IAMJ

INTERNATIONAL AYURVEDIC MEDICAL JOURNAL

Review Article ISSN: 2320-5091 Impact Factor: 6.719

AN EXPLORATORY REVIEW OF VIDANGAIDAGAJADI LEPA AND NAVAKA KASHAYA IN DADRU - DERMATOPHYTOSIS/ (TINEA CORPORIS)

[1]K. Malathi, [2]T. Bullaiah, [3]K. Srinivas

[1]Final Year P.G. Scholar. Dept. of Kaya Chikitsa, Dr. N.R.S. Government Ayurvedic College. Vijayawada, Andhra Pradesh.
[2]M.D.(AYU) PROFESSOR DEPARTMENT OF KAYA CHIKITSA. Dr. N.R.S. Government Ayurvedic College. Vijayawada, Andhra Pradesh.
[3]M.D.(AYU) ASSOCIATE PROFESSOR DEPARTMENT OF KAYA CHIKITSA, Dr. N.R.S. Government Ayurvedic College. Vijayawada, Andhra Pradesh.

Corresponding Author: malathi8514@gmail.com

https://doi.org/10.46607/iamj0912072024

(Published Online: July 2024)

Open Access

Article Received: 12/06/2024 - **Peer Reviewed:** 28/06/2024 - **Accepted for Publication:** 15/07/2024.

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ABSTRACT

Skin is the most significant protective barrier preventing foreign substances from invading the body. Eighteen types of Kushta are described in Ayurvedic classics under the headings of Mahakushta and Kshudrakushta1. Mahakushta is subdivided into seven and Kshudrakushta into eleven. DadruKustha is one of the Kshudra Kustha mentioned in our classical texts. Dermatophytosis, also known as Ringworm (Tinea corporis), is a fungal infection of the skin; typically, it results in a red, itchy, scaly, circular rash. Based on its clinical characteristics, it can be correlated with Dadru Kusta. This study aims to analyse the logic and suitability of Navakakashaya and Vidangaidagajadi lepa in the management and prevention of Dadru kustha. An analysis of the references found in classical literature, numerous Nighantu, and research publications pertaining to several kinds of drugs and their effects on the skin was conducted. According to the literature search findings, the herbs mentioned in the Navaka Kashaya and Vidangaidagajadi lepa were scientifically evaluated in various preclinical and clinical studies. They demonstrated antiviral, anti-inflammatory, antioxidant, anti-cancerous, antiulcerogenic, anti-fungal, and anti-

bacterial, immunomodulatory activity. Using Navaka Kashaya and Vidangaidagajadi lepa appropriately will help prevent and treat the Dadru kustha.

Keywords: *Dadru Kustha*, Tinea, Dermatophytosis, Fungal Infection.

INTRODUCTION

Skin diseases are classified under *Kustha* in Ayurveda. Eighteen types of *Kushtas* are described in Ayurvedic classics, 7-*Mahakushta* and 11- *Kshudrakushta*, according to Acharya Charaka[1]. *Kushta* is a *Bahudoshajavyadhi* involving *Saptakodravyasangraha*[2], the three vitiated dosas in turn vitiates the *Twak, Rakta, Mamsa and Ambu. Dadru* has been referred to as *Mahakusta* in Susruta Samhita and *Kshudra kustha* by Acharya Charaka. *Dadru* is a *Raktapradoshajavyadhi, which has Pitta* and *Kaphaja Twak Vikara*[3]. The Skin or integument is the external organ that protects against mechanical trauma, UV light and infections. Superficial fungal infections of the skin are localised to the stratum corneum. Those include some of the common Dermatophytes such as Trichophyton rubrum and Pityrosporum[4]. The prevalence of superficial fungal infection was 27.6% (82/297), was 75.6% (62/82), and non-was 24.4% (20/82). The highest incidence was seen in the age group of 21 -30 years (36.8%) followed by 11- 20 years and 31- 40 years of age group (18.4%). Males (52.8) are affected more than females (47.2%). Male to female ratio is 1.1:1[5].

