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Role of Ayurveda in the Management of Dadru W.S.R to Tinea Cruris-A Conceptual Study

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ABSTRACT: -

Now a day skin disease is very common at any age of the individual but they are particularly frequent in the elderly. The patient experiences physical, emotional and socio-economic embarrassment in society. *Dadru* (Tinea) is the type of *Kustha* (skin diseases) that comes under both due to its quick invading nature and discoloration of skin. As per modern perspective *Dadru* (Tinea) comes under tinea cruris the most common dermatological manifestation affecting up to 10-20 % of world population. In Ayurveda Samhitas any specific etiology of *Dadru* (Tinea) has not been explained, except the general etiology of *Kustha* (skin diseases). Tinea cruris is fungal infection and found more in Male then female. Severe itching and red patches are common dermatological manifestations present in all patients. Fungal culture and KOH are the specific diagnostic method of fungal infection. Panchakarma, *Shodhan* therapy specially *Virechan karma* (Purgation) and *Raktmokshana* (Blood Letting) will help to cure *Dadru* (Tinea). In present conceptual study we are highlighting the management of *Dadru* (Tinea) W.S.R to tinea.

Keywords- *Dadru* (Tinea), Tinea, *Virechan karma*, *Raktamokshana*



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INTRODUCTION

In *Ayurveda* all the skin disease considered in *Kushtha* (skin diseases) which are further divided in to *Mahakushtha* (major skin diseases) and *Kshudrakushtha* (minor skin diseases). *Dadru (Tinea) Kushtha* is a type of *Kushtha* (skin diseases) that included under both due to its fast-invading nature. The word *Kushtha* (skin diseases) is derived from the *Samskrit* root “*kuṣ*” means that which comes out from the inner part to the outer part. *Kushtha* (skin diseases) is produced invariably by the vitiation of the seven factors i.e. three *Doṣha* and four *Duṣhya*.¹ *Aacharya Charaka* has described 18 types of *Kushtha* (skin diseases) among them 7 types of *Kushtha* (skin diseases) have been described as a *Mahākushtha* (major skin diseases) and 11 types have been *Kshudrakushtha* (minor skin diseases).² *Āachārya Charaka* considered *Dadru (Tinea) Kushtha* (skin diseases) in *kshudrakushtha* (minor skin diseases) as per his definition, the reddish color *Piḍikā* (boil) in the form of *maṇḍala* with elevated borders and itching is known as *Dadru (Tinea)*.³ According to *Aacharya Charaka Dadru (Tinea) kushtha* (skin diseases) is *Kaphapittaja roga*.⁴ In Modern term *Dadru (Tinea)* is under fungal infection . fungal diseases of the skin can be divided into superficial mycoses and the deep mycoses.⁵ Clinical feature of fungal infection are intense itching, scaly lesions, papulovesicular lesions etc. In conventional medicine, tinea is treated with local application of ointment and systemic antifungal medication

with steroids.⁶ *Ayurveda* point of view treatment of *Dadru (Tinea)* are *Sodhana karma* (Purification), *Shamana karma* (Pacification) and local application of various *lepa* (pack). This conceptual article will highlight, evaluate, elaborate and discuss about *Dadru (Tinea) WSR to Tinea*.

AIMS AND OBJECTIVE

1. To evaluate, elaborate and discuss the *Dadru WSR to Tinea*.
2. To evaluate, elaborate and discuss the aetiology and *Ayurvedic* method of *Dadru (Tinea)*.
3. To evaluate, elaborate and discuss the management of *Dadru (Tinea)*.

MATERIAL AND METHOD

Material related to *Dadru (Tinea)* is collected from *Ayurvedic* text including *Brihatriye and Laghutrye* and text book of modern medicine respectively. The index, non-index medical journals has also referred to collect information of relevant topic.

Conceptual Study

1. Definition of *Dadru (Tinea)*

Dadru (Tinea) is a type of *Kustha roga* (Psoriasis), which is characterized by the cardinal symptoms like *Raaga* (inflammation), *Pidaka* (boil) etc.⁶ *Tinea* is a burst out condition of the skin due to bursting of exterior through the skin leads to circular skin patches with itching.⁷

2. Types of Tinea⁸

- **Tinea Corporis** -ringworm infection of the body
- **Tinea pedis**-ringworm infection of the foot
- **Tinea cruris**- ringworm infection of the groin
- **Tinea Unguium**- ringworm infection of the nails
- **Tinea capitis**- ringworm infection of the head, scalp, eyebrows, eyelashes
- **Tinea favosa**- ringworm infection of the scalp
- **Tinea manuum**-ringworm infection of the hand

3. Etiology of Dadru (Tinea) as per Ayurveda

3.1 Aharaja Nidana (Food related causes) - Many kinds of wrong methods of food intake can thus leads to different types of diseases. A most important faulty food intake is incompatible diet which plays a major role in the causation of diseases. The main causative factors of *Kushtha* (skin diseases) are *Mithya Ahara* (unwholesome food). *Mithya Ahara* means a type of *ahara* (food) which is not proper and according to the rules. *Vijayarakshita* the commentator of *Madhava Nidana* defined *Mithya Ahara* as 'A diet opposite to *Asta Ahara Vidhi Vishesavyatanani*'.⁹ The eight factors have delineated by *Acharaya Charaka* to determine the utility of food, which are *Prakrti* (constitution), *Karana* (objects), *Samyoga*, (balanced and proper combination) *Rashi*, *Desha*(constitute), *Kala*(time), *Upayoga Samstha* (Rules of taking food) and *Upayokta* (consumer of the food).¹⁰

3.2 Viharaj Nidana (Life style related causes)- *Vihara* (life style regimen) means activities and *Mithya Vihara* means the improper physical, Vocal and mental activities. The activities opposite to "Svasthavrita" can be included under the heading of 'Mithya Vihara (unwholesome food)'. *Mithya Vihara* is the chief causative factor of many diseases as *kushtha* (skin diseases).

