

UNDERSTANDING FUNGAL DERMATOPATHY IN AYURVEDA - A CONCEPTUAL STUDY

Tejal J. Ganvit¹, Binal Gondaliya², Drashty Kambad³, Anamika Soni⁴, Surendra A. Soni⁵

^{1,2,3,3}rd Year PG Scholar, ⁴Associate Professor, ⁵Professor and HOD,
PG Department of Kayachikitsa, GAAC, Ahmedabad, Gujarat, India

Email: Ganvittejal12@gmail.com

ABSTRACT

Most of skin diseases in *Ayurveda* are described under the heading of *Kushtha*. In general practice around 10-20% patients suffer from skin disorders and out of them, fungal infections constitute up to 20%. During past several years, there has been an increasing incidence of fungal infections due to a growth in immunocompromised population. The risk factors for fungal infections are low immunity, poor hygiene, excess sweating and high humidity. In *Ayurveda* the condition has been described in scattered form in under various *Kushtha Rogas* and *Kshudra Roga*. Many conditions have clinically similarity with various fungal dermatological condition viz. *Dadru (Tinea)*, *Valmika (Myletoma)*, *Darunaka - Arunshika (Tinea Capitis)*, *Chippa-Kunakha-Upnakha (Tinea Unguim)* etc. An effort has been made for understanding clearly the various fungal skin diseases in *Ayurvedic* context in full paper.

Keywords: Fungal infection, *Kushtha Rogas*, *Kshudra Rogas*, Immunocompromised.

INTRODUCTION

WHO has classified skin diseases a Psycho-cutaneous condition. The skin interfaces with the environment and is the first line of defence from external factors. The skin plays key role in protecting the body against pathogens and excessive water loss. The exogenous etiological factors of skin diseases include physical, chemical, and bacterial stimuli, plant and animal parasites. Among these plant parasites (pathogenic fungi) cause trichophytosis, microsporosis, favus and other dermatomycooses. Fungal skin infections are caused by different types of fungi, including dermatophytes and yeast. Fungi, which are pathogenic for humans and affect the skin, are called dermatophytes, whereas

the diseases caused by them are known as dermatophytoses or dermatomycooses. In *Ayurveda*, Broad heading of *Kushtha Rogas*^{1,2,3,4,5} and *Kshudra Roga*^{6,7}. *Kushtha* are further divided into 7 *Maha Kushtha* and 11 *Kshudra Kushtha* and According to *Acharya Sushruta*, *Acharya Vagbhatta Khsudra Roga* are 44, 36 respectively for diagnostic as well as treatment.

Causative factors of *Kushtha* according *Ayurveda* are as follows:- improper and irregular diet habits (*Mithya Aahara*); Vitiation of biological forces (*Dosha Vishamyan*); Obstruction of the channels (*Srotorodhan*); Suppression of natural urges (*Vega*

Vidharana); Incompatible diet (Viruddha Aahara); Infections (Krimi); Emotional stress (Manovikaras)^{8,9,10,11}; Low immunity, Poor hygiene, Excess sweating and High humidity.

According to Acharya Charaka due to exposure to causative factors (Nidana), Tridoshas vitiate them and vitiate Dhatus. These vitiated the Dhatus such as Twaka, Rakta, Mamsa and Lasika (Dushyas)¹². According to Acharya Sushruta all increased Doshas enter blood vessels and move with Tiryaka Gati and reach the deeper tissues (Dhatus) and manifest Kushtha due to laxity in Twaka, Rakta, Mamsa and Lasika area¹³. According to Acharya Vagbhatta aggravated Doshas get lodged in Triryaka Siras and vitiate the Dushyas. This produce Shithilata in the Dhatus resulting in manifestation of Kushtha¹⁴.

Now days society is more conscious about external beauty compare to internal beauty and professional fields they require good looking and charming beauty. The Charaka Samhita clearly mentioned that there is strong relationship between Twaka and Mana. Therefore, more than cosmetic nuisance dermatological disorders produce anxiety, depression and other psychological problems that affect the quality of life. An attempt has been made to understand different fungal skin condition in Ayurvedic context which may help

the physicians to treat the Fungal skin disease an Ayurvedic principles and drugs.

