

ROLE OF AYURVEDIC MANAGEMENT IN DADRU W.S.R. TINEA CRURIS: A CASE REPORT

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ABSTRACT

Tinea infections, commonly known as ringworm, are indeed widespread fungal skin conditions globally. Tinea cruris, or "Jock itch," specifically affects the groin, perineal, and peri-anal areas. It typically manifests with red, raised, and active borders, and can appear on one or both sides. In *Ayurveda*, all skin diseases are classified under the broad category of "*Kushta*." The management of *Kushta roga* (skin diseases) involves three main approaches: *Shodhana Chikitsa*, *Shaman Chikitsa*, *Bahiparimarjana Chikitsa*. In *Ayurveda*, Tinea cruris can indeed be correlated with "*Dadru*," which is classified as one of the types of "*Kshudrakushta*" (minor skin diseases). *Dadru* typically involves an imbalance of *Pitta* and *Kapha doshas*. A 45 years old male patient presented to *kayachiktsha* OPD, in Jan 2024 with complaints of itching in flank region, he found no relief with modern medicine, except for temporary relief from itching that recurred at night. *Ayurvedic* treatments, combined with good hygiene and lifestyle adjustments, offer the best outcomes."

KEYWORDS: Dadru, Tinea Cruris, Kshudrakushta, Ayurveda Management.

INTRODUCTION

Tinea cruris, commonly known as "jock itch," is a dermatophyte infection of the inguinal and perianal region. It is three times more prevalent in men than in women. Obesity and activities that cause increased sweating are risk factors. It causes red, itchy rashes and can also extend to the perineal and peri-anal areas. The names of various dermatophyte infections begin with 'tinea' which is Latin term for 'worm'. The second word in the name is the Latin term for the affected body site^[1,2]

- ❖ Tinea Capitis -Scalp
- ❖ Tinea Barbae- Beard
- ❖ Tinea Faciei- Face
- ❖ Tinea Corporis- Trunk and Extremities
- ❖ Tinea Manuum- Hands
- ❖ Tinea Cruris-Groin
- ❖ Tinea Pedis-Feet
- ❖ Tinea Unguium (Onychomycosis) -Nails

In *Ayurveda*, all skin diseases have been discussed Under the broad category of *Kushta*. *Kushta* is classified into -7 *Maha kushta* (major skin disease) and 11 *KshudraKushta* (minor skin disease). *Dadru* is a *kshudrakushta* with *Pitta-Kapha* Predominance.^[3,4]

It involves clinical features

सकंडू राग पिडिकम दद्रु मंडलम् उदगतम्॥ चरक चिकित्सा 7/23॥

like *Kandu*, *Raga*, *Pidika*, *Mandala*. These symptoms are very much Similar with the features of Tinea or fungal infection like pruritus, moist erythematous patches, vesicles, Tiny superficial pustules spreading all over the body. It Occurs mostly at certain parts of the body like folds and mucosa.

CASE REPORT

A 45-year-old male patient presented at our hospital (PtKls Bhopal) on January 16, 2024 complaining of erythema, itching, discoloration and circular patches on his right flank region. Despite initial treatment with allopathic antifungal creams and oral drugs, he did not experience relief and decided to pursue *Ayurvedic* treatment.

History of past illness-No
Surgical history- No

Personal history

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

EXAMINATION OF PATIENT**ASHTAVIDHA PARIKSHA**

- *Nadi* (Pulse)- *Vata-kapha*
- *Mootram* (Urine)- Normal
- *Malam* (Stool) – Normal
- *Jivha* (Tongue) – Normal
- *Shabdham* (Voice)- Normal
- *Sparsham* (Touch) – Normal
- *Drika* (Eyes) – Normal
- *Aakriti* (Built) – Normal

Treatment regimen**Shamana drugs for 45 days**

- 1) Combination of *Sudh Gandhak* 125mg+*Yashad bhasm*-30mg+*Rasmanikya* 30mg+*Guduchi satva* 35mg (twice a day)
- 2) *Mahamanjithadi* kwath -20 ml bd twice in a day
- 3) *Kaishor guggul* 250 mg twice in a day
- 4) Local application *Cassia alata*, *Azadirachta indica* ointment twice in a day.

Difference in appearance of clinical features before & after treatment

S. No.	Clinical features	Before treatment	After treatment
1	Itching	+++	No itching
2	Redness	++	No redness
3	Round patches	++	+
4	Discoloration	Present	Absent

**Fig. 1: On Before Treatment.****Fig. 2: After Treatment of 45 days.****DISCUSSION**

In *Ayurveda*, the term "*Kushta*" encompasses a wide range of skin diseases. It is categorized into two main groups for the purpose of diagnosis and treatment:

1) *Maha Kushta* (Major Skin Diseases): There are seven types of *Maha-Kushta*, which are considered more severe or chronic in nature.

2) *Kshudra Kushta* (Minor Skin Diseases): This category includes eleven types of skin diseases that are considered less severe compared to *Maha Kushta*.

Dadru kushta is a *pitta kapha* predominant disease and it belongs to *kshudra kushta* category. *Dadru kushta* closely resembles with *tinea infection*. The present case was diagnosed as '*Dadru kushta*' based on the above clinical signs and symptoms. The treatment was planned on the basis of predominance of *dosha* and *dhatu* (body

tissue) and *srotas* (macro and microcirculatory channels) involvement.

A combination of *Sudh Gandhak*, *Yashad Bhasma*, *Rasmanikya*, *Guduchi satva* was given where *Gandhaka* possesses *rasayana* (rejuvenating), *dipana* (digestive), *pachana* (digestive), *Vatakaphahara* (balances *Vata* and *Kapha doshas*), *kusthahara* (treats skin conditions), and *krimihara* (antiparasitic) properties.^[5] *Rasmanikya* is used for treating various skin conditions as *kustha rog*, *vaatarakta*, *bhagandar*, *vicharchikaa*, *swaas* and *firang roga*. *Yashad bhasm* is also used in various skin disease.^[6] *Tinospora cordifolia* (*Guduchi* or *Amrita*) is an important drug for the treatment of diseases such as skin diseases, jaundice, fever and diabetes.^[7]

Manjishthadi Kwath has contents like *Manjishtha*, *Guduchi*, *Bakuchi*, *Nimb*, *Haridra*, *Patola* etc., which helps in detoxification and purification of the blood.^[8]

Kaishor Guggulu is a herbal remedy containing purified *Guggulu* and is used as anti-allergic, antibacterial and as blood purifier. It acts as health promoter for aging skin, acts as natural blood cleanser, is useful as supportive herbal supplement in many health conditions, such as diabetes and skin diseases.^[9]

Cassia alata is used to treat skin conditions like ringworm, scabies, shingles, urticaria, and itching. *Neem* is used as having antifungal, anti-microbial, anti-inflammatory property.^[7]

CONCLUSION

The case study indicates that *Ayurvedic* treatments can successfully manage tinea infection (tinea cruris) without causing adverse effects. While *Ayurvedic* medicines appear promising for treating *Dadru*, additional research with a larger sample is necessary to validate these results.

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