ABOUT DISEASE:

सकण्डूरागपिडकं दद्रुमण्डलमुद्गतम्||Ch.Chi.7/23

Dadru is characterised by *Kandu* - itching sensation, *Raga* - redness, *Pidaka* and *Mandala*- circular patches with elevated edges. The following features appear with the involvement of respective dhatu: Rasa – Kharatwa (roughness), Raga (discolouration of the skin); *Rakta dhatu – Kandu* (itching), *Pidaka*; and by *Mamsa dhatu – Mandala* (thick elevated patches on the skin), Rukshata (roughness). *Dadru,* in Susrutha Samhitha[6] is mentioned as *Mahakustha* caused by *Kapha, Atasipuspavarnani tamrani (linseed flower or coppery).* Astanga Hridaya mentioned that *Dadru* is *Atasipuspavat pidika*[7] *(*flax flowers*).* Amarakosha Dwiteeya Manushya Varga[8] explained *Dadruna, which means the person affected by* Herpes. As per Sir Monier William's Sanskrit English Dictionary, *Dadru* - a tortoise (*Kushta*i.e.skin disease)[9] characterised by skin lesions resembling tortoise. Ayurveda has recommended that Trivida Pariksha rule out the disease and has indicated *Antahparimarjana* and *Bahirparimarjan Chikitsa* for *Kustha.*

DERMATOPHYTOSIS[10]: Dermatophytes are fungi that infect skin, hair, and nails and include members of the genera Trichophyton, Microsporum, and Epidermophyton.

I. Trichophyton: Skin, hair, nails
II. Microsporam effects: skin hairs (nails are not involved)
III. Epidermophyton's effects: skin. Nails

Tinea corporis is an infection of the relatively hairless skin of the body. Typical infections consist of erythematous, scaly plaques with an annular appearance that accounts for the common name 'Ringworm '[11]. Clinically, these fungal infections are labelled according to the region involved [12]. These are:

• **Tinea capitis**	occurring on the scalp
• **Tinea barbae**	affecting the region of beard in adult males
• **Tinea pedis** or athlete foot	is located in between the toes
• **Onychomycosis**	disintegration of the nail

Tinea corporis[13] involves the body surface of all ages. Tinea corporis relatively appears on hairless skin of the body and may have variable appearance depending on the extent of the associated inflammatory reaction. Typically appears as a demarcated circle or oval shaped, spread centrifugally, erythematous, pru-

ritic, single or multiple annular lesions with an advancing scaly border, the margin is slightly raised, reddened. The signs and symptoms of *'Dadru'* and Dermatophytosis (Tinea/Ringworm) show tremendous similarities with each other, as explained in the literature of both Ayurveda and Modern sciences. All Tinea infections except Tinea corporis do not precisely follow the Ayurvedic definition regarding their visual appearance. All of them, however, are under the same category—"Dadru"—because the only thing that changes with their morphology is the infection location. All of the symptoms and the underlying causes are still present. Ayurvedic texts on treating Dadru Kushtha mention several formulas. The primary *dosha* implicated in the pathophysiology are *Pitta* and *Kapha*. With the aforementioned considerations and prior empirical study in mind, Vidangaidagajadi lepa as well as Navaka kashaya have been chosen for Bahirparimarjan and Anthahparimarjana chikitsa, respectively, to determine their efficacy and dependability in treating *Dadru kustha*.

AIMS AND OBJECTIVES:

- This study evaluates the efficacy of Vidangaidagajadi Lepa and Navaka Kashaya in managing *Dadru Kustha* -Tinea corporis.
- To study the Etiopathogenesis and Symptomatology of *Dadru Kustha* -Tinea corporis in detail.

MATERIAL AND METHODS:

Information on pathology, etiology, and management has been compiled from Ayurvedic textbooks and concert commentary. All current texts, journals, and classical Ayurvedic literature regarding disease, medication, and treatment will be examined and recorded.

NIDANA[14]: *Virodhinyannapana (*incompatible diet and drinks*),* Suppression of the urge for vomiting and other natural urges, Sleep during daytime, excessive intake of freshly harvested grains, curd, fish, salt and sour substances. People and animals become infected by Dermatophytes after contact with spores (conidia), which have become adapted to people or animals and are now maintained in these reservoirs. Zoophilic dermatophytes are adapted to various animal species, while anthropophilic dermatophytes occur in humans. Promoting factors for fungal skin infection[15]: Poor nutrition – leading to less immunity, Poor hygiene, Excessive sweating and Hot climate, Diabetes Mellitus. Secondary causes, according to modern science, are weak immunity, tinea infections, poor nutrition, contact with an infected person or animal, obesity, and stress.

PURVARUPA[16]*: Sparsajnatva (*loss of sensation*), Vaivarnyam, Toda (*Picking pain*), Daha (*burning sensation*) Kandu, Pidaka.*

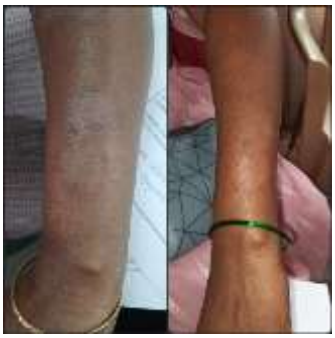
RUPA—Clinical manifestations: Dadru is characterized by an itching sensation, redness, pimples, and circular patches with elevated edges.

