



# International Journal of Indian Medicine

[www.ijim.co.in](http://www.ijim.co.in)

**ISSN: 2582-7634**

**Volume - 5, Issue - 6**

**June 2024**



# IJIM

INDEXED



# International Journal of Indian Medicine



International Category Code (ICC): ICC-1702

International Journal Address (IJA): IJA.ZONE/258276217634

## THE ROLE OF AYURVEDIC MANAGEMENT OF DADRU W.S.R. TO TINEA CORPORIS -A CASE STUDY

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### ABSTRACT:

Dadru is one of the most common Twak Vikara affecting all the age group of population. On the basis of presenting symptomatology most of the scholars have simulated Dadru with 'Tinea corporis' through modern perspective. Ayurveda explained all the skin diseases under a broad heading called 'Kushtha' which is further classified in two main Mahakushtha and Kshudrakushtha. Dadru is explained as Kshudrakushtha by Acharya Charaka<sup>1</sup>. Incidence rate of Dadru gradually increasing day to day because of improper Vihara like uncleanliness of body, sharing cloths of others etc. In contemporary medicine science, it is managed with topical and systemic antifungal agents and use of corticosteroids. The present work has been undertaken to evaluate the the effect of Ayurvedic management in Dadru chikitsa.

**KEYWORDS:** Dadru, tinea corporis, fungal infection

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**How to cite this article:** Kadam S., Duddhalwar Y., Jamdhade S., Jamdhade P. The Role of Ayurvedic Management Of dadru W.S.R. To tinea corporis -A case study. Int J Ind Med 2024;5(6):01-06 DOI: <http://doi.org/10.55552/IJIM.2024.5601>

**INTRODUCTION:**

Tinea means fungus, the cause of the rash, and corporis means the body. It is a superficial fungal skin infection caused by dermatophytes, which are a type of fungus. The Dermatophyte's ability to attach to the keratinized tissue of skin forms the basis for the dermatophytoses (superficial fungal skin infections)<sup>2</sup>. Patients commonly present with annular lesions. The lesions advance centrifugally from a core, leaving a central clearing and mild residual scaling; this appears as a "ring" shape giving rise to the term "ringworm." In Ayurved it can correlated with Dadru. Acharya Sushrut<sup>3</sup> and Acharya Vagbhat<sup>4</sup> explained dadru under Mahakushtha. Dadru is considered as Sankramika Vyadhi<sup>5</sup>. These Sankramika Vyadhis spreads from person to person by Krimi through Sweda. Nidana Parivarjana is the main method of keeping oneself free from the disease. Dadru can be diagnosed by symptoms like Pidika, Varna with Mandala<sup>6</sup>. In Ayurveda Shodhan, Shaman and Bahirparimarjan Chikitsa is indicated for Dadru.

**Aim:** Conceptual study of Dadru Kushtha (Fungal Dermatophytosis).

**MATERIAL AND METHOD:** Present work is based on a review of classical information, relevant published research Works, and modern literature.

**Case report:** 15-year-old male patient came to us with chief complaints of

1. Reddish-black circular patch (Raga)
2. Severe itching (Kandu)
3. Mild burning sensation (Daha)

Over the lower abdomen and pubic area since 1 year

**History of present illnesses:** 18 yr male came to opd with complaints of Reddish-black circular patch (Raga), severe itching (Kandu), mild burning sensation (Daha) Over

the lower abdomen and pubic area since 1 year. he consulted an allopathic dermatologist for the same and was diagnosed with tinea corporis. he took the allopathic treatment for 1 month and experienced significant relief. However, soon after stopping the treatment, an exacerbation of circular and red patches with itching and burning sensation was noticed. Then, he consulted our OPD for the possibility of treatment.

**Past history:** No specific history of any major illness, drug allergy, or previous surgery was given by the patient.

**Family history:** Positive family history showing the same complaints of the erythematous patch with itching to his sibling was observed.

