

Dadru's Gandhakadi Malahara: A Theoretical Analysis of Its Crucial Role

Parvinder Singh

Student

Department of Kayachikitsa

Ch. Devi Lal College of Ayurveda

Corresponding Author's Email: - parvindersingh4@gmail.com

Abstract

A common skin condition called dadru is mentioned in Ayurvedic texts. A key idea in Ayurveda is Twak Sharir. According to the number of layers of skin, Twak Sharir has different types of Kushtha. Kushtha's Dadru variant primarily affects the fourth of the skin's six layers. According to recent research, local fungal or tinea infections, which can affect up to 15% of the population, are directly related to the clinical presentation of Dadru. As typical symptoms, Darshana and Prashana Pariksha can recognise excessive, acute itching and ring-shaped red patches. Those in charge include Shodhan, Shaman, and Bahirparimarjan Chikitsa. Lepa (topical applications) are common shamanic remedies that are recommended among them. Gandhakadi Malhar serves as the study's central text.

Keywords: Kushtha, Dadru, Twaka, Tinea.

INTRODUCTION

The world's oldest system of medicine is ayurveda. Ayurveda is a system of holistic medicine that treats, prevents, and promotes health. A key idea in Ayurveda is Twak Sharir. According to the number of layers of skin, Twak Sharira has different types of Kushtha. Skin conditions

are a common occurrence in the modern world. Due to their damaged appearances, patients with skin diseases are also more likely to experience physical, mental, and social shame in society. A fungal infection is a skin disorder that general practitioners typically see between 10% and 15% of the time. The Ayurvedic term for

tinea/ringworm, a cutaneous fungal illness, is dadru.

Dadru is a skin condition that results in deformity and skin damage. One of the eighteen variations of Kushtha Roga that are mentioned in Ayurvedic literature is called Dadru.

According to all Ayurvedacharya's Kushtha is described as a synonym for all skin diseases as:-

Skin condition that deteriorates and discolours the skin. Acharya Charaka identified Dadru as a type of Kushtha that primarily affects the fourth of the skin's six layers. Dadru is considered to be Mahakushtha by Acharya Sushruta and Vagbhat, whereas Acharya Charaka believes it to be Ksudra Kushtha. Dadru has the clinical traits Kandu, Raag, Utsann Mandal Deerghapataan, and Pidika. The main doshas in Dadru, according to Acharya Charaka, are Pitta-Kapha and Kapha, according to Acharya Sushrut and Vagbhatt. Acharya Vagbhatt specifically referred to Dadru as Anushangika.

A pilot study of numerous Samhitas and contemporary literature revealed striking similarities between the signs of Dadru and tinea/ringworm. Due to similarities in histological findings and symptoms, dadru

and tinea are related. Findings show that Dadru and tinea essentially exhibit the same signs and symptoms as those mentioned in Ayurvedic, modern scientific, and clinical studies.

Shodhan, Shaman, and Bahirparimarjan Chikitsa are the three components of dadru management, according to Ayurvedic texts. Topical applications of shamanic remedies are frequently prescribed in Lepa. Because they target the affected areas or lesions directly and because of the physiological effect that heat has on skin, topical treatments are more successful in Twak Vikaras. In order to restore the balance of dosha and dushya, internal medication is also necessary.

Because it discusses Gandhakadi Malhara's role, the article is chosen as a topical application. This Malhara is referred to as Dadruhar by Rastarangini.

MATERIAL AND METHOD

Among the Ayurvedic texts studied for this subject are Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya, Rastarangini, Chakradatta, Bhela Samhitamhita, Madhav Nidana, and Harita Samhita.

In addition to this useful contemporary medical science book, websites have also been used.

NIDANA OF DADRU:

Primary causes of Dadru:

based on Ayurveda Acharyas did not explain separate Nidana for Dadru Kushtha, but Malaja Krimi disseminated Dadru Kushtha through sweda from person to person (contact with infected person).

According to modern definitions, ringworm is a contagious fungal infection brought on by parasites that resemble mould and reside on the skin's surface cells. And it can be spread from person to person, animal to human, by touching contaminated objects, by sharing towels, bedsheets, soap, etc., from one infected person to another, or by fungus-infected soil.

