

## Ayurvedic management on Dadru (Tinea Infection) - A Case Report

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**Introduction:** Skin diseases are being considered as a major health problem in children, as it leads to discomfort and significant morbidity among them. Skin diseases have been comprehended under the heading of Kushta in Ayurveda. Dadru Kushta is common skin infestation. Dadru Kushta is being a Kshudra Kushta has Kapha Pitta dominance. In modern science the clinical manifestation of Dadru is closely similar to local fungal infection/tinea infection which is affecting up to 15% of population. Excessive severe itching and red patches are the common clinical manifestation which can be diagnosed by Darshana and Prashana Pariksha.

**Methods:** This is a case study of 8 year female child brought by her parents to Balroga OPD having complaints of Raga (Erythema), Kandu (Itching), Pidka (Granular surface), Utsanna Mandal (Circular elevation of skin). Patient was diagnosed with Dadru (Tinea infection) and managed by Shaman Chikitsa i.e., external application of Malhara. Treatment for 15 days along with Pathya-Apathya mentioned in Ayurvedic text was followed.

**Result:** The patient got speedy recovery from all the symptoms of Dadru within 15 days.

**Discussion and Conclusion:** Classical Dadru Chikitsa mentioned in Ayurveda text is effective in the management of Tinea infection.

**Keywords:** Dadru Kushta, Pitta Dosha, Kapha Dosha, Tinea infection, Ayurveda, Dermatophytosis

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## Introduction

Skin is the largest organ of human body. Its size and external location makes it susceptible to wide variety of disorders. In recent years, there has been a considerable increase in the incidence of skin problem in the tropical and developing countries like India.[1]

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 among the *Kushta*. [2] Acharya Charaka has included *Dadru* in *Khsudra Kushta*, [3] where as Acharya Vagbhata and Acharya Sushruta have explained under *Mahakushta*. [4,5]

In broad sense *Kushta* is the one which causes vitiation as well as discoloration of the skin. [6]

As per modern perspective disease *Dadru* comes under "Superficial fungal infection of skin" the most common dermatological manifestation affecting up to 15% of world's population in all age group. [7]

*Dadru* is a type of *Kushta* and analogues with Dermatophytosis or fungal infection or Tinea (ring worm) infection in contemporary science. Dermatophytosis has become a significant health problem affecting children, adolescents and adults worldwide.

Ringworm is a common superficial fungal infection of the skin, hair, and nails. It can cause an itchy, red, circular rash. Ringworm is also called "Tinea" or "Dermatophytosis". The different types of ringworm are usually named based on location of the infection on the body.

## Aim and Objectives

1. To evaluate, elaborate and discussion of etiological factors and method of diagnosis of *Dadru*.
2. To give complete protocol of ayurvedic management of *Dadru*.

## Case Report

### Vital Data

Age: 8 year  
Gender: Female  
Education: School going  
Socioeconomic status: Lower economic status

### Presenting Complaints

**Table 1: Complaints**

SN	Complaints	Duration
1.	Raga (Erythema)	20 days
2.	Kandu (Itching)	20 days
3.	Pidka (Granular surface)	15 days
4.	Utsanna Mandal (Circular elevation of skin)	15 days

### Past History

Same complaints present since 20 days

No H/O any major illness

No H/O any drug allergy

### Past Treatment History

No any drug taken orally and locally

**Table 2: Local examination**

SN	Skin examination	Presenting complaints
1.	Site of lesion	Rt. side of lower waist
2.	Distribution (vyapti)	Circular appearance with patch
3.	Itching (kandu)	Severe itching present
4.	Erythema (raga)	Moderate

**Table 3: Ashtavidha Pariksha**

1.	Nadi	100/min
2.	Mala	Malavshatamba
3.	Mutra	Niyamit
4.	Divha	Saam
5.	Shabda	Spashta
6.	Sparsa	Ushna
7.	Druka	Prakrut
8.	Akruti	Krusha

## Materials and Methods

### Treatment Given:

*Gandhaka Malhara* [8] for local application.

**Table 4: Contents of the drug.**

SN	Content	Quantity
1.	Sikta Taila	72 gm
2.	Shuddha Gandhaka	6 gm
3.	Suddha Girisindhoora	6 gm
4.	Suddha Tankana	2 gm
5.	Karpura	2 gm

### Preparation of Malhara

Above-mentioned quantity of *Sikta Taila* is taken in vessel and subjected to mild heat. Other ingredients are powdered finely and kept separately.

When the *Sikta Taila* melts it is taken and continuously stirred with a spoon. Now the ingredients i.e., *Gandhaka*, *Girisindhoora*, *Tankana* and *Karpura* are mixed together and added to the *Sikta Taila* with continuous stirring. After adding all the contents, the stirring is continued so that the contents get mixed homogenously and a fine red colour paste is obtained. This prepared paste is *Gandhaka Malahara*. After that it is stored in a wide mouthed jar.

### Route of Administration

Topical (External Application) Local application covering the entire lesion. Twice daily.

**Duration:**15 days

Review every 7 days.

### *Pathya Apathya* :[9]

1. Dietary advise - Patient was advised to avoid spicy, fried, junk, fast food, heavy food including curd, paneer, cheese and non-vegetarian diet like Fish and meat.
2. Patient was also advised to maintain hygiene by washing the parts twice a day and keeping it dry.
3. Patient was told to wear loose-fitted cotton clothes.
4. Patient was also advised to avoid day time sleep.

