

A Conceptual Study of Dadru Kushta W.S.R. Tinea Cruris and its Ayurvedic Management

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Abstract

Skin is the first and largest organ of the body interacting with environmental agents like physical, chemical & biological agents. Variations in the environmental stimuli & natural ability of the body to deal with these factors result in spontaneous remissions & relapses. Interaction with these factors results in specific reaction patterns producing characteristic skin diseases in different parts of the body. In recent years; there has been a considerable increase in the incidence of skin problems in the tropical and developing countries like India due to less immunity, unhygienic, living conditions, and nutrition. Skin is the most exposed part of the body. Patient who suffers with any skin diseases leads to experience Physical, Emotional and Socio-economic embarrassment in his/her society from cosmetic point of view. Tinea cruris/Ringworm is one among the various skin infections which is spreading rapidly and affecting all the age group of population. In Ayurveda skin infection is termed as Twak Vikara or Kushta roga. Dadru is one among the Kushta Roga and termed as a Dadru Kushta. In modern medicine, skin fungal infection that is Tinea/Ringworm is correlated to Dadru Kushta due to similarities in their symptoms. According to most Ayurvedic texts, all types of Kushta have been considered as Rakta Doshaja Vikara. Dadru is one of the Kapha-Pitta Pradhana Twak Vikara. Here we are going to discuss about the Nidana, Samprapati, Lakshnas, Chikitsa, Pathya- Apathya and preventive methods of Dadru kushta in day-to-day life.

Keywords

Dadru, fungal infection, Kushtha, Ayurved, Tinea cruris.

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1. Introduction

The skin is the outer covering of the body and skin is the largest organ of the integumentary system. Because skin interfaces with the environment, it plays an important role in protecting the body against pathogens and other environmental conditions. Now-a-days skin diseases are very common. The patients experience physical, emotional and socioeconomic embarrassment in society. Normally 10- 15% of the general practitioner's work is with skin diseases, and it is a second commonest cause of loss of work.

All the skin diseases in Ayurveda have been classified under the broad heading of "kushtha" which are further categorized into Mahakushtha & Kashudrakushtha. Acharya Charaka mentioned Dadru in Kashudrakushtha, and Acharya Shushruta has mentioned Dadru kushtha in Mahakushtha [1]. According to most of ayurvedic texts, all types of Kushtha have been considered as Rakta Doshaja vikara. Dadru is one of the Kapha-pitta Pradhana Twak Vikara [2]. 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.

1.1. Aims and Objectives

- To evaluate, elaborate and discussion of etiological factors of Dadru.
- To give complete protocol of ayurvedic management of Dadru

2. Materials and Methods

The matter related to pathology, etiology and management has been collected from textbook of Ayurveda and its concern commentaries. The textbook of modern medicine has been reviewed to collect concert matters of Dadru in detail. National-international, index-non index, peer reviewed journals has been also referred to update the knowledge of diagnosis and management of Dadru. All the collected matters have been framed into primary and secondary causes of Dadru along with its etiology, pathology and Ayurvedic management.

2.1. Tinea cruris

It is a contagious fungal infection caused by mold- like parasites that live on the cells in the outer layer of your skin.

2.1.1. Pathophysiology

The most common etiologic agents for tinea cruris include *Trichophyton rubrum* and *Epidermophyton floccosum*; less commonly *Trichophyton mentagrophytes* and *Trichophyton verrucosum* are involved. Tinea cruris is a contagious infection transmitted by fomites, such as contaminated towels or hotel bedroom sheets, or by autoinoculation from a reservoir on the

hands or feet. The etiologic agents in tinea cruris produce keratinases, which allow invasion of the cornified cell layer of the epidermis. The host immune response may prevent deeper invasion. Risk factors for initial tinea cruris infection or reinfection include wearing tight-fitting or wet clothing or undergarments.

2.2. Nidana Panchaka

Hetu – Acc. To Ayurveda Primary causes of Dadru [Fungal Infection]:

Acharyas did not explain separate Nidana for Dadru Kushta. But Dadru Kushta spread person to person by Malaja Krimi through Sweda (contact with infected person, contact with clothes of infected person etc.) [3]. Due to the sharing of towels, bed sheets, soap, handkerchief etc. of infected person causes the spreading of micro-organism from one person to another person [4].

Acc. To Modern Primary causes of Dadru [Fungal Infection]:

Fungal infection is a contagious fungal infection caused by mold- like parasites that live on the cells in the outer layer of your skin. It can be spread in the following ways:

- Human to Human
- Animal to Human
- From soil [5]

Acc. To Ayurveda sec. causes of Dadru [Fungal Infection]:

Table 1. Causes of Dadru.

