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A HOLISTIC AYURVEDIC TREATMENT WITH SHODHANA AND SHAMANA CHIKITSA IN DADRU KUSHTHA (TINEA INFECTIONS): A CASE STUDY

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ABSTRACT

Dadru (tinea infection) is very common disease affecting the cutaneous tissue of body. In Ayurevda, the detailed clinical features and its treatment are given very precisely. In modern science the clinical features of Dadru closely resembles to the local fungal/Tinea infections. Kandu (itching), Mandal (circular patterns), Raag (redness), Pidika (macular rashes) are main clinical features seen in the Dadru. A 48-year-old female came in Panchkarma OPD with complain of Mukha, Adhah Stan, Guhyanga evam Sphik Pradeshe Atyadhik Kandu (severe itching on face, below breast, inguinal region and buttocks), Raag (reddish skin discoloration), Mandal (circular patterns), Daah (burning sensation) and Pidika (eruptions) for 2 years. She was diagnosed with Dadru and treated with Shodhana Chikitsa (bio-cleansing therapy) i.e Virechana Karma (therapeutic purgation), Jalaukavacharana (leech therapy) and Shamana Chikitsa (palliative therapy) along with tablet Gandhaka Rasayana, Arogyavardhini Vati, Triphala Guggulu, Swadishta Virecchana Churna and Karanja taila for local application. After 4 months of complete treatment, patient have complete relief in Kandu (itching), Raag (redness), Mandal (circular patterns), Daah (burning sensation) and Pidika (eruptions). Virechana Karma (therapeutic purgation), Jalaukavacharana and Shamana Chikitsa collectively beneficial in the treatment of Dadru without manifesting any long-term complication.

KEYWORDS: *Dadru, Jalaukavacharana, Shamana Chikitsa, Tinea Cruris, Virechana Karma.*

INTRODUCTION

Skin is the largest organ of the body. It directly interfaces with environment thus it plays a important role in protecting the body against pathogens and other environmental conditions. The patient experiences the socio-economical and emotional embarrassment in society by skin disease. Skin fungal infections (SFIs) are globally common, affecting 20-25% of people, especially in warm/humid climates, with Asia and low-income nations bearing the highest burden.[1] Normally 10-15% of the general practitioners work is with skin diseases and it is a second commonest cause of loss of work.[2]

Different types of skin diseases are described in Ayurveda under the broad term *Kushtha*

(skin disease). Mainly two types of *Kushtha* (skin disease) are described that is *Mahakushtha* (major skin disease) and *Kshudrakushtha* (minor skin disease). *Acharya Charaka* has described *Dadru* under the *Kshudrakushtha*,[3] while *Acharya Susruta* has described under the *Mahakushtha.*[4] All *Kushtha* (skin disease) is manifested due to vitiation of all three *Dosha*[5] though *Acharya Charaka* has described *Kapha-Pitta Dosha*[6] dominancy in the manifestation of *Dadru*, while *Acharya Susruta* has described only *Kapha Dosha*[7] dominancy. Commentator *Dalhana* has described 2 types of *Dadru* that are *Sita Dadru* and *Asita Dadru.*[8]

Dadru is a type of skin disease which can be correlate with Dermatophytes or Fungal infection or Tinea infection in contemporary science. In India 5 out of 1000 people suffer from Tinea infections.[9] Tinea infection is characterized by itchy, red, scaly patches that often form a ring shape with raised borders. It is also called as Ringworm. It is having several types according to the site of infection like Tinea curis (groin region), Tinea pedis(feet), Tinea facie(face) etc. In contemporary science it is treated with antifungal medicines.

CASE REPORT

Patient's information:

A 48-year-old female patient came in OPD of *Panchkarma* with complain of *Mukha*, *Adhah Stan, Guhyanga evam Sphik Pradeshe Atyadhik Kandu* (severe itching on face, below breast, inguinal region and buttocks), *Raag* (reddish skin discoloration), *Mandal* (circular patterns), *Pidika* (eruptions) and *Daah* (burning sensation) on and off for 2 years. She has started complain of above symptoms before 2 years. She took antifungal medicine that was Fluconazole and Steroidal cream (clobet-Gm- contains Clobetasol Propionate, Gentamicin and and Miconazole nitrate cream) got relief in symptoms for sometimes. But again, after discontinuing medicine she developed same symptoms with more severity. So, she came here for treatment of above complains.

