

AN AYURVEDIC MANAGEMENT OF DADRU KUSHTA W.S. R TO TINEA CRURIS-A  
SUCCESSFUL CASE STUDY**\*Dr. Archana Pandurang Kashid –Zende**

M.D. (Kayachikitsa), Ph. D. (Kayachikitsa), Assistant Professor, (Kayachikitsa Department.), D. Y. Patil School of Ayurveda, Nerul, Navi Mumbai.

**\*Corresponding Author: Dr. Archana Pandurang Kashid –Zende**

M.D. (Kayachikitsa), Ph. D. (Kayachikitsa), Assistant Professor, (Kayachikitsa Department.), D. Y. Patil School of Ayurveda, Nerul, Navi Mumbai.

Article Received on 01/03/2024

Article Revised on 22/03/2024

Article Accepted on 12/04/2024

**ABSTRACT**

Ayurved is time tested science. From ancient to present era its principles never change. With great logics its cure all types of disease. Tinea cruris is fungal infection of the groin region. It is ring like shape with any size. It is found more in male than female. According to ayurved all skin disease comes under Kushta vydhi. Tinea Cruris can be correlated with Dadru. Dadru is one of the Kshudrakushta with predominance of Pitta and Kapha dosha. 40 years old male suffering from Elevated ring like patch around buttock region, Severe itching, Discoloration/Redness, Burning sensation since last 11 months. He took Modern medicine but no relief from that. With Modern medicine he just got relief from itching, that also reoccur again during night time. Ayurvedic medicines along with good hygiene and some lifestyle modifications give best result.

**KEYWORDS:** Tinea Cruris, Dadru, Ayurved.**INTRODUCTION**

Tinea cruris is fungal infection which is found mainly at site of the groin region. This disease have many names like Eczema marginatum, crotch itch, dhobi itch, gym itch, jock itch. It is also called as dermatophytosis. Tinea cruris is found in all age and sex. It is observed that males are infected more than females. Ring like rash is

clearly identification of this disease. Its patch is typically red or brown ring like structure, with irritation and. Its size can be small, medium or large too. In Ayurved it can be correlated with dadru. There is no separate description of Nidana Panchak of Dadru. The Samanya Nidana, Poorvarupa mentioned for Kusta can be apply for Dadru.

**Table 1: Comparative symptoms of Tinea cruris and Dadru.**

Sr.no	Symptoms of Tinea curis	Symptoms of Dadru Kushta
1.	Erythema	Raga
2.	Itching	Kandu
3.	Granular surface	Pidka
4.	Circular elevation of skin	Utsanna mandal

**Chief Complaint**

40-year-old male patient came to us with chief complaint of

- Elevated ring like patch around buttock region
- Discoloration/Redness ++
- Severe itching +++
- Burning sensation +++

Patient had above complaints since 10 months.

**History of Past illness**

No H/o / HTN, Asthma

**History of Personal illness**

40 years old male having complaint of Elevated ring like patch around buttock region, Severe itching, Discoloration/Redness, Burning sensation since last 11 months. He took Modern medicine (Tab. Alegra 120 mg, Tab. Fluconazole 150 mg, Candid b ointment) but no relief from that. With all this Modern medicine he just got relief from itching, that also reoccur again during night time. Discoloration/Redness increased gradually, then he decides to take Ayurvedic treatment. For Ayurvedic treatment he visited to our hospital.

**Ashtavidha Parikshana**

Nadi (Pulse) = 76 /min. (Kapha-Vata)

Mala (Stool) = Malavshimbha  
 Mutra (Urine) = Normal.  
 Jeeva (Tounge) = Saam  
 Agni = Kshudhamandya.  
 Shabda (Speech) = Normal

Sparsha (Skin) = Twak rukshata  
 Druka (Eyes) = Normal  
 Akrti = Madhyam  
 Bala = Uttam.  
 Raktadaaba (B.P) = 130/90 mm/Hg

## MATERIAL AND METHOD

### Material

**Table 2: Drug intervention.**

SR.NO	DRAVYA	DOSE	DURATION	ANUPANA
1.	Arogyavardhini vati	500mg	Twice a day	Luke warm water
2.	Gandhak Rasayan vati	250 mg	Twice a day	Luke warm water
3.	Raktapachaka vati	250 mg	Twice a day	Luke warm water
4.	Gandahrva haritaki churna	5gm	H.S(at night)	Luke warm water
5.	Mahamanjishtadhi Kashaya	20ml	Twice a day	Luke warm water
6.	Marichyadi tail	For local application	At night	

### Method

**Centre of Study:** D.Y.Patil school of Ayurveda, Nerul, Navi Mumbai.

**Type of Study:** Simple random single case study.

• Dadhi (on each alternate day)

• Bakery products

2) Vihar

• Ratri jagran

## DISCUSSION AND RESULT

### Result

Clinical examination of the Patients revealed regression of all symptoms within 15days.

