

A LITERARY REVIEW OF DADRU KUSHTHA W.S.R. TO DERMATOPHYTOSIS

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ABSTRACT

In recent years, *Twak Vikara* (Skin disorders) have become increasingly common, especially among the elderly. The rise in dermatological issues is particularly noticeable in tropical regions and developing countries like India. This increase can be attributed to a variety of factors, such as poor environmental hygiene, poverty, inadequate sanitation, illiteracy, malnutrition and improper skincare practices. People suffering from skin diseases often face physical discomfort, emotional distress, and social stigma due to their appearance, which can lead to socio-economic challenges. One prevalent skin condition is *Dadru Kushtha* (Dermatophytosis) characterized by persistent *Kandu* (Itching), *Raga* (Erythema), *Pidika* (Eruptions) and *Udgata Mandala* (Elevated circular skin lesion). It is classified as a disease primarily caused by an imbalance in *Kapha* (Responsible for body structure) and *Pitta* (Linked to metabolism).

While *Acharya Charaka* categorized *Dadru* under *Kshudra Kushtha* (Minor skin diseases), *Acharya Sushruta* and *Acharya Vagbhatta* placed it among *Mahakushtha* (Major skin diseases). Although ancient Ayurvedic texts do not specify distinct diagnostic and causative factors (*Nidana*) for *Dadru Kushtha*, understanding these factors is essential for accurate diagnosis, prevention, and treatment. As per modern perspective disease *Dadru Kushtha*, comes under Dermatophytosis (Superficial fungal infection of skin) the most common dermatological manifestation affecting up to 15% of world's population in all age group.

KEYWORDS: *Dadru, Kushtha, Nidana, Samprapti*, Dermatophytosis.

INTRODUCTION

Ayurveda is a science which is helpful for both the world Earth and Paradise.^[1] Ayurveda is an Appendage of Atharvaveda, that is the aftermost Veda among the four Vedas. The regime Through people can spend a healthy long life, and all kinds of methods of treatment as well as The remedies are vividly described in the texts of Ayurveda in a systematic and scientific Manner. All the skin diseases in Ayurveda have been classified under the broad heading of *Kushtha*. There are eighteen types of *Kushtha Roga*, which are classified in to seven *Mahakushtha* and eleven *Kshudrakushtha*.^[2] Acharya Charaka explained *Dadru Kushtha* under *Kshudrakushtha*.

Acharya Sushruta and Acharya Vagbhatta explained it under *Mahakushtha*. According to Acharya Charaka *Dadru Kushtha* is a *Tridoshaja Vyadhi* with predominant vitiation of *Pitta* and *Kapha Dosha* having clinical features like *Kandu* (Itching), *Raga* (Erythema), *Pidika* (Eruptions) and *Udgata Mandala* (Elevated circular skin lesion)^[3] But according to Acharya Sushruta, it is *Kapha Dosha* involvement disease having clinical features like *Atasipushpa Varna* and *Tamra Varna Pidika*.^[4]

It can be closely related to dermatophytosis in contemporary Science. Dermatophytosis is a superficial fungal infection caused by dermatophytes i.e., Filamentous fungi, characterized by erythematous, scaly plaques with an annular appearance. Contemporary treatments include topical, systemic antifungal and corticosteroids. The rising Number of fungal infections and increasing antifungal resistance are becoming a major global Health challenge and an economic burden. So there is a growing need to search for good Ayurvedic remedies.

AIMS AND OBJECTIVES

1. To analyze the ayurvedic understanding of *Dadru Kushtha*.
2. To explore the *Nidana* (etiological factors) responsible for the onset of *Dadru Kushtha*.
3. To describe the *Samprapti* (pathogenesis) and progression of *Dadru Kushtha*.
4. To identify the *Rupa* (clinical symptoms), diagnosis approaches and treatment for *Dadru Kushtha* in Ayurveda.

