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“MANAGEMENT OF TINIA CARPORIS [DADRU] WITH AYURVEDIC APPROACH : A SINGLE CASE STUDY”**Dr. Amol D. Dhanait¹, Dr. Archana S. Dachewar²**

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ABSTRACT:

The majority of Twak Vikaras in Ayurveda are categorized under the general name "Kushtha Vikara," which is further divided into Mahakushta and Kshudrakushta. One of them is Dadru. Raktapradoshaja vyadhi is characterized by pitta and kapha dominance. Tinea corporis, a fungal illness, can be closely linked to Dadru because all of its symptoms are similar. The clinical characteristics of Dadru, a Pitta-kaphapradhan kushtha, are Utsanna Mandala (an elevated circular skin lesion), Raga (erythema), Pidika (eruptions), and Kandu (itching). A 62-year-old man arrived complaining of round, blackish skin discoloration (mandal) and intense itching throughout the lower abdomen, groin, and buttocks that had been present for 1.5 years. Kushtha is the primary indication for Shodhan and Shaman Chikitsa in Ayurveda. Because of Dadru's Pitta-Kapha predominance and tendency toward relapse, Hence chose both shaman chikitsa² and shodhan chikitsa, which were Virechan. For 30 days, use Aragwadha Mahatiktaka Ghrita externally together with Arogyavardhini vati, Gandhak rasayan, Aragwadha Kapila vati, Nimbatwaka Churna, and Gandhak + Gairik + Chakramarda + Nimbatwaka Churna. Parameters such as Kandu (itching), Raaga (erythema), Pidika (eruptions), and Utsaana mandala (elevated circular skin lesion) showed notable improvement following the end of treatment. All medications with kushtaghna, kandughana, and krumighna qualities aid in the removal of exacerbated doshaja, which breaks the vyadhi's samprapti.

It is clear from this case study that Ayurvedic medicines work well for treating Dadru kushta.

KEY WORDS:- Kushta, Kandughna, Kushtaghna, Dadru, Tinea corporis³**Corresponding Details:****Dr. Amol D. Dhanait**

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INTRODUCTION

The biggest organ in the body, the skin, accounts for 16% of the body weight. It is prone to a number of ailments due to its size and external position. In tropical and developing nations like India, the prevalence of skin problems has significantly increased in recent years. The prevalence of skin diseases has significantly increased in the modern era of civilization as a result of poor hygiene, poverty, certain infections, unhealthy eating habits, etc. Fungal infections are among the most prevalent skin conditions. In hot and muggy conditions, this fungal infection is highly prevalent. Kushta is the general term used in Ayurveda to describe all skin conditions. They are then further divided into Kshudra Kushta and Maha Kushta. Because of its rapid invasion, Dadru Kushta is a kind of Kushta that falls under both categories. In general, it is Kushta that causes the skin to become vitiated and discolored. Dadru is portrayed by Acharya Charaka as a Kshudra Kushta. According to its definition, Dadru is the reddish-colored Pidika in the shape of a mandala with raised edges and itchiness. The WHO estimates that 20–25% of people have a superficial mycotic infection⁴. A class of highly contagious segmented fungal infections known as tinea or ringworm infections is typified by circular lesions that typically have elevated edges and sharp corners. Fungal infections can be caused by a number of causes, such as diabetes, obesity, weakened immune systems, damp skin, and damaged skin surfaces like cuts or grazes.⁵ It has been noted that antifungal medication resistance has increased in recent years and that common antifungal medications are ineffective against tinea infections. For a few days, tinea infection symptoms subside, but they have a propensity to recur. Therefore, Ayurvedic medicine has the potential to treat and eradicate tinea infections while preventing relapses. Therefore, we will talk about a case study of Dadru Kushtha, who was effectively treated using Ayurvedic principles in this post.⁶

CASE REPORT

A 62-year-old male patient approached Pakwasa Samanvaya Rugnalaya , Nagpur, on 03/12/2024, with complaints of round and blackish discoloration of skin and severe itching over the lower abdominal region, groin, and buttocks since 2 years. He was diagnosed with tinea corporis [dadru].

