

A case study on ayurvedic management of Dadru W.S.R. to *Tinea corporis*

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Abstract

Ayurved is time tested science. From ancient to present era its principles never change. Tinea corporis is fungal infection on body. It is ring like shape with any size. It is found more in male than female. According to ayurved all skin disease comes under *kushta vhydhi*. Tinea corporis can be correlated with *Dadru*. *Dadru* is one of the *Kshudrakushta* with predominance of Pitta and *Kaphadosha*.

40 years old male suffering from Elevated ring like patch around left leg region, Severe itching, Discoloration/Redness, Burning sensation since last 8 months. He took Modern medicine but no relief from that. With Modern medicine he just got relief from itching, that also reoccur again during night time.

Ayurvedic medicines along with good hygiene and some lifestyle modifications give best result.

Keywords: Tinea Corporis; *Dadru*; Ayurved; Skin disease; *Kushta*

1. Introduction

Tinea corporis is fungal infection on the body. Eczema marginatum, crotch itch, dhobi itch, gym itch, jock itch are other names of this disease. It is also called as dermatophytosis. Tinea corporis is found in all age and sex. It is observed that males are infected more than females. Ring like rash is clearly identification of this disease. Its patch is typically red or brown ring like structure, with irritation and. Its size can be small, medium or large too.

In Ayurved it can correlated with *Dadru*. There is no separate description of *NidanaPanchak* of *Dadru*. The *SamanyaNidana*, *Poorvarupa* mentioned for *Kusta* can be apply for *Dadru*.

Table 1 Comparative symptoms of tinea corporis and *Dadru*

Sr.no	Symptoms of tinea corporis	Symptoms of <i>Dadru kushta</i>
1	Erythema	Raga
2	Itching	Kandu
3	Granular surface	Pidka
4	Circular elevation of skin	Utsannamandal

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2. Case report

40-year-old male patient came to us with chief complaint of

- Elevated ring like patch on Left Leg region.
- Severe itching +++
- Discoloration/Redness ++
- Burning sensation +++

Patient had above complaints since 8 months.

No H/o / HTN, Asthma

2.1. History of personal illness

40 years old male suffering from elevated ring like patch on Left leg region, Severe itching, Discoloration/Redness, Burning sensation since last 8 months. He took Modern medicine [Tab.Allegra (Fexofenadine) 120 mg, Tab.levocet 4mg, Tab.fluconazole 150 mg, Clobet GM cream] but no relief from that. With all this Modern medicine he just got relief from itching, that also reoccur again during night time. Discoloration/Redness increased gradually, then he decides to take Ayurved treatment. For Ayurvedic treatment he came to our hospital.

2.1.1. Personal history

Occupation: Engineer.

2.2. ASHTAVIDHA PARIKSHANA

- *Nadi* (pulse) = 86 /min. (*kapha-vata*)
- *Mala* (stool) = *Malavshmbha*.
- *Mutra* (urine) = Normal.
- *Jeeva* (tounge) = *saam*.
- *Agni* = *Kshudhamandya*.
- *Shabda* (speech) = Normal.
- *Sparsha* (skin) = *Twakrukshata*.
- *Druka* (eyes) = Normal.
- *Akruti* = *Madhyama*.
- *Bala* = *Uttam*.
- *Raktadaaba* (B.P) = 130/80 mm/Hg.

3. Material and method

3.1. Material

Table 2 Material used for study

Sr.no	Dravya	Dose	Duration	Anupana
1	GandhakRasayanvati	250 mg	Twice a day	Luke warm water
2	Arogyavardhinivati	500 mg	Twice a day	Luke warm water
3	SukshmaTriphalavati	250 mg	Twice a day	Luke warm water
4	Gandahrvaritakivati	500 mg	H. S	Luke warm water
5	Khadirarishta	20 ml	Twice a day	Luke warm water
6	Shodhan Tail	Local Application	Twice a day	
7	Avagahana (Triphala + Khadir + Nimba)	At morning		

3.2. Method

Centre of study: Sane Guruji Arogya Kendra, Malwadi, Hadapsar, Pune

Type of study: Simple random single case study.

4. Result

Clinical examination of the patients revealed regression of all symptoms within 7 days.