2. Secondary causes of Dadru: As per Ayurveda Acharyas

<i>Mithya Ahara</i>	Ch.S	Su.S	B.S	H.S	M.N
Adhyashana	+	+	-	+	+
Vishamasana	+	+	-	-	-
Atyashana	+	+	-	-	-
<i>Ajeernashana</i>	+	+	-	-	+
Continuous and excessive use of Madhu, Fanita, Matsya, Lakucha, Mulaka, Kakmachi	+	-	-	-	-
Excessive Snehana	-	-	-	-	-
<i>Vidahi Ahara without emesis of undigested food</i>	+	-	+	+	-
<i>Rasataha</i>					
Excessive intake of Amla and Lavana Rasa	+	-	-	-	+
<i>Dravyataha</i>					
<i>Excessive intake of Gramya, Anoop, Audaka, Mamsa</i>	-	-	+	-	-
<i>Navanna, Dadhi, Guda, Tila, Mulak, Matsya</i>	+	-	-	-	+
<i>Dushivisha</i>	-	+	-	-	-
<i>Dushita Jala</i>	-	-	-	+	-
<i>Gunataha</i>					
<i>Excessive Drava, Snigdha, Ahara</i>	+	-	-	+	+
<i>Guru Ahara</i>	+	+	-	-	+

As per Modern Science tinea corporis, weak immune system, poor nutrition, stress, obesity, contact with contagious are some secondary causes of tinea infection.

RUPA

Dadru Kushtha is characterised by eruptive, itchy, red lesions and patches. Dadru Kushtha is an elevated area with

pruritus that resembles the Atasi (flax) flower and the roots of Durva grasses.

Dadru Vyadhi, a type of Mahakushtha that is characterised by a stronger itch than pain, was mentioned by Acharya Sushruta. Dadru's skin tone resembles that of the Pidik-associated Atasi or Tamra flowers, which are widely distributed in nature.

Samprapti of Dadru

Sharing bed, clothes of infected person



Sankramana from Purusha to Purusha



That Krimi entered into Twak through Sweda and vitiates Tridosha, Twak, Rakta, Lasika



Dadru (Kandu, Pidaka, Raga, Mandal, Visarpan

GANDHAKADI MALAHARA

Drug	Rasa	Guna	Virya	Vipaka	Dosha Karma	Pharmacological action	Therapeutic use
Shuddha Gandhaka	Katu, Tikta Kashaya	Sara	Ushna	Madhura	PittaVardhaka Kapha-vatahara	Antifungal Antimicrobial	Dadru, Kandu Kushtha, Pama, Krimi Aamdosha
Sphatika	Katu, Amla Kashaya, Madhura	Guru Snigdha	Ushna	Madhura	Tridosahara	Styptic Astringent Antiseptic	Twakroga, ShwitraKeshya
Tankana	Kshariya	Ruksha Tikshna Guru	Ushna	Katu	Pittakara Vatahara Kaphanissaraka	Expectorant Antidote	Twakroga
Saal Raal ki	Kashaya Madhura	Ruksha	Sheeta	Katu	PittaKaphahara	bactericidal	Kushtha, Atisweda
Nimbu	Amla	Tikshna	Ushna	Amla	Kaphavatahara	Antifungal Antioxidant	Twakroga Aruchi

DISCUSSION

In this article, we can learn about the idea that applying Gandhakadi Malahara calms the Doshas and causes the Samprapti to break, which lessens symptoms like Kandu and Pidika. Malahara's Rasa and Raktashodhak, Varnya, Lekhan, and Shothahara properties calm Dushyas and aid in the alleviation of symptoms like Raga and Mandala.

Malahara's content possesses the qualities of Snigdha, Tikshna, Ruksha, Sara, Ushna, and Tridosahar. Since every component of Malahara has pharmacologically antifungal, antimicrobial, antidote, and antioxidant action, it can effectively reduce infection and stop it from happening again by boosting skin immunity.

Shudha Gandhak is antimicrobial and antifungal. crucial function in the immune system and aids in detoxification. It is known as "Nature's beauty mineral" and aids in tissue repair. Sphatika Bhasma has antimicrobial, antiseptic, anti-inflammatory, and antipruritic properties. It also controls excessive sweating. Shudha Tankana has antibacterial and antifungal properties. Atisweda uses Saal Nirayasa. Shorea robusta's bark extract is frequently used to make antifungal

medications. In Nimbu Swarasa It is antibacterial, antioxidant, and antifungal.

