



IMPLICATIONS OF HERBAL MANAGEMENT ON SUPERFICIAL DERMATOPHYTE SKIN INFECTION – A CASE REPORT

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ABSTRACT

Introduction: Tinea corporis is a superficial dermatophyte skin infection. It is a fungal infection usually associated with a circular reddish rash with bumps on the border and a more apparent inside area, along with symptoms like itching. According to Ayurveda, skin diseases are explained under the term “Kushta.” However, no direct correlation is mentioned with any skin condition. There are similarities in symptoms so that we can correlate Tinea corporis with *Dadru Kushta*.

Objective: To assess the effect of ancient Ayurvedic herbal management on Tinea corporis.

Methodology: In this case, the patient was annoyed with itching and the recurrence of patches. For the same, he had taken treatment at many private clinics, but he was annoyed with the recurrence and came to us. However, within 7 days, the patient got relief in symptoms with just a few internal and external herbal ayurvedic medications. Medications like *Gandhaka Rasayana*, *Arogyavardhini Vati*, *Sarivadyasava*, *Haritaki churna*, and *Karanja taila* were given to this patient.

Observation and results: Our ancient herbal Ayurvedic management is very effective in Tinea corporis.

Conclusion: Tinea corporis is a superficial dermatophyte skin infection that can be treated quickly with minimal medications.

Keywords: *Dadru Kushta*, Tinea corporis

INTRODUCTION

Tinea corporis is a superficial dermatophyte skin infection. (1) Tinea corporis is found worldwide but primarily in tropical regions. (2) The chances of acquiring tinea corporis in a lifetime are estimated to be 10-20%. (3) Tinea corporis typically presents as a well-demarcated, sharply circumscribed, oval or circular, mildly erythematous, scaly patch or plaque with a raised leading edge. (4) The lesion of tinea corporis starts as a flat scaly spot, which again spreads circularly and centrally clears to form a characteristic annular lesion, giving rise to the term 'ringworm'.

According to Ayurveda, the skin disease is explained under "*Kushta roga*". There are many *kushta rogas* explained under *Mahakushta* and *kshudra kushta*. However, a direct correlation is not given for any skin condition. As per the symptoms given, we can correlate them. So, Tinea corporis can be correlated with *Dadru Kushta*. According to *Acharya Charaka*, *Dadru* has given under *kshudra kushta*. *Dadru kushta* can be distinguished by symptoms like *kandu* (itching), *raga* (redness), *pidaka* (elevated edge) and *mandala* (circular). (5) We can correlate *dadru* with tinea corporis with these similarities in symptoms.

In this case, the patient was annoyed by itching and the recurrence of patches. However, within seven days, the patient was relieved from symptoms with just a few ayurvedic medications.

Patient's information – A 32-year-old male patient came to medicine OPD with complaints of multiple reddish round patches over the thigh region of both legs and severe itching in the last 1 month.

The patient has been suffering from this condition for the last 1 month. He has taken treatment at many private hospitals, and he got temporary relief, but he was annoyed with recurrence and long-term treatment. So, he came here for further treatment.

Past history - He doesn't have any history of hypertension, Diabetes mellitus, bronchial asthma and hypo-hyperthyroidism.

Family history- No history of infection from any household person was found, as he was living alone for job purposes,

Clinical examination - His vital parameters are within normal limits. *Ashtavidha pariksha* was done and was within normal limits.

Local examination- 4-5 circular, erythematous, well-demarcated patches on each thigh. No discharge from lesions was seen.

Ashtavidha Pariksha (Ayurvedic general assessment)-

Nadi (Pulse) – *Pitta kaphaja* (76/min); *Mala* (stool) – *Malavastambha* (Constipated), and irregular defecation, *Mutra* (urine) – *Prakrita* (normal); *Jivha* (tongue) – *sama* (coated), *Shabda* (speech) – *prakrita* (normal, clear, understandable); *Sparsha* (touch) – *anushnasheeta* (Normal); *drik* (eyes- vision) – *Prakrita* (normal, no pallor, no icterus); *Aakriti* (physique) – *Madhyama* (medium build).

Clinical findings and investigation –

From the clinical findings, he was diagnosed as Dadru.