Understanding Dermatomycooses with an Ayurvedic Approach.

1. Pityriasis Versicolor¹⁵ (Tinea Versicolor)¹⁶

Sign and Symptoms –. In Pityriasis Versicolor sign and symptoms are Asymptomatic, Hyper pigmented, mildly scaly, Multiple macules distributed on the body surface, Largely corresponding to the ‘lady’s bathing suit’, and Seasonal variation is the main feature. And also, symptoms like widespread fine scaly macules, the color of lesions varies: Pale in dark skin and darker in fair skin is seen.

In Ayurveda:- Sidhma Kushtha^{17,18}

Sign and Symptoms:- Kandu, Shweta, Ruksha, Bahi Snigdha Antagrishta Raja Kiret, Shlkshana, Tanu, Tamra, Daugdhika Pushpvat

Site/ Affect area:- Urddhwakaya (Upper trunk)

Doshas Predominance:- -Kapha.

2. Tinea (Ringworm)^{19,20}

Sign and symptoms:- Scaly and may be red and itchy. Darkening of the skin, fissures, peeling, red rashes or scaly patches.

In Ayurveda: - Dadru Kushtha²¹

Sign and Symptoms:- Raga, Kandu, Pidika

Site / Affected Area:- Everywhere on body

Doshas Predominance: - Pitta – Kapha.

Table 1: Various type of Tinea according to site and Ayurvedic approach.

Type of Tinea	Ayurveda Approach
T. Pedis (Athlete’s foot) ^{22,23}	Alasaka Kushtha ^{24,25} ; Vipadika ^{26,27} ; Alasa ^{28,29} ; Padarika ³⁰ ; Kunakha ^{31,32}
T. Mannum ^{33,34}	Chippa ³⁵ ; Upanakha ³⁶
T. Unguim ^{37,38}	Chippa ³⁹ ; Upanakha ⁴⁰ ; Kunakha ^{41,42} ; Arunshika ^{43,44} ; Darunaka ^{45,46}
T. Capiti ^{47,48}	Arunshika ^{49,50} ; Darunaka ^{51,52} ; Indralupta ^{53,54}
Tinea Cruris (jock itch) ^{55,56}	Vrishankcchu ⁵⁷
Tinea Corporis ^{58,59}	Dadru Kushtha ⁶⁰ ; Arunshika ^{61,62} ; Darunaka ^{63,64} ; Vrishankcchu ⁶⁵

3. Acne Vulgaris⁶⁶

Sign and symptoms- Comedones, open or closed, are the pathogenic of acne, Papules Pustules, nodules and cysts may also appear during the course of disease, Open comedone also called black head, has widely

dilated orifice filled with keratin, lipids, and organism, Melanin imparts black color to the lesions.

In Ayurveda:- Mukhadushika^{67,68}; Padmini Kantaka⁶⁹; Padmakantaka⁷⁰

Sign and Symptoms:- Shalamali Kantak Saman Pidikottpti; Kamlini Kantaka Samana, Vrita, Kanduyuta,

Pandura Mandala; Padamakantak Samana, Niruja, Shweta.

Site / Affected Area:- -Face.

Doshas/ Predominance:-*Kapha-Vata-Rakta.*

4. Candidiasis^{71,72}

Sign and Symptoms:- According to site there are different types of candidiasis like, Oral candidiasis, Chronic hyperplastic candidiasis, Median rhomboid glossitis, Perleche or angular cheilitis, Candidal intertrigo, Napkin candidiasis, Candidal paronychia, Candidiasis of the Genital Tract, Chronic mucocutaneous candidiasis.

In Ayurveda:- *Dadru Kushtha*⁷³; *Ahiputana*⁷⁴; *Chippa*⁷⁵; *Upanakha*⁷⁶; *Kunakha*^{77,78}; *Vrishankchu*⁷⁹

Sign and Symptoms:- *Raga, Kandu, Pidika; Kandu, Sphota, Srava; Vedana, Daha, Paka; Saruja, Jwra; Pradusho Nakha, Ruksha, Asita, Khara; Kandu, Kshipra Sphota, Srava.*

Site / Affected Area:- Oral cavity, Intertrigous area, Trunk, Limbs, Hands, Face, Nail, Genital tract.