She does not have any other medical history like hypertension or diabetes. She has single bowel movement per day. Urination occurs approximately 6-7 times in 24 hours. Appetite was normal. Sleep patterns was also normal. She follow's vegetarian diet and drinks tea once or twice daily. Menarche occurred at age 14. The last menstrual period was on 22nd July 2025, with cycle lasting for 4-5 days and recurring every 25-27 days. She experiences mild or none menstrual pain and typically use 1-2 pads per day. No vaginal discharge is noted. Family history revealed that her husband also had fungal infection.

Clinical findings:

In general examination, the patient's vital were observed normal. No abnormalities were found on systemic examination of the respiratory, cardiovascular or nervous system. Skin examination revealed that active infective tinea infection on face, groins, abdomen, below the breast and buttocks region with severe itching, reddish discoloration, marginal elevated circular patches with many tiny eruptions in the patches and burning.

Samprapti Ghataka (main pathophysiological component)*:*

The primary *Nidana Sevana*(causative factor) was the patient's contact history of

sharing a bed and clothes with infected person and indulgences in *Pitta-Kapha Vardhaka Ahara* (food which increases the *Kapha and Pitta*) like banana, ground nuts, potatoes. The predominant *Doshas* (regulatory functional factors of the body) involved are *Piita* and *Kapha*. The affected *Dushyas* (which gets vitiated) are *Twak* (skin), *Rakta* (blood), *Mamsa* (muscular tissue) and *Lasika* (watery component of the body). The impacted *Srotas* (structural or functional channels) are *Rasavaha* (channels carrying nutrient fluids), *Raktavaha* (channels carrying blood tissue), *Mamsavaha* (channels of fascio-muscular tissue) and *Swedavaha* (channels carrying sweat). There is impairment in *Agni* (digestive/metabolic factors), specifically *Jatharagni* (metabolic factors located in digestive tract) as well as the *Rasa, Rakta* and *Mamsa Dhatwagni* (metabolic factors located for nutrition, blood tissue and muscle tissue). The *Sroto Dushti* (deformity in the body channels) is characterized by *Vimargagamana* (diversion to the flow of the contents to the improper channels) and *Sang* (obstruction). *Udbhava Sthana* (site of origin) is the *Amashaya* (stomach), *Vyakta Sthana* (manifesting site) is the *Twaka* (skin). *Roga Marga* (disease pathway) is *Bahya* (external) and *Swabhav* (nature) is *Chirkari* (chronic). On the basis of above pathological factors patient was diagnosed as *Dadru* [fungal infection].

Timeline of treatment:

The timeline of disease from onset to complete treatment is described in Table no.1

Table 1 Timeline of disease from onset to complete treatment

Time	Event
July 2023	Onset of symptoms
2023 to 2025	Patient took allopathic medicine and other medicines on and off
August 2025	Consult in *Panchakarma* OPD
24/8/2025 to 10/9/2025	*Shodhana Chikitsa (Virechana Karma)*
11/9/2025 to 11/12/2025	*Shamana Chikitsa*
11/9/2025 and 18/9/2025	*Jalaukavacharana*

Therapeutic interventions:

After the understanding *Samprapti* (pathogenesis), chronic nature and severity of disease patient was treated with the *Sodhana Chikitsa* (bio-cleansing therapy) that was *Virechana Karma* (therapeutic purgation) and *Jalaukavacharana*(leech therapy) and *Shamana Chikitsa* (palliative therapy). Therapeutic purgation was given with *Trivrut Churna* (powder of *Operculina turpethum*) and *Triphala Kwatha*(decoction of *Triphala*). Two sitting of leech therapy was done. In *Shamana Chikitsa*(palliative therapy) *Gandhaka Rasayana, Arogyavardhini Rasa, Triphala Guggulu,* and *Swadishta Virechana Churna* was given along with *Karanja Taila*(medicated oil) for Local application. Detailed therapeutic intervention is described in Table no.2