3.3 Mithya Hetu (in appropriate cause) of Dadru (Tinea):- This is very important factor and specialty of Ayurveda unanimously mentioned by all Acharyas. Behavioral misconduct, antisocial activities, sinful deeds and other punishable offenses.

4. Samprapti Ghataka (Pathogenic factor) of Dadru (Tinea)

1. *Dosha --Tridosha*
2. *Dushya --Tvaka* (skin), *Rakta* (blood), *Mamsa* (muscle)
3. *Adhithana-- Tvaka* (skin)
4. *Srotasa-- Rasavaha* (channels carrying plasma) and *Raktavaha Srotasa* (channels carrying blood)
5. *Srotodushti --Sanga* (obstruction) and *Vimargamana* (misdirection).
6. *Agni—Bhranjakagni*

5. Clinical manifestation of Dadru (Tinea)¹¹

1. *Pidika* (Putules)
2. *Raga* (Erythema)
3. *Mandala* (Annular scaly patches)
4. *Kandu* (Purities)
5. *Shotha* (Inflammation)
6. *Utsanna* (Skin elevation)
7. *Atasi Pushpa Varna* (Copper colour)
8. *Romashchyuti* (Glabrous skin)

6. Management of Dadru (Tinea) as per Ayurveda

The Management of *dadru* (Tinea) should be done on the basis of their cause. As per Ayurveda medicine treatment of *dadru* are *Shodhana Karma* (Purification) as *Vaman*, (emesis) *Virechan* (purgation) etc, *Shamana Karma* (Pacification) and local application of *lepa*.

1. **Sodhana karma (Purification Method)¹²**- *Sodhana karma* is important to excrete to vitiated *doshas*. *Virechana* (purgation) and

Raktmokshan (bloodletting) should be given to remove out vitiated *pitta and rakta dosha*.

➤ **Virechan karma (purgation)** -*Virechana* (purgation) is the administration of purgative substance for the cleansing of *pitta dosha*.

a. **Snehana karma (internal oleation)** -It should be done with *ghrit* according to patient condition increasing manner starting from 50 ml,150 ml,250 ml up to appearance of manifestation of “*samyaka snehana lakshan*” in the early morning after the completions of physiological urges.

b. **Swedana karma (Sudation)** -After the completion of the *snehana karma* (internal oleation) and before the *virechana karma* (purgation). The *swedan* (Sudation) should be given after applications of massage on whole body.

c. **Virechana karma**-After *samyaka snehana* (internal oleation), *Swedana*(Sudation) and Proper examination of patients the planned induce *Virechan* (purgation) should be given to the patients by giving *trivrita kwath* early in the morning. Then patients should be observed for *samyaka virechana* (purgation) and after proper *samayak virechan karma* (purgation), *sansarjana karma* (dietetic regimen) should be maintain as per schedule.

➤ **Rakta-mokshana karma (bloodletting)** -*Raktamokshan* karma (bloodletting) should be done by using 18 no bore needle early in the morning. It pacifies the *rakta dosha* and *pitta dosha*.

2. **Shamana chikitsa (Pacification)** – *Tridosha shamaka* specially *Kaphaghana* and *Pitaghana* and *kushthagna* poly herbal, herbo-minerals drugs should be used for external and internal uses. These are-

Internal Medicine

1. *Arogyavardhini vati*¹³-Used in the treatment of fever, skin disease, liver disease, obesity etc.
2. *Haridra khand*-Used in allergic skin disease, itching, skin disease and improve complexion of skin.¹⁴

3. *Mahatiktaka Kashaya*¹⁵ – Used in skin disease and fever.

4. *Guggulu tiktaka Kashaya*¹⁶-Used in treating inflammatory conditions of skin, bones and joints.

5. *Gandhaka Rasayana*¹⁷-Use in the treatment of chronic fever, UTI etc.

External application (*Lepa Kalpna*)

1. *Marichadi tailam*¹⁸

2. *Dhurdhuapatradi tailam*¹⁹

3. *Nalpamaradi tailam*²⁰

4. *Jatyadi tailam*²¹

5. *Chakramard beeja*²²

DISCUSSION

Prevention is better than cure so some preventive methods should also be known to patients to avoid skin disease and follow proper *pathya vihara* (wholesome lifestyle) and *aahar*(food). Unique treatment modalities like *shodhan* (Purgation) and *shamana* (Pacification) procedure in Ayurveda provide good result. *Virechan* (Purgation) procedure will be helpful to remove out vitiated *dosha* from body and *raktamokshana* (bloodletting) help to remove vitiated *Rakta* (blood) from patients. *Marichadi tailam*, *Dhurdhuapatradi tailam*, *Jatyadi tailam* *Chakramard beeja*, *Manjisthadi kwath*, *Haridra khand*, *Panchatiktaka guggulu* etc will help to pacify and purify the *Raktavaha Srotasa*. Patient should follow proper precautions so that rate of occurrence can be reduced and provide a better life to patients.

CONCLUSION

Dadru (Tinea) is the common skin disease in developing countries. As per need of today's lifestyle and decreasing immunity of the human body which is going to harms the humans in future. So, Ayurvedic therapies like *shodhan karma* (Purification) and different formulations having the property of completely curing this

Dadru (Tinea) with no chances of recurrence.

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