Predisposing factors:- DM2, Pregnancy, Broad spectrum antibiotics, Obesity, Cushing disease, Uraemia, Malignancy and immunodeficiency, HIV.

5. Maduromycosis (Mycetoma)^{80,81}

Clinical features:- Granulomatous infection of skin, SC tissue and in tropics and subtropics with low rainfall, characterized by triad of:-Tumefaction, Sinuses, Grains

In Ayurveda: - *Valmika*^{82,83}

Sign and Symptoms:- *Toda, Kleda, Paridaha, Kandu, Vranayukta Granthi; Chidrabahu, Bhiravritam, Sasotham; Bahu, Anumukukhi, Rug, Daha, Kandu, Kleda.*

Site/ Affected Area:-Foot

Dosha Predominance:- *Tridosha.*

Line of Treatment^{84,85,86}

Nidana Parivarjana, Snehapana, Virechana, Vamana, Basti (Ashthapana, Anuvasana), Nasya, Dhoompana, Raktamoksha, Lepa, Kshara, Pradeha, Agada; Shirovirechana, Ubtana, Avchurna, Gharshana, Vrata, Dama, Yama, Seva, Tyaga, Daana, Gurupooja, Devatapooja.

Kshudra Roga Chikitsa^{87,88}

Shonita Sraavan; Lepa; Agnikarma; Ksharakarma; Shastrakarma.

Table 2: Pathya- Apathya of Kshudra Kushtha and Kshudra Roga:-

	<i>Pathya</i>	<i>Apathya</i>
<i>Charaka</i> ⁸⁹	Ahara:- <i>-Laghu Anna, Tikta-Rasa Pradhan Shaka, Shudha Bhallataka, Triphala, Neema Yukta Anna, Ghrita, Purana Dhanya, Mudaga, Patola Phala Shaka, Jangala Desha Mamsa, Gomutra</i> Vihara:- <i>Siddharthaka Snana, Ubatana, Vividha Kwatha Throgh Snana, Abhyanga</i>	Ahara:- <i>- Guru Anna, Amla Rasa, Dugdha, Dadhi, Anupa Deshaja Mamsa, Guda, Tila.</i>
<i>Sushruta</i> ⁹⁰	Kushtha Roga:- <i>Nicha Roma Nakha, Shrantu, Hitakara Ahara and Aushadha Sevana,</i>	Kushtha Roga:- <i>-Stri, Mamsa and Suravarji</i>
<i>Vagbhata</i> ⁹¹	Vihara:- <i>-Ubtana, Lepa, Gharshana,</i>	

DISCUSSION

The fungal diseases of skin are Psycho-cutaneous and cosmetic problem. The fungal diseases of skin are cover large part of body. Produced greater negative impact on patients' quality of life. These diseases have a greater impact on the quality life in women and

younger patients. In Ayurveda, skin diseases are explained in *Kushtha Roga* and *Kshudra Roga*. In this article an attempt has been made to defend understand of the fungal skin diseases in Ayurveda context. (*Kshudra Kushtha* and *Kshudra Roga*)

Fungi usually infest in moist areas of the body and in Skin folds, like Toes, Genital Area, Hair, Scalp, Nail and Under the Breasts. In Ayurveda, these site is involved in *Dadru Kushtha, Alasaka Kushtha, Vidarika, Alasa, Padadrika, Arunshika, Darunaka, Indralupta, Chippa/Upnakha, Kunakha, Vrishanakcchu, Ahiputana* etc.⁹² where there is a *Malasanchaya* and *Kleda* Accumulation leading to initially vitiation of *Rakta* and other deeper *Dhatus*. A description of all the condition with clinicopathy in Ayurveda Principles and Management has been described.