**Table 5: Assessment criteria for the evaluation of the patient.**

SN	Parameter	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
1.	Itching	Occasionally Mild itching	Mild itching	Mod. Itching	Severe itching	Severe cont. itching
2.	Inflammation	Mild Inflammation	Moderate Inflammation	Severe Inflammation	Severe Inflammation with erythematous	Severe Inflammation with erythematous
3.	Color changes	Pink	Pinkish red	Red color	Blackish blue	Black
4.	Nature of lesion	Mild visible	Moderately visible	Prominent visible	Prominently visible with discharge	Prominently visible with discharge
5.	Size of lesion	1-2 cm	2-3cm	3-4 cm	4-5 cm	>5cm
6.	No. of lesion	1	2	3	4	>4

With the above mentioned treatment patient got satisfactory relief from the symptoms of tinea (*Dadru Kustha*). It can be well appreciated on the photographs, documented before and after treatment.

## Results

**Table 6: Results**

SN	Parameter	Before treatment	Review - 7 days	After treatment
1.	Itching	Severe itching	Moderate itching	Occasionally Mild itching
2.	Inflammation	Moderate inflammation	Mild inflammation	Mild Inflammation
3.	Color changes	Red color	Pinkish red color	Pink
4.	Nature of lesion	Prominent visible lesions	Moderately visible	Mild visible
5.	Size of lesion	4-5 cm	3-4 cm	1-2 cm
6.	No. of lesion	1 lesion	1 lesion	1 lesion

## Discussion

The content of *Gandhaka Malahara* possesses *Tridosha Hara*, *Snigdha*, *Teekshna*, *Ruksha*, *Sara* and *Ushna* properties. All the ingredients have pharmacologically antifungal, antimicrobial and antioxidant action,[10] thus it can effectively reduce infections and prevent its recurrence by improving the immunity of skin with its antioxidant property. *Dadru* is *Kapha* dominant disease, Besides its *Rasagata* manifestations. Hence considering this Different Acharya has described its treatment as application of *Lepa*.

*Bahiparimarjana Chikitsa* or *Shamana* shows excellent result in form of *Lepa* and internal medicines like *Kwatha*. The disease mainly *Bahya Rogamarga* and involves *Rasavaha* and *Raktavaha Srotas*, *Tridoshas* (mainly *Kapha Pitta Pradhan*), *Twak*, *Rakta*, *Lasika*, *Swed Dushayas* and *Twak Adhishthan*. Further *Srotas* are never involved. This is specificity of pathogenesis of *Dadru*. Acharya Sushruta describes color of lesions in *Dadru* more specifically like that of copper or flower of *Atasi* and mentions that its *Pidaka* are in form of *Parimandala* having spreading nature (*Visarpanshila*) but slow in prog. or chronic in nature (*Chirrottham*) with *Kandu*.

Hence, selected drug for this study was *Gandhaka Malahara*.

### Probable mode of action of *Gandhaka Malahara*[11]

*Gandhaka Malahara* used for local application possess anti-microbial, *Kandughna* as well as *Kushthaghna* properties. It plays important role in eliminating the fungal infection locally. The *Gandhaka Malahara* contains *Shuddha Gandhaka*, *Siktha Taila*. It is having *Ushna Veerya* which does the *Ama Pachana* locally and removes the toxin through *Swedana*, the *Tikta*, *Kashaya Rasa* & *Lekhaniya Guna* removes the *Dushta Kapha* & *Pitta*. The *Gandhaka Malahara* is have the capacity to cure *Kandu*, *Kushta Dadru*, *Visarpa*, *Krimi Roga* & all the *Twak Vikara*.

Upon topical application, the active principles of *Malahara* reaches deeper tissues through *Sira Mukha* and *Sweda Vahi Srotas* with its *Sara* and *Teekshna* properties. Due to *Ushna*, *Teekshna*, *Sara* properties, it removes the obstruction in *Sweda Vahi Srotas* and cure the disease.[12]

**Table 7: Properties of the *Gandhaka Malahara* ingredients**

Drug	Rasa	Guna	Virya	Dosha Karma	Pharmacological Action
Shuddha Gandhaka[13]	Katu, Tikta, Kashaya	Sara	Ushna	Pitta Vardhaka Kapha-Vatahara	Antifungal Antimicrobial
Giri Sindoor[14]	Katu, Tikta	Ushna	Ushna	Tridosha Shamaka	Antifungal Antimicrobial
Tankana[15]	Kshariya	Ruksha Tikshna Guru	Ushna	Pittakara Vatahara Kaphanissara	Expectorant Antidote
Karpura[16]	Tikta, Katu, Madhura	Laghu	Sheeta	Balances Kapha and Pitta Dosha.	Bactericidal
Sikta Taila[17]	Tikta, Katu, Madhura	Laghu	Sheeta	Kaphavatahara	Act as stabilizer

*Shudha Gandhaka* is Antifungal, Antimicrobial. Vital role in immune system helps in detoxification. It helps in tissue repair and referred to as 'Nature's beauty mineral'.

*Shudha Tankana* is Antifungal, antibacterial.

*Girisindhoo* is *Tridosha Shamaka* and indicated in *Kandu*, *Pama*, *Vicharchika*, *Sidma*, *Visarpa*, *Visha*, *Vrana Shodhana Ropana*.

## Conclusion



**Before treatment**



**On 7th day**



**After treatment**

The results suggested that *Gandhaka Malahara* showed significant result after treatment in *Kandu*, color of *Mandala*, number of *Pidika*, number of mandala variables and the efficacy of the treatment was highly significant even during follow up. In this case study patient completed the full course of treatment without any adverse reaction to drug. Hence it can be suggested that *Gandhaka Malahara* can be used in the patients suffering from *Dadru Kushta* (Tinea infection).

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