MATERIALS AND METHODS

The existing literature including the *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya* and *Sangraha*, and *Sharangadhara Samhita*, *Chakradatta*, *Bhaishajya Ratnavali* and other pertinent current books were reviewed. Published articles on *Dadru Kushtha* or

dermatophytosis and internet sources (CAM, PubMed, Google Scholar, MEDLINE etc.) were used to review the treatment approaches mentioned to manage *Dadru Kushtha* or Dermatophytosis.

Nidana of dadru kushtha (Causative factors)

According to Ayurveda, *Dadru Kushtha* (Dermatophytosis) is not assigned specific causes (*Nidana*) but is said to spread from person to person through microorganisms (*Malaja Krimi*) transmitted via sweat.^[5] This transmission occurs through direct contact with infected individuals or by sharing items like towels, bed sheets, soap, and handkerchiefs used by the infected person. This sharing facilitates the spread of fungal spores from one individual to another.^[6]

Samprapti (Disease progression)^[7]

Dadru Kushtha is contagious (*Aupasargika Vyadhi*) and spreads through shared personal items, such as bed linens and clothes, leading to the transmission of microorganisms from one person to another (*Bahya Malaja Krimi*). These organisms enter the skin (*Twak*) via sweat and disturb the balance of the *Tridosha* (*Vata*, *Pitta*, and *Kapha*), along with the skin (*Twak*), blood (*Rakta*), and lymph (*Lasika*). The symptoms include itching (*Kandu*), rashes (*Pidika*), redness (*Raaga*), and lesions that spread (*Mandala Visarpini*).

Samprapti Ghataka

- (i) ***Dosha-*** Pittakapha pradhana Tridosha
- (ii) ***Dushya-*** Tvak, Rakta, Mamsa
- (iii) ***Adhishthana*** -Tvak
- (iv) ***Srotasa-*** Rasavaha, Raktavaha
- (v) ***Srotodusti-*** Samga, Vimargagamana
- (vi) ***Agni-*** Bhrajakagn
- (vii) ***Rogamarga-*** Bahya (*Shakhagata*)

Modern perspective (Dermatophytosis)

Dermatophytosis, a contagious fungal infection, is caused by mold-like parasites living on the outer layer of skin.^[8]

It spreads in several ways

1. Human to human: Through direct skin contact with an infected person.

2. Animal to human: By handling pets, such as dogs and cats, or livestock like cows.
3. Object to human: Through contact with items or surfaces contaminated by an infected person or animal, including clothing, towels, bedding, combs, and brushes.
4. From soil: Exposure to fungus in infected soil, particularly when walking barefoot, can lead to infection.

Purvarupa [Prodromal symptoms]

The symptoms that appear before the complete occurrence of disease are considered *Purvarupa* (Prodromal symptoms).^[9] But in the case of *Dadru Kushtha*, it can be seen that symptoms (*Rupa*) of disease like *Raga* (Redness), *Kandu* (Itching), *Pidika* (Macule/ Papule), *Utsannamandala* (welts), *Rukshata* (Dryness), *Daha* (Burning), *Visarpini* (Spreading) appear as the *Purvarupa* of *Kushtha*.^[10]

Rupa (Sign & Symptoms)

Sign & symptoms of *Dadru Kushtha* according to various *Acharayas* and modern science -

Sr no.	Sign & symptoms	<i>Charaka Samhita</i> [11]	<i>Shusruta Samhita</i> [12]	<i>A.H.</i> [13]	<i>A.S.</i> [14]	<i>M.N.</i> [15]	<i>Yogratnakara</i> [16]	Modern [17]
1	<i>Kandu</i> (itching/pruritus)	+	—	+	+	+	+	+
2	<i>Raga</i> (redness/erythema)	+	—	—	—	+	+	+
3	<i>Atasi pushpavat pidika</i> (macular rashes similar to flax flower)	—	+	—	—	—	—	—
4	<i>Tamra varna pidika</i> (copper coloured macular rashes)	—	+	—	—	—	—	—
5	<i>Visarpani pidika</i> (diffused macular rashes)	—	+	+	+	—	—	—
6	<i>Unnata mandala</i> (raised border ring)	—	—	+	+	+	—	—
7	Scaling	—	—	—	—	—	—	+

