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A central illustration of an Ayurvedic preparation scene. It features a large wooden mortar and pestle filled with green herbs. In front of it are two small glass bottles with cork stoppers and twine ties, containing yellowish oils. To the right is a small wooden bowl filled with a green powder. The scene is surrounded by various green leaves and small white flowers, all set on a wooden surface.

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“EFFECTIVENESS OF AYURVEDIC THERAPY IN DADRU KUSHTHA WITH SPECIAL REFERENCE TO TINEA CORPORIS: A CASE REPORT”**Dr. Anagha Khanke¹, Dr. S. B. Jamdhade², Dr. Pradnya Jamdhade³ Dr. Gangadhar Polawar⁴**

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ABSTRACT:

Background: Dadru, a type of Kushtha in Ayurveda, presents with itching, erythema, and circular lesions, resembling all Tinea corporis, a dermatophyte infection. Conventional antifungal treatments may cause recurrence and side effects, whereas Ayurveda focuses on correcting the Kapha-Pitta imbalance. **Objective:** To compare Dadru with Tinea corporis and evaluate Ayurvedic management. **Materials and Methods:** Classical Ayurvedic texts were reviewed for nidana, samprapti, and lakshana of Dadru and compared with modern descriptions. Ayurvedic treatments, including Shamana, Shodhana, and external therapies (kashaya, lepa), were analyzed through observational findings. **Results:** Ayurvedic therapies showed improvement in symptoms with reduced recurrence and better patient compliance. **Conclusion:** Ayurveda offers a holistic and effective approach for managing Tinea corporis by addressing root causes and minimizing recurrence.

KEY WORDS:- Ayurvedic dermatology, Kapha-Pitta, Shodhana, Shamana, Dadru, Tinea corporis, Kushtha

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INTRODUCTION

Skin disorders have long been recognized in both Ayurvedic and modern medical systems due to their impact on health, hygiene, and aesthetics. Tinea corporis is a dermatophyte-induced superficial infection of the skin. Typically, lesions are erythematous, annular and scaly, with a well-defined edge and central clearing. (1) Tinea corporis is highly prevalent worldwide. Dermatophytes constitute the predominant etiological agents of superficial fungal infections. Excessive heat, high relative humidity, and fitted clothing have correlations to more severe and frequent disease. (2) The dermatophytes responsible for tinea corporis belong to the genera *Trichophyton*, *Epidermophyton*, and *Microsporum*. Over the past seven decades, *Trichophyton rubrum* has consistently been the leading causative species of dermatophyte infections. *T. rubrum* accounts for 80% to 90% of the pathogenic strains. (3) While conventional medicine offers antifungal treatments along with glucocorticosteroids, issues such as drug resistance, recurrence, and side effects are common, prompting the need for a more holistic and sustainable approach.

In Ayurveda, *Dadru* is classified under *Kshudra Kushtha* in classical texts like Charaka Samhita, while as a *Mahakushtha* in Sushruta Samhita. (4)(5) It is predominantly a *Kapha-Pitta dosha*(6) vitiated disorder characterized by *kandu* (intense itching), *raga* (redness), *pidaka* (eruptions), and *utsanna mandala* (raised circular patches). (7) These clinical features of *Dadru Kushtha* are strikingly similar to the presentation of Tinea corporis, allowing for a comparative and integrative approach to diagnosis and management.

The Ayurvedic line of treatment focuses on breaking the *samprapti* (pathogenesis) through *Shodhana* (purificatory therapies like *Vamana*, *Virechana*) and *Shamana* (palliative measures), along with the use of herbal formulation such as *Kashaya* prepared from antifungal and *krimighna* herbs. These not only alleviate the symptoms but also address the root cause of the disease by restoring *dosha* balance.

This article aims to explore the correlation between *Dadru Kushtha* and Tinea corporis, and evaluate the efficacy of Ayurvedic interventions in its management based on classical references and clinical experiences.

PRESENT CASE REPORT

A 55-year-old female patient, who is a housewife, came to the outdoor patient department of the Kayachikitsa department. The complaints develop gradually, one after the other.