Table 2 Detailed therapeutic intervention

Panchkarma Procedure	
August 24 – 28, 2025	*Deepana – Pachana* (enhancing metabolic fire and enhancing digestion)

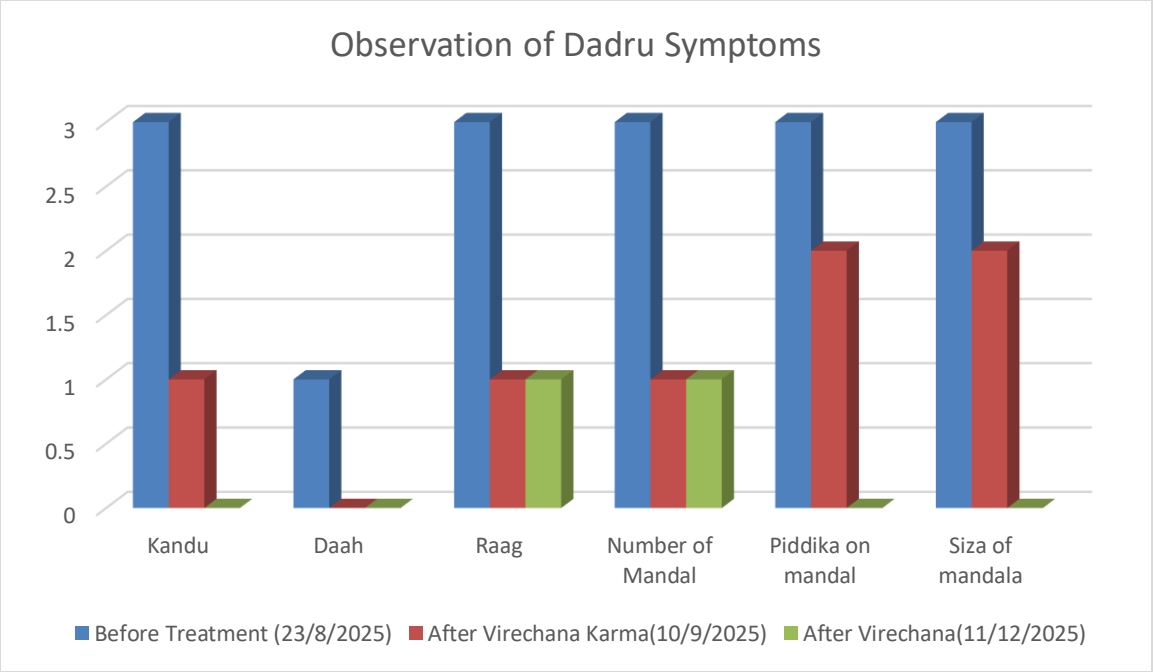
	with Trikatu Churna 3 gm- 2 times/day before food with *Ushnodaka* (luke warm water)
August 29 – 3rd September, 2025	*Snehapana* (internal oleation) with *Mahatiktak Ghruta* once a day, orally for six days with Luke warm water in increasing manner. Started from 30 ml, followed by 60ml, 80ml, 120ml, 150ml, 170ml on subsequent days according to hunger time of the patient.
September 4 – 6, 2025	*Abhyanga* (external oleation) with *Nirgundi Taila* and *Sarvang Bashpa Swedana* (fomentation therapy) with *Dashmool Kwatha.*
September 6, 2025	*Virechana Karma* (therapeutic purgation) was given with *Trivrut Churna* 5gm and 100ml *Triphala Kwatha*
September 7 – 11, 2025	*Sansarjana Karma* (post therapeutic dietary regimen) as per *Madhyama Shuddhi*
September 11, 2025 and September 18, 2025	2 Sitting of *Jalaukavacharana* (leech therapy)

Figure 1 Observation of Dadru symptoms

Shamana Chikitsa	
September 11 – December 11, 2025	*Gandhaka Rasayana* (500mg) thrice a day after food with *Sharkara Jala* *Arogyavardhini Vati* (125mg) thrice a day after food with luke warm water *Triphala Guggulu* (500mg) thrice a day after food with luke warm water *Swadishta Virechana Churna* (3gm) at night with luke warm water *Karanja Taila* (medicated oil) for Local application at lesions 2 times a day

Follow up and out come

The observation of clinical features before treatment, after *Virechana Karma* (therapeutic purgation) and after completion of treatment is shown in Figure no 1. After *Shamana Chikitsa* patient had complete relief in the *Kandu* (itching), *Daaha*(burning sensation), *Mandal*(elevated circular patches), *Raag* (reddish skin discoloration) and *Pidika* (eruptions).