Mithya Ahara	Ch.S [6]	Su.S [7]	B.S [8]	H.S [9]	M.N [10]
Adhyashana	+	+	-	+	+
Vishamashana	+	+	-	-	-
Atyashana	+	+	-	-	-
Intake of food during indigestion	+	+	-	-	+
Continuous and excessive use of Madhu, Fanita, Matsya, Lakucha, Mulaka, Kakamachi, and intake of above substances while having Ajirna	+	-	-	-	-
Excessive Snehana	-	-	-	-	-
Vidahi Ahara without emesis of undigested food	+	-	+	+	-
Rasatah					
Excessive intake of Amla and Lavana Rasa	+	-	-	-	+
Dravyataha					
Excessive intake of gramya, anupa, audaka, mamsa	-	-	+	-	-
Navanna, dadhi, masa, matsya, mulaka, tila, pishtanna, kshira, guda	+	-	-	-	+
Dushivisha	-	+	-	-	-
Dushita Jala	-	-	-	+	-
Gunataha					
Excessive Dravya, Snigdha Ahara	+	-	-	+	+
Guru Ahara	+	+	-	-	+

2.2.1. Puvarupa

- Kandu
- Pidika

2.2.2. Rupa

Table 2. Rupa.

Sr. No.	Sign & Symptoms	Charaka [11]	Shusruta [12]	A.H [13]	A.S [14]	M.N [15]	Yogratnakar [16]	Modern [17]
1	<i>Kandu (itching) (pruritus)</i>	+	-	+	+	+	+	+
2	<i>Raga (redness) (erythema)</i>	+	-			+	+	+
3	<i>Atasi pusp vat pidika (macular rash similar to flax flower)</i>	-	+	+	-	-	-	-
4	<i>Tamra varna pidika (copper coloured macular rashes)</i>	-	+	-	-	-	-	-
5	<i>Visarpani pidika (diffused macular rashes)</i>	-	+	+	+	-	-	-
6	<i>Dirgha pratana (tendrill like macular rashes)</i>	-	-	+	+	-	-	-
7	<i>Unnata mandala (raised border ring)</i>	-	-	+	+	+	-	-
8	Scaling	-	-	-	-	-	-	+
9	Vesiculations	-	-	-	-	-	-	+

2.3. Samprapti

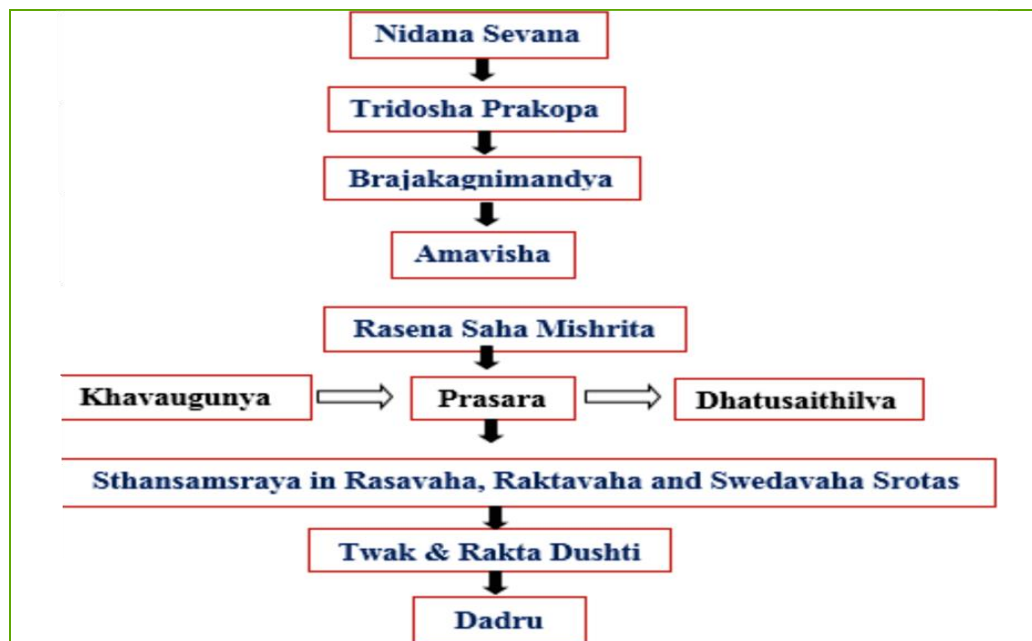


Figure 1. Samprapti of Dadru

Table 3. Vyavachedaka Nidana (Differential Diagnosis).

