

Ayurvedic Management of Dadru (Tinea Cruris): A Case Study

Dr. Prithviraj S. Borde¹, Dr. Pritam Dhoot².

¹PG Scholar, Dept of Panchakarma, PMT's Ayurved College Shevgaon, Ahmednagar, Maharashtra.

²Guide, Associate Professor, Dept of Panchakarma, PMT's Ayurved College Shevgaon, Ahmednagar, Maharashtra.

Date of Submission: 25-05-2026

Date of Acceptance: 02-06-2026

Abstract

Dadru is one of the common dermatological disorders described under *Kushta Roga* in *Ayurveda*. Clinically, it resembles *Tinea cruris* characterized by itching, circular erythematous lesions, scaling, and burning sensation. A 28-year-old male patient was treated with *Ayurvedic* internal medicines, local applications, and dietary modifications. Significant improvement was observed within one month.

Keywords: *Dadru*, *Tinea cruris*, *Kushta Roga*, *Ayurveda*, Fungal infection

I. Introduction

Dadru is described under *Kushta Roga* and is mainly caused by *Kapha-Pitta Dushti*^[1]. *Acharya Sushruta* and *Acharya Vagbhata* have explained under *Mahakushta*. The main *lakshanas* of *dadru* include *Kandu* (Itching), *Utsanna* (elevated Circular lesions), *Mandala* (Circular Patches), *Raaga* (Erythema), and *Pidakas* (Papule). *Vishamashana* (Incompatible food), *Vegavidharana* (suppression of natural urges), *Diwaswapa* (daytime sleeping), intake of *atilavana*, *Atitikshnaahar* (excessive salty or spicy food), intake of Contaminated food, drinking cold water just after Physical work or *atapsevana* (exposure to sunlight) are Causative factors of *Kushta*.^[2]

Fungal skin infections can be superficial (dermatophytes and yeasts) or, less commonly, deep (chromo mycosis or sporotrichosis); the latter are seen more often in tropical climates or in the Immunocompromised. Itchy, erythematous plaques develop in the groins and extend on to the thighs, with a raised active edge^[3].

Ayurveda offers holistic management by correcting *Dosha* imbalance and improving skin health. *Dadru* is a *Kapha pitta pradhanavyadhi*

which is managed by *Shodhana*, *Shamana* and *Bahirparimarjana* (topical) *Chikitsa*.

II. Case Report

Chief Complaints:

Severe itching over the groin and lower abdominal region since 2 months. The patient also complained of circular reddish lesions and occasional burning sensation. Symptoms were aggravated after excessive sweating and during hot humid climate.

History of Present Illness

A 28-year-old male patient visited the OPD of *Panchakarma, Shri Eknath Ayurveda Rugnalaya, Shevgaon, Ahmednagar, Maharashtra, India*. Based on clinical findings, the condition was diagnosed as *Dadru Kushta* in *Ayurveda* and correlated with *Tinea cruris* in modern medicine. The patient had previously used over-the-counter topical creams, which provided only temporary relief.

History of Past illness: No history of Diabetes Mellitus, hypertension, or major illness.

Family History: Not significant

Table 1: Vitals:

Name : xyz
Age: 28 years
Marital status: Married
Occupation : farming
BMI : 18.7 kg/m2(borderline underweight)

Table 2: Personal History

<i>Ahara</i> : mixed diet
<i>Nidra</i> : Disturbed due to itching
<i>Vyayam</i> : no specific
<i>Vihar</i> : <i>diwasapa</i>

Vyasan : no specific

Gastrointestinal System: P/A soft, NT.