CASE HISTORY :

A male patient aged 62 years was said to be healthy until 03 Dec 2024. He presented with complaints of severe itching and round, blackish discoloration of skin at the lower abdomen, groin, and buttocks region. The patient took treatment from another hospital, but he did not have any relief from the complaint. He approaches Pakwasa Samanvaya Rugnalaya, Nagpur, for further management. So he got admitted to our hospital for treatment of the same. He underwent Ayurvedic management and was discharged with remarkable improvement.

PAST HISTORY

N/H/O DM, HTN, BA, KOCKS or Any other major illness.

Personal History :

Bowel : constipation

Non veg : once in a month

General Examination :

BP : 110/70 mmof Hg

PR : 78/min

RR :18/min

Temp. : 97.4 fahrenheit

Edema : No

Astha Vidha Parikshan :

Nadi :Vaatpittaj

Mala : Malavsthambha

Mutra : Samyak

Jivha : Saam

Shabda : Spastha

Sparsha : Samashitoshan

Drika : Prakrut

Akuti : Medium

Systemic Examination :

CVS : S1S2 Normal

RS : AEBE Equal
CNS : Conscious , Oriented

P/A : Soft

MATERIAL & METHOD

Centre of study : Pakwasa Samanvaya Rugnalaya , Nagpur.

Simple Random Single case study

Diagnosis From clinical features it was diagnosed as Dadru (Tinea corporis).

Investigations CBC and RBS were within normal limits.

Assessment Criteria

The assessment of the patient was conducted based on improvements in subjective parameters, including Kandu (itching), Raaga (erythema), Utsanna Mandala (elevated circular lesions), and Pidika (eruptions). Additionally, photographs of the lesions were taken before, during, and after the treatment to monitor progress⁷.

MANAGEMENT :

When a patient approaches the Kayachikitsa OPD of Pakwasa Samanvaya Rugnalaya, Nagpur, according to the complaints of the patient, Asthavidha Pariksha Virechan is advised. The procedure of Virechan karma is explained to the patient. Deepan, Pachan medicine is given for 5 days to achieve niram symptoms. For Shehpana, Aragwadha Mahatiktak Ghrit was given.

Table no. 1 : Showing details of Snehapana⁸

Date	Dose	Time	Time to first meal
31-01-25	30 ml	7 am	12 pm
01-02-25	60 ml	7 am	02 pm
02-02-25	90 ml	7 am	3pm
03-02-25	120 ml	7 am	6 pm
04-02-25	150 ml	7 am	9 pm

After 5 days of Snehapana Snehana advised on 6th & 7th day with til tail & Swedan with Dashamool kwath.

For Virechan, Trivrutta Avleh 60mg were given at 8 am on 07-02-25 with lukewarm water. Advice to take lukewarm water for a day whenever required. Through that day, patient had 25 Virechan Vega & felt tiredness in the body. Madhyam Shuddhi was done.

Sansarjan Krama :

For madhyam Shuddhi follow the Sansarjan Kram for 5 days. Peya, Yavagu, Rajgira Laddu, Dal rice as per requirement.

Table no. 2 : Internal Medicine

Sr. No.	Name of Medicine	Dose	Time	Anupana
1.	Arogyavardhini Vati	250 mg	Vyana Kala Udana	Koshna Jal
2.	Gandhak Rasayana	250mg	Vyana Kala Udana	Koshna Jal
3.	Nimbatwaka Churna	4gm	Vyana Kala Udana	Koshna Jal
4.	Aragwadha Kapila Vati	2 tab	Udana Kala	Koshna Jal

BEFORE**AFTER**

Observation :

After Deepan- Pachana Aushadi Patients Itching was markedly decreased and constipation also relieved.

During Shaman Aushadi treatment there was 50% relief in Itching

After Virechan Mandala and kandu decreased significantly⁹.

DISCUSSION

In this case study, dadru kushtha is a chronic skin disorder. Because of chronicity and relapsing tendency, repeated shodhan treatment is advised¹⁰.