3) Manasika nidan- Atichinta vegavrodha causes Vata vrudhi.

### Discussion

#### Hetu of Dadru (Tinea Cruris)

1) Ahar

- Improper and irregular diet.
- All types of fastfood
- Chicken, Mutton weekly three times

#### Samprapti Ghatak

Dosh: tridoshaj (kapha-pitta pradhana)

Dushya: Twak, Rakta, Lasika (Ambu), Sweda

Srotus: Rasa, Rakta.

Adhishthana: twacha

Rogamarga: bahya

### Samprapti



### Action of Drug & Other Procedure

#### Nidana parivarjana

Acharya Sushruta also give importance to Nidanparivarjanam. We advise patient to take bath daily, dry the body with towel, avoid prolong seating, if need prolong seating then take break of 2 min and stand till buttock part get dry, wash all cloths in Dettol mixed warm water.

**Table 3: Showing action of Drug & other Procedure done in study.**

Sr.No.	Dravya	Action
1.	Arogyavardhini Vati	Raktashodhak,Kandughana, Rasayana
2.	Gandhak Rasayan Vati	Dhatwagnivardhana, Malashodhaka, Pakwashyadushti Nashka.
3.	Raktapachak Vati	Raktaprasadka, Raktashodhana
4.	Gandahrva Haritaki Churna	Anulomna, Vatashulnashak
5.	Mahamanjishtadhi Kashaya	Varnya, Kushtaghana, Raktaprasadnam, Sonitstapana, Rasayana
6.	Marichyadi <u>Tail</u>	Raktashodak,Vranropaka,Twachya,Useful in skin diseases

**Figure No. 1: Before Treatment.****Figure No.2: After Treatment.**

**CONCLUSION**

Dadru is one of the Skin disease which is difficult to cure by modern medicines. All steroid like medicine suppresses the disease which later create worst state of disease. But it is completely cured by Ayurvedic treatment.

**REFERENCES**

1. The Ayurvedic Pharmacopoeia Of India-Part-1, 2020; 3(113).
2. Haritaki, G. (2014). Uploade On 2 September 2014 & Downloaded On 28 May 2020. Retrieved from <https://Www.Bimbima.Com/Ayurved/Gandhavra-Haritaki-Churna-Benifits-Ingredients-Dosage/466>
3. Bhadugale, H. (2019). STUDY OF EYE ANATOMY (NETRA SHARIR) IN COMPUTER VISION SYNDROME. International Journal of Advanced Research, 7: 151–153. Retrieved from <https://dx.doi.org/10.21474/ijar01/8613>
4. Kamalakar, S. & Javanthi, T. (2015). Bovine spongiform encephalopathy (mad cow disease) Journal of Clinical and Scientific Research, 4: 93. Retrieved from <https://dx.doi.org/10.15380/2277-5706.jcsr.14.046>
5. Rasatantrasara Va Sidhaprayog Sangraha By Krushna Gopal Bhawan, Pratham Khanda, Kharaliya Rasayan, 225–226.
6. Retrieved from [https://En.M.Wikipedia.Org/Wiki/Tinea\\_Cruris](https://En.M.Wikipedia.Org/Wiki/Tinea_Cruris)
7. Tripathi, B. (2011). (1st Ed.). Charak Samhita, Maharshi Charak. Chikitsa-Stan; Kushta Chikitsa Adhya: Chapter 7. Verse No. 99. Varanasi: Chukhambha Prakashan, 320.
8. Tripathi, B. (2011). Charak Samhita Of Maharshi Charak, Chukhambha Prakashan, Varanasi, 2011, Chikitsastan, Chapter 7, Verse No. 23. 252.
9. Charak Samhita-Vidyotini tika edited by Kashinath sastri & Gorakhnath Chaturvedi Chaukhamba Bharti Academy, Varanasi Edition reprinted, 2009; Cha. Kalp-1/4.