



# A SYSTEMIC REVIEW ON DADRU VYADHI -AN AYURVEDIC PROSPECTIVE

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## ABSTRACT

With a total surface area of around 20 square feet, skin is the biggest organ of the body and the outermost layer of the human body. It protects us from germs and the environment, helps control body temperature, and allows us to feel touch, heat, and cold. Dadru (Fungal infection), one of the main skin diseases listed in Ayurveda, is one of the many skin diseases that exist today. Dadru and tinea, sometimes referred to as a fungal skin illness in the current medical system, are related. The most prevalent clinical manifestations are circular red spots and excessive, intense itching. The particular instruments for diagnosing a fungus infection are a fungal culture and 10-20% KOH. Virechana (Purgation), Raktamokshna (Bloodletting), and Shamana chikitsa (Pacification treatment) are used to treat Dadru (Fungal infection) in traditional Ayurvedic medicine. Here, we'll talk about Nidana (causes), Samprapti (etiopathogenesis), Lakshan (clinical characteristics), Chikitsa (therapy), Pathya-Apathya, and ways to avoid getting a fungus infection called Dadru kushta.

**KEYWORDS-** Skin, kshudra kushtha, dadru, bahiparimarjan

## INTRODUCTION

The biggest organ of the body, the skin is composed of water, protein, lipids, and minerals. Skin serves as a mirror that reflects both internal and exterior pathology, aiding in disease diagnosis. Within Ayurveda. There are seven layers of skin, the fourth and fifth of which, according to Acharya Sushruta, are responsible for kushtha. Whereas Acharya

Charaka only mentions six layers of skin, the fourth of which is in charge of dadru<sup>2</sup>. Ayurveda classifies all skin conditions as belonging to the kushtha category, which is further separated into the mahakushta and kshudrakushta subcategories. About 2000 different skin conditions exist. They can be divided into many categories according on the etiology, including genetic, infectious, allergy, autoimmune, traumatic, developmental, occupational, and climatic.

The prevalence of skin issues has significantly increased in recent years. Dadru is classified as belonging to the kshudra kushtha<sup>3</sup> division. Pitta and Kapha Dosha are the doshas in dadru that are responsible for etiopathogenesis.<sup>4</sup> Dadru is a condition marked by sakandu (itching at the lesion site), raga (redness over the skin), pidaka (papule over lesion), and mandalmudgata (circular patches with raised edge on skin). It is the kind of kushtha that may swiftly infiltrate the deeper dhatu. Because of this, Acharya Sushruta classified it as a Mahakushta. The prognosis and likelihood of recurrence may be bad if it is ignored.

Dermatophytosis, sometimes known as ringworm, is a fairly widespread dermatological condition. In India, there are more than 10 million instances annually. Additionally, many inflated people may not seek medical attention when they have ringworm, especially in rural parts of undeveloped and developing nations.

## **NIDANA OF DADRU**

### **SAMPRAPTI**

The body experiences tridosha prakopa as a result of overindulging in different causative elements, which damages the digestive fire and causes amavisha buildup. This amavisha influences the rasavaha, raktavaha, and swedavaha srotases and resulting in twak Rakta dusti, which ultimately causes the production of dadru.

### **SAMPRAPTI GHATAK**

**Doshas-** Tridosha (kapha pitta pradhana)

**Dushya-** Twak, Rakta, Lasika, Sweda

**Srotas-** Rasa, Rakta

**Adhishthana-** Twacha

**Rogmarga-** Bahya

## **CLINICAL FEATURE**

- Transmission through brushes, combs, and towels from an infected person to an uninfected person is caused by irritation from fungal products and hypersensitive reaction.

- The category of fungal infections includes dermatophytosis. These keratinophilic fungi feed on dead, surface-level keratin. This is why they infect the stratum corneum, the epidermis's outermost layer.<sup>8</sup> They don't go inside of live tissue.

## CHIKITSA

It is recommended to consume the ayurvedic formulations of bahiparimarjana in the form of lepas and shaman aushadhis, which can serve as sthanika chikitsa outwardly and practice Rakta shuddhi internally to treat sickness from the source. Due to the characteristics of the many substances used, these ayurvedic formulations have the ability to completely heal this dadru kushtha and the risks of recurrence are also quite low.

## NIDANA PARIVARJAN

Keeping the infection under control requires avoiding the triggering factors, such as bad eating habits, unhealthy lifestyles, and inadequate cleanliness. Any ailment should be administered after Koshta shuddhi and Agni deepana. so that the medications may be effectively absorbed and the treatment plan can be effective.

- Refrain from lending out your towels, clothes, or sporting goods.
- When there is a possibility of ringworm exposure, wash clothing in hot water with fungicidal soap.
- Avert strolling while eating. Instead, put on the proper protective footwear in the changing rooms and sandals at the beach.
- Refrain from petting animals with bald areas since they frequently carry the fungus.
- Washing your clothing and bedding every day while you're sick can assist keep your home clean.
- After a bath, carefully dry the affected regions.
- Dressing comfortably and lightly in the afflicted regions.
- Treating all diseased places to stop the infection from spreading to other bodily regions.

## DISCUSSION

In the Kushtha nidana, Brihatrayi and Laghutrayi discuss the fundamentals of Hetu of Dadru. The majority of the apanya ahara vihara causes of kushtha are described in ayurveda. We only know that prevention is preferable to treatment. In order to prevent contamination, patients should also be aware of specific preventative measures. Therefore, proactive measures must be taken to reduce resistance rates in order to effectively treat these diseases without causing any negative side effects. The patient should take the necessary steps to lower the rate of occurrence. Different acharyas have different perspectives on dadru in terms of the role of doshik.

## CONCLUSION

The skin, which is the body's outermost layer, is crucial for both defensive and aesthetic reasons. Therefore, early treatment of the skin condition is crucial for a better prognosis. Ayurveda must be brought to light for such forms of

resistance behavior that is likely to affect people in the future in accordance with the needs of today's lifestyle and also owing to the rise in the human body's resistance. To enhance Rakta dushti, one should thus take the ayurvedic preparations of bahiparimarjana in the form of lepas and shaman aushadhis. Due to the characteristics of the numerous medications, these ayurvedic formulations have the ability to totally cure this dadru kushtha with no or little possibilities of recurrence. In today's society, ayurveda may unquestionably be a blessing for the right and efficient care of this type of skin issue.

#### **CONFLICT OF INTEREST -NIL**

#### **SOURCE OF SUPPORT -NONE**

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