TABLE NO. 1

AYURVEDA *RUPA*	MODERN SCIENCE SIGNS AND SYMPTOMS
• *Pidakas* • *Kandu* • *Mandala* • *Raga* • *Atasipuspavarna* • *Prashantania cha Punarutpadyanti*	• Pustules • Itching • Annular skin patches • Erythema • Copper colour • Subsides & Relapses

FIG: 1

FIG: 2



DIAGNOSIS: According to Ayurveda *Trividha Pareeksha Darsana pareeksha* (Inspection), *Sparshana pareeksha* (Palpation) *Prashna pareeksha* (Questioning). Many Dermatophyte infections are diagnosed by their clinical appearance. If the diagnosis is in doubt, scraping should be taken from the edge of the lesion with a scalpel blade. The removed scale is collected on a glass microscope slide and then treated with a solution of 10-20% KOH solution. KOH dissolves keratin and allows for the easier visualization of fungal elements. If it disappears as a whole, then no fungal infection is there because it destroys healthy cells, leaving behind only fungal cells.[17] This technique can be used to identify hyphae in Dermatophyte infections.

AYURVEDIC MANAGEMENT*:*

During *Purvarupa, Avastha* of *kusta, urdhva* and *adha samshodana* should be administered in the case of *Vata* predominant *kusta, sarpipana*, in *Kapha* predominant *kustha Vamana*, in *Pitta* predominant *kustha Virechana* followed by *Raktamokshana* are recommended.[18] *Shamanachikitsa- Pitta-Kaphaghana* and *Kushthagna.* The review reveals that the herbs of *Navaka kasaya* and *Vidangaidagajadi lepa* have pharmacological characteristics that may be beneficial for *Dadru Kustha* management. *Vidangaidagajadi Lepa* is indicated for *Dadru Kustha* in *Bhaishajya Ratnavali*[19] *Kustha Roga Chikitsa Prakaranam, Chakradatta Chikitsasangraha; in Yogaratnakara*[20] *Uttararta, Kustha Chikitsa adhyaya*, it is mentioned as *Vidangadi Lepa*. *Navaka Kashaya* is indicated in *Kapha Pitta Kustha* in *Yogaratnakara*[21]*, Kustha Chikitsa adhyaya* and *Bhaishajya Ratnavali*[22] *Kustha Roga Chikitsa Prakaranam*.

TABLE 2: DETAILS OF THE INGREDIENTS[23] OF *VIDANGAIDAGAJADI LEPA* AND *NAVAKA KASHAYA:*

INGREDIE - NTS	**LATIN NAME**	**FAMILY**	**PART USED**	***RASA***	***GUNA***	***VIRYA***	***VIPAKA***	***KARMA***
AMALAKI	Emblica officinalis	Euphorbiaceae	Fruit	*Madhura Amla Katu Tikta Kashaya*	*Guru Ruksha*	*Sita*	*Madhura*	*Tridoshahara Vrishya Dipana Rasayana*
HARITAKI	Terminalia chebula	Combretaceae	Fruit	*Madura Amla Katu Tikta Kasaya*	*Ruksha Laghu*	*Usna*	*Madhura*	*Deepana Rasayana Brimhana Tridoshahara*
VIBITAKI	Terminalia bellirica	Combretaceae	Fruit	*Kashaya*	*Ruksha Laghu*	*Usna*	*Madhura*	*Kapha pittahara Bhedana Keshya*
NIMBA	Azadirachta indica	Maliaceae	Bark	*Tikta Kashaya*	*Laghu*	*Sita*	*Katu*	*Deepana, Pittakaphahara, Grahi, Bhedana*
PATOLA	Trichosanthes dioca	Cucurbitaceae	Patra	*Katu, Tikta*	*Snigdha Laghu*	*Usna*	*Katu*	*Tridoshahara Varnya, Dipana, Pachana, Rechana Pittahara*
MANJISTA	Rubia cordifolia	Rubiaceae	Root	*Madhura Tikta Kashaya*	*Guru Rukshna*	*Usna*	*Katu*	*KaphaPittahara, Svarya, Varnya, Vishahara*
KATUKI	Picrorhiza kurroa	Scrophulariaceae	Root	*Tikta*	*Ruksa Laghu*	*Sita*	*Katu*	*Kapha Pittahara Dipana, Bhedana, Hrdya*
VACHA	Acorus calamus	Araceae	Root	*Katu Tikta*	*Laghu Tikshna*	*Usna*	*Katu*	*KaphaVata hara, Dipana, Sakruth mutra visodanam Lekhaniya,*
HARIDRA	Curcuma longa	Zingiberaceae	Tuber	*Katu, Tikta*	*Ruksa , Laghu*	*Usna*	*Katu*	*Kapha pittahara, Varnya, Lekhana, Vishagna*
VIDANGA	Embelia ribes	Myrsinaceae	Seed	*Katu Kashaya*	*Ruksa Laghu Tikshna*	*Usna*	*Katu*	*KaphaVatahara Dipana Krimigna Vishahara*
CAKRAMARDA	Cassia tora	Caesalpiniaceae	Beeja	*Madhura, Katu,*	*Ruksa, Laghu*	*Sita*	*Katu*	*PittaVatahara, Hridya Medohara, Kaphaha-*

