

## CLINICAL EVALUATION OF THE EFFICACY OF MORINGA OLIEFERA, ROOT BARK (SHIGRU'S MOOLATWAK) IN THE MANAGEMENT OF DADRU

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Article Received on  
01 June 2025,

Revised on 21 July 2025,  
Accepted on 10 August 2025

DOI: 10.20959/wjpr202516-37998



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### ABSTRACT

The study's main objective is to Evaluate the Efficacy of Shigru's Moolatwak in the Management of Dadru and to provide a Cost Effective Medicine for Dadru. Disturbed lifestyle, Dietary habits, underlying various conditions and deteriorated environmental conditions etc. contribute to Kushta Disease. Now a day's skin disease has become common challenge in general practice. The disease Dadru Kushtha' is well documented in all perennial sources of Ayurvedic wisdom. Dadru is the common disease in developing countries like India as most of the population lived in unhygienic condition. Dadru can be compared with Tinea Infection. Symptoms include redness, itching, and circular rashes which closely resembles the symptoms of

Raga, Kandu, pidika and Utsanna Mandala of Twak. Main site of etiopathogenesis are Twak (skin), Rakta (blood and Lymph) and Lasika (sweat gland). Rupa appears during the fifth Kriyakala and this 'Vyakta' stage may be stated to that of the manifestation of the fully developed disease. Dadru, almost all the acharayas has mentioned along with its management. This Ayurveda have capacity to cure the skin Disease like Dadru. In Samhita reported Shodhana and Shamana drugs having Kushtaghna, Krumighna and Kandughna properties are described for Kushta. Along with this, for better result, Bahiparimarjana Chikitsa (local application of drugs) in the form of lepa and oil was also advised. In this case study the patient was treated with external application of Shigru moola twak powder as lepa for 40 days.

**KEYWORDS:** kushtha, kandu, utsanna mandala, raga, pidika, rakht, lasika, lepa.

## INTRODUCTION

The skin is the outermost covering of the body and largest sense organ of the integumentary system as skin interfaces with the environment and although play an important role in protecting the body against pathogens and other environmental conditions. In this era, skin diseases are very common. The patients experience physical, emotional and socio economic embarrassment in society.

Ayurveda has discussed skin diseases under the name of Kushtha, and in other word it can be listed as “Ayurveda Dermatology”. It is not a correlation with skin diseases mentioned in allopathic medicine but can cover up all dermatological manifestations under eighteen subtypes of Kushtha. Dermatophytosis, also known as ringworm, is a fungal infection of the skin.<sup>[1]</sup> Typically it results in a red, itchy, scaly, circular rash.<sup>[2]</sup> All the skin diseases in Ayurveda have been classified under the broad heading of “kushtha” which are further categorized in to Mahakushtha & Kshudrakushtha.<sup>[3]</sup> Acharya Charaka mentioned Dadru in Kshudrakushtha, and Acharya Sushruta and Acharya Vagbhatta has mentioned Dadru kushtha in Mahakushtha.<sup>[4,5]</sup> According to most of Ayurvedic texts, all types of Kushtha have been considered as Rakta Doshaja vikara. Dadru is one of the kapha-pitta pradhana twak vikara.<sup>[4]</sup>

Dadru Kushta affects the population of all the age group & it stands as challenge to different medical systems. Dadru can be compared with Fungal Dermatophytosis/Ringworm in modern medical science based on similarities of the symptoms. Ringworm is a common infection of the skin and nails that are caused by fungus. The infection is called “ringworm” because it can cause an itchy, red, and circular rash. Ringworm is also called “Tinea” or “Fungal Dermatophytosis.” The different types of ringworm are usually named for the location of the infection on the body.<sup>[9]</sup> Dermatophytes live on keratin, which is found in skin, hair and nails. There is evidence that continuing migrations and mass tourism contribute to the changing epidemiological trends.<sup>[7,8]</sup>

There is great demand of Ayurveda in the field of cosmetology. Here an efforts is made to see the effect of Shigru moolatwak, (Root bark of *Moringa oliefera*) Lepa in the management of Dadru.

It was observed that Shigru (MO) is useful in various diseases, but nobody has ever studied the effect of Root Bark (MO) on Ringworm like conditions. As per Ayurveda Shigru has

been extensively used in the Treatment of various ailments i.e. Kustha (Skin disorders), Kandu (itching), Visha (poison), Krimi (wormicidal), Shopha (Inflammation) Vatavyadhi, Ashmari (calculi). This focuses on the clinical review and also in the medicinal uses of Shigru in Dadru kushtha (Dermatophytosis).<sup>[8]</sup> As its been described in Vangsen Samhita that Shigru Moola Twak Lepa in Dadru Kushtha.<sup>[11]</sup>

Hence it was decided to find its efficacy on Ringworm Management and therefore study was designed. In present case study 30 patients of Dadru kushtha were taken in view of inclusion criteria and Shigru moolatwak, (Root bark of *Moringa oliefera*) was the external medicine as a topical application (Lepa).