Table 3: Ashta Sthana Pariksha

Nadi	Kapha-Pittaja
Mala	Samyaka
Mutra	Samyaka
Jivha	Saam
Shabda	Spashta
Sparsha	Ushna Sparsha
Drik	Samanaya
Aakruti	Madhyama

Table 4: Dashavidha Pariksha

Prakriti	Kapha-Pittaja
Vikriti	Kapha-Pitta Dosha predominance
Sara	Twak Sara Madhyama
Samhanana	Madhyama
Pramana	Madhyama
Satmya	Katu-Tikta Rasa Satmya
Satva	Madhyama
Ahara Shakti	Madhyama
Vyayama Shakti	Avara
Vaya	Madhyama (28 years)

Systemic Examination

Cardiovascular System: S1S2 audible, NAD

Respiratory System: AEBS, NAD

Table 5: Nidan Panchak

Nidana	Excess sweating, poor hygiene, intake of oily, spicy and sour food, tight clothing, hot and humid environment
Purvarupa	Mild itching, redness, discoloration of skin
Rupa	Kandu (itching), Raga (redness), Mandala (circular lesions), Scaling, Daha (burning sensation)
Upashaya	Keeping affected area dry, maintaining hygiene, application of medicines
Anupashaya	Excess sweating, scratching, oily food, humid environment

Table 6: Treatment protocol adopted

Shodhana / Bahya Chikitsa	Shamana Chikitsa
1. Raktamokshana (Siravyadha) – once in 15 days 2. Chakramard beej Lepa local application twice daily	1. Arogyavardhini Vati – 250 mg BD 2. Gandhak Rasayan – 500 mg BD 3. Khadirarishta – 20 ml BD 4. Bruhat Mahamanjishthadi Kadha – 20 ml

Assessment

The results were assessed on the basis of clinical signs and symptoms mentioned in Ayurvedic classics of Dadru Kushta.

Table 6: Scoring of the symptoms

Grade	Kandu (Itching)	Raga (Redness)	Mandala	Pidika (Papule)
0	No itching	No redness	No lesion	No Papule
1	Mild occasional itching	Mild redness	Small lesion scaling	1-2 Papule
2	Moderate itching disturbing routine activity	Moderate redness	Moderate circular lesions	4-6 Papule
3	Severe continuous itching disturbing sleep	Severe redness	Large multiple lesions	>7 Papule

III. OBSERVATIONS AND RESULTS

Table 6: Showing Overall Assessment

Assessment criteria	Before treatment	After treatment
<i>Kandu</i> (Itching)	Grade 3	Grade 1
<i>Raga</i> (Redness)	Grade 2	Grade 0
<i>Mandala</i>	Grade 3	Grade 1
<i>Pidika</i> (Papule)	Grade 1	Grade 0

III. Result

There was significant improvement in itching, redness, papule, and burning sensation after *Ayurvedic* treatment. The patient showed marked clinical recovery with reduction in lesion size and absence of recurrence during follow-up period.

IV. Discussion

Dadru is a *Kapha-Pitta* predominant *Kushta Roga* characterized by *Kandu* (itching), *Raga* (redness), *Mandala* (circular lesions), and *Daha* (burning sensation). In modern science, it can be correlated with *Tinea cruris*, a superficial fungal infection caused by dermatophytes. Excessive sweating, poor hygiene, humid climate, and use of tight clothing act as major predisposing factors.

According to *Ayurveda*, *Agnimandya* and vitiation of *Kapha-Pitta Dosh* lead to *Twak* and *Rakta Dushti*, resulting in the manifestation of *Dadru*. Therefore, treatment should focus on *Rakta Shodhana*, *Kapha-Pitta Shamana*, and *Kushtaghna Chikitsa*.

Siravyadha (*Raktamokshana*) - was performed once in 15 days, which helped in eliminating vitiated *Rakta* and reducing local inflammation, itching, and discoloration. *Raktamokshana* is considered an effective therapy in skin disorders due to its *Rakta Prasadana* action.^[4]

Chakramard beej Lepa^[5, 6] - was used for local application because of its *Kandughna*, *Kushtaghna*, and antifungal properties. It helped reduce scaling, redness, and lesion size gradually.

The internal medicines selected in this study possess significant therapeutic actions:

Arogyavardhini Vati^[7] - acts as *Deepana*, *Pachana*, and improves metabolic functions.