Probable mode of action of Arogyavardhini Vati:

The main indication for the herbomineral formulation Arogyavardhini vati is Kushta roga, or skin problems. Kutaki (*Picrorrhiza kurroa* Royle ex Benth) is the primary ingredient. Other ingredients include Haritaki (*Terminalia chebula* Retz.), Bibhitaka (*Terminalia bellerica* (Gaertn.) Roxb.), Amalaki (*Emblica officinalis* Gaertn.), Shilajatu Shuddha (purified asphaltum), Guggulu Shuddha (*Commiphora wightii* Arn.), Eranda (*Ricinus communis* Linn.), and a variety of minerals, such as Shuddha Parada (purified mercury), Shuddha Gandhaka (purified sulfur), Lauha Bhasma (iron in ash form), Abhraka Bhasma (mica in ash form), and Tamra Bhasma (copper in ash form), along with nimba (*Azadirachta indica* A.Juss) leaf juice for bhavana.

This composition has a number of benefits, including balancing the three doshas (tridosha shamak), promoting digestion (deepan), improving metabolic processes (pachan), reducing skin problems (kushthaghna), relieving itching (kandughna), and aiding in pitta virechan (purging excess pitta). These qualities aid in maintaining dosha balance, improving digestive fire (agnivardhana), encouraging waste removal (malashodhana), and enabling the vata dosha to move properly (vatanulomana). The characteristics of kushtaghna and kandughna help to alleviate symptoms and halt the progression of the disease¹¹.

Probable mode of action of Gandhak Rasayan:

Shuddha Gandhaka (purified sulfur) is subjected to 12 bhavanas (infusions) of different herbal medications to make Gandhak Rasayan, a polyherbal composition. It is mostly recommended for the treatment of Kushta Roga, or skin problems. Because of its antibacterial and antifungal qualities, the formulation efficiently promotes Rakta Shodhan (blood purification) by acting on Rakta Dhatu (blood).

Gandhak Rasayan reduces infections by using its antifungal properties. It also has a Rasayana (rejuvenative) effect that helps skin complexion and digestion. Skin conditions can be treated with sulfur both topically and orally. It has qualities that help relieve symptoms like itching (Kandu), pustules (Pidika), redness (Raaga), and burning (Daha), such as Rakta Shodhak

(blood purifying), Vranaropak (wound healing), Krumighna (anti-parasitic), and Kushthaghna (anti-skin disease)¹².

Probable mode of action of aragwadha kapila vati¹³ :-

- Aragwadha : Known for its purgative and detoxifying properties, it helps eliminate toxins from the body and has anti-inflammatory effects, which can alleviate skin lesions.
- Kapila : It is used for its nourishing and rejuvenating properties. It may help in healing the skin and promoting tissue regeneration.
- Turmeric (Curcuma longa): Known for its strong anti-inflammatory and antimicrobial properties, it aids in reducing inflammation and preventing infection.
- Neem (Azadirachta indica): A potent antimicrobial and anti-inflammatory herb, neem helps purify the blood and combats skin infections.
- Ginger (Zingiber officinale): Improves digestion and metabolism, which is crucial for effective treatment of skin conditions.

Probable mode of action of nimbatwaka churna¹⁴ :-

Nimbatwaka Churna is an Ayurvedic herbal formulation commonly used to treat Dadru, a type of skin disorder characterized by fungal infections, especially those leading to itching and eruptions.

Neem : Known for its powerful antimicrobial, antifungal, and anti-inflammatory properties, neem helps combat infections and reduce inflammation associated with skin conditions.

Probable mode of action of snehanpan with aragwadha mahatiktak ghrit in virechan karmain dadru :

Aragwadha Mahatiktaka Ghrita Snehan Karma is a specialized Ayurvedic therapy that combines the benefits of Aragwadha (Cassia fistula), Mahatiktaka Ghrita (a ghee formulation with bitter herbs), and the technique of oleation (snehan). This treatment is particularly effective for managing Kushtha, which encompasses various skin disorders.

1. Aragwadha (Cassia fistula):

- Known for its detoxifying and purgative properties, Aragwadha helps eliminate toxins from the body, promoting skin health and reducing inflammation.

2. Mahatiktaka Ghrita:

- This formulation typically contains a combination of bitter herbs (like Neem, Kalmegh, etc.) that are known for their antimicrobial and anti-inflammatory properties. The ghee acts as a vehicle for these herbs, enhancing their absorption and efficacy.