Main complaints are:

1. Elevated ring-like patch over the dorsal surface of the forearm region for 4 months
2. Severe itching at the patch that gets worse at night for 4 months
3. Itching followed by burning for 4 months
4. Spots with reddish discoloration in and around the patch for 4 months

PAST HISTORY

No history of any major or chronic illness

Family history

Not significant

Personal history

Marital status— Married

Addiction—no addiction

Sleep—Normal

Bowel—Regular one time/day

Diet—Non-vegetarian

Medical history

No drug allergy history

General Examination

Pulse – 82/min

BP – 120/80 mmHg

R.R. – 18/min

Wt. – 71.50 kg

Ht. -149cm

BMI – 32.2 kg/m²

Systemic Examination

RS – AEBE clear, No adventitious sound heard

CVS – S1 S2 Heard Normal, No murmur present

CNS – Conscious and well-oriented to person, place, time

P/A – Soft, non-tender, no signs of organomegaly.

-Bowel-normal

-Bladder-normal

Ashtavidha Pariksha

1)Nadi- 72/min



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- 2) Mala – Samyak
- 3) Mutra - Samyak
- 4) Jivha – Niram
- 5) Shabda – Spashta
- 6) Sparsha – Ruksha
- 7) Druka – Prakrut
- 8) Akrti – sthula

Local Examination

Single elevated circular ring-like, reddish coloured patch over the dorsal surface of the forearm region with no discharge from the lesion.



Samprapti Ghatak:-

Dosha: Tridoshaj (Kapha-Pitta Dominance)

Rogamarga: Bahya

Dushya: Twaka, Rakta, Mamsa, Lasika

Udbhavsthana: Amashaya

Vyaktasthana: Twaka

Rog swabhav: Chirkari




Strotas: Rasavaha, Raktavaha

Srotodushti prakara: vimargagamana

Sadhya Sadhyata: Sadhya

Agni: Mandagni

Differential diagnosis of DADRU:**Table no.1:shows the Differential diagnosis of dadru(fungal infection).**

DISEASE	SYMPTOMS	DIAGRAM (8-10)
Vicharchika (Eczema)	Bahustraava yukta pidika originate in vicharchika	
Paama	Scattered pidika with different varna(white, red, black)	
Dadru	Atasi pushpa like pidika, varna with mandala(round patches)	

Nidan:- Dadru (tinea corporis)**Material and Methods :-****Method :-**

- 1) A Single case study
- 2) Site :- P.G. Department of Kayachikitsa L.K. Ayurvedic Hospital, Yavatmal affiliated to D.M.M. Ayurved College, Yavatmal.
- 3) Total study duration :- 1 month

Materials

Shamana Chikitsa

Table no. 2:shows the shaman Chikitsa of *Dadru*

Sr.no.	Dravya	Dose	Duration	Anupana
01.	<i>Kaishor Guggul</i>	500mg	Twice a day	Luke warm water
02.	<i>Arogyavardhini vati</i> <i>Khadiradi vati</i> <i>Gandhak Rasayana</i>	250mg 250mg 250mg	Twice a day	Luke warm water
03.	<i>Sariva</i> <i>Manjishtha</i> <i>Haridra</i> <i>Khadir</i>	1 gram each churna	Twice a day	Luke warm water
04.	<i>Panchsakar churna</i>	3 gram	HS	Luke warm water
05.	Purnil oil+ Dermocare oil	For local application	Once a day	
06.	<i>Khadir</i> + <i>Guduchi</i> <i>bharad kwath</i>	20ml	Twice a day	Luke warm Water

Criteria for assessment**Table no. 3:shows the assessment criteria for *dadru***

Symptoms	Grade 0	Grade 1	Grade 2	Grade 3
Elevated ring-like patches	No	Mild	Moderate	Severe
Itching	No	Mild	Moderate	Severe
Burning	No	Mild	Moderate	Severe
Discolouration	No	Mild	Moderate	Severe

Result**Table no. 4:shows the before and after results of the present case study**

