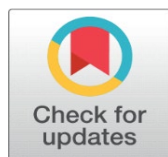


## A CASE STUDY ON AYURVEDIC MANAGEMENT OF DADRU W.S.R TO TINEA CRURIS

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### 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 vhydhi. Tinea cruris can be correlated with dadru. Dadru is one of the *Kshudrakustha* with predominance of *Pitta* and *Kapha dosha*.

31 years old male suffering from Elevated ring like patch around buttock region, Severe itching, Discoloration/Redness, Burning sensation since last 8 months. He took Modern medicine but no relief from that. With Modern medicine he just got relief from itching, that also reoccur again during nighttime.

Ayurvedic medicines along with good hygiene and some lifestyle modifications give best result.

**Keywords:** Tinea Cruris, Dadru, Ayurved

### 1. INTRODUCTION

Tinea cruris is fungal infection of the groin region. Eczema marginatum, crotch itch, dhobi itch, gym itch, jock itch are other names of this disease. 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. [Andhare \(2019\)](#)

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 applied for dadru.

**Table 1****Table 1 Showing Comparative Symptoms of Tinea Cruris and Dadru. Andhare (2019)**

| S. No | Symptoms of Tinea Cruris   | Symptoms of Dadru Kushta |
|-------|----------------------------|--------------------------|
| 1     | Erythema                   | Raga                     |
| 2     | Itching                    | Kandu                    |
| 3     | Granular surface           | Pidka                    |
| 4     | Circular elevation of skin | Utsanna mandal           |

**A case report as follow**

A 31-year-old male patient came to us with chief complaint of (3)-

- 1) Elevated ring like patch around buttock region.
- 2) Severe itching +++
- 3) Discoloration/Redness ++
- 4) Burning sensation +++

Patient had above complaints for 8 months.

No H/o / HTN, Asthma

**1.1. HISTORY OF PERSONAL ILLNESS**

31 years old male suffering from Elevated ring like patch around buttock region, Severe itching, Discoloration/Redness, Burning sensation since last 8 months. He took Modern medicine (Tab.Allegria 120 mg, Tab.levocet 4mg, Tab. fluconazole 150 mg, fourderm cream) 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 Ayurved treatment. For Ayurvedic treatment he came to our clinic – Nakshtra Ayurved Panchkarma Clinic & Research Center, Mumbai.

**1.2. PERSONAL HISTORY**

Occupation: Engineer.

**1.3. ASHTAVIDHA PARIKSHANA**

Nadi (pulse) = 74 /min. (kapha-vata)

Mala (stool) = Malavshtmbha.

Mutra (urine) = Normal.

Jeeva (tounge) = saam.

Agni = Kshudhamandya.

Shabda (speech) = Normal.

Sparsha (skin) = Twak rukshata.

Druka (eyes) = Normal.

Akruti = Madhyama.

Bala = Uttam.

Raktadaaba (B.P) = 130/80 mm/Hg.

## 2. MATERIAL AND METHOD

### 2.1. MATERIAL

Table 2

| Table 2 Showing Material Used for Study |                                       |                                    |             |                |
|---|---------------------------------------|------------------------------------|-------------|----------------|
| S. No                                   | Dravya                                | Dose                               | Duration    | Anupana        |
| 1                                       | Gandhak Rasayan vati                  | 250 mg                             | Twice a day | Lukewarm water |
| 2                                       | Arogyavardhini vati                   | 500 mg                             | Twice a day | Lukewarm water |
| 3                                       | Pachak vati                           | 250 mg                             | Twice a day | Lukewarm water |
| 4                                       | Gandahrva haritaki vati               | 500 mg                             | H. S        | Lukewarm water |
| 5                                       | Mahamanjishtadhi Kashaya              | 20 ml                              | Twice a day | Lukewarm water |
| 6                                       | Panchawalkal oilment                  | For local application: Twice a day |             |                |
| 7                                       | Avagahana (Triphala + Khadir + Nimba) | At morning                         |             |                |

### 2.2. METHOD

Centre of study: Nakshtra Ayurved panch karma clinic & research center, Mumbai.