CONCLUSION

An attempt has been made to understand and compare different fungal skin diseases conditions described in Ayurveda classics and Ayurvedic line of management of various types of Fungal skin diseases. It can be concluded though the nomenclature is different in both pathies, but the patients can be diagnosed as per similar symptomatology described in Ayurveda and their treatment can be done on classical line of treatment described for various *Kushtha* and *Kushdra Rogas* in Ayurveda.

REFERENCES

1. Dr. Brahmanand Tripathi, Charaka Samhita-Volume 1, Nidanasthana Kushthanidana, Chaukhambha Surbharti Prakashan, Varanasi, Year of reprint 2012, Page no. 623.
2. Dr. Brahmanand Tripathi, Charaka Samhita-Volume 2, Chikitsasthana Kushthachikitsa, Chaukhambha Surbharti Prakashan, Varanasi, Year of reprint 2014, Page no. 299.
3. Dr. Kaviraja Ambikadutta Shastri, Sushruta Samhita-Part 1, Nidanasthana Kushthanidana and Chikitsasthan Kushthachikitsitam, Chaukhambha Sanskrit Sansthan, Varanasi, Year of Reprint 2016, Page no. 319 and Page no. 63.
4. Dr. Brahmanand Tripathi, Ashtanga Hridya, Uttarasthana 31, Chaukhambha Sanskrit Pratisthan, Delhi, Year of Reprint 2017, Page no. 1112.
5. ibidem, Nidanasthana 13 and Chikitsasthan 20, Page no. 364 and Page no. 115.
6. ibidem, Nidanasthana 14 and Chikitsasthan 19, Page no. 527 and Page no. 782.
7. ibidem, Nidanasthana 5/6 Page no. 625
8. ibidem, Chikitsasthana 7/4-8, Page no. 300
9. ibidem, Nidanasthana 5/3, 6, 30, 31, Page no. 319,320,324,324.
10. ibidem, Nidanasthana 14/4-5, Page no. 527.
11. ibidem, Chikitsasthana 7/9-10, Page no. 301
12. ibidem, Nidanasthana 5/3, Page no. 319.
13. ibidem, Nidanasthana 14/2-3,4-5, Page no. 527.
14. Quick Review Book, Pg, Section-1, Chapter 2, Page no.20.
15. Virendra N Sehgal, Textbook of Clinical Dermatology, Jitedar P Vij , Jaypee Brothers Medical Publisher (P) Ltd., Delhi, Chapter 14 and Chapter 23, Page no.64 and Page no. 106.
16. ibidem, Nidanasthana 5/12, Page no. 321.
17. ibidem, Nidanasthana 14/20, Page no. 530.
18. ibidem, Section-1, Chapter 2, Page no.20.
19. ibidem, Chapter 13, Page no. 55.
20. ibidem, Chikitsasthana 7/23, Page no. 305.
21. ibidem, Section-1, Chapter 2, Page no.20.
22. ibidem, Chapter 13, Page no. 57.
23. ibidem, Chikitsasthana 7/23, Page no. 305.
24. ibidem, Nidanasthana 14/22, Page no. 530.
25. ibidem, Chikitsasthana 7/22, Page no. 305.
26. ibidem, Nidanasthana 14/23, Page no. 530.
27. ibidem, Nidanasthana 13/31, Page no. 368.
28. ibidem, Uttarasthan 31/25, Page no. 1116.
29. ibidem, Nidanasthana 13/28, Page no. 368.
30. ibidem, Nidanasthana 13/21, Page no. 367.
31. ibidem, Uttarasthan 31/21, Page no. 1116.
32. ibidem, Section-1, Chapter 2, Page no.21.
33. ibidem, Chapter 13, Page no. 58.
34. ibidem, Nidanasthana 13/19-20, Page no. 367.
35. ibidem, Uttarasthan 31/23Page no. 1116.
36. ibidem, Section-1, Chapter 2, Page no.21.
37. ibidem, Chapter 13, Page no. 58.
38. ibidem, Nidanasthana 13/19-20, Page no. 367.
39. ibidem, Uttarasthan 31/23Page no. 1116.
40. ibidem, Nidanasthana 13/21, Page no. 367.
41. ibidem, Uttarasthan 31/21, Page no. 1116.
42. ibidem, Nidanasthana 13/35, Page no. 368.
43. ibidem, Uttarasthan 23/22, Page no. 1053
44. ibidem, Nidanasthana 13/34, Page no. 368.
45. ibidem, Uttarasthan 23/23, Page no. 1053
46. ibidem, Section-1, Chapter 2, Page no.21.
47. ibidem, Chapter 13, Page no. 55-56.
48. ibidem, Nidanasthana 13/35, Page no. 368.
49. ibidem, Uttarasthan 23/22, Page no. 1053
50. ibidem, Nidanasthana 13/34, Page no. 368.
51. ibidem, Uttarasthan 23/23, Page no. 1053
52. ibidem, Nidanasthana 13/32-33, Page no. 368.
53. ibidem, Uttarasthan 23/24-25, Page no. 1054
54. ibidem, Section-1, Chapter 2, Page no.21.
55. ibidem, Chapter 13, Page no. 58.
56. ibidem, Nidanasthana 13/61-62, Page no. 374.
57. ibidem, Section-1, Chapter 2, Page no.21.
58. ibidem, Chapter 13, Page no. 56-57.
59. ibidem, Chikitsasthana 7/23, Page no. 305.
60. ibidem, Nidanasthana 13/35, Page no. 368.
61. ibidem, Uttarasthan 23/22, Page no. 1053

