

Review Article

Literature review of Ayurvedic management of Dadru w.s.r. to ringworm

Sheetal S. Mandawkar ^{1*}, Eknath G. Kulkarni ², Rajan B. Kulkarni ³, Sanjivani N. Rathod ⁴

¹ P. G. Scholar, Associate Professor ², Professor ³, Assistant Professor ⁴

Department of Kayachikitsa

A.S.S Ayurved Mahavidyalaya & Arogyashala Rugnalaya Ganeshwadi, Panchvati, Nashik, Maharashtra, India - 422003

* **Corresponding Author:** Dr. Sheetal S. Mandawkar, **E-mail:** mandawkarSheetal07@gmail.com

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ABSTRACT:

In this study, literary research was done by studying the various dissertations, research papers, articles published in India since 1986. The detail study of the available literature was done and it was analysed for the signs, symptoms, etiological factors and drugs used for the respective studies. The observations and conclusions of the study were also analysed and are presented in the study. The study also done for the correlation of *dadru* with ringworm. *Dadru* is one of the *kshudrakushtha* with *pittakapha* predominance. It present clinically with the features of *kandu*, *raga*, *pidika*, *udgata mandala* etc. which are very close to features ringworm like pruritis, erythema, vesicle or pustule etc.

KEY WORDS: *Ayurveda*, *dadru*, ringworm (tinea), *kushtha*

INTRODUCTION:

Ringworms or Tinea infections are fungal infections of skin which are most common skin condition world wide. They are caused by dermatophytes and are often severe as well as recurrent.

Sign and symptoms

- Enlarging raised red ring.
- The edge of the rash appears elevated and is scaly to touch.
- Sometime the skin surrounding the rash may be dry and flaky.
- Hair loss in area of the infection.

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Ringworm infection is also called as dermatophytosis.

This infection is more common in adult age between 16 to 45 years and it affects the productivity of young generation because of discomfort. It usually occurs in adult wearing clothes made up of synthetic material which tend to accumulate heat and humidity.

Recognition and proper treatment of dermatophyte reduces morbidity, discomfort and lessen the possibility of transmission. Several factors should be considered by the physician and best treatment approach such as anatomical location of the infection, safety, efficacy of treatment.

Tropical antifungal drugs, oral antifungal drugs and steroids are used to treat ringworm at various stages. Now a day, resistance is increasing to antifungal modern drugs. There is no sufficient data regarding *Ayurvedic* treatment of ringworm.

So there is a need to search the effective, safe and affordable *Ayurvedic* treatment for the management of ringworm.

Ringworm can be correlated with *Dadru* in *Ayurveda*:

In *Ayurveda*, all skin diseases are included in *kushtha*. There are two types of *Kushtha* i.e. *Mahakushtha* and *Kshudrakushtha*. *Dadru* is one of the types of *Kshudrakushtha* having predominance of *Pitta* and *Kapha*.

Shodhan and *Shaman* treatment is prescribed in *Ayurveda* for *Dadru*. *Vaman karma* is a type of *Shodhan* and it is useful in *Pitta* and *Kapha dosha*.

DISCUSSION:

All the scholars reached their independent conclusions:

Dr. Bharadwaja. D (1986) concluded that *prachanna* therapy is effective in management of *dadru*.

Mythrey R C, Madhu H M, Gajanan Hegade (2014) concluded that the disease *dadru* very well simulates with that of *tinea*.

Saurav Deshmukh (2015) in 30 pts. concluded that *Edagajadi lepa* showed highly significant results.

Dr. S. M. Melashankar, Dr. Sharada (2016) in 40 pts. concluded that both the *laghu manjisthadi kwatha* and *chakramardadi lepa* showed highly significant result.

Raman Kaushik, Pragya Sharma (2017) concluded that *Aarogyavardhini vati*, *Kaishore guggulu* and *Marichadi taila* is very effective in management of *dadru*. Suhas S.Pakhare (2017) concluded that *dadru* occurring in the *tamra* layer of *twacha* can be correlated with ringworm as per modern science.

Dr. Shubhangi K. Thakur (2018) concluded that *dadruhar lepa* show significant result after treatment.

More research had to be done on *dadru* but there was no significant result obtained. So there is need to do more research work for better results in the management of *dadru*.

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