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DADRU KUSTHA (TINEA): AN AYURVEDIC LITERATURE REVIEW

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Abstract:

Ayurveda has given importance to skin diseases since the era of *Veda*. *Dadru* is a disease affecting the *Twak* with symptoms of *Kandu*, *Mandala* and *Pidaka*. It is a *Kaphapitta Pradhana*, where the symptom closely resembles with symptoms of *Tinea* infection. *Dadru Kushta* is due to consumption of *Ati Amlalavana Sevana*, *Ati Snigdha* and *Drava Ahara Sevana* and subjects who are taking *Dadhi* and *Matsya* with *Kshira* which leads to aggravation of *Pitta* and *Kapha Doshas* which causes derangement on the skin. In *Ayurvedic* classics, *Virechana* (purgation), *Raktamokshna* (bloodletting) and *Shamana chikitsa* (action remedy) will help to cure *Dadru* (fungal infection). Here we will discuss about *Nidana* (causative factors), *Samprapti* (etiopathogenesis), *Lakshan* (clinical features), *Chikitsa* (treatment), *Pathya-Apathya* and preventive methods of *Dadru kushta* (fungal infection).

KEYWORDS: *Dadru kushtha*, *tinea*, *Kshudra kushtha*, *kapha pitta dominance*.

INTRODUCTION:

In Ayurveda, The word “Twacha” is used for skin derived from “Twak Samavarne dhatu” meaning covering of body. Twak is matrij bhav . Now a Days , there has been a marked increase in the incidence of fungal infections Due to factors like humidity, poor hygiene, overuse of topical steroids, and Antifungal resistance. Recurrence is common, and conventional treatments Often have side effects¹.

Skin is a mirror that reflects external and internal pathology there by Helps in diagnosis of disease. It is first organ of the body interacting with Environmental stimuli and natural ability of body. It performs multiple Functions like,protection against mechanical trauma,uv light, Infection,thermoregulation, conversion and excretion of fluid, sensory Perception and is an organ for synthesis of vit -D from sun light.Skin Diseases accounts for prevalence rate 20-30% of all consultation in general Practice².

In Ayurveda, skin disorders are grouped under the term ‘kushtha’ and Further divided into 7 Mahakushthas and 11 Kshudrakushthas. Acoording To Acharya Charak Dadru Kustha is included in kshudrakushtha³On the Other hand, Acharya Sushruta⁴ and Acharya Vagbhata⁵ included DadruKustha in Mahakushtha.

According to Charak , Mamsa,Rakta,Twak and Lasika are the four Primary Dushyas in Kushtha, Dadru kustha is a Tridoshaj Vyadhi⁶.According to Acharya Sushrut⁷, Dadru Kustha is predominantly caused By Kapha, whereas Acharya Vagbhata⁸ describes it as being caused by a Predominance of both Pitta and Kapha.”

Due to similarity of symptoms Dadru Kustha can be corelated with Tinea .Tinea infection Is Very common in rural & urban areas. Tinea, or Ringworm infection, refers to a group of highly contagious fungal infections Marked by circular lesions with clearly defined margins and elevated edges.Tinea , a deep inflammatory nodules or granulomas occur in some Infection’s ,most often those inappropriately treated with mild to high Potency topical glucocorticoids⁹.

Nidana Panchaka (five-fold approaches of diagnosis) of Dadru

Nidana

Acharya Sushrut stated Nidana Parivarjana (Removal of causative factor) as the first step of treatment¹⁰. So for the cure, the knowledge of Nidana of disease is most important. The understanding of etiological factor is valuable to deliver proper guidance for the prevention and treatment of the disease. Ayurveda emphasizes different factors such as improper diet, routine, season, and even the supernatural power, which make the body vulnerable and susceptible to disease.Dadru has been included under Kushth, its aetiology can be constructed based on general aetiology. Ayurveda texts have described general causative factors, ie., Samanya Nidana for all types of Kushth instead of specific Nidana for a particular type of Kushth.

Premonitory symptoms (PoorvaRoop)-According to Acharya Charak

स्पर्शज्ञत्वमतिस्वेदो न वा वैवर्ण्यमुन्नतिः । कोठानां लोमहर्षश्च कण्डूस्तोद श्रमः क्रमः ॥

व्रणानामाधिकं शूल शीघ्रोत्पत्तिचिरस्थितिः । दाहं सुष्यताऽगतां चेति कुष्ठलक्षणमग्रजम्॥(च चि7/11)

No any sensation, excessive sweating or no sweating, Discolouration on effected side, itching, in wound healing Time to longer, excessive pain, burning sensation.¹¹

Clinical Symptoms (Roop)- According to Acharya Charak

सरागकण्डुवपिडकंदद्रमण्डलमुदगतम् ॥ (च.चि.७।२३)

Dadru Kustha is characterized by udgata mandala with kandu (itching), Raga (Discoloration), Pidaka (eruption)".¹²

