

DADRU KHUSHTA (DERMATOPHYTOSIS): AN AYURVEDIC LITERATURE REVIEWVerma Annu*¹ and Pandey Reena²¹MD Scholar (2nd Year) in Department of Kaumarbhritya at Rishikul Campus, UAU, Haridwar, Uttarakhand, India.²Prof. in Department of Kaumarbhritya at Rishikul campus, UAU, Haridwar, Uttarakhand, India.***Corresponding Author: Verma Annu**MD Scholar (2nd Year) in Department of Kaumarbhritya at Rishikul Campus, UAU, Haridwar, Uttarakhand, India.

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ABSTRACT

Skin disease are being considered as a major health problem in children, as it leads to discomfort and significant morbidity among them. Skin diseases have been comprehended under the heading of *kushtha* in *Ayurveda*. and We find a vivid Description of *Dadru*. *Dadrukushtha* is common skin infestation. *Dadru kushtha* is being a *kshudra kushtha* has *kapha pitta* dominance., characterized by *Sakandu* (Itching), *Raga* (Reddish discoloration of skin), *Pidaka* (Papule over lesion), *Mandalamudgata* (Circular patches with elevated edge on skin) etc. On the Basis of presenting Symptomatology *Dadru* with Dermatophytosis through Modern perspective it comes under superficial fungal Infection of the skin the most common dermatological manifestation affecting up to 15% of world's population in all group. Dermatophytosis, the highly specialized fungi, may cause a variety of lesions of skin. Dermatophytosis is contagious from one person to another by skin to skin contact, it can come from pets or other animals (usually cats, dogs, or rodents). especially in warm, damp environment. This review purposes that the benefits summarizes the literature knowledge of the topic.

KEYWORDS: *Dadru kushtha*, Dermatophytosis, *Kshudra kushtha*, *kapha pitta* dominance.**INTRODUCTION**

Skin is the largest organ of human body. It's size and external location makes it susceptible to a wide variety of disorders. Skin Disease are being considered as a major health problem in children. In Recent years, there has been a considerable increase in incidence of skin problems in the tropical and developing countries like India due to various reasons like poverty, poor sanitation ,unhygienic, pollution etc.^[1]

All the skin Diseases in *Ayurveda* have been classified under the broad heading of *kushtha*. Which are further categorized in to *Maha Kushtha* and *Kshudra kushtha*. *Dadru kushtha* is a type of *kushtha* that comes under both due to it's quick invading Nature.^[2]

In broad sense *kushtha* is the one which causes vitiation as well as discoloration of the skin.^[3]

Acharya Charaka has described *Dadru* as a *Kshudra Kushtha*. As per it's definition the reddish coloured *Pidika* in the from of *Mandala* with elevated borders and Itching is known as *Dadru*.^[4]

Dadru being one among *kushtha* is also a *Rasa, Rakta and Mamsadhatupradoshaja Vikara*.^[5] It is usually caused by *nidan* under three major classification i.e. *aharaja*, *viharaja* and *Krimi*. Here *krimi* can be

considered for the Related fungi which are dermatophyte capable of causing skin changes of the type known as Ringworm or Dermatophytosis.^[6]

On the Basis of presenting Symptomatology *Dadru* with Dermatophytosis through Modern perspective it comes under superficial fungal Infection of the skin the most common dermatological manifestation affecting up to 15% of world's population in all group.^[7]

Objective - to study the literature review of *Dadru khushta* through *Ayurveda*.

Ayurvedic review of Dadru kushta (Dermatophytosis)

Skin diseases have been comprehended under the heading of *kushtha* in *Ayurveda*. and We find a vivid Description of *Dadru*. since *Samhita* period only *Acharya Charaka* has mentioned 18 types of *kushta* which are further subdivided into *Mahakushta* and *Kshudra kushta* *Dadru Kushta* has been Mentioned only in *chikitsa sthana*.^[8]

Acharya Susruta has mentioned that *Dadru Kushta* occur due to *Kapha Dosha*. He further has explained about the *lakshanas* of *Dadru* like *Tamra varna*, *Atasipushpa varna*.^[9]

Vridha Vagbhatta has mentioned 18 type of *Kushta* as usual and also mentions that *Dadru* is **Kapha Pitta** Type of *Kushta*.^[10]

Laghu Vagbhatta has followed the same Classification as that of *susrutha*. He has mentioned *Kandu Pidaka* etc as the symptoms of *Dadru*. *Dadru* is Caused due to **Kapha Pitta** Predominance.^[11]

Bhela Samhita has mentioned about 18 type of *kushta*. *Kushta* has been mentioned in *nidaan sthana* and *chikitsa sthana*.^[12]

Separate *nidanans*, *poorvaroopa* and *samprapti*, for *Dadru Kushtha* or even other kinds of *kushta* have not been enlisted.