## MATERIALS AND METHODS

### AIM AND OBJECTIVE

1. To evaluate efficacy of Shigru moolatwak Lepa in the management of Dadru Kushtha.
2. To provide a Cost Effective Medicine for Dadru Kushtha.



**Fig. 1 Shigru moola      Fig.2. Shigru Moola Twak      Fig.3.Shigru moola twak powder**

### Center of study

Random patients selected from DIMS Hospital, Dehradun, Uttarakhand.

### Plan of the study

Total 30 patients had given Shigrumoola twak Lepa for local application thrice in a day for 40 days trial period. Patients were assessed thoroughly for a total period of one and half months including 7 days follow up period.

**Inclusive criteria**

1. Patients having classing signs and symptoms of Dadru i.e. Itching, Erythema vesicles, papules, Circular ring-like red rash, chronicity, spreading tendency.
2. Patients having Chronicity less than 3 years.
3. Patients having age between 10-60 years.

**Exclusive creteria**

1. Patients <10 yrs and >60 yrs are not selected
2. Patients suffering from known cases of HIV, Tuberculosis, Diabetics, Malignancy, Hypothyroidism, Nephrotic syndrome are excluded.
3. Patients having Chronicity more than 3 years.
4. Patients having patches due to burning, chemical explosion etc.

After selection of the patients the clinical trial of the medicine was conducted the drug was given Drug Shigru's Moolatwak in the form of Lepa (dried under shade) is applied locally to these patients, thrice daily. (Approx 10gm).

Dravya was taken as per above mentioned proportion. These fine churnas are mixed with water and make semisolid mixture i.e. Lepa was given to the patient as a local application on affected area (till it dry up) in thrice a day for 40 days duration. Thickness of Lepa : 1 / 4th of Anguli<sup>[10]</sup> of patient.

**Duration:** 40 days

**Follow up:** After seven days.

**Dietary precautions**

The diet rich in Amla, Lavana and Katu Rasa, milk, curd, jaggery, heavy diet and diet which aggravated Kapha Dosha should be avoided.

**Table 1: Showing assessment criteria.**

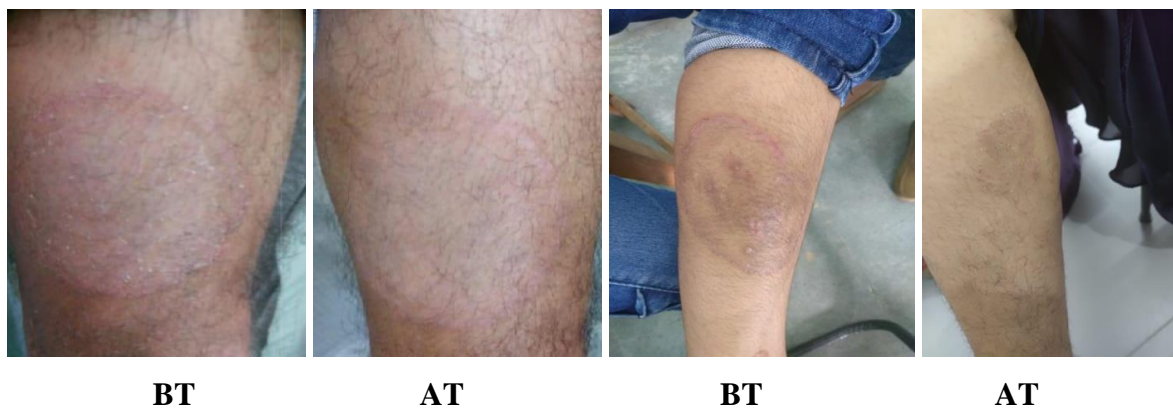
1. Sa Kandu (Itching): Grade 0 - No kandu  
Grade 1 – Occasionally Mild  
Grade 2 - Mild  
Grade 3– Moderate  
Grade 4– Severe

2. Raga (Erythema/Redness): Grade 0 – No  
Grade 1 – Mild redness  
Grade 2 – Moderate red  
Grade 3 – Severe / Deep brown  
Grade 4 – Severe Inflammation with Prominent Erythematous Base
3. Pidaka (Eruption, No. of Lesions) : Grade 0 – No lesions  
Grade 1 – Only Lesions  
Grade 2 – 2 Lesions  
Grade 3 – 3 Lesions  
Grade 4 – More than 3 Lesions
4. Rookshata (Dryness) : Grade 0 – No  
Grade 1 – Mild  
Grade 2 – Moderate  
Grade 3 – Severe  
Grade 4 – Dryness with Itchy inflammation
5. Mandala udgatam (Nature of lesion) : Grade 0 – No  
Grade 1 – Mild  
Grade 2 – Moderate  
Grade 3 – Prominent visible Lesion  
Grade 4 – Prominent evident Lesion with Discharge

### Results & Outcome

Shigru as the name implies that which is Tikshna, Tikta, Katu rasas, Laghu, Ruksha, Tikshna gunas, Ushna Veerya and Katu vipaka.