Disease	Symptoms
Paama (Scabies)	In Paama symptoms like Scattered Pidika with different Varna (white, red & black) [18]
Vicharchika (Eczema)	In Vicharchika Symptoms like Pidika with Bahusraava [19]
Dadru (Tinea)	In Dadru symptoms like Pidika, Varna (Atasipushpa) with Mandala (Round patch) [20,21]

2.4. Ayurvedic Management (Chikitsa)

As per the need of today's lifestyle and also due to the increase in the resistance of the human body Ayurveda has to be taken in the limelight for such types of resistance behaviours which are going to harm humans in future. Thus, the Ayurvedic formulations of Bahiparimarjana in the form of Lepas and Shaman Aushadhis should be taken which can acts as Sthanika Chikitsa externally and internally do Rakta Shudhi so that disease should be cured from root. These Ayurvedic formulations having the property to totally cure this Dadru Kushta and the chances of recurrence are also very less due to the properties of the various drugs that are included in this.

In modern medicine Sulphur used as antifungal drug for fungal infection there are many herbal drugs having this content and also mentioned under this line of treatment without having any side-effects. For eg. – Gandhak.

2.4.1. Nidana Parivarjana

2.4.2. Shodhana Chikitsa (According to Dosha and Bala of Patients)

Table 4. Shodhana Chikitsa.

a. Purvakarma	Abhyanga, Sweda
b. Pradhana Karma	Vamana, Virechana, Raktamokshana

2.4.3. Shamana Chikitsa

2.4.3.1. Antaha parimarjana

Table 5. Antaha parimarjana.

a. Bhasma/ Rasa	Shudha Gandhak, Kushtha Kuthar Rasa
b. Vati	Arogyavardhini Vati, Kaishor Guggulu, Panchtikta Ghritha Guggulu
c. Churna	Panchanimba Churna, Manjishthadi Churna, Triphaladi Churna
d. Kwatha	Patoladi Kwatha, Brihadamahamanjishthadi Kwatha
e. Asava	Triphala Asava, Sarivadya Asava
f. Arishta	Khadirarishta, Kankabinduarishta, Vidangarishta
g. Ghritha	Mahatikta Ghritha, Panchatikta Ghritha, Mahakhadira Ghritha
h. Lehya	Amritha Bhallataka Lehya, Dhatriyavleha
i. Ekal Dravya	Khadira, Vidanga, Manjishtha, Haridra, Karveer

2.4.3.2. Bahya parimarjana

Table 6. Bahya parimarjana.

a. Lepa	Karanjadi Lepa, Kareeradi Lepa, Manahshiladi Lepa
b. Taila	Marichadi Taila, Karanja-nimba Taila, Kanakshiri Taila
c. Kalka	Bhrishta Sarshapa Kalka

2.4.3.3. Rasayana

Table 7. Rasayana.

a. Gandhaka Rasayana	a. Bhallataka Rasayana
b. Haritaki Rasayana	b. Tuvataka Rasayana

2.5. Patha-Apathya

Table 8. Patha-Apathya.

Patha	Apathya
Ahara	Ahara
Laghu, Ruksha, Tikta RasaPradhana Moong Masoor Dal, Wheat and Yava, Purana Ghritha, Gomutra, Dadima, Nimba, Patola, Lashun, Karela Shak Etc	Virudhahara (Milk and Matsaya), Navanna, Pishtanna, Vidahi, Abhishyandi, Tila, Madya, Urada, Gudda, Mulanki, Dadhi Etc.
Vihara	Vihara
Laghu Vyayam, Snana (Sidharthaka Snana) Etc.	Divaswapna, Vega Dharna, AtiVyayam, Ati Sweda, Sankramit Purusha Samyoga Etc.

3. Discussion

As we know that “Prevention Is Better Than Cure” so some preventive methods should also be known to patients to avoid contamination. Possible palliative and unique treatment modality in Ayurveda provide long lasting results and a better life to patients. The Ayurvedic remedies have different properties that will lead to its non-resistance modality. So, to prevent the resistance rate have to take a step ahead so that this type of disease can be cured without any side effects. Patients should follow proper precautions so that the rate of occurrence can be reduced.

4. Conclusion

As per the need of today's lifestyle and also due to the increase in the resistance of the human body, Ayurveda has to be taken in the limelight for such types of resistance behavior which is going to harm humans in future. Thus, the ayurvedic formulations of Bahiparimarjana in the form of Lepas (local application works faster due to physiological effect of heat on the skin and shaman aushadhis should be taken which can acts as sthanika chikitsa externally and internally do rakta shuddhi so that disease can be cured from root. These Ayurvedic formulations having the property of completely curing this Dadru Kushta with no chances of recurrence due to the properties of the various drugs that are included in this.

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