

**AYURVED MANAGEMENT OF TINEA CORPORIS (DADRU  
VYADHI)- A SINGLE CASE STUDY****\*<sup>1</sup>Dr. Krupali M. Kante and <sup>2</sup>Dr. Archana Gcharge**<sup>1</sup>MD (Sch), <sup>2</sup>Guide and HOD

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410 210.**ABSTRACT**

Acharya Charaka has mentioned Dadru in Kshudrakushtha while Acharya Shushruta has mentioned Dadru in Mahakushtha. According to Charakacharya Dadru Vyadhi has been mentioned in Raktapradoshaja Vikara. Dadru is one of the Kapha- Pitta Pradhana twak Vikara. As per modern perspective Dadru Vyadhi comes under Superficial fungal infection of skin. The Case presented here is successfully managed by Durvadi Lepa.

**KEYWORDS:** *dadru vyadhi, Tinea Corporis, Durvadi Lepa.***INTRODUCTION**

Face is super important for personal, emotional, and social well-being. Because skin interfaces with the environment, it plays an important role in protecting the body against pathogens and other environmental conditions. Now-a-days skin diseases are very common. The patients experience physical, emotional and socioeconomical embarrassment in society. In general practices 10-15% cases of skin diseases are mostly observed. All the skin diseases in Ayurveda have been classified under

the broad heading of 'Kushtha' which are further categorized into Mahakushtha & Kshudrakushtha.

**MATERIALS AND METHODS**

A 35-year-old patient didn't have any symptoms before. Then he noticed circular, reddish with elevated borders rash on his hand and groin region. Nothing major in his past health

history. After the clinical examination reddish, circular and elevated bordered rashes were observed. Pulse-78/min, B.P.-120/70mmhg No other specific investigation was done.

### Treatment included

Using Durvadi lepa for local application on the face in the morning and afternoon for One month.

### Preparation of lepa

#### Contents

1. Durva (Cynodon dactylon), 2. Chakramarda (Cassia tora), 3. Tulsi (Ocimum Sanctum), 4. Haritaki (Terminalia chebula), 5. Sendhav Lavan( Rock Salt) 6. Kanji and Takra for Bhavna In this formulation mostly drugs have Kushtaghna and Chakramarda is also mentioned as a ringworm plant having Dadrughna (antifungal) action.

### Steps for Application

1. Wash face gently with lukewarm water, then apply lepa to the affected areas. Be careful near your eyes.
2. Always use freshly made lepa and not after sunset suryasta.
3. After 20-30 minutes of application, wash off lepa with lukewarm water.

### OBSERVATION AND RESULT

After 2 weeks of treatment, reddish, circular and elevated bordered rashes nearly vanished. In the following month, the rash didn't spread elsewhere. Complexion on the skin looked normal with no side effects noted.



## DISCUSSION

In Ayurveda Dadru Vyadhi falls under the category of kshudra roga and rakta pradoshaja vikara. Clinical symptoms of

सकडु राग पडकं दमडलम रूडु+उत्तम।

रत सशुलं कडुमत फोट यदलमयपतचम/दलमायात संपश/रहयुयते।।

च. जच. ७/२१-२४

1. Sakandu Pidaka (Pruritus)
2. Raag Pidaka (Erythema)
3. Mandalakruti Pidaka (Annular Scaly Patches)
4. Utsanna (Skin Elevations)

## CONCLUSION

From observations and results of this case we can conclude that Durvadi Lepa have better results in the Rashes seen in the case of Dadru vyadhi.

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