property and is traditionally used as snakebite antidote, ringworm killer and to treat skin²⁹. *Ashwagandha (W. somnifera)* possesses various pharmacological activities anti-inflammatory activity, antibacterial activity, antifungal activity, antiviral activity, antitumour activity, immunomodulatory activity, anti-stress/adaptogenic activity.

CONCLUSION

Neelitulsyadi kashayam la having *Garavishahara*, *Rakta Shodhaka* (Blood purifying), *Krimighna* (Antimicrobial and antifungal), *Kushthaghna* (Beneficial in skin diseases), *Kandughna* (Reduces itching), *Dahaprashamana* (Reduces burning sensation) properties as well as antimicrobial, antifungal, anti-inflammatory, antiproliferative actions, expected to exert significant impact on the pathogenesis of *Dadru Kushtha* or fungal dermatophytosis.

FINANCIAL SUPPORT AND SPONSORSHIP

Nil.

CONFLICTS OF INTEREST

There are no conflicts of interest

Table 1: Nidanapanchaka of Dadru Kushta

<i>Nidanapanchaka</i>	Details
<i>Nidana</i>	<i>Aharaja, Viharaja, Acharaja, Sansargaja, Kulaja, Chikitsa Vibharamsajanya Hetu</i> , etc,
<i>Poorvaroopa</i>	<i>Asveda, Atisveda, Parushyam, Atishlakshnata, Vaivarnyam, Kandu, Toda, Suptata, Paridaha</i> , etc ³⁰ .
<i>Roopa</i>	<i>Udagata Mandala</i> associated with <i>Kandu, Raga</i> and <i>Pidika</i> ³¹ .
<i>Upashaya</i>	<i>Tikta, Laghu Ahara</i> , Proper sleep and purification of body and bloodletting.
<i>Samprapti</i>	Due to various <i>Nidana Sevana Tridosha</i> get vitiated, enter the <i>Sira</i> and vitiate <i>Twak, Raktha, Mansa</i> , and <i>Ambu</i> and create <i>Vaivarnya</i> in <i>Twak</i> and later on spread to further <i>Dhatu</i> ³²

Table 2: Samprapti Ghatak of Dadru Kushta

<i>Samprapti Ghatak</i>	Details of Samprapti Ghatak
<i>Nidana</i>	<i>Sankramika Bahya Malaja Krimi</i>
<i>Dosha</i>	<i>Tridosha (Kapha Pitta Pradhana)</i>
<i>Dooshya</i>	<i>Twak, Rakta, Lasika (Ambu), Sweda</i>
<i>Srotas</i>	<i>Rasa, Rakta</i>
<i>Adhishthana</i>	<i>Twacha</i>
<i>Rogamarga</i>	<i>Bahya</i>

Table 3: Ingredients of Neelitulasyadi Kashayam

S. N.	SANSKRIT NAME	LATIN NAME	Quantity
1	<i>NILI MULA</i>	<i>Indigofera tinctoria</i>	1 part
2	<i>TULASI</i>	<i>Ocimum sanctum</i>	1 part
3	<i>ISHWARMULI</i>	<i>Aristolochia indica</i>	1 part
4	<i>SARIVA</i>	<i>Hemidesmus indicus</i>	1 part
5	<i>NIRGUNDI</i>	<i>Vitex negundo</i>	1 part
6	<i>RASONA</i>	<i>Allium sativum</i>	1 part
7	<i>KUSHTHA</i>	<i>Saussurea lappa</i>	1 part
8	<i>YASHTIMADHU</i>	<i>Glycyrrhiza glabra</i>	1 part
9	<i>CHANDAN</i>	<i>Santalum album</i>	1 part
10	<i>TAGAR</i>	<i>Valeriana jatamansi</i>	1 part
11	<i>NAGAR</i>	<i>Zingiber officinalis</i>	1 part
12	<i>MARICHA</i>	<i>Piper nigrum</i>	1 part
13	<i>PIPPALI</i>	<i>Piper longum</i>	1 part
14	<i>ASHWAGANDHA</i>	<i>Withania somnifera</i>	1 part

Table 4: Properties and action of ingredients of Neelitulasyadi Kashayam

S. NO	Sanskrit name	Rasa (taste)	Guna (properties)	Veerya (potency)	Vipaka (Post digestive taste)	Karma (action)
1	<i>Nili Moola</i>	<i>Tikta</i> (bitter)	<i>Laghu</i> (lightness), <i>rooksha</i> (roughness)	<i>Ushna</i> (hot)	<i>Katu</i> (pungent)	<i>Kaphavatahara</i> (reduce <i>Kapha</i> and <i>Vata</i>) <i>Vishagna</i> (anti-toxic), <i>Kushtagna</i> (pacifies skin diseases), <i>Vedanasthapana</i> (reduce pain) <i>Rakthaprasadana</i> (Purifies blood)
2	<i>Tulasi</i>	<i>Tikta</i> (bitter), <i>katu</i>	<i>Laghu</i> (lightness),	<i>Ushna</i> (hot)	<i>Katu</i> (pungent)	<i>Kaphavatahara</i> , <i>Vishagna</i> , <i>Twakdoshahara</i> ,

