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A LITERARY REVIEW ON DADRU KUSTHA (DERMATOPHYTES)

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ABSTRACT

In recent years, Twak Vikara (Skin disorders) have become increasingly common among the People. 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, inadequate sanitation, illiteracy, 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),Srava (Ozing). It is classified as a disease primarily caused by an imbalance in Kapha and Pitta . While Acharya Charaka categorized Dadru under Kshudra Kushtha (Minor skin diseases), Acharya Sushruta and Acharya Vagbhatta placed it among Mahakushtha (Major skin diseases). As Acharya Sushruta mentioned Kustha as upasargaja roga and Charak told as Kustha roga occure by three different krimi that are Kothaja, Kledaja, Swedaja krimi . As per modern perspective disease Dadru Kushtha, comes under Dermatophytosis (Superficial fungal infection of skin). It is a Sweadaja krimi due to Sweda Atisrava, improper sanitization, this leads to Swedaja krimi. Dadru may include due to vitiation of swedaja krimi manifest Dadru kustha as indirectly mentioned in Charak Samhita.

KEYWORDS: *Dadru Kushtha, Kshudra kustha ,Nidana, Samprapti, Dermatophytes*

INTRODUCTION

Ayurveda is a science which is helpful for both the world Earth and Paradise. Ayurveda is an Appendage of Atharvaveda, that is the aftermost Veda among the four Vedas. The regimen 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. Skin is a mirror that reflects external and internal pathology there by helps in diagnosis of disease. It is first organ of the body interacting with stimuli and natural ability of body, Skin disease accounts for prevalence rate 10-20% of all consultation in general practice

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. In broad sense *Kushtha* is the one which causes vitiation as well as discoloration of the skin. *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.*[2]

Dadru being one among *Kushtha is* also a *Rasa, Rakta and Mamsadhatupradoshaja Vikara*.[3]

It is usually caused by nidana divided under three major classification i.e. aharaja, viharaja and Krimija. Here krimi can beconsidered for the related (swedaja) fungi which are dermatophyts capable of causing skin changes of the type known as Ringworm infection or Dermatophytosis.[4]

On the basis of presenting Symptomatology *Dadru* with Dermatophytosis through Modern perspective it come under superficial fungal Infection of the skin the most common dermatological manifestation affecting up to 15% of world's population in all group.[5]

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METHOD

1. To study the literature review of Dadru Khustha through Ayurveda.
2. It would have analyzed the etiological factors (Nidana), pathogenesis (Samprapti), symptoms (Lakshana) and management approaches (Shodhana, Shamana, Lepa) described in Ayurveda.

LITERATURE REVIEW

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.*[6]

Acharya Susrutha has mentioned tThe study would also summarize the modern medical perspective on Tinea infectionshat *Dadru Kushta* occur due to *Kapha Dosha*. He further has explained about the lakshanas of *Dadru* like *Tamra varna, Atasipushpa varna*.*Vriddha Vagbhatta* has mentioned 18 type of *Kushta* as usual and also mentions that *Dadru* is *Kapha Pitta* Type of *Kushta.*[7]

Laghu Vagbhatta has followed the same classification as that of *Susrutha*. He has mentioned *Kandu* as the symptoms of *Dadru. Dadru* is Caused due to *Kapha Pitta* Predominance.[8]

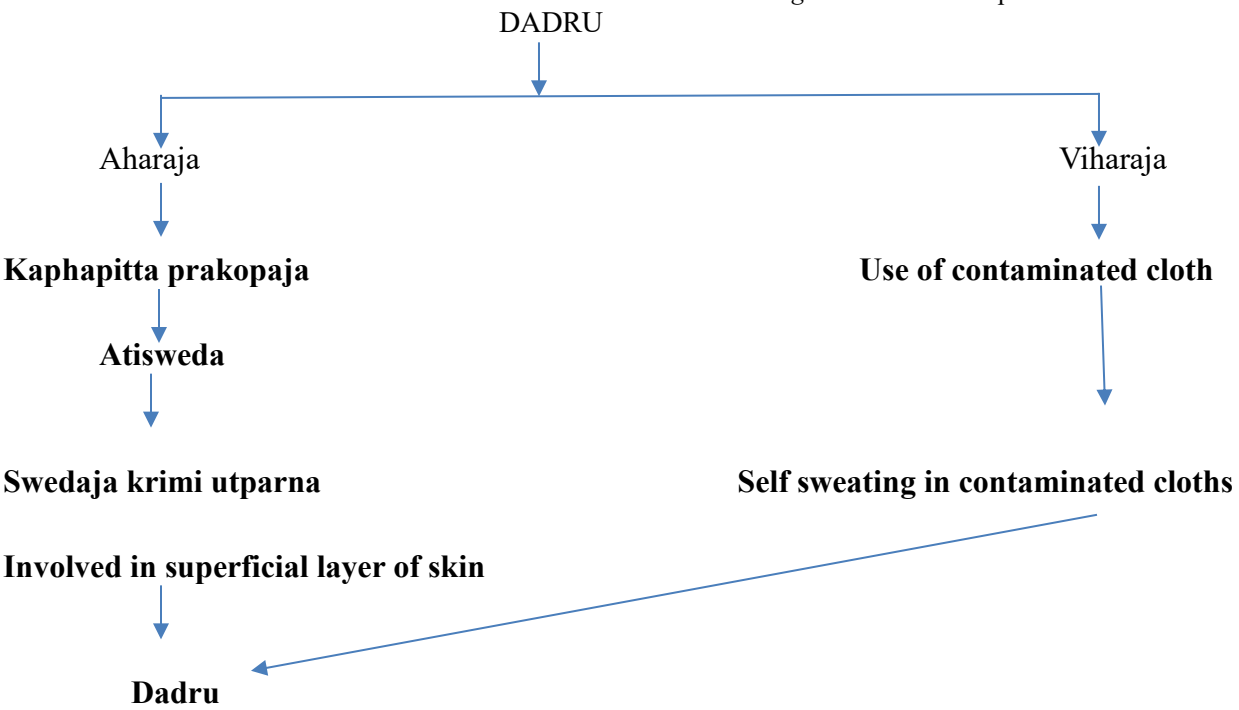
Bhela Samhita has mentioned about 18 type of *Kushta. Kushta* has been mentioned in *Nidaan sthana* and *Chikitsa sthana*.[9] Separate nidanas, poorvaroopa and samprapti, for Dadru Kushtha or even other kinds of kushtha have not been enlisted. The Samanaya nidaan of Kushtha has to be taken as hetu for Dadru also.