Tikshna guna is responsible for cleaning action of body channels and fast action of the drug. Main dosha vitiated in kushtha roga is Kapha, Ushna virya of Shigru pacifies the vitiated Vata and also alleviates Kapha dosha. Moreover it is Agni Vardhaka and Pachaka therefore corrects the vitiated Agni and alleviates the Ama.



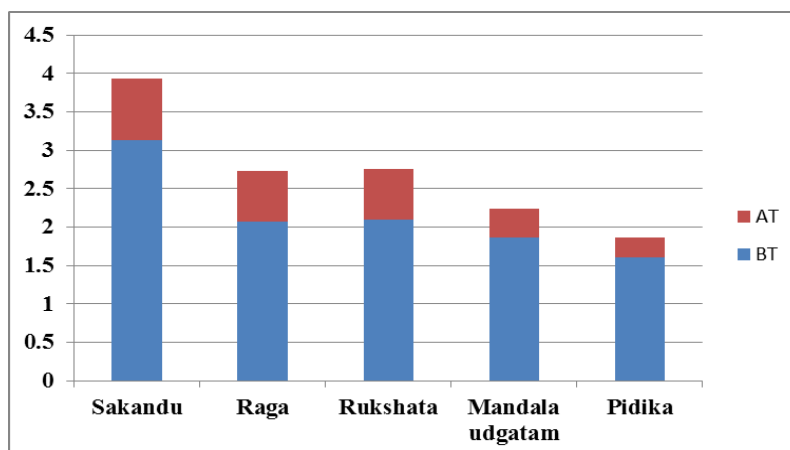
**Table 2: Relative incidence of symptoms (Lakshanas) seen in Dadru Kushtha.**

S.No.	Symptoms	No. of Patients	%
1.	Sa kandu (Itching)	27	90
2.	Raga (Inflammation)	20	66.66
3.	Rookshta (Dryness)	26	87
4.	Mandala udgatam (Nature, if lesion)	16	54
5.	Pidika (Number of Lesions)	16	54

Here we can see that in patients of Dadru Kushta the incidence rate of Sa Kandu was 90% of the patients, it seems the common symptom of Dadru Kushtha and other symptoms can also be seen.

**Table 3: Showing pattern of symptomatic improvement after therapy in patients.**

S. No.	Symptoms	Mean B.T.	Mean A.T.	Mean Dif.	S.D(B.T)	S.D(A.T).	Z	P	Result
1.	Sa Kandu (Itching)	3.1333	0.8000	2.3333	0.61845	0.66436	-4.868 <sup>b</sup>	<0.05	S
2.	Raga (Inflammation)	2.0667	0.6667	1.4	.63968	0.75810	-4.755 <sup>b</sup>	<0.05	S.
3.	Rookshta(Dryness)	2.1000	0.6667	1.4333	0.92289	0.75810	-4.566 <sup>b</sup>	<0.05	S
4.	Mandala Udgatam (Nature, if Lesion)	1.8667	0.3667	1.5	0.81931	0.66868	-4.833 <sup>b</sup>	<0.05	S
5.	Pidika (No. of Lesons)	1.6000	0.2667	1.3333	0.93218	0.58329	-4.573	<0.05	S



**Graph 1: Symptomatic Improvement.**

The study confirms that Shigru moola twak was effective in treatment of and Dadru Kushtha and positively reduces majority of the symptoms of illness that includes Raga, Kandu, Pidika, Rookshata, Utsanna Mandala. The study reveals that, the percentage relief is better in all the symptoms of statistically significant. The preparation of Shigru moola twak powder or churna is simple, easy for application, free from side effects. Hence it may be used as a remedy for the treatment of Dadru Kushtha. All the patients tolerated medicine very well and no side effects were reported by any of the patients, suggesting there by that the drugs selected for current clinical trial are absolutely safe for external use. Due to its multipurpose unlimited benefits for humanity, supports the fact that it is often referred to as both “miracle tree” and “gift of nature”. India could easily fight against the problems of malnutrition and diseases through plantation in unutilized areas to build up socio economic importance. The study revealed that almost various parts of this plant have immense nutritional and medicinal importance.

It can be concluded that the drug Shigru moola twak can be effective in relieving symptoms of Dadru Kushtha and we can also use this drug in other fungal skin related problems.

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