Figure 1 Before treatment and After treatment photographs

5. Discussion

5.1. Hetu of Dadru (Tineacorporis)

- *Ahar:*
 - Improper, stale and irregular diet.
 - Chicken, *Matsyasevan* (daily)
 - *Dadhi*, pickles, Papad (on each alternate day)
 - Biscuits (daily with tea)
 - All types of fastfood, junkfood, Hotelling
- *Vihar:*
 - • Prolong seating, work in Air conditioned room
 - • Ratrijagran.

5.2. Sanprapti ghatak

- Dosh: tridoshaj (kapha-pitta pradhana)
- Dushya: Twak, Rakta, Lasika (Ambu), Sweda
- Srotus: Rasa, Rakta.
- Adhishthana: twacha
- Rogamarga: bahya

5.3. SAMPRAPTI

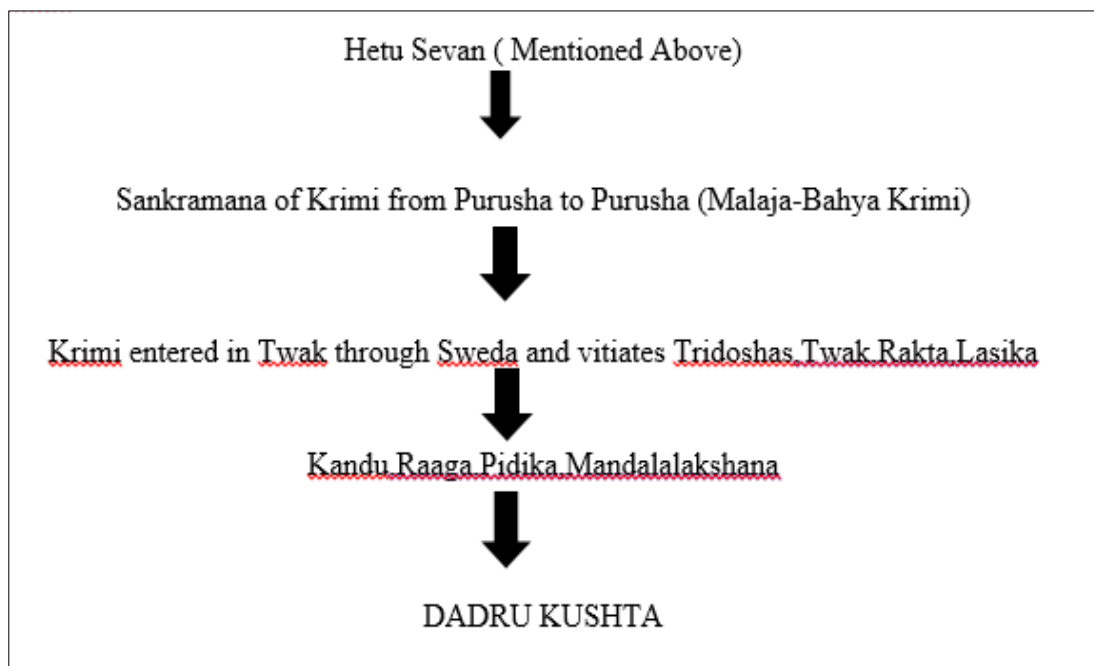


Figure 2 Pathogenesis(*Samprapti*) of Dadru Kushta

5.4. Action of drug & other procedure

5.4.1. Nidana parivarjana

Acharya sushruta also give importance to *nidanparivarjanam*. We advise patient to take bath daily, dry the body with towel, avoid prolong seating, wash all cloths in Dettol mixed warm water.

Table 3 Action of drug & other procedure done in study

SR.NO	DRAVYA	Action
1	Gandhak Rasayan vati	Raktashodhak, Kandughana, rasayana
2	Arogyavardhini vati	Dhatwagnivardhana, malashodhaka, Pakwashya dushtinashka.
3	Sukshma Triphala vati	Antimicrobial, anti-inflammatory
4	Gandahrva haritaki vati	Anulomna, vatashulnashak
5	Khadirarishta	Kushtaghana, Krumighna, Raktaprasadnam,
6	Avagahana (Triphala + Khadir + Nimba)	Kandughna, Tridoshghna, Vranya, Raktashodhaka

6. Conclusion

Dadru like skin disease difficult to cure by modern medicines. All steroid like medicine suppresses the disease which later create worst state of disease. From the above case, it may be stated that *Dadru* can be completely cured by Ayurvedic treatment.

Compliance with ethical standards

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Disclosure of conflict of interest

The authors declare that there was no conflict of interest regarding the publication of manuscript.

Statement of informed consent

Informed consent was obtained from all individual participants included in the study.

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