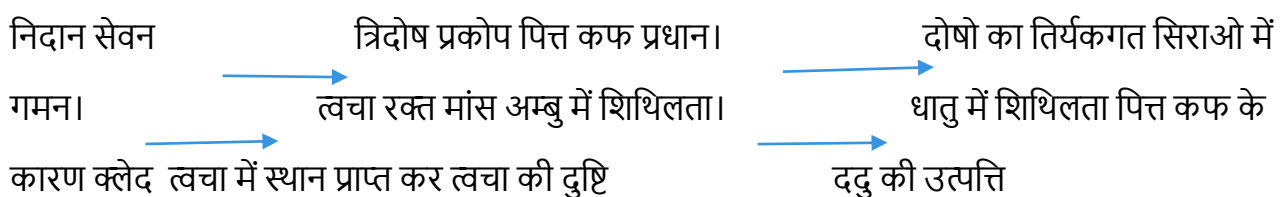
Upashaya

Upashaya is defined as those drugs, diet regimens. Behavioural and other practices that are beneficial and provide recovery to the patients and have actions contrary to the aetiology of the disease. Upashaya is a beneficial diagnostic tool when the disease is not distinct, and it is challenging to diagnose the same. However, in Dadru roga sign and symptoms are very clear. Hence Upashaya is not required for diagnosis but very useful for treatment. No specific Upashaya of Dadru is found in the classical texts. Nevertheless, the description of Pathya (Ideal diet plan) about Kusht may be considered as the Upashaya.

Samprapti-

Due to indulgent in various causative factors, tridosha prakopa occurs in the body, which results in the destruction of digestive fire thereby forming Amavisha accumulation in the body. This Amavisha affects the Rasavaha, Raktavaha and Swedavaha Strotases and cause Twak Rakta Dusthi which finally results in the formation of Dadru.

सम्प्राप्ति



सम्प्राप्ति घटकः

दोष-त्रिदोष प्रधान (पित्त कफ)

स्त्रोतस –रक्तवह, रसवह

अधिष्ठान –बाह्य रोगमार्ग त्वक् व मांस

स्वभाव - चिरकारी

दूष्य - त्वक, रक्त, मांस, अम्बु

स्त्रोतोदृष्टि – संग

रोगमार्ग – बाह्य

Chikitsa-

Management (Chikitsa): Ayurveda has described 'Samshodhana' (Bio-purification), 'Samshamana' (Pacification) and 'NidanParivarjana' (Avoiding causative factors) as main therapy for many diseases including skin disorders.

Samshodhana: Acharya Shuruta and Yogratnakar has explained Vamana (Emesis) to be done every 15 days, Virechana (Purgation) once in a month, Nasya every three days and Raktamokshana (Bloodletting) once in six months to be done. Acharya Charaka described Samshodhana to be done repeatedly in regular intervals in every skin disorders, so that toxins are removed from body without vitiation of Vata and Dosha-Dhatu samya can be formed for proper nourishment.¹³

Shamshamana: The palliative therapy is in form of drugs and diets may not be effective unless the body channels are properly cleansed and toxic materials are eliminated. Samshodhana is believed to purify or cleanse all the body tissues and bring about the harmony of bio-humors to obtain longlasting beneficial effects. Drugs used for palliative therapy for Kushtha should be Tikta and Kashaya Rasa predominant.

Decoctions: made from Neem, Triphala, Khadira, Saptaparna, Daruhaldi are said to be effective in Kushtha.

Local Applications: Acharya Charaka has described use of Karanja, Sarso, Ingudi, Khadir oil or medicated ghee made from Khadira, Neem and Patola are effective in pacification of Kushtha. Shirish lepa, Aragvada lepa, Chakramard lepa, Chitrakadi lepa, Mamsyadi lepa and Kshar prayog is also mentioned.

NidanParivarjana: The diet rich in Amla, Lavana and Katu Rasa, milk, curd, jaggery, heavy diet and diet which aggravated Kapha Dosha should be avoided. Acharya Shushruta has described role of Ayaskruti (Loharasayan) in Kushtha. Rasayan Chikitsa also plays major role in Kushtha for regeneration of skin.

Precautions

1. Avoid sharing clothing, sports equipment, towel or sheets.
2. Wash clothes in hot water with fungicidal soap after suspected exposure to ringworm,
3. Avoid walking bare foot. Instead wear appropriate protective shoes in locker rooms and sandals at the beach.
4. Avoid tight fitting clothing.
5. Change clothing everyday.

6. Avoidance of synthetic and wet nappies keeping the area dry.
7. Wash hands well with soap and water after playing

DISCUSSION

The basic principles of hetu of Dadru have been mentioned in Brihatrayi and Laghutrayi in the Kushtha nidana. Most of the apathya ahara vihara mentioned in ayurveda for causes of kushtha. All we know that Prevention Is Better Than Cure. So some preventive methods should also be known to patients to avoid contamination. So, to prevent the resistance rate have to take step ahead so that these type of disease could be cured without any side effects. Patient should follow proper precautions so that rate of occurrence can be reduced. There is difference of opinion amongst various acharyas regarding dadru in the terms of doshik involvement.

CONCLUSION

Dadra Kushta an Avurvedic Skin Disease Similar to Tinea Infection Dadru Kushta is a type of skin disease described in Ayurveda, mainly caused by an imbalance of Pitta and Kapha Doshas, with vata playing a supportive role. It occurs due to different factors (Nidanas) that disturb Tridosha. The main symptoms include itching (Kandu), circular patches (Mandalas), redness (Roga), and small eruptions (Pidakas). These features closely resemble the symptoms of Tinea (ringworm) in modern. Medicine, such as round itchy patches, redness, and pustules,

OBSERVATION AND RESULT

1. The review would present findings from Ayurvedic texts regarding the dosha involvement (Kapha, Pitta, Vata), Dhatu(tissues) affected (Twak, Rakta, Mamsa, and Strotas (channels) involved.
2. It would detail the clinical features of Dadru Kushta, including the appearance of lesions, itching, and other symptoms
3. The study would also summarize the modern medical perspective on Tinea infections

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