



## AYURVEDIC TREATMENT OF TINEA CAPITIS (DADRU)- CASE REPORT

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**ABSTRACT**

Due to increased pollution, emotional stress, unhealthy diet, disturbed sleep, improper care, late working hours and lack of exercise leads to many problems and one of them is hair loss. Hair loss having many types it depends on age, sex, socioeconomic status and living being. Tinea capitis is most common in children's as compare to adults. In *Ayurveda* it is correlated with *Dadru*. It is a fungal infection. Patient of age 13 years came to our hospital with patchy hair loss for 3-4 months with itching, dryness and some dandruff in the scalp. We diagnosed him a case of Tinea capitis and gave the treatment regimen *shamana Ausadh* for first 15 days then it will continue upto 2-3 months. In *Ayurveda* we gave *Krimihar chikitsa*, *ushna*, *pitta samaka* medicine and lifestyle modification to the patient. He got relief in symptoms. And the end we continued him some medicine for 4 months.

**KEYWORDS:** Tinea, Scalp, Hair, *Krimi*, Children.

**INTRODUCTION****Tinea capitis is the ringworm of the scalp**

**Tinea capitis** is a cutaneous fungal infection (dermatophytosis) of the scalp.<sup>[1]</sup> The disease is primarily caused by dermatophytes in the genera *Trichophyton* and *Microsporum* that invade the hair shaft. The clinical presentation is typically single or multiple patches of hair loss, sometimes with a 'black dot' pattern (often with broken-off hairs), that may be accompanied by inflammation, scaling, pustules, and itching. Uncommon in adults, tinea capitis is predominantly seen in pre-pubertal children, more often boys than girls.

The treatment of choice by dermatologists is a safe and inexpensive oral medication, griseofulvin, a secondary metabolite of the fungus *Penicillium griseofulvin*. This compound is *fungistatic* (inhibiting the growth or reproduction of fungi) and works by affecting the microtubular system of fungi, interfering with the mitotic spindle and cytoplasmic microtubules. There are many side effects of these medicine, so its time to find a better way in the management.

Tinea is correlated with *Dadru kustha* due to its characteristic features such as *utsanna mandal* (elevated circular lesion), *raga* (erythema), *daha* (burning sensation), *pidaka* (eruptions) and *kandu* (itching).<sup>[2]</sup> The *Dadru kustha* has the appearance like the colour of the

linseed flower or are copper-coloured, and are serpiginous with full of eruptions.<sup>[3]</sup> *Dadru* is classified as a *ksudra kustha* by *Acharya Charaka* and *maha kustha* by *Acharya Sushruta* and *Vagbhata*. It is a *chirkalaja*,<sup>[4]</sup> (chronic) *vyadhi* with predominant vitiation of *pitta* and *kapha dosha*.<sup>[5]</sup>

In *Ayurveda Shodhana* Procedure and *Shamana Chikitsa* is recommended along with drugs having *Kushtaghna*, *Krumighna* and *Kandughna* properties, along with *Bahiparimarjana Chikitsa* (local application) in the form of Lepa and oil.

**CASE STUDY****Materials and method**

Selection and source of patient- For this study, diagnosed patient was taken from the OPD of Pt Khushilal Sharma Govt. Ayurveda College and Institute Bhopal MP.

**Complaints of the patient-** Patient of age 13 years came to our hospital with complaint of patchy hair loss for 3-4 months with itching, dryness and some dandruff in the scalp.