The *Samanaya nidaan* of *Kushta* has to be taken as hetu for *Dadru* also.

Etiology (Nidana)

The constant use of mutually incompatible eats and drinks. Unctuous and heavy articles of diet . Excessive use of salt or acid article or of black gram, raddish pasted particles, Til, dugdha and guda. The suppression of generated urge of defecation, urine etc. indulgence in exercise or exposure to heat after a surfeit meal, irregular indulgence in cold or hot food or fasting or over – eating. using of cold water suddenly after being afflicted with heat, fatigue or fear. Indulgence in pre-digestion meals, wrongful administration of five purificatory procedures (panchakarma), habitual use of grains, curd or fish. Sexual intercourse after intake of *Sneha* or emesis; or frequently eating meats of domestic, marshy and aquatic animals with milk; or taking dip in water after having been heated by fire (or sun) or suppressing vomiting.^[13]

Aetiopathogenesis – *Acharya Charaka* and *Acharya Shushruta* describes *Doshajas* hetu leads to aggravation of Tridosha basically **Kapha pitta** which reaches the obliquely moving channels further aggravates and scatters them all around towards the external passage, wherever scattered *Dosha* moves *mandala*(patches) appear thus *Dosha* started in skin further increase and if not treated properly ,goes inwards vitiating *dhatu*.

Clinical Symptoms (Roop)- According to *Acharya Charak*

सकण्डूरागपिडकं दद्रुमण्डलमुदग्मत् ॥ (च .चि 7 / 23)

Dadru is characterized by itching sensation, redness, pimples and circular patches with elevated edges. It is the glabrous skin present as circumscribed lesions with a wide variety of appearances including scales, vesicles, pustules. Inflammation may be minimal or intense central healing of less inflamed lesions may take place. The serpiginous border of inflammation is the source of the name ringworm.^[14]

Premonitory symptoms (PoorvaRoop)

स्पर्शान्नात्मतिस्वेदो न वा वैवर्ण्यमुन्मत्तिः । कोढानां लोमहर्षश्च कण्डूस्तोदः श्रमः क्लमः ॥
व्रणानामाधिकं शूलं शीघ्रोत्पत्तिचिरस्थितिः । दाहं सुष्यताऽऽतां चैति कुष्ठलक्षणमग्रजम् ॥ (च. चि 7 / 11)

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

Transmission

It is contagious and usually spreads through skin-to skin contact with someone who is already infected. It spreads most easily in crowded conditions and those with a lot of close contact among families, in childcare centres, nursing homes. Infants and children are therefore particularly liable to infection from close physical contact with older children and adults at home and at school.^[15]

सम्प्राप्ति

निदान सेवन- → त्रिदोष प्रकोप पित्त .कफ प्रधान- → दोषो का तिर्यकगत सिराओ में गमन →
त्वचा रक्त मांस अम्बु में शिथिलता → धातु में शिथिलता पित्त कफ के कारण क्लेद → त्वचा में
स्थान प्राप्त कर त्वचा को दुष्टि → दद्रु की उत्पत्ति

सम्प्राप्ति घटक

दोष - त्रिदोष प्रधान (पित्त कफ)
स्रोतस - रक्तवह
अधिष्ठान - बाह्य रोगमार्ग त्वक् व मांस
स्वभाव - चिरकारी
दूष्य - त्वक्, रक्त, मांस, अम्बु
स्रोतोदुष्टि - संग
रोगमार्ग - बाह्य

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.^[16] *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.^[17]

Samshamana: 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 *Kushta* 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, 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.

Prevention & control^[18]

- Keep their skin clean and dry, by washing daily and drying completely particularly after showering, swimming, and sweaty activities.
- Use clean towels and avoid sharing clothing towels, combs, brushes, and hats.
- Avoid tight fitting clothing.
- Change clothing everyday.
- Avoidance of synthetic and wet nappies keeping the area dry.
- Wash hands well with soap and water after playing with pets

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