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"A REVIEW ARTICLE ON DADRU WITH SPECIAL REFERENCE TO FUNGAL INFECTION"**Dr. Amol D. Dhanait¹, Dr Archana S. Dachewar²**

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ABSTRACT:

Skin is the remotest covering of the body and the largest organ of the body, with a total area of about 20 square bases, which protects us from microbes and the rudiments, helps regulate body temperature and permits the sensation of touch, heat and cold waves. There are numerous skin complaints in the present time, but Dadru (fungal infection) is one of the common skin complaints mentioned in Ayurveda. Dadru can relate with tinea, also known as a fungal skin infection, in the ultramodern drug system. Inordinate severe itching and round red patches are the common clinical incarnations. 10-20 KOH and fungal culture are the specific tools for the opinion of fungal infection. In Ayurvedic classics, Virechana (purgation), Raktamokshna (bloodletting) and Shamana chikitsa (action remedy) will help to cure Dadru (fungal infection). Then we will bandy about Nidana (causative factors), Samprapti (etiopathogenesis), Lakshan (clinical features), Chikitsa (treatment), Pathya-Apathya and preventative styles of Dadru kushta (fungal infection).

KEY WORDS:- Skin, kshudra kushtha, dadru, bahiparimarjan, antahparimarjan

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INTRODUCTION

The skin is the body's largest organ, made of water, protein, fats and minerals.¹ Skin works as a glass that reflects internal and external pathology and therefore helps in the opinion of the complaint. In Ayurveda. According to Acharya Sushruta, there are seven layers of skin, in which the fourth and fifth subcastes of skin are responsible for kushtha. Where Acharya Charaka describes only about six layers of skin in which the fourth subcaste is responsible for Dadru². All skin complaints in Ayurveda are classified under kushtha, and farther kushtha has been divided into two orders – mahakushta and kshudrakushta. There are about 2000 skin diseases. Depending upon aetiology, they can be classified into colourful groups similar to inheritable, contagious, antipathetic, autoimmune, traumatic, experimental, occupational, climatic, etc. In recent times, there has been a considerable increase in the prevalence of skin problems. Dadru is described under the division kshudra kushtha. 3. In Dadru, the responsible doshas for etiopathogenesis are pitta and kapha doshas. In Dadru, there is a complaint which is characterised by sakandu (itching in the point of lesion), raga (greenishness over the skin), pidaka (pustule over lesion), and mandalmudgata (indirect patches with elevated edges on skin). 5. It is the type of kushtha which has the capacity to foray into the deeper dhatu veritably snappily. Thus, Acharya Sushruta has described it under the title of Mahakushtha. If it's neglected, also the chance of a rash and prognosis may be poor. Dermatophytosis, or ringworm, is a veritable common dermatological issue throughout the world. Then is a repaired interpretation of the handed textbook, aiming for clarity, conciseness, and bettered inflow.

The Skin: A Mirror to health

The skin, our body's largest organ, is composed of water, protein, fats, and minerals. It serves as a crucial indicator of both internal and external health, aiding in disease diagnosis.

Ayurvedic Perspectives on Skin Layers and Diseases

In **Ayurveda**, the understanding of skin layers varies among ancient scholars. **Acharya Sushruta** describes seven layers, with the fourth and fifth layers being associated with **Kushtha** (a broad term for skin diseases). Conversely, **Acharya Charaka** identifies six layers, with the fourth layer specifically linked to **Dadru**.

All skin conditions in Ayurveda are categorised under Kushtha, which is further divided into **Mahakushtha** and **Kshudrakushtha**.

Understanding Dadru (Ringworm)

Dadru, classified under Kshudrakushtha, is a common skin ailment. However, due to its potential to quickly invade deeper tissues, **Acharya Sushruta** also includes it under Mahakushtha. The primary **doshas** (bio-energies) responsible for Dadru's development are **Pitta** and **Kapha**.

Dadru is characterized by:

- **Sakandu** (itching)
- **Raga** (redness)
- **Pidaka** (papules)
- **Mandalmudgata** (circular patches with elevated edges)

If neglected, Dadru can lead to a high chance of recurrence and a poor prognosis.