Probable mode of action of shehan karma ¹⁵:-

Til Oil (sesame oil) used for external Snehan Karma in treating Kushtha (various skin disorders) has a specific mode of action that contributes to its effectiveness. Here's a breakdown of its probable mechanisms:

1. Moisturization and Hydration- Til oil is an excellent emollient that provides deep hydration to the skin. This helps alleviate dryness, cracking, and scaling, common in many skin disorders.
2. Detoxification- The application of til oil can aid in the detoxification process by drawing out impurities and toxins (ama) from the skin and underlying tissues, which is essential for addressing the root causes of Kushtha.
3. Anti-inflammatory Properties- Til oil contains compounds with anti-inflammatory effects that help reduce redness, swelling, and irritation associated with skin lesions, providing symptomatic relief.
4. Antimicrobial Activity- The oil possesses some antimicrobial properties, which can help inhibit the growth of pathogens and reduce the risk of secondary infections in affected areas.
5. Improved Circulation- The process of Snehan (oleation) enhances blood circulation to the skin. Improved circulation aids in delivering essential nutrients and oxygen, promoting faster healing of skin tissues.
6. Balancing Doshas- Til oil helps balance the doshas, particularly Pitta and Vata, which are often implicated in skin disorders. By balancing these doshas, til oil supports overall skin health and wellness.
7. Skin Regeneration and Healing- The nourishing properties of til oil support the regeneration of skin cells, promoting the healing of lesions and improving the overall texture of the skin.

Probable mode of action of swedan in kushtha :-

Swedan, or sudation therapy, is a traditional Ayurvedic treatment often used in conjunction with Virechan (therapeutic purgation) for managing conditions like Kushtha (skin disorders). The probable mode of action of Swedan in the context of Virechan for treating Kushtha can be understood through the following mechanisms:

1. Detoxification- Swedan promotes sweating, which helps expel toxins (ama) from the body through the skin. This detoxification is crucial in addressing the underlying causes of skin disorders.
2. Improved Circulation- The heat generated during Swedan increases blood flow and circulation to the skin and tissues. Improved circulation enhances the delivery of nutrients and oxygen, facilitating healing.
3. Enhancing Absorption of Medicinal Herbs- When combined with herbal formulations during Virechan, Swedan enhances the absorption and efficacy of the herbs. The heat opens

up the pores and facilitates better penetration of medicinal compounds.

4. Reducing Inflammation: The heat from Swedan can help reduce inflammation and swelling associated with Kushtha, providing symptomatic relief and improving the overall appearance of the skin.

Probable mode of action of virechan karma in dadru kushtha :-

Virechan Karma combined with Trivruttavaleha (a specific herbal preparation) is a potent Ayurvedic treatment for managing Dadru Kushtha, a skin condition often characterized by fungal infections and inflammatory lesions. The probable mode of action of this combination can be outlined as follows:

1. Detoxification- Virechan helps eliminate toxins (ama) from the body through therapeutic purgation. This detoxification is essential for addressing the underlying causes of Dadru Kushtha.

2. Enhancing Digestive Function- Trivruttavaleha is known for its digestive and carminative properties. By improving digestion, it ensures better absorption of nutrients and facilitates the removal of waste products, contributing to overall health and skin vitality.

3. Balancing Doshas- Virechan specifically targets the Pitta dosha, which is often aggravated in skin disorders like Dadru Kushtha. Balancing Pitta helps alleviate symptoms such as inflammation, redness, and heat.

4. Antimicrobial Action- Trivruttavaleha may contain ingredients with antimicrobial properties that can help combat fungal infections associated with Dadru, further supporting skin health.

5. Reduction of Inflammation- By eliminating excess doshas and toxins, Virechan can help reduce inflammation and associated symptoms, leading to improved skin condition.

CONCLUSION

This case provides documented evidence for the management of Pitta-Kapha Kushtha through Shodhana and Shamana Chikitsa. In Shodhana Chikitsa, the aggravated doshas are expelled, which significantly helps in reducing the strength of the disease and preventing proper Pathapathya, focusing on Ahar and Vihar. Repeated shodhana, based on classical guidelines and considering factors like dosha, kala, and bala, should be administered to minimize the frequency of recurrence of the disease¹⁶.

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