

Management of *Vrushana Kacchu* w.s.r to Inguinal Intertigo with Ayurveda – A Case Study

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ABSTRACT:

Vrushana Kacchu is a *Kshudrakushta* mentioned by *Acharya Susruta* that arises due to lack of hygiene and is characterized by *Kandu* (Itching), *Sphota* (Blisters) and *Srava* (Discharge) in the *Vrushana Pradesha*. It can be compared with inguinal intertigo due to its similar aetio-pathogenesis and clinical manifestations. No satisfactory medicine is available in modern medicine except topical antifungals. In Ayurveda, *Shodhana* and *Shamana* treatments are told for skin diseases. In the present study, a 61year old male patient was treated for inguinal intertigo who presented with symptoms of elevated erythematous patches with severe itching and burning sensation in the groins since last one month. He applied topical antifungal cream and symptoms subsided but after quitting the medicine, the symptoms reappeared. So he came to Ayurveda for better prescription. He was treated with *Gandhaka Rasayana* internally and *Arka Taila* for topical application for a period of one month. The patient reported clinically significant improvement in signs and symptoms.

KEYWORDS: *Arka Taila*, *Gandhaka Rasayana*, Inguinal intertigo, *Vrushana Kacchu*.

Received: 01.02.2022 Revised: 25.02.2022 Accepted: 01.03.2022 Published: 20.03.2022

Quick Response code



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INTRODUCTION:

Skin diseases are a very common condition affecting about 1/3rd of the population. [1] Skin diseases cause physical damage, also impacts the mental health and affects the quality of life and intertigo is one such disease. It is the inflammatory condition of skin folds where the skin rubs together or where it is often moist. [2] It is a localized

lesion or it involves a larger area. It is mostly developed in the neck, axilla, sub-mammaryfolds and perineum. Obesity and diabetic patients are more prone to Intertigo. [3]

Intertigo initially develops mildly as an erythematous papilla that quickly changes into exudative erosion, fissure, macerations and crusts. The symptoms of intertigo are

itching, pain and burning sensation in skin folds. [4] It is correlated to *Vrushana Kacchu* in Ayurveda due to its similar pathogenesis and clinical features. *Acharya Susruta* referred *Vrushana Kacchu* as a *Kshudrakushta* arising due to the negligence in proper daily ablution. It gets moistened by local perspiration causing itching sensation around the skin. Due to constant scratching, the skin turns into running eczema. [5]

The treatment of intertigo involves application of topical and systemic antimicrobial agent. Low potency corticosteroids are prescribed if required. [6] Also there is a great chance of recurrence of the condition. In Ayurveda internal and external medicines are told for *Kushtaroga*. [7] Hence, this study included a few ayurvedic medicines to manage *Vrushana Kacchu* effectively.

CASE REPORT:

A 61years old male patient visited OPD with complaints of elevated erythematic patches with severe itching, burning sensation and discharge in the groins since last 1 month. A similar episode had apparently occurred 6 months earlier and settled after application of a topical antifungal cream. The symptoms reappeared after quitting the medicine. The patient is a known case of Type II Diabetes mellitus and was on Metformin 500mg since 10years.

The patient is a male retired teacher of age 61 years weighing 62kgs and 165cm tall, with constipated bowels, disturbed sleep, good appetite and normal micturition. He has *vatapittapradhana nadi*, *pakwa krura koshta*, *ishatpeeta mutra*, *nirlepita jihwa*, *spashta shabdha*, *anushna sparsha*, *prakrutha drik* and *madhyama akruthi*.

Local Examinations:

On examination there was striking, symmetrical, well circumscribed, non scaly,

erythematic lesions in the area extending towards both the thighs upto 6cm. The affected areas were warm to touch and slightly tender. Skin surrounding the rash was dry.

On the basis of symptomatology, the present case is diagnosed as *Vrushana Kacchu*. Hence the patient was treated on OPD basis for one month with a follow up of 15 days. He was advised to avoid oily, fried, dried, spicy, junk, heavy food items including curd, milk, non-vegetarian diet, maintain local hygiene by washing the parts twice daily with *Triphala Kashaya*, wear loose fitting cotton clothes and remove undergarments while sleeping to avoid friction.