								ra
KUSTHA	Saussurea costus	Asteraceae	Root	*Katu Tikta*	*Laghu*	*Usna*	*Katu*	*VataKaphahara, Sukrala*
SARSAPA	Brassica campestri s	Brassicacea e	Seed	*Katu Tikta*	*Laghu Snigdha*	*Usna*	*Katu*	*KaphaVatahara, Dipana*
SAINDAVA LAVANA	Rock salt	Harithakya divarga	-	*Madhura*	*Sukshma Laghu Snigdha*	*Sita*	*Madhura*	*Pacifies Tridosa*
DHANYAMA	-	Sandhana varga	-	*Madhura Amla*	*Laghu Tikshna*	*Usna*	-	*VataKaphahara, Tikshna*

NAVAKA KASHAYA INGREDIENTS – THEIR ROLE IN _DADRU KUSHTA_:

***AMALAKI*:** Phytochemicals present in Amalaki (Emblica officinalis) powder are phenol, tannin, flavonoid, carboxylic acid, and carbohydrate, acts as antimicrobial, anti-ulcerous, immunomodulator, Antioxidants and anti-inflammatory etc. hence it is helpful in curing the diseases like diabetes, skin diseases Etc[24].,

VIBHITAKI: Glucoside, tannins, gallic acid, ellagic acid, ethyl galate, gallyl glucose, chebulanic acid are the main active phytoconstituents of medicinal importance. Different parts of the tree have various medicinal activities viz., antisecretory, analgesic, antimicrobial activity antidiabetic, antioxidant, antiulcer, hepatoprotective, anticancer activities.[25]

HARITAKI: A fluid concentrate of Terminalia chebula showed antifungal action against sort of dermatophytes and yeasts. It is viably works against the pathogenic yeast Candida albicans and dermatophytes Epidermophyton, Floccosum, Microsporum gypseum and Trichophyton rubrum. Inhibitory impact of three dermatophytes (Trichophyton spp.)[26]

NIMBA: A study was undertaken to examine the antifungal activity of *Azadirachta indica* L. against *Alternaria solani* Sorauer and results confirmed that ethyl acetate fraction was found most effective in retarding fungal growth. Different parts of the tree have various medicinal activities viz. *A*nti-Inflammatory, Antifungal, Antibacterial, Antitumour Activities etc[27].

PATOLA: Alkaloids, Flavonoids, Saponins, Proteins, Amino acids, Triterpenoids and Phytosterols acts as Free radical scavenging activities, antimicrobial profile, Antioxidant activity[28]

MANJISTHA: Carbohydrate, alkaloids, amino acids, saponin, glycosides, phenolic compound and tannins were found as a major constituent in Rubia cordifolia Linn. root which will play a major role as an antitoxin, detoxification of blood, antiseptic, antimutagenic, anticarcinogenic and antioxidant agent[29].

KATUKI: Plant is associated with therapeutic properties like antimalarial, antidiabetic, hepatoprotective, anticancer, anti-mutagenic, anti-inflammatory, immunomodulatory etc. Apocynin (catechol) is anti-inflammatory in nature and prevents oxidative burst of neutrophil.[30]

VACHA: Various pharmacological activities of *A. calamus* rhizome such as immunosuppressive, anti-inflammatory, cryoprotective, antioxidant, antidiarrheal, antimicrobial etc.,[31]

***HARIDRA*:** Curcuminoids are phenolic compounds which are the main active constituents responsible for the bioactivity of turmeric contribute to the activities like anti-pruritic, antioxidant mechanisms, inflammatory mechanisms.[32]

VIDANGAIDAGAJADI LEPA INGREDIENTS – THEIR ROLE IN _DADRU KUSHTA_:

VIDANGA: It acts as ascaricidal, anthelmintic, carminative, diuretic, astringent, anti-inflammatory, antibacterial properties.[33]

CAKRAMARDA: Chakramarda seeds possess antifungal (Krimighna) action against various skin disorders. Chakramarda seeds (Cassia tora Linn) mainly contain anthraquinane, glycosides, cassiaside, rubrofusarin & toralactone. Palmitic acid, Iinoleic acid , Cassiaside etc phytoconstituents present in Chakramarda acts as Antifungal, Anti-helminthic,

Anti-bacterial, Anti- psoriatic, Anti- shigellosis, Anti-itching, Anti-inflammatory, Antioxidant, Nitric oxide scavenging activity, Anti-tumor, Antimicrobial, Laxative, Hepatoprotective activity in the body.[34]

KUSTHA: Kustha root contain resinoids(6%), essential oil(1.5%) and alkaloid (0.05%), inulin(l8%), a fixed oil and other minor constituents like tannins and sugars. Pharmacologically Kustha is carminative, antiseptic, disinfectant against streptococcus and staphylococcus.[35]

SARSAPA : The oil of plant leaves showed significant inhibiting activity against Aspergillus niger, Trichoderma viride, Candida albicans, Trichophyton tonsurans, Trichosporon mucoides, and Methanolic extract of seed showed high inhibition zone against Microsporum. [36]

SAINDAVA LAVANA: Saindhava Lavana helps in increasing the action of the ingredients present along with it. Saindhava Lavana, being cold in potency helps to balance Pitta. [37]

PATHYA: [38] *Laghu ahara , Tikta Rasa Pradhana shaka, Anna and Gritha* prepared with *Bhallataka Nimba, Patola, Purana dhanya, Jangala mamsa, Mudga,*

APATHYA*: Guru, Amla(sour), Paya(milk), Dadhi(curd), Anupa mamsa, Matsya, Guda* and *Tila*

DISCUSSION

Since skin conditions are chronic in nature, it is frequently difficult to recover from them even after successful therapy. The ingredients of Navaka Kashaya – Amlalaki, Harithaki, Vibhithaki, Nimba Twak, Patola, Manjistha, Katuki, Vacha, Haridra, are With Kushtaghna, Deepana, Pachana, Anulomana, and Vranashodhana by Karma, these elements with the attributes of Laghu, Ushna, Theekshna, and Katu vipaka may aid in the Dadru kustha. The ingredients of Vidangaidagajadi lepa—Kustha, Vidanga, Sarsapa, Chakrmarda, and Saindhava lavana—combine with the Dhanyamla , which comprising Ushna, Tikshna, Laghu, Ruksha, Vishada Guna, and Ushna Virya. Owing to its Ushna, Tikshna, Vishada, and Sukshma qualities, it may clear the microchannels by blocking the obstruction in Swedvaha Shrotas and permitting the local toxins to pass out through the Sweda. Bahiparimarjana's Ayurvedic formulations in the form of Lepas (local application) work more swiftly due to the physiological effects of heat on the skin, and Shamanaushadhis that can perform Raktashuddhi, and Krimighna should be taken in order to heal ailments at their root.

CONCLUSION

Formulations from Ayurveda with the ability to fully cure *Dadru Kushta*. Additionally, preventive is better than cure, thus maintaining a healthy lifestyle in addition to Ayurvedic *Dadru* management is crucial to preventing the recurrence. In order to prevent recurrence, Ayurvedic treatment usually takes a comprehensive approach, incorporating lifestyle modifications, nutritional advice, herbal medicines, and specialized treatment programs like Panchakarma, external applications, lepas, etc. According to Ayurveda, one of the Kusta rogas is Dadru Kustha can be correlated with dermatophytosis, a fungal infection that has been linked with tinea corporis. Samhitas may be useful in effectively managing Dadru kusta and reducing recurrence by adhering to the Kusta roga Chikitsa procedure. The fundamentals of Krimi roga chikitsa, Pathyapathya in Kusta Roga chikitsa, and Nidanaparivarjanam need to be the subject of several investigations. Patients can get a long-lasting and affordable remedy with Ayurveda.

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Source of Support: Nil
Conflict of Interest: None Declared

How to cite this URL: K. Malathi et al: An exploratory review of vidangaidagajadi lepa and navaka kashaya in dadru - dermatophytosis/ (tinea corporis). International Ayurvedic Medical Journal {online} 2024 {cited July 2024} Available from: http://www.iamj.in/posts/images/upload/1208_1216.pdf