**Ashtavidha pariksha**

- Nadi - 78/min, regular with Vata-Pitta dominance
- Mutra- Samyak 5-6 times/day and 0-1 times/night
- Mala-saam, 1-2 times/ day
- Jiwha- saam (undigested food particles)
- Shabda - Spashtha (clear)
- Sparsha - Anushnasheeta (not too hot)
- Drik -Prakruta (normal)
- Akrti (body stature)- Madhyama (average built)

**CLINICAL FINDINGS:** On dermatological examination, there were circular erythematous plaques with some vesicular eruptions over the lower part of the trunk with a slightly raised reddened demarcated edge. These lesions were associated with the symptom of Kandu and Daha. Other physical parameters were normal.

**Systemic examination:** Blood pressure, respiratory rate, the temperature were within normal limits. Systemic examination did not reveal any abnormality.

**Treatment details****Shaman chikitsa**

Sr. No.	Medicine	Dose	Duration	Anupan
1	Kushtakalanal ras	250 mg	Twice a day	Lukewarm water
2	Gandhakrasayan vati	250 mg	Twice a day	Lukewarm water
3	Khadirarishta	15 ml	Twice a day	Lukewarm water
4	Gandharvaharitaki	500 mg	Hs	Lukewarm water
5	Somraji tail	2-4 ml	Twice a day For local application	-

**Panchkarma chikitsa**

**AVAGAHA SWEDA<sup>7</sup>:** The word 'Avagaha' means to immerse. Avagaha sweda is a type of sudation Therapy which is included in Drava sweda, in which the patient is made to sit/lie in a tub Containing medicated Dravadravaya to produce fomentation to the body.

**Dravya-**khadir, nimb, sariwa, manjishtha, triphala choorna

**PROCEDURE:** The patient should be seated comfortably in the tub containing medicated Dravadravaya in Such a way that his lower part

of the body should be submerged above the level of

Umbilicus. When the temperature of the medicated Dravadravaya comes down, some amount Should be replaced by warm Dravadravaya, thus keeping the temperature uniform

Between 38°C-42°C.

**Assessment Criteria<sup>8</sup>:** Assessment of patient was done on the basis of improvement in subjective parameters like Kandū (Itching), Raaga (Erythema), Utsanna mandala (Elevated circular skin, Lesion) and Pidika (Eruption).

**Gradation of parameters**

Symptoms	Grade 0	Grade 1	Grade 2	Grade 3
<b>Kandū (Itching)</b>	Absent	Mild or occasional Itching	Moderate or frequent itching	Severe Itching
<b>Raaga (Erythema)</b>	Absent	Mild elevated lesion	Moderate elevated lesion	Severe elevated lesion
<b>Utsanna mandala (Elevated circular skin)</b>	Absent	Present		
<b>Twakvavivarnya (Discoloration)</b>	Absent	Mild	Moderate	Severe

**OBSERVATIONS AND RESULTS**

Assessment before and after the treatment.

Symptoms	On day 0	On day 7
Kandū (itching)	3	1
Raaga (erythema)	1	1
Utsanna mandala (elevated circular skin)	3	1
Twakvavivarnya (discoloration)	3	2

**Result:** Clinical examination of the patients revealed regression of all symptoms within 7 days.



Before treatment



After treatment



**Hetu:** In Ayurvedic texts, specific etiology of Dadru Kustha has not been mentioned. Except the General etiology of Kustha. Dadru has been included under Kustha Roga so we can consider Same etiology of Kustha Roga also for Dadru Kustha i.e Adhyashana, Vishamashana, Atyashan, Shitoshna Vyatyasa Sevana and Anupurva Sevana, use of Santarpana and Apatarpana diet without sequenc, Kupathya in Panchkarma, Diwasawapana just after food, Papa Karma and Vipra Guru Tiraskasra.<sup>9</sup>

#### **Samprapti<sup>10</sup>**

Nidan sewan  
Pitta kapha pradhan tridosh prakop  
Tiryak gaman of dosha  
Twacha, rakta, mans, ambu shithilta  
Twacha sthan sanshray and twacha dushti  
Dadru utpati