Characteristics of Dadru according different acharyas :

Clinical features	Acharya charak ⁹	Acharya sushruta ¹⁰	Acharya vagbhata ¹¹
Color	Red	Dark brown	Dark brown
Itching	Present	Present	Present
Lesion	Present	Not-specific	Present
Pustules	Present	Present	Present
Spreading nature	Not-specific	Wide spread	Constantly spreading
Association of other	Not-specific	Not-specific	Associated
Doshic dominance	Kapha-pitta	Kapha	Kapha-pitta
Classification	Kshudrakushta	Mahakushta	Mahakushta

Modern medicine identifies **dermatophytosis**, commonly known as **ringworm**, as a prevalent dermatological issue globally. The incidence of skin problems has significantly increased in recent years. These disorders, of which there are approximately 2000, can be classified based on their aetiology into various groups, including genetic, infectious, allergic, autoimmune, traumatic, developmental, occupational, and climatic. Tinea infection has a significant prevalence in India due to its hot and humid climate, along with other factors like overcrowding, poor hygiene, and socioeconomic conditions.

Based on recent studies, the reported prevalence rate of Dadru/dermatophytosis in India ranges widely, from 36.6% to 78.4%. Some studies indicate a prevalence rate of almost 20-

22% for fungal infections generally.

Dadru in Modern Medicine: An Overview of Dermatophytosis

In modern medicine, Dadru is understood as dermatophytosis, commonly known as ringworm. This is a highly contagious fungal infection affecting the skin or scalp.

Ringworm is typically characterised by scaly, red, and itchy patches. It spreads through direct skin-to-skin contact or by touching an infected animal or contaminated objects. The infection is caused by filamentous fungi, specifically species of *Tinea*, which only infect superficial keratinised tissues and do not involve living tissues.

Nidanpanchak:-

Samprapti (Pathogenesis): The consumption of causative factors (**Nidana sewan**) triggers **Tridosha Prakopa**, which in turn diminishes the **digestive fire (Agnimandhya)** and leads to the formation of **Amavisha**. This Amavisha mixes with the body's essential fluids (**Rasena saha mishrita**), spreads (**Prasara**), and localises in the channels carrying nutrients, blood, and sweat (**Rasavaha, Raktavaha, and Swedavaha Srotas - Sthansamshraya**). This vitiates the skin and blood (**Twak & Rakta Dusti**), culminating in **Dadru**.

Nidana sewan



Tridosha Prakopa



Agnimandhya



Amavisha



Rasena saha mishrita



Prasara



Sthansamshraya in rasavaha, raktavaha and swdavaha srotas



Twak & Rakta dushti



Dadru

Samprapti ghatakas:

Doshas- Tridosha (kapha pitta pradhana)

Dushya- Twak, Rakta, Lasika, Sweda

Srotas- Rasa, Rakta

Adhishthana- Twacha

Rogmarga- Bahya

Clinical features:

- Local inflammation is due to irritation by fungal products and hypersensitivity reaction.
- Transmission through brushes, combs and towels in infected to uninfected person.

Dermatophytoses comes under fungal infections category. These are keratinophilic Fungi, living on the superficial dead keratin. This is why they infect the most superficial layer of epidermis that is stratum corneum.⁸ They do not penetrate living tissues. Dermat/ophytes classified into 3 genera: Table 2

- Trichophyton: Skin, Hair, Nails
- Mircrosporam: Skin, Hairs

Clinical Features and Etiology of Dermatophytoses

Dermatophytoses, commonly known as fungal infections, are characterized by **local inflammation** resulting from irritation by fungal products and hypersensitivity reactions. These infections are caused by **keratinophilic fungi** that thrive on superficial dead keratin, specifically infecting the **stratum corneum**⁸—the outermost layer of the epidermis—without penetrating living tissues.

Transmission of dermatophytoses can occur through shared items like **brushes, combs, and towels** from an infected to an uninfected person.