**History of past illness-**No

**Surgical history-** No

Personal history

Addiction-tea+ milk

Dietary habits-vegetarian  
 Sleep- Disturbed due to severe itching at night  
 Bladder and Bowel- Normal  
 No history of Hypertension, DM, Tobacco

- Malam (Stool) – Normal
- Jivha (Tongue) – Normal
- Shabdham (Voice)- Normal
- Sparsham (Touch) – Normal.
- Drika (Eyes) – Normal
- Aakriti (Built) – no deformities

**EXAMINATION OF PATIENT  
 ASHTAVIDHA PARIKSHA**

- Nadi (Pulse)- Vata-kapha, 80/ min.
- Mootram (Urine)- Normal

Local examination- smooth scalp with shining  
 Patches are 2 in number



**Fig. 1: On the first visit.**



**Fig. 2: On the 2<sup>nd</sup> visit Day 20<sup>th</sup>.**



**Fig. 3: On the 3<sup>rd</sup> visit 45<sup>th</sup> day.**

**Treatment Regimen****Shamana drugs**

Combination of krimimudhgar rasa (250mg) and gandhak (125mg) twice a day  
 Aroygavaridhni vati 250 mg Twice a day  
 Mahamanjishtha kwath 20ml twice a day  
 Kaishor guggul 250 mg twice a day  
 Mahamarichyadi taila for LA  
 Medicated shampoo and oil for hairwash.

**DISCUSSION**

The basics principles of *hetu* of *Dadru* have been mentioned in *Brihatrayi* and *Laghutrayi* in the *Kustha Nidana*. Most of the *Apathya Ahara Vihara* mentioned in *Ayurveda* for causes of *Kustha*, produces the healthy environment for the growth of fungal infection in the skin tissues. In modern science the clinical manifestation of *Dadru* is closely similar to *Tinea* infection which is caused by contact with diseased person, the weak immune system, poor nutrition, stress, obesity and contact with contagious things etc.

**Discussion on the medicines**

*Aroygavardhini Vati* is indicated in *kustha*, *medo-dosha* (obesity), *yakritvikara* (liver disorders) and *jirna jwara* (chronic fever).<sup>[6]</sup> Major ingredients of *Aroygavardhini Vati* are *Gandhaka* (Sulfur), *Triphala*, *Katuki* (*Picrorhiza kurroa*), and *Nimba* (*Azadirachta indica*), which are the versatile drugs for all type of skin diseases. *Triphala* is anti-inflammatory astringent. *Nimba* is an antiseptic helpful in shedding of the scales of the skin and preventing secondary infection.<sup>[7]</sup> It is helpful in *Pachana* (metabolism) of *Ama Visha* (toxins) and corrects vitiated *rasa dhatu* in the body.

*Krimimudgar rasa* cures *mandagni*, *vibandha*, *vrana*, and *kustha*, and its main ingredients are *Gandhaka* (sulfur) *Vidanga* (*Embelia ribes*), *Ajamoda* (*Carum roxburghianum*), *Kuchala* (*Strychnos nux-vomica*) and *Palash* (*Butea monosperma*).<sup>[8]</sup>

*Gandhaka* has *rasayana*, *dipana*, *pachana vatakaphakar*, *kusthakar*, and *krimihar* properties.<sup>[9]</sup> It also has anti-fungal, anti-bacterial, and keratolytic properties.

The formulation contains more than 40 medicinal herbs which includes *Manjishtha* (*Rubia*), *Sariva* (*Hemidesmus indicus* Linn), *Nimba* (*Azadirachta indica* A. Juss.), *Haridra* (*Curcuma longa* Linn.), *Khadir* (*Acacia catechu* Linn. f.), *Bibhitaki* (*Terminalia Mahamanjishtha kwath* containing more than 40 herbs in the formation which having properties of *raktashodhak*, anti-fungal, anti-bacterial properties.

*Kaishore guggulu* is classical *Ayurveda* formulation which has been considered as prime *ayurveda* formulations amongst many others due to its enormous therapeutic benefits. The formulation mainly offers anti-

allergic, antibacterial, anti-inflammatory, analgesic and blood purifying properties.<sup>[10]</sup>

**CONCLUSION**

In sort, it is a disease of child. In modern medicine many treatment modalities are available but with side effects. To decrease their use, we should focus on our research work and treatment methods. In *Ayurveda* we have seen in *OPD* cases, marked improvement with our oral medicines and local application.

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