Type of study: Simple random single case study.

## 3. DISCUSSION AND RESULT

### 3.1. RESULT

Clinical examination of the patients revealed regression of all symptoms within 7 days.



### 3.2. DISCUSSION

#### Hetu of Dadru (Tinea cruris)

- 1) Ahar
  - Improper and irregular diet.
  - Chiken, Matsya sevan (daily)
  - Dadhi (on each alternate day)
  - Biscuit (daily with tea – daily)
  - All types of fast-food
- 2) Vihar
  - Prolong seating
  - Ratri jagran.
  - Bath (twice a week)
- 3) Manasika nidan- vegavrodha causes vata vrudhi.

#### SANPRAPTI GHATAK

Dosh: tridoshaj (kapha-pitta pradhana)

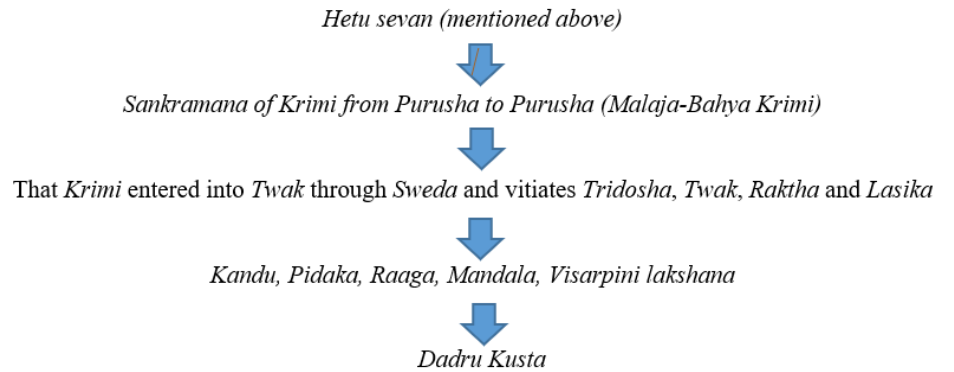
Dushya: Twak, Rakta, Lasika (Ambu), Sweda

Srotus: Rasa, Rakta.

Adhishthana: twacha

Rogamarga: bahya

#### SAMPRAPTI PURIPANDA AND RAJU (2016)



### 4. ACTION OF DRUG AND OTHER PROCEDURE

Table 3

Table 3 Showing Action of Drug and Other Procedure Done in Study

| S. No | Dravya  | Action   |
|-------|---|--|
| 1     | <i>Gandhak Rasayan vati</i> <a href="#">Bhawan (2012)</a> | <i>Raktashodhak</i> , <i>Kandughana</i> , <i>rasayana</i>                        |
| 2     | <i>Arogyavardhini vati</i> <a href="#">Gune (2005)</a>    | <i>Dhatwagnivardhana</i> , <i>malashodhaka</i> , <i>Pakwashyadushti nashka</i> . |
| 3     | <i>Pachak vati</i> <a href="#">Anupama (2014)</a>         | <i>Amadosa nasaka</i> & <i>Agni vardhaka</i>                                     |

|   |  |  |
|---|--|--|
| 4 | <i>Gandahrva haritaki vati</i> Anupama (2014)                                | <i>Anulomna, vatashulnashak</i>                                    |
| 5 | <i>Mahamanjishtadhi Kashaya</i> Ministry of Health and Family Welfare (2010) | <i>Varnya, Kushtaghana, raktaprasadnam, sonitstapana, rasayana</i> |
| 6 | <i>Avagahana (Triphala + Khadir + Nimba)</i> Tripathi (2011)                 | <i>Kandughna, Tridoshghna, Vranya, Raktashodhaka</i>               |

### 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 than take break of 2 min and stand till buttock part get dry, wash all cloths in Dettol mixed warm water.

## 5. CONCLUSION

Dadru like Skin disease difficult to cure by modern medicines. All steroid like medicine supresses the disease which later create worst state of disease. From the above case, it may be stated that Dadru can be completely cured by Ayurvedic treatment.

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