		(pungent)	<i>Rooksha</i> (roughness)			<i>Vedanasthapana,</i> <i>Rakthaprasadana</i>
3	<i>Ishwarmu</i> <i>li</i>	<i>Tikta</i> (bitter) <i>katu</i> (pungent), <i>kashaya</i> (astringent)	<i>Laghu</i> (lightness), <i>Rooksha</i> (roughness)	<i>Ushna</i> (hot)	<i>Katu</i> (pungent)	<i>Kaphavatahara,</i> <i>vishagna,</i> <i>vedhanasthapana,</i> <i>sophahara</i>
4	<i>Sariva</i>	<i>Madhura</i> (sweet), <i>Tikta</i> (bit ter)	<i>Guru</i> (heaviness), <i>snigdha</i> (unctuous)	<i>Sheeta</i> (cold)	<i>Madhura</i> (sweet)	<i>Tridoshagna,</i> <i>vishagna,</i> <i>kushtagna, rakthasodhana</i>
5	<i>Nirgundi</i>	<i>Katu</i> (pungent), <i>Tikta</i> (bitter)	<i>Laghu</i> (lightness), <i>Rooksha</i> (roughness)	<i>Ushna</i> (hot)	<i>Katu</i> (pungent)	<i>Kaphavatahara, kushtagna,</i> <i>vedanasthapana,</i> <i>rak</i> <i>thaprasadana</i>
6	<i>Rasona</i>	<i>Amla</i> <i>varjitha</i> <i>pancha rasa</i> (five tastes except sour)	<i>Tikshna</i> (sharpness), <i>guru</i> (heaviness), <i>snigdha</i> (unctuous)	<i>Ushna</i> (hot)	<i>Katu</i> (pungent)	<i>Kaphavatahara kushtagna,</i> <i>vedanasthapana, sophahara</i> (reduce swelling)
7	<i>Kushtha</i>	<i>Tikta</i> (bitter), <i>katu</i> (pungent) , <i>madhura</i> (sweet)	<i>Laghu</i> (lightness), <i>rooksha</i> (roughness)	<i>Ushna</i> (hot)	<i>Katu</i> (pungent)	<i>Kaphavatahara, kushtagna,</i> <i>vedanasthapana</i>
8	<i>Yashtima</i> <i>dhu</i>	<i>Madhura</i> (sweet)	<i>Guru</i> (heaviness), <i>snigdha</i> (unctous)	<i>Sheeta</i> (cold)	<i>Madhura</i> (sweet)	<i>Vatapittahara</i> (pacifies <i>Vata</i> and <i>Pitta</i>), <i>Kandughna, Ve</i> <i>danasthapana, Sophahara</i>
9	<i>Chandan</i>	<i>Tikta</i> (bitter), <i>madhura</i> (sweet)	<i>Laghu</i> (lightness), <i>rooksha</i> (roughness)	<i>Sheeta</i> (cold)	<i>Katu</i> (pungent)	<i>Kaphapittahara, vishagna,</i> <i>kushtagna, raktasodhana</i>
10	<i>Tagar</i>	<i>Tikta</i> (bitter), <i>katu</i> (pungent), <i>kashaya</i> (astringent)	<i>Laghu</i> (lightness), <i>snigdha</i> (unctuous)	<i>Ushna</i> (hot)	<i>Katu</i> (pungent)	<i>Kaphavatahara, vishagna,</i> <i>kushtagna, vranaropanam</i>
11	<i>Nagar</i>	<i>Katu</i> (pungent)	<i>Laghu</i> (lightness), <i>snigdha</i> (unctous)	<i>Ushna</i> (hot)	<i>Madhura</i> (sweet)	<i>Kaphavatahara, kushtagna,</i> <i>vedanasthapana, sophahara</i>

12	Maricha	<i>Katu</i> (pungent)	<i>Laghu</i> (lightness) , <i>tikshna</i> (sharpness)	<i>Ushna</i> (hot)	<i>Katu</i> (pungent)	<i>Kaphavatahara, kushtagna, vedanasthapana, sophahara</i>
13	Pippali	<i>Katu</i> (pungent)	<i>Laghu</i> (lightness), <i>tikshna</i> (sharp ness), <i>snigdha</i> (unctous)	<i>Anushna</i> sheeta (neither hot nor cold)	<i>Madhura</i> (sweet) (sweet)	<i>Kaphavatahara, kushtagna, vedanasthapana, sophahara</i>
14	Ashwagandha	<i>Tiktha, katu</i> (pungent), <i>madhura</i> (sweet)	<i>Laghu</i> (lightness), <i>snigdha</i> (unctous)	<i>Ushna</i> (hot)	<i>Madhura</i> (sweet)	<i>Kaphavatahara, kushtagna, vedanasthapana, sophahara</i>

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