DISCUSSION

In Ayurveda, *Kushtha* (skin diseases) is called as *Deerghroga* (disease which lasts for longer duration).[10] So we have to remove it from its root cause. By applying *Shodhana Chikitsa*, we can remove disease from its root. In *Charaka Samhita*, it is said that vitiated *Dosha* relieved by fasting and digestive drugs may sometimes get aggravated again, but those that are evacuated by purification therapies do not recur. *Dosha*, like plants, if not uprooted completely, would recur or relapse and manifest the disease.[11] Here in *Dadru* case, *Pitta* and *Kapha Doshas* were vitiated. *Charaka Samhita* mentions in the general line of treatment for *Kushtha* that *"Pittottareshu Moksah Raktasya Virechanam Cha Agre,"* meaning that when *Pitta* is predominant, *Raktamokshana* and *Virechana* should be prioritized.[12]

Virechana Karma (therapeutic purgation) was done here because it eliminates vitiated *Doshas*, especially *Pitta Dosha*. *Snehapana* (internal oleation) is the key pre-procedure for the therapeutic purgation. Internal oleation is useful in bringing *Dosha* from *Shakha* (channels where the vitiated *Dosha* are located) to the *Koshtha* (gastrointestinal tract). The effectiveness of therapeutic purgation is greatly affected by the proper internal oleation. For proper internal oleation, individuals *Agni* (digestive fire) should be good. Therefore, a drug that can improve digestion, such as *Trikatu Churna* was given which improves the digestive fire and further helps in the proper oleation. For internal oleation, *Mahatiktak Ghruta*(medicated ghruta) was given. *Mahatiktaka Ghruta* is advised in skin disease and itching.[13] *Mahatiktak Ghruta* is composed of *Tikta Rasa Dravya*(bitter taste drugs) which pacifies the *Pitta Dosha* and

help in reducing the burning sensation, reddish discoloration and severe itching. *Virechana Karma* (therapeutic purgation) was administered with *Trivrut Churna* (powder of *Operculina turpenthum*) 5gm and *Triphala Kwatha* 100ml (medicated decoction) as this *Aushadha Yoga*(medicine) was given in *Kushtha Chikitsa*.[14]

In *Dadru*, vitiation of *Rakta* (blood tissue) is present. Thus, here *Jalaukavacharan* (leech therapy) was adopted. Leech sucks the only impure blood as described in classics. Leech removes the impure blood and allows the oxygenated blood to enter at the site of lesion. Thus, it provides the improvement in discoloration, itching. Leech saliva contains histamine-like substances and acetycholine which is vasodilator and removes local inflammation mediators, thus it relives burning sensation at site of lesions.

In *Shamana Chikitsa* (palliative therapy), *Gandhaka Rasayana* was given. *Shuddha Gandhaka* (purified *Gandhaka*) is *Agnideepaka* (digestive fire stimulant), *Amapachaka* (metabolic detoxifier), *Vishahara* (removes toxins), *Kruminashaka* (anthelmintic). All properties essential to treat the *Kushtha*(skin disease) are present in purified *Gandhaka.* These properties further enhanced by other ingredients of *Gandhaka Rasayana* like, *Chaturjata* (combination of *Cinnamomum zeylanicum, Elettaria cardamomum, Cinnamomum tamala and Mesua ferrea), Bhrungaraja (Eclipta alba L.), Triphala* (combination of *Terminalia chebula, Terminalia bellirica* and *Emblica officinalis).* By acting on *Rasa* and *Rakta Dhatwagni*, it does *Pachana*(digestion) of *Ama*(toxins) and *Shodhana*(bio-cleansing) of vitiated *Rakta, Lasika* etc. In spite of *Ushna Virya* (hot potency), due to its *Madhura Vipaka* (sweet bio-transformed rasa) it act as *Pitta Shamaka*(pacifying excess *Pitta*) and helps in relieving *Daha.*[15]