Etiology (Nidana)

According to Ayurveda,*Dadru Kustha* is not assigned specific cause but is said to spread from one person to another through *Malaja krimi* (microorganisms) transmitted via *Sweda* (Sweat). This transmission occurs through direct contact with infected individuals by sharing items like towels, bed sheets, soap used by the infected person. This sharing facilitates the spread of fungal spores from one individuals to another.[10]

Samprapti :

Dadru kustha is contagious (*Aupasargika Vyadhi*) & spreads through shared person items such as clothes,soap,bed sheets leading to the transmission of microorganisms from one person to another (*Bahya malaja krimi*). These organisms enter the *Twak* via Sweda and disturb the balance of the tridosha along with *Twak, Rakta, lasika*. The symptoms include *Kandu, Pidika, Raaga* and lesion that spread.[11]



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Samprapti Ghataka
Dosha - *Kaphapitta Pradhna Tridoshaja*
Dushya - *Twak, Raktha, Mamsa And Lasika*
Srotas - *Rasava, Rakthavaha, Mamsavaha and Lasika Srotas*
Srotodushti - *Sanga and Vimargagamana*
Adhisthana - *Twacha*
Roga Marga – *Bahya rogamarga*

PURVARUPA
स्पर्शाज्ञत्वमतिस्वेदो न वा वैवर्ण्यमुन्नतिः|
कोठानां लोमहर्षश्च कण्डूस्तोदः श्रमः क्लमः II
Ayurvedic classics have not described *Purvarupa* of *Dadru Kushta*, still the Purva Rupa of Kushta can be considered as the Poorvaroopa of *Dadru Kushta*. Poorvaroopa of *Kushta* in general is considered as mentioned in different texts. No any sensation,excessive sweating or no sweating, discoloration on affected side, itchimg ,wound healing time to be longer, excessive pain, burning sensation.[12]

RUPA
कण्डूमद्भिः सरागैश्च गण्डैरलसकं चितम्
सकण्डूरागपिडकं दद्रुमण्डलमुद्गतम् II
Dadru is characterized by *Kandu*(itching), *Raga* (redness*), Pidika* (macule/papule), *Utsannamandala, Rukshyata* (dryness), *Daha* (burning sensation). It is the glabrous skin present as circumscribed lesion with a wide variety of appearance including scales, vesicles, pustules.[13]

MANAGEMENT
Given todays lifestyle and 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* formulation like *Bahimarjana* (External application) in the form of *Lepas*, along with samana *aushadhis*, should be used. These remedies act as localized treatments externally and also purify the blood internally, helping to eradicate diseases at their root. These Ayurvedic formulations have the ability to completely cure *Dadru,* with recurrence chance minimal due to the unique properies of the herbs involved.

OBSERVATION AND RESULT
1. The review would present findings from *Ayurvedic* texts regarding the dosha involvement (*Kapha, Pitta, Vata*), *Dhatu* (tissues) affected (Twak, Rakta, Mamsa), and srotas (channels) involved.
2. It would detail the clinical features of *Dadru Kushta*, including the appearance of lesions, itching, and other symptoms
3. The study would also summarize the modern medical perspective on Tinea infections.
4. The results might include observations from case studies or clinical trials on the effectiveness of *Ayurvedic* treatments like Aragvadha Patra Lepa and Aragvadha Patra Lepa with its Churna on *Dadru Kustha.*

DISCUSSION
1. The discussion section to analyse of *Dadru Kustha* through different literature.
2. It examines how *Dadru Kushta* develops according to Ayurveda, focusing on the involvement of *Doshas, Dushyas, and Srotas*.
3. It may suggest future research on *Ayurvedic* treatments and the genetic or environmental causes of the disease.

CONCLUSION
Dadru Kushta an Ayurvedic Skin Disease Similar to Tinea Infection .*Dadru Kushta* is a type of skin disease described in *Ayurveda,* mainly caused by an imbalance of *Pitta* and *Kapha Doshas*, with *Vata* playing a supportive role. It occurs due to different factors (*Nidanas)* that disturb *Tridosha*. The main symptoms include itching (*Kandu*), circular patches (*Mandalas*), redness (*Raga*), and small eruptions *(Pidakas*). These features closely resemble the symptoms of Tinea (ringworm) in modern medicine, such as round itchy patches, redness, and pustules.

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