Ayurvedic management (*Chikitsa siddhanta*)

Given today's lifestyle and the increasing resistance of the human body, Ayurveda needs to be emphasized for addressing these resistance patterns that could be harmful in the future. Therefore, Ayurvedic formulations like *Bahiparimarjana* (external applications) in the form of *Lepas*, along with *Shamana Aushadhis*, should be used. These remedies act as localized treatments externally and also purify the blood (*Rakta Shuddhi*) internally, helping to eradicate diseases at their root. These Ayurvedic formulations have the ability to completely

cure *Dadru Kushtha*, with minimal chances of recurrence due to the unique properties of the herbs involved.

In modern medicine, Sulphur is used as an antifungal drug for infections. Similarly, Ayurveda contains herbal drugs with this component, like *Shuddha Gandhaka*, which are included in the treatment without causing side effects.

DISCUSSION

Basic principles of *dadru kushtha* (Dermatophytosis)

Causes: In Ayurveda, the primary causes (*Hetu*) of *Dadru Kushtha* are outlined in classical texts like *Brihatrayi* and *Laghutrayi* under the *Kushtha Nidana*. These texts explain that poor lifestyle choices and improper diet (*Apathya Ahara Vihara*) create an environment conducive to fungal growth in skin tissues. According to modern science, *Dadru Kushtha* closely resembles dermatophytosis, which can result from contact with an infected person, a weakened immune system, poor nutrition, stress, obesity, and contact with contaminated objects. These are key risk factors for developing dermatophytosis.

Symptoms: Severe itching and red patches are the main symptoms described in Ayurvedic texts, which are diagnosed through *Darshana* (visual examination) and *Prashna* (interrogation). In modern medicine, diagnosis is confirmed through KOH scraping (fungal culture) along with clinical symptoms. **Dosha Involvement:**

Most Ayurvedic scholars describe *Pitta-Kapha Dosha* imbalance as the primary cause of *Dadru Kushtha* except *Acharya Sushruta*, who attributes it to *Kapha* dominance. Additionally, the imbalance affects *Tvak* (skin), *Rakta* (blood), *Lasika* (lymph), and *Ambu* (body fluids), leading to *Raktavaha Srotasa Dushti* (disorder of blood-carrying channels).

Treatment: Treatment for *Dadru Kushtha* involves *Shodhana Chikitsa* (detoxification) and *Shamana Chikitsa* (palliative therapy). Before starting *Shamana Chikitsa* (palliative treatment), performing *Virechana Karma* (purification therapy) using *Trivritta Avaleha* helps eliminate the vitiated *Kapha* and *Pitta Doshas*. *Rakta Mokshana* (bloodletting therapy) is recommended to purify the blood. To pacify the blood-related disorders (*Raktavaha Srotasa*), remedies such as *Chakramarda Beeja*, *Manjishthadi Kwatha*, *Panchanimbadi Churna*, *Haridra Khanda*, and *Panchatiktaka Ghrita Guggulu* are used. For treating local symptoms of *Dadru Kushtha*, external applications like *Durvadi Lepa*, *Aragvadhadi Lepa*, and *Edagajadi Lepa* are effective.

CONCLUSION

In Ayurveda, dermatophytosis is referred to as *Dadru Kushtha*, which can affect people of all age groups. Although there is no separate description for the causes (*Nidana*), early symptoms (*Poorvarupa*), or disease progression (*Samprapti*) specific to *Dadru Kushtha* the general causes and symptoms mentioned for *Kushtha* (skin disorders) apply here. The incidence of *Dadru Kushtha* has been steadily rising due to factors like poor hygiene, sharing clothes, and improper dietary habits. As a result, *Dadru Kushtha* is classified as an *Aupasargika Vyadhi* (communicable disease). Understanding the causes (*Nidana*) is essential for accurate diagnosis, prevention, and effective treatment.

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