62. ibidem, Nidanasthana 13/34, Page no. 368.
63. ibidem, Uttaraasthan 23/23, Page no. 1053
64. ibidem, Nidanasthana 13/61-62, Page no. 374.
65. ibidem, Chapter 2, Page no. 12.
66. ibidem, Nidanasthana 13/38, Page no. 372.
67. ibidem, Uttaraasthan 31/5, Page no. 1113.
68. ibidem, Nidanasthana 13/39, Page no. 372.
69. ibidem, Uttaraasthan 31/6, Page no. 1113
70. ibidem, Section-1, Chapter 2, Page no.21.
71. ibidem, Chapter 15, Page no. 66.
72. ibidem, Chikitsasthana 7/23, Page no. 305.
73. ibidem, Nidanasthana 13/59-60, Page no. 374.
74. ibidem, Nidanasthana 13/19-20, Page no. 367.
75. ibidem, Uttaraasthan 31/23Page no. 1116.
76. ibidem, Nidanasthana 13/21, Page no. 367.
77. ibidem, Uttaraasthan 31/21, Page no. 1116.
78. ibidem, Nidanasthana 13/61-62, Page no. 374.
79. ibidem, Section-1, Chapter 2, Page no.21-22.
80. ibidem, Chapter 16, Page no. 70.
81. ibidem, Nidanasthana 13/9-10, Page no. 366.
82. ibidem, Uttaraasthan 31/19-20, Page no. 1116
83. ibidem, Chikitsasthana 7, Page no. 299.
84. ibidem, Chikitsasthana 9-10, Page no. 62, Page no.70.
85. ibidem, Chikitsasthana 19, Page no. 782.
86. ibidem, Chikitsasthana 20, Page no.115.
87. ibidem, Uttaraasthan24 and 32, Page no. 1056 and Page no. 1119.
88. ibidem, Chikitsasthana 7, Page no. 299.
89. ibidem, Chikitsasthana 9/72 Page no.70.
90. ibidem, Uttaraasthan19 Page no. 783
91. Victoriadevi, *Lokrapam & Basumatary, K. (2016) The Contribution of Ayurvedic Classics on Kshudra Roga with Special Reference to Cosmetic Disease. International Journal of Ayurveda and Pharma research, 4(9). Retrieved from <http://ijapr.in/index.php/ijapr/article/view/427>.

Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Tejal J. Ganvit et al: Understanding Fungal Dermatopathy In Ayurveda - A Conceptual Study. International Ayurvedic Medical Journal {online} 2020 {cited March, 2020} Available from: http://www.iamj.in/posts/images/upload/3039_3042.pdf