Dermatophytes are classified into three primary genera, as detailed in Table 2:

- **Trichophyton:** Affects skin, hair, and nails.
- **Microsporum:** Primarily affects skin and hair.
- **Epidermophyton:** Infects skin and nails.

Chikitsa :

Ayurvedic treatment for Dadru Kushtha (a type of skin infection) focuses on both external and internal approaches to ensure a complete cure and minimize recurrence.

Bahiparimarjana (External Therapies): Formulations in the form of lepas (medicated pastes)

are applied externally. These act as sthanika chikitsa (local treatment) to address the infection topically.

Shaman Aushadhis (Internal Medications): Internal medicines are taken to perform Rakta shuddhi (blood purification). This internal cleansing is crucial for eradicating the disease from its root. The ayurvedic formulations used possess properties that can completely cure Dadru Kushtha, and due to the specific properties of the various herbs included, the chances of recurrence are significantly reduced.

Supporting Therapeutic Principles

Nidana Parivarjan (Avoidance of Causative Factors): It's essential to avoid triggering factors such as unhealthy food habits, lifestyle choices, and poor hygiene. This helps in controlling the manifestation and progression of the disease.

Pre-Treatment Preparations: Before starting any treatment, Koshtha shuddhi (cleansing of the digestive tract) and Agni deepana (invigoration of digestive fire) should be performed.

BHASM / RAS	125-250MG	Shudha Gandhak, Krimikuthar ras, Rasamanikya ras
VATI	500MG	Arogyavardhini vati, kaishor guggul, AK vati
CHURN	3-5GM	Panchanimb churn, triphala churn, Manjisthadi churn
KWATH	15-30ML	Manjisthadi kwath, patoladi kwath
ASAV/ARISTHA	20-30ML	Khadiraristha, Vidangaristha, Kanakbindwaristha
GHRIT	10-15ML	Aaragwadha mahatiktak ghrut, Mahatiktak ghrut, Mahakhadir ghrut
EKAL DRAVYA	1TSF	Khadir, Vidanga, Nimbatwaka churna, Chakramarda beej churna, gandhak.

Precautions

1. Avoid sharing clothing, sports equipment, towels, or sheets.
2. Wash clothes in hot water with fungicidal soap after suspected exposure to ringworm.
3. Avoid walking barefoot. Instead, wear appropriate protective shoes in locker rooms and sandals at the beach.
4. Avoid touching pets with bald spots, as they are often carriers of the fungus.
5. Wash bedding and clothes daily during an infection to help disinfect your surroundings.
6. Thoroughly dry affected areas after bathing.
7. Wear loose and light clothing on affected areas.
8. Treat all infected areas to avoid spreading to other parts of the body.

DISCUSSION

The fundamental causes (hetu) of Dadru have been described in detail in both Brihatrayi and Laghutrayi under Kushtha Nidana. Most of the apathya ahara-vihara (unwholesome diet and lifestyle) mentioned in Ayurveda contribute to the causation of Kushtha. As is rightly said, "Prevention is better than cure," it is essential that patients are made aware of preventive measures to avoid infection and contamination.

To reduce resistance and enhance treatment effectiveness, proactive steps must be taken so that such diseases can be treated without adverse effects. Patients should also follow appropriate precautions to minimise the recurrence of the condition.

Notably, there is a difference of opinion among various Acharyas regarding the doshic involvement in Dadru, indicating the need for a comprehensive understanding of its pathogenesis.

CONCLUSION

The skin, being the outermost covering of the body, plays a vital role not only in protection but also in contributing to cosmetic appearance. Hence, timely treatment of skin diseases is crucial for better prognosis. Considering the demands of modern lifestyle and the rising resistance in the human body, Ayurveda must be brought into focus to address such resistant conditions that may pose future health challenges.

Ayurvedic formulations, especially bahiparimarjana (external applications) in the form of lepas (herbal pastes) and shamana aushadhis (internal medications), are effective in correcting rakta dushti (vitiation of blood). These formulations possess properties that can completely cure Dadru Kushtha, with minimal chances of recurrence due to the inherent qualities of the medicinal herbs used. Thus, Ayurveda holds great promise as a boon for the effective and holistic management of such skin disorders.

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