With its Sara and Tikshna properties, the active principle of Malahara releases deeper tissue when applied topically through siramukh and swedavahi shrotas. Due to Ushna, Tikshna, and Sara's properties, the Swedawahi Shrotas obstruction was removed, allowing local toxins to flow through Sweda and clearing the microchannels.

Kapha is calmed by Ushna Virya of Malahara and of the lemon vehicle, which forms Samprapti Vighatan and lessens the symptoms. The topical preparation used may have had Ruksh and Tikshna properties that helped to calm the local Kapha Dosha and keep the other Doshas in balance.

After taking local action, Agnideepana property of Gandhaka and vehicle Nimbu may be able to partially correct the impaired Dhatwagni of Rasa, Rakta. Through this, Dhatu Shaithilya might have diminished and fed Twacha.

KANDU-caused by vitiated Kapha and Katu, Tikta, Kashaya, Kandughna and Kushthaghna, Kaphashamak, Ushna Virya help to reduce symptoms.

RAGA- it is due to Pitta Prakopa and Sheeta, Madhur, Tikta, Rasa, Rakta Shodhaka and Raktaprasadak, Deepan, Pachan property of Malahara help to reduce Raga.

PIDIKA-it is due to Pitta-Kapha Pradhan Tridosha vitiation and Ushna, Ruksha, Sheeta, Tikshana Guna of Malahara reduce the symptoms.

MANDAL-due to vitiated Tridosha and Kushthaghn, Twakdosahara, Raktadosahar pacify the symptoms

CONCLUSION

Due to its high rate of recurrence and the patients' development of resistance to the antibiotics that are used over time, dadru is the most prevalent skin condition for which there is currently no complete cure. Dadru and its management are almost universally mentioned in the Acharyas. Therefore, it is urgent to find an Ayurvedic treatment for Dadru or tinea infection that is effective, long-lasting, and promising, and that can also stop their recurrence.

REFERENCE

1. Rasatarangini, Shri Sadananda Sharma Virachita, Pt. Kashinath Shastri Sampadit, Sanskaran 11(1979).
2. Astanga Sangraha – Vridha Vagbhatta with commentary by Indu.
3. Bhaishajya Ratnavali – with Vidyotini Hindi Comm. R.D.Shastri Ed. 1991.
4. Indian Medicinal Plants Kritika & Basu Vol. I to IV Ed- 2nd 1984.
5. Charaka Samhita with ayurveda Dipika Comm. of Chakrapani.
6. Dravya guna vigyana – P.V. Shavma Part – II Ed- 1988
7. Sharangdhar Samhita – B. Tripathi Chaukhamba Pub. Ed. II 1944.
8. Kaya Chikitsa – Rama Raksha Pathak Ed- 7th 1986.
9. Bhava Parkasha – Bhavmishra, Ed By Brahms Shankar shastri Chaukhamba Sanskrit series Vanarsi 1984
10. Gadnigraha–VidyotiniHindi Comm. Chaukhamba Sanskrit Sansthana Vanarsi.
11. Shusruta Samhita, Dr. Ambika Dutta Shastri Ed. 9th 1995.
12. Yogaratnakar – Vidyotini Hindi Commentary by
13. L. Shastri Ed. Brahmasankar Shastri.
14. Tabers encyclopedicmedical Dictionary – 17th Ed
15. Davidson's Principles and practice of Medicine.

16. Chatterjee cc. Human Physiology
Vol- I Medical Allied Agency
Calcutta 9th Ed.
17. Colour Atlas of Dermatology – 2K
Bhutami 2nd Ed- 1984.
18. Astang Hridaya- Vagbhatta with
commentaries of Sarvanga Sundari
of Arundatt and Ayurved Rasayana
of Hemadri, Krihadas acadomy
Varansi – Repr. (1982)
19. Madhav Nidanaam – Madhukosh
Comm. With Hindi Vidyotini
Comm. By S. Shastri Vol I & II
Chaukhmba Sanskrit Samsthan
Varansi.
20. Handbook of Disease of skin –
Harbent Maekey 1968.
21. Harrison's Principle of Medicine –
18th Ed. 2014.
22. API. Book of Medicine- Ed. By
G.S. Saivami 8th Ed. – 2014.