Symptom	Before Treatment	After treatment
Elevated ring-like patches	3	1
Itching	3	0
Burning	3	0
Discolouration	3	1



**Before treatment
treatment**



After 15 days of



After 30 days of treatment

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DISCUSSION

Kaishor Guggul (11) is an effective Ayurvedic formulation for treating Dadru (fungal skin infections like ringworm). It works by purifying the blood (Rakta Shodhana), reducing inflammation, and balancing Pitta and Kapha doshas. Key ingredients like Guggul, Guduchi, Manjistha, and Triphala help relieve symptoms such as itching, redness, and scaling. It also improves digestion and boosts immunity, preventing recurrence.

Gandhak Rasayana (12)– It acts well on skin problems like Tinea with madhur amla and kashaya ras and properties like Kushtaghna, Kandughna, Dahaprashaman, Raktashodhak, Vranaropak, Twachya, and Krumighna. It has antibacterial, antiviral, and antimicrobial Properties. Sulphur that has been refined can be used to treat many kinds of skin conditions. It lessens infection and irritation, benefits digestion, and improves the appearance of the skin. It can be applied both internally and externally to treat skin conditions.

Arogyavardhini Vati (13)- From a pathological point of view, we can see that Grahani Vikruti is the main cause of Kushtha. When Grahani doesn't work right, Malavrodha happens. When Vata Dosha between Grahani and Pakwashaya gets weak, Malavrodha and Grahani's general ability to move and move things around becomes flawed. Because of this, some organic toxins were made and then consumed, which led to DhatuDushti and then Kushtha Vyadhi. In general, Arogyavardhini works on Grahani and Pakwashaya to make them work better and more smoothly.

Khadiradi Vati(14) is beneficial in skin diseases like Dadru due to its antiseptic, anti-inflammatory, and detoxifying properties. It contains herbs like Khadira (Acacia catechu), Kattha, and Javitri, which help purify blood, reduce itching, and heal skin lesions. It also improves oral hygiene and reduces Pitta-Kapha imbalances.

Panchsakar churna(15). It works as a mild laxative, helping to clear the bowels, reduce Ama (toxins), and balance Vata and Pitta doshas. In skin diseases like Dadru, it is often used as a preparatory or supportive therapy to improve digestion and assist in detoxification before treatments like Virechana.

Sariva (16)- As Daha and Vaivarnya are one of the symptoms and signs, respectively, of Kushtha Vyadhi. Charak has described Sariva in Dahaprasahamana(Refrigerants) and Varnya (complexion-promoting) Mahakashaya. It also works as Raktapachaka as described by Charak.

Manjishta (17)–Manjishtha is talked about by Charak in the Varnya and Vishaghna Mahakashayas and by Sushrut in the Pitta Shamana Mahakashayas. It works as Kaphapittashamaka because it has Tikta Kashaya Madhura Rasa. This gets mixed up in Dadru Kushtha and Kushthaghna as well. It has the power of Krumighna in Pachansanathan.

Khadira (18)– Khadira has kushtaghna property according to Charak. Also, it's tikta, kashay, shit virya makes it pitta kaphaghna and kandughna. It works great in kushtha disease.

Guduchi (19)– Guduchi has tikta ras and madhur vipak, which is useful to pacify the pitta dosha in rakta. Charak has described Guduchi in Dahaprashamana. It also helps in sarva dhatu vardhan and acts as Rasayana.

Mode of action of Dermocare oil: - Dermocare oil is useful in Skin diseases like Tinea, itching, and eczema due to its Kushtaghna Property. Ingredients of Dermocare oil: Pacify Tridosha, moisturize the skin & improve skin complexion.

CONCLUSION

An integrated Ayurvedic approach utilizing Shamana therapy demonstrates notable efficacy in the treatment of Dadru (fungal skin infection). While Khadiradi Vati helps with general systemic support, internal medications help with detoxification, enhance blood quality, and restore doshic balance. When combined, these treatments offer a comprehensive, secure, and long-lasting treatment for Dadru by addressing both the underlying cause and its outward symptoms.

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