Gandhak Rasayan^[8] - possesses antimicrobial, *Rasayana*, and *Twachya* properties, promoting skin healing.

Khadirarishta^[9] - acts as *Rakta Shodhaka* and helps reduce itching and inflammation.

Bruhat Mahamanjisthadi Kadha^[10] - is well known for its blood purifying and anti-inflammatory action.

Significant improvement was observed after one month of treatment. Reduction in itching, redness, scaling, and burning sensation was noted without any adverse effects. No recurrence was observed during follow-up. The study suggests that *Ayurvedic* management along with proper hygiene and dietary modifications plays an important role in effective management of *Dadru* (*Tinea cruris*).

V. Conclusion

Dadru (*Tinea cruris*) is a common *Kapha-Pitta* predominant skin disorder affecting the quality of life of patients due to persistent itching, redness, and scaling lesions. In the present case, *Ayurvedic* management with *Siravyadha* (*Raktamokshana*), *Chakramard beej Lepa*, and *Shamana Aushadhi* such as *Arogyavardhini Vati*, *Gandhak Rasayan*, *Khadirarishta*, and *Mahamanjisthadi Kadha* showed significant clinical improvement.

After one month of treatment, marked reduction in itching, redness, scaling, and burning sensation was observed without any adverse effects or recurrence during follow-up. The study highlights that *Ayurvedic* treatment along with proper hygiene and dietary modifications plays an important role in effective management of *Dadru*. Therefore, *Ayurveda* can provide a safe, economical, and effective approach in the management of fungal skin infections like *Tinea cruris*.

ACKNOWLEDGEMENT:

I would like to acknowledge and extend my heartfelt gratitude to research team for encouraging me for writing this case report.

CONFLICTS OF INTEREST: There are no conflicts of interest.

THE SOURCE OF FUNDING: SHRI EKNATH
AYURVEDA RUGNALAYA, SHEVGAON

References

- [1]. Acharya YT Charak samhita, Vidhyotini tika, Chikitsa sthana, Chapter no. 7, Shloka no.30, Choukambha Orientalis Delhi 2009.pp. 253
- [2]. Chavhan M, Misar W S. Management of Dadru Kushta (Tinea corporis) through Ayurveda– A Case Study. International Journal of Ayurvedic Medicine. 2020-21. 120-123. 10.47552/ijam.v11i1.1349.
- [3]. Ralston, S. H., Penman, I., Strachan, M. W. J., & Hobson, R. (Eds.). (2021). Davidson's principles and practice of medicine (23rd ed.). Elsevier Health Sciences
- [4]. Dr. Ambika Dutta Shastri, Sushruta Samhita Sutrasthana; Chap 21; Verse 3;
- [5]. Chaukhamba Prakashan Varanasi; Vol-1; Ed. 2018.
- [6]. Sharma PV. Dravyaguna vijnana (Vegetable Drugs). Vol. II. Varanasi: Chaukhamba Bharati Academy; 2006. p. 187-8.
- [7]. Patil S, Shah R. Standardization, formulation & antimicrobial activity of Cassia tora. Int J Pharm Sci Res 2019; 10:1870-9.
- [8]. Mishra Siddhinandan 'Bhaishajya Ratnavali by Kaviraj Govind das Sen' – Kushtharogadhikara 54/ 111-117 Edition Chaukhamba Subharati Prakashana Publication, Varanasi, 2016; 871.
- [9]. Gune Gangadhar Shastri-Ayurvediya Aushadhigunadharmashastra- part 2-30 Vaidyak Granth Bhandar Publication. 2011:271.
- [10]. Mishra S. Kushtharogadhikar verse 357. In: Bhaishajya Ratnavali. Varanasi: Chaukhamba Prakashan; 2021. p. 895.
- [11]. Thakur N., Rastantrasaar & Siddhaprayog
- [12]. Sangraha Vol. 1 & 2, Krishna Gopal Ayurved
- [13]. Bhavan, post. Kaleda- krushnagopal, Dist. Ajmer, Rajasthan, 32nd Edition.

