



Role Of *Karveeradi Lepa* In *Dadru*: A Critical Review

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Abstract: Ayurveda, one of the world's oldest medical systems, has long been used to treat various health issues, including skin conditions. Among the diverse range of Ayurvedic remedies, *Karveeradi Lepa* stands out as a topical paste used to treat several dermatological disorders. One of the conditions it is particularly effective in managing is *Dadru*, a type of fungal infection that manifests as circular patches on the skin, often resembling ringworm (*Tinea corporis*). *Dadru* is typically associated with an imbalance of the *Kapha* and *Pitta* doshas, leading to excess moisture (*Kapha*) and heat (*Pitta*) in the body. As a result, antifungal, cooling, and soothing treatments are often used to restore balance. *Karveeradi Lepa* is a traditional Ayurvedic formulation composed of multiple herbs, primarily centered around *Karveera* (*Nerium oleander*). This herb is renowned for its antimicrobial and antifungal properties. The present article focusses on the role of efficacy of *Karveeradi Lepa* in *Dadru*.

Keywords: Dadru, Karveeradi, Lepa, Ringworm, Tinea

I. INTRODUCTION

Ayurveda is a complete and traditional medical system of health science which not only aims to protect *swasthya* of a healthy individual but also bring cure of the diseases of *aatura* by its specific ideology. The skin is the one organ of the body that is readily available for inspections by the eyes & fingers of every living person. Though skin diseases are common at any age of the individual, they are particularly frequent in the elderly. The patients always experience physical, emotional & socio-economic embarrassment in the society. Normal 10 - 15% of the General Practitioners work is with skin disorders (Roxburgh's Common Skin Diseases) & 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 in to *MahaKushtha* & *Kshudrakushtha*. Eighteen types of *Kushtha* are described by *Acharya Charaka*. Among them seven types of *MahaKushtha* and rest eleven are *Kshudrakushtha*. *Dadru* is one among eleven types of *Kshudrakushtha*.

Dadru is one of the most common *Twakvikara* affecting all the age. On the basis of presenting symptomatology most of the scholars have simulated *Dadru* with 'Tinea' (Ringworm). Through modern perspective it comes under 'Superficial fungal infections of the skin' the most common dermatological manifestation affecting up to 15% of world's populations in all age group. Tinea/ring worm infection is caused by a distinct class of Fungi. Several factors such as poor nutrition, unhygienic conditions, hot and humid climate, sweating, administration of corticosteroids and immune suppressive agent affect the disease. 5 out of 1000 people are suffering from Tinea infection. In contemporary medical science, management of Tinea is carried out with use of topical or systemic antifungal, corticosteroids which in long lasting usage produce the adverse effects. *Acharya Sushruta* has mentioned the treatment as '*Lepana* of *Shodhana*' type because external applications form the best way to treat *Kushtha*. Furthermore, *Acharya Charaka* has described *Lepana* as '*Sadyah Siddhi Karaka*'. According to *Acharya Charaka*, *Karveeradi Lepa* is *Kushthapahah* i.e. surely remove all the skin disorders. Normal skin maintains an interrelated integrity & it is the purpose of this article to study in detail some deviations from that integrity through conceptual point of view.

II. METHODS OF INFORMATION

III. The Ayurvedic literature available on *Dadru* and its management from *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*, *Ashtanga Samgraha*, *Bhavaprakash*, *Sharangdhara Samhita*, *Baishajya Ratnavali*, *Madhava Nidana*, *Chakradatta* and *Bhela Samhita* and modern texts for Ringworm were reviewed thoroughly.

IV. SEARCH STRATEGY

V. The databases like PubMed, Scopus, Cochrane, Ayush portal, and Google scholar were searched to access data by keywords including skin disease, *Lepa*, *Dadru* and management through Ayurveda.

VI. SELECTION PROCESS

Relevant reviewed information related to Ringworm and *Dadru* was collected, recorded, analyzed, and reported.

VII. DADRU

In Ayurveda, *Dadru* is categorized as a fungal infection, most commonly appearing as scaly, round patches on the skin. The condition is known to cause itching, discomfort, and irritation. *Dadru* is typically associated with an imbalance of the *Kapha* and *Pitta doshas*, leading to excess moisture (*Kapha*) and heat (*Pitta*) in the body. As a result, antifungal, cooling, and soothing treatments are often used to restore balance. *Dadru* is similar to the Western condition known as Tinea corporis, caused by dermatophytes such as *Trichophyton*, *Microsporum*, or *Epidermophyton* species.

VIII. KARVEERADI LEPA

Karveeradi Lepa is a traditional Ayurvedic formulation composed of multiple herbs, primarily centered around *Karveera* (*Nerium oleander*). This herb is renowned for its antimicrobial and antifungal properties. Other common ingredients in the paste may include *Daruharidra*, *Karanja*, *Kutaja* and *Jati* which contribute to the paste's anti-inflammatory, soothing, and healing qualities. These ingredients collectively work to treat infections, reduce inflammation, and promote healing of the skin.