Along with *Gandhaka Rasayana, Arogyavardhini Vati* was administered. *Arogyavardhini Vati* contents *Kajjali* (mixture of processed mercury and sulphur), *Tamra Bhasma*(incinerated copper), *Guggulu (Commiphora mukul Hook), Katuki (Picrorhiza kurrora Linn), Triphala* having *Deepana-Paachana* (improving digestion and metabolism) properties. It also contains *Nimba Patra Rasa* (juice of leaves of *Azadirecta indica A.juss*) as *Bhavana Dravya* (medicine used for trituration). *Kajjali*, which is *Yogavahi*(bioenhancer), and it enhances the properties of other constituents thereby producing faster action in low dose.[16] *Arogyavardhini Vati* is *Tikta Rasa Pradhana* (bitter taste predominant) with *Katu Vipaka*(pungent bio-transformed rasa) and having *Laghu*(lightness) and *Ruksha Guna*(dryness properties). By Above *Rasa Panchaka*(different properties) it has ability of balancing *Tridosha*(three body humors) and destroying *Kushtha Roga*(skin disease) like *Dadru*(tinea infection).

Triphala Guggulu contains *Triphala* (combination of *Terminalia chebula, Emblica officinalis and Terminalia bellirica), Shuddha Guggulu* (purified *Commiphora mukul* Hook.) and *Pippali*(*Piper longum* Linn). *Shuddha Guggulu* has *Jantughn* (anti-microbial) property, used to treat infections. *Triphala Guggulu* has *Tikta*(bitter) and *Kashaya Rasa* (astringent taste), *Ushna Virya* (hot potency),

Katu Vipaka(pungent post digestive effect), *Laghu* and *Ruksha Guna*(light and dryness properties). Thus, it effects as antagonistic to the *Kapha Dosha*, which is the predominant causative factors here in manifesting the *Dadru*. So, it helps in reliving the *Kandu*(itching) and also helps in *Vrana Ropana* (quick healing) of *Dadru Mandala* (marginal elevated circular patterns).

Swadishta Virechana Churna contains *Swarnapatri (Cassia angustifolia), Shuddha Gandhaka* (purified sulphur), *Yashtimadhu (Glycyrrhiza glabra), Saunf (Foeniculum vulgare)* and *Sharkara* (Sugar). *Swarnapatri* contains sennoside alkaloids. These stimulate bowel motility and induce effective laxation. Other ingredients in the formulation help reduce the adverse effects of *Swarnapatri*, contributing to safe detoxification and enhancing the efficacy of internal medicines used in this treatment. Also *Shuddha Gandhaka*(purifed sulphur) helps in reducing itching and burning sensation.

For local application, *Karanja Taila* (medicated oil) was advised. *Karanja(Pongamia pinnata)* has antifungal and antimicrobial propeties[17]. Thus it helps to cure the fungal infection locally here. The lipids present in this medicated oil help rebuild the skin barrier and restore moisture balance, supporting faster healing of the affected skin. By combined effect of above medicine as discuss here, bio-cleansing therapy along with leech therapy and palliative therapy effectively treats *Dadru*(tinea infection).

CONCLUSION

When *Ayurvedic* treatment is planned by using the *Yukti Pramana*, it shows effective result in any disease. According to involvement of *Dosha-Dushsya* and *Samprapti*, here *Shodhana Chikitsa* (bio-cleansing therapy) especially therapeutic purgation and leech therapy along with *Shamana Chikitsa* (palliative therapy) showed significant relief in *Dadru* (tinea infection). Ayurveda addresses *Dadru* not only by symptomatic relief but also by correcting the root causes by balancing *Dosha*, improving digestion and blood purification, thereby reduces chances of recurrence.

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Before treatment	After treatment
	
	