OBSERVATIONS:

Observations were recorded before, on 15th day and after the treatment based on the following criteria. In case of pain and discharge, the grade is zero for nullity, one for mildness, two for moderateness and three for severity. In case of size of the lesion, the grade is zero if there is no lesion, one for 0-2 cm, two for 2-4cm and three if the lesion is greater than 4cm. In case of color of the lesion, the grade is zero for normal skin color, one for reddish color, two for macerated and four for black color skin. In case of burning sensation, the grade is zero for absence, one for transient with no approach for its aversion, two for frequent with self approach for its aversion and three for regular with seeking medical advice. In case of tenderness, the grade is zero for absence, one for mild and deep touch causing tenderness, two for moderate and little touch causing tenderness and three for severe and little touch causing tenderness. In case of discharge, blisters, warmth, redness, edema and dryness, the grade is zero for absence and one for presence.

Table 1: Treatment given:

Medicine	Dose	Dosage Form	Interval	Time	Route of Administration	Anupana
Gandhaka Rasayana	2 Tab	Tablet of 500mg	Twice daily	After meals	Oral	Koshna Jala.
Triphala Kashaya	-	-	Twice daily	-	Local wash	-
Arka Taila	-	-	Twice daily	-	Local Application	-

Table 2: Observations:

Features	Before Treatment (0 th day)	After Treatment (First follow up) 15 th day	After Treatment (Second follow up) 30 th day
Pain	3	1	0
Itching	3	2	0
Size of the lesion	3	1	0
Color of the lesion	2	1	1
Discharge	1	1	0
Blisters	0	0	0
Burning sensation	1	0	0
Warmth	1	1	0
Redness	1	1	1
Edema	1	1	0
Tenderness	1	0	0
Dryness	1	1	1

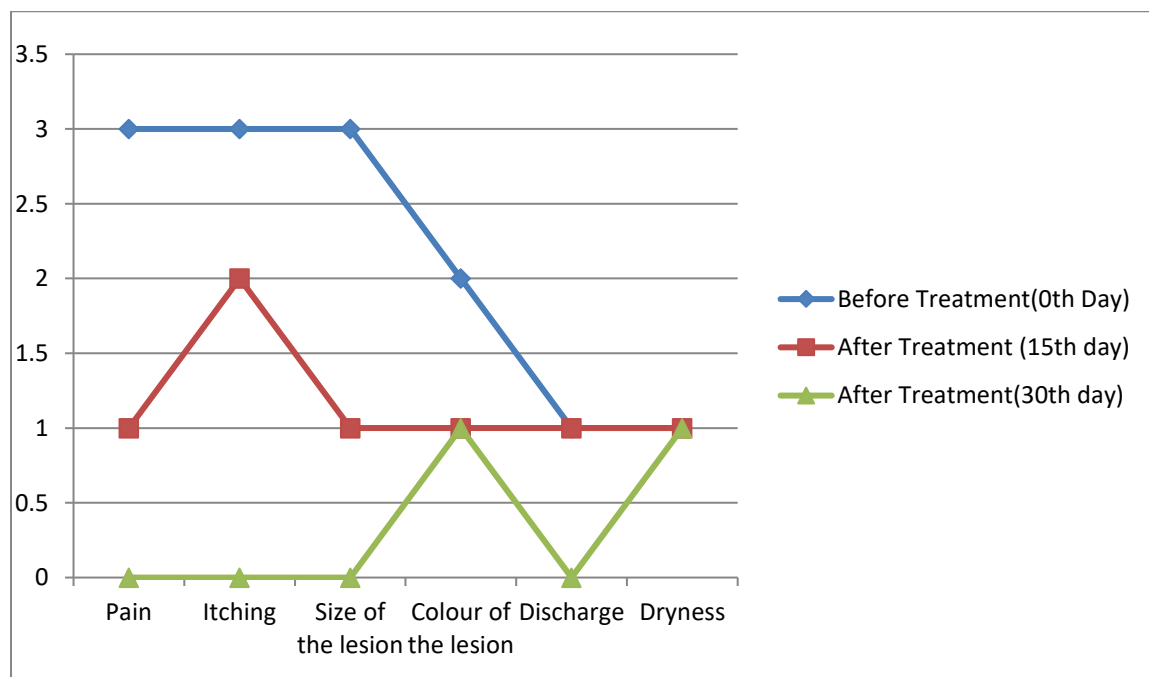


Fig-1: Observation graph

DISCUSSION:

According to *Acharya Susruta*, *Vrushana Kacchu* occurs due to *snana utsadana hinata*, there will be *malasanchayam* in *vrushana pradesha* which leads to *Kandu* (Itching), *Sphota* (Blisters) and *Srava* (Discharge). This happens due to the vitiation of *Kapha* and *Rakta dosha*. *Vrushana Kacchu* is related to inguinal intertigo, a disease characterized by skin inflammation usually in warm moist areas like groins. The main factor for the development of lesion is mechanical friction of skin folds. Due to the breakdown of skin, there is an easier chance of bacteria and fungi particularly candida to accumulate in the area and may aggravates intertigo.

Gandhaka Rasayana is a herbo-mineral formulation primarily indicated in *Kushtaroga*.^[9] The ingredients of *Gandhaka Rasayana* are *Suddha Gandhaka* (Purified Sulphur), *Godugdha* (Cow's milk), *Twak* (*Cinnamomum zeylanicum*), *Ela* (*Elettaria cardamomum*), *Patra* (*Cinnamomum tamala*), *Nagakesar* (*Messua ferrea*), *Guduchi* (*Tinospora cordifolia*), *Haritaki* (*Chebulic myrobalan*), *Amalaki* (*Emblica officinalis*), *Vibhitaki* (*Terminalia bellirica*), *Shunti* (*Zingiber officinalis*), *Bhringaraja* (*Eclipta alba*), *Ardraka* (*Zingiber officinalis*) and *Sita*. *Gandhaka* has *gunakarmas* like *Rasayana*, *Kushtaghna*, *Krimighna* and *Kandughna*.^[10] Broadly it is antibacterial, antiviral, antimicrobial, anti-inflammatory and has anti-pruritic action. *Triphala Kashaya* is also directly indicated in *Kushtaroga* and is having properties like *Shodhana*, *Ropana*, *Sravahara* and *Vedanashamaka*.^[11]

Arka Taila is a wonderful *Aushadha yoga* which is directly indicated for *Vrushana Kacchu* told by *Acharya Sharangadhara*.^[12] It contains *arkapatra swarasa*, *haridra kalka* and *sarshapa taila*. These contents possess

Kaphahara, *Pittahara*, *Kandughna*, *Kushtaghna* and *Twakdoshahara* property. Also *Arka* beholds the properties like *Kushtahara*, *Vatahara*, *Kaphahara*, *Shothahara*, *Vranashodhaka*, *Vranaropaka*, *Krimighna*, *Kanduhara* and *Anulomaka*.^[13] *Haridra* possess *Katu*, *Tikta*, *Ushna*, *Kushtaghna*, *Kandughna*, *Vranaghna* and *Varnya* properties.^[14]

CONCLUSION:

In this study, *Gandhaka Rasayana* and *Arka Taila* is found to be effective in the management of *Vrushana Kacchu* due to its *Kandughna*, *Kushtaghna* and *Twakdoshahara* property. Adding on, *Nidana parivarjana*, maintaining proper hygiene and *pathyapathya* plays an important role.

LIMITATION OF STUDY:

This is a single case study and it needs systematic clinical studies on large scale samples for the superlative validation of these medicines in *Vrushana Kacchu*.

ACKNOWLEDGEMENT:

The authors sincerely acknowledge Dr. R. Jayasankar (Principal, Professor and HOD of Shalya Tantra) and Dr. T. Udhaya Shankar (Assistant Professor, Department of Rasa Shastra and Bhaishajya Kalpana), Dharma Ayurveda Medical College and Hospital, Sriperumbudur, Chennai for their valuable guidance regarding this clinical study.

INFORMED CONSENT:

The written informed consent has been obtained from patient for treatment and publication of data.

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CONFLICT OF INTEREST: Author declares that there is no conflict of interest.

GUARANTOR: Corresponding author is guarantor of this article and its contents.

SOURCE OF SUPPORT: None

HOW TO CITE THIS ARTICLE:

Harsha Merlin RK, Govardhan SJ, Nakade MM. Management of *Vrushana sKacchu* w.s.r to Inguinal Intertigo with Ayurveda – A Case Study. Int. J. AYUSH CaRe. 2022; 6(1):29-33.