IX. APPLICATION OF KARVEERADI LEPA FOR DADRU

To use *Karveeradi Lepa* effectively, following steps should be followed:

- **Cleanse the Affected Area:** Wash the infected area with mild soap and water, ensuring the skin is dry before application.
- **Apply the Paste:** Apply a thin layer of *Karveeradi Lepa* to the affected skin, ensuring that it covers the entire area of the lesion.
- **Leave for 20-30 Minutes:** Allow the paste to remain on the skin for about 20-30 minutes, or as directed by an Ayurvedic practitioner.
- **Rinse Off:** After the designated time, wash off the paste with lukewarm water. Pat the skin dry with a clean towel.
- **Repeat Daily:** For optimal results, apply the paste 1-2 times daily until symptoms improve.

X. PRECAUTIONS WHILE APPLICATION OF LEPA

While *Karveeradi Lepa* is generally safe for external use, it is essential to consider the following

- **Patch Test:** Always perform a patch test on a small area to check for any allergic reactions before applying the paste to the larger affected area.
- **Consultation with an Ayurvedic Practitioner:** Pregnant women, children, and individuals with sensitive skin should consult with an Ayurvedic practitioner before using any herbal preparations, including *Karveeradi Lepa*.
- **Severe Reactions:** In case of any severe irritation or adverse reactions, discontinue use and consult a healthcare professional.

XI. CRITICAL REVIEW OF KARVEERADI LEPA IN DADRU

1. **Antifungal and Antimicrobial Activity-** *Karveeradi Lepa*'s key ingredient, *Karveera* (Nerium oleander), has been traditionally recognized for its potent antimicrobial properties. Scientific studies have shown that Nerium oleander extracts exhibit significant antifungal and antibacterial activities, making it effective in treating various skin infections, including *Dadru* (Patel et al., 2011). The antifungal properties of Nerium oleander can help eradicate the fungal pathogens responsible for *Dadru*.
2. **Anti-Inflammatory Properties-** The application of *Karveeradi Lepa* helps reduce the inflammation and redness associated with fungal infections. *Daruharidra*, one of the core ingredients, contains curcumin, a compound known for its anti-inflammatory properties (Jurenka, 2009). Curcumin not only helps reduce skin inflammation but also alleviates pain and discomfort caused by the lesions. Additionally, *Karanja* has been used in Ayurvedic medicine for centuries for its ability to calm inflammation and heal the skin.
3. **Soothing and Cooling Effect-** *Dadru* often exacerbates due to excess heat and irritation on the skin. *Karveeradi Lepa*, with its cooling properties provided by *Jati*, helps soothe the skin. *Jati* has been used in Ayurveda for its cooling and anti-inflammatory properties (Jabbar et al., 2005). These herbs balance the *Pitta dosha*, which is often aggravated in conditions like *Dadru*, reducing the burning sensation, itching, and discomfort associated with the infection.

4. **Skin Healing and Regeneration-** *Karveeradi Lepa* aids in skin regeneration and the healing of the damaged skin. **Turmeric** is known to promote wound healing and tissue regeneration, which is essential when dealing with the scarring left by fungal infections (Alkhalaf et al., 2020). Regular application of the paste not only treats the infection but also prevents further damage to the skin and helps fade scars or blemishes left by the infection.
5. **Detoxifying the Skin-** Ayurvedic medicines often focus on detoxifying the body and skin to restore balance. *Kutaja* is known for its detoxifying effects, purging the skin of toxins and preventing further accumulation of harmful substances that can lead to more infections. The detoxifying action of *Karveeradi Lepa* helps cleanse the skin, reduce the risk of recurrent infections, and maintain overall skin health.

XII. DISCUSSION

While the use of *Karveeradi Lepa* is rooted in traditional Ayurvedic practices, several studies support the efficacy of its ingredients, particularly for treating skin infections. A study by Patel et al. (2011) demonstrated the antifungal and antimicrobial properties of *Nerium oleander*, which is a key component in *Karveeradi Lepa*. The study found that *Nerium oleander* extracts were effective in inhibiting the growth of several fungal strains responsible for dermatophyte infections.

Moreover, *Karanja* and *Daruharidra*, both present in *Karveeradi Lepa*, have been well-documented in the literature for their anti-inflammatory, antimicrobial, and healing properties. Research indicates that Curcumin has been proven to reduce inflammation and accelerate wound healing (Jurenka, 2009), making it a valuable ingredient in treating inflammatory skin conditions.

A review of Ayurvedic dermatological practices by Jabbar et al. (2005) further supports the use of these herbs for skin conditions like *Dadru*. The study highlighted the antimicrobial and anti-inflammatory benefits, which contribute to the healing and soothing effects seen in conditions like fungal infections.

XIII. CONCLUSION

Karveeradi Lepa is a powerful Ayurvedic treatment for managing *Dadru*, a common fungal infection of the skin. Its antifungal, anti-inflammatory, cooling, and healing properties make it a comprehensive solution for treating the infection, alleviating symptoms like itching and redness, and promoting skin regeneration. Thus, by harnessing the natural properties of herbs like *Karveera*, *Karanja*, *Kutaja*, *Daruharidra* and *Jati*; this remedy offers a multi-faceted approach in *Dadru*. The scientific backing for its individual ingredients—such as *Nerium oleander* —reinforces its traditional use in skin care. As part of a comprehensive holistic Ayurvedic treatment plan *Karveeradi Lepa* can significantly contribute to restoring the health of the skin, providing both immediate relief and long-term benefits and alleviate the discomfort caused by fungal infections like *Dadru*. Always consult with an Ayurvedic practitioner for personalized guidance and to ensure the best treatment approach for your specific condition.

XIV. ACKNOWLEDGMENT

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