Table No. 1- Investigations Done

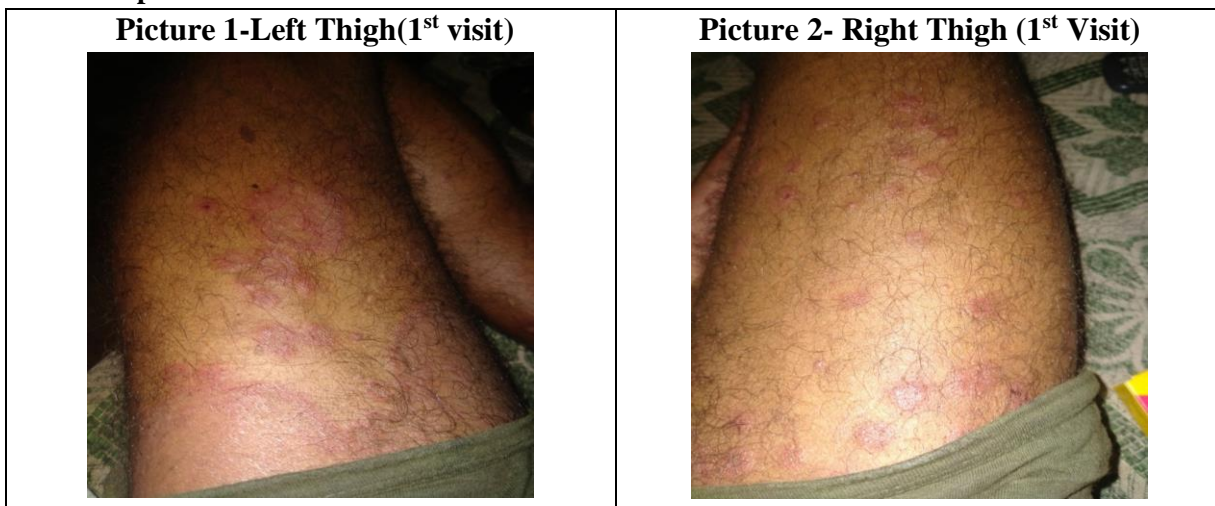
Investigations	Observed value
Hb%	14.6 gm%
TLC	6,900/cu mm
DLC	
Neutrophils	57 %
Lymphocytes	33%
Eosinophils	04%
Monocytes	06%
ESR	20 mm/1 st hr
RBS	91 mg%

Therapeutic intervention -

Table No. 2- Treatment Given

Type of treatment	Name Of Drug	Dose	Duration
Internal Medications given	<i>Gandhaka Rasayana</i>	500mg twice a day after a meal with water	For 14 days.
	<i>Arogyavardhini vati</i>	500mg twice a day after a meal with water	
	<i>Sarivadyasava</i>	20ml twice a day after a meal with water	
	<i>Haritaki churna</i>	5 gm at night with lukewarm water	
Medications for External Application	Local cleaning With <i>Triphala</i> and <i>Neem kwatha</i>	Once a day at night	
	Application of <i>Karanja</i> oil	Twice a day after bathing and after evening <i>triphala</i> + <i>neem kwatha</i> <i>Dhavan</i>	

Follow-up and outcomes -



On the first day when the patient visited the OPD, there was severe itching, redness and patches over both thighs on the first visit.

Picture 3 –Left Thigh(On 7th Day)



Picture 4- Right Thigh(On 7th Day)



The first follow-up was taken on the seventh day. The patient experienced relief from itching and reduced patches. The redness was completely cured. Medications continued for seven days.

Picture 5- Right Thigh (On 14th Day)



Picture 6- Left Thigh (14th Day)



On the 14th day, a second follow-up was taken. The patient was cured completely. Symptoms like redness and itching were absent, and no signs of patches were found. After that, only Sarivadyasava continued for one week. No recurrence was found on the next visit.

DISCUSSION

According to Acharya Charaka, *Kushta* is *Tridosha-ja*. Furthermore, Acharya Charaka and Acharya Vagbhata have mentioned in their text that *Dadru* is *Kapha-pita* and, according to Acharya Sushruta, *Kapha Pradhana*. *Rasa*, *Rakta Dhatu*s, *Lasika* and *Twak* are *Dushyas* involved in *Dadru*. Common

symptoms of *Dadru* are *Kandu* (Itching), *Raga* (redness), and *Mandala* (Circular Patches).

The Ayurvedic Samhitas state different types of *shodhana* and *shamana chikitsa*. According to the severity of the symptoms, the following *shamana dravyas* are used for this patient.

Gandhaka rasayana is indicated in all types of *Kushta*. (6) In a study, it has been given as antifungal

and antibacterial. (7) *Arogyavardhini vati* works as *tridosha shamaka, deepana, pachana, kushtaghna*. (8)

Sarivadyasava helps to purify the blood and improves blood circulation and *pidakahara*. (9) *Haritaki churna* was given as *anulomaka*, as *haritaki* works as *anulomaka, deepana-pachana*. (10) *Karanja* oil was given because it is *jantughna, kandughna, kriminashaka, vranashodhaka, vranaropaka* and *kushtaghna*. (11) *Triphala* is *kushtaghna, vranaropaka, vranashodhaka*. (12)

CONCLUSION

This case study showed relief in *Dadru Kushta*, i.e. *Tinea corporis*, in a very short duration. So, it is concluded that Ayurveda can be a good alternative for this type of skin disorder. This case study is helpful to many Ayurvedic researchers who are researching such types of skin conditions.

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