#### **Samprapti ghataka**

**Dosha-** Pitta & Kapha Paradan Tridosha

**Dushya-** Twacha, Rakta, Mansa & lasika

**Strotas-** Raktavaha

**Strotadushti-** Sanga

**Adhishtana-** Twacha

#### **Rogamarga- Bhaya**

Acharya Charaka described Dadru in the fourth layer of Tvak<sup>11</sup>. Acharya Sushruta described Kushtha in fourth and fifth layer of Tvak.<sup>12</sup>

#### **DISCUSSION:**

**Kusht Kalanil Ras:** It is useful in the treatment of all types of skin diseases. It contains Shudda Gandhaka which purifies the blood, Loha Bhasma which is used in Ayurvedic treatment of anemia, eye disorders, skin diseases etc., Pippali which has anti-aging property, Neem decoction act as anti-inflammatory, anti-bacterial, wound healing and anti-fungal activities, Triphala Kwatha which is an Ayurvedic medicine used in the treatment of skin diseases, oral ulcers, liver diseases. Aragvadha which has anti-bacterial and anti-fungal activities.<sup>13</sup>

**Gandhak rasayan:** Gandhak rasayan is polyherbal drug which is Rakta shodhak, kandughana and Rasayan mainly indicated in kushtha rog. It is prepared from chaturjata, triphala, Shunthi, and swaras of guduchi, bhringraja, adraka, pure gandhak. It has

antifungal and Antibacterial properties. Thus, it reduces the infection. It Reduces features of raag, pidika with raktashodhak and Kushthaghana properties.<sup>14</sup>

**Khadirarishta:** Khadira has immunomodulatory, anti-inflammatory, and antioxidant properties that can play a beneficial role in autoimmune and chronic inflammatory conditions. Bakuchi is also known as Kushtanashini, has immunomodulatory, anti-inflammatory, antioxidant, anti-psoriatic, anti-leprotic, and antibacterial properties. It acts through regulating multiple pathways to correct the pathophysiology of chronic skin ailments.<sup>15</sup>

**Gandhrvaharitaki vati :** This Kalpa helps to digest and excrete the Apakva Mala out of body by its Anulomak action. It is Snigdha Rechak Kalpa thus, it helps to relieve constipation and restore niramta.<sup>16</sup>

**Somraji tailam :** Dadru is a Kapha Dosha dominant Tridoshaja skin disorder. Local application of SomrajiTaila reduces symptoms of Dadru or Dermatophytosis Due to its Katu , Tikta test,Ushna Veerya Laghu, Ruksha Guna, and Katu Vipaka. Some contents of Somraji Taila also have Rakta Shodhaka property help to get Rid of the growth of fungus on the skin. Various researches on the contents of Somraji Taila have Proved its antifungal, antimicrobial, and anti-inflammatory activities .The other contents of Somraji Taila such as Haridra, Sarshapa, and Amalatasana have anti-inflammatory,anti-microbial activities antifungal activity. Somraji oil having the property of deep penetration helps to remove inflammatory substances and promote the regeneration of new tissue.The local application of Somraji oil acts quicker due to the physiological effect of heat on the skin.<sup>17</sup>

**Avagaha Sweda:** Avagaha Sweda is a type of sudation therapy, which involves sweat glands of a skin secreting salty fluids. Avagaha Sweda gives relief from pain and

inflammation.drugs used in avagaha sweda such as khadir, nimb, sariwa, manjishtha, triphala are having kaphaghana and kushtaghna properties.<sup>18</sup>

**Probable mode of action:** The given drugs were having Rakta Shodhaka (Blood purifying), Krimighna(Antimicrobial and antifungal), Kushthaghana(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.

### CONCLUSION:

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. Adverse consequences with contemporary treatment for Fungal dermatophytosis and recurrences demanded for Solution from Ayurvedic medicine. Considering these Facts and the limitations of contemporary treatment, this case study was done to evaluate efficacy of ayurvedic treatment in dadru kushta.

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**Source of Support: None declared**

**Conflict of interest: Nil**

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