

# Role Of Gandhakadi Malahara In Dadru - A Conceptual Study

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## Abstract

*Ayurveda describes Dadru as one of the most common skin diseases. Twak Sharir is an essential concept in Ayurveda. Twak Sharir is defined in Ayurvedic literature as having different types of Kushtha depending on the layers of skin. Dadru is a form of Kushtha that primarily affects the fourth layer of the skin's six layers. Dadru's clinical manifestation is closely linked to local fungal/tinea infection, which affects up to 15% of the population, according to modern science. Excessive severe itching and ring-shaped red patches are the common manifestations that Darshana and Prashana Pariksha can diagnose. Management includes Shodhan, Shaman and Bahirparimarjan Chikitsa. Among them, Shaman measures in the form of Lepa (topical applications) are widely prescribed. In the present study, Gandhakadi Malhar is selected as a Topical application.*

**Keywords:** Dadru, Twaka, Kushtha, Tinea, Gandhakadi Malahara

## 1. INTRODUCTION

Ayurveda is the world's oldest system of medicine. Ayurveda is a holistic medical philosophy that promotes, prevents, and heals. Twak Sharir is an essential concept in Ayurveda. Twak Sharira is defined in Ayurvedic literature as having different types of Kushtha depending on the layers of skin.

In today's world, skin diseases are a common occurrence. Patients with skin diseases are often at risk of social humiliation due to their disfigured appearance on a physical, mental, and socioeconomic level. In everyday practice, 10-15% of general practitioners experience skin disorders, the most common of which is a fungal infection. Skin fungal infection (Tinea/Ringworm) is referred to as Dadru in Ayurveda.

Dadru is a skin disease that causes skin damage and deformity. Dadru is one of the sub-type among the eighteen types of Kushtha Roga described in Classics of Ayurveda.

According to all Ayurvedacharya's, Kushtha is defined as a synonym for all skin diseases as:- A skin disease that causes discolouration and degeneration. According to Acharya Charaka, Dadru is a form of Kushtha that primarily affects the fourth layer of the skin's six layers. Dadru has been considered as Mahakushtha according to Acharya Sushruta and Vagbhat and Ksudra Kushtha according to Acharya Charaka. Clinical features of Dadru involve Kandu, Raag, Utsann Mandal Deerghapataan, Pidika. The main Doshas in Dadru is Pitta- Kapha according to Acharya Charaka and Kapha by Acharya Sushrut and Vagbhata. Acharya Vagbhata especially mentioned Dadru as Anushangika.

According to a pilot study of various Samhitas and modern literature, it is seen that Dadru and tinea/ringworm symptoms show tremendous similarity with each other. The correlation of Dadru and tinea is done based on similarity of symptoms and histopathological

investigations. The result found are that Dadru and tinea have almost all the signs and symptoms correlated based on a literary and clinical study of Ayurveda and modern science. In Ayurvedic texts, the management of Dadru includes Shodhan, Shaman and Bahirparimarjan Chikitsa. Among them, Shaman measures in Lepa (topical applications) are widely prescribed. Topical applications are more useful in Twak Vikaras as they directly act on the affected parts or lesion and due to its physiological effect of heat on the skin. Internal medicine is also necessary to bring homeostasis in vitiated Dosha and Dushyas. The article explains the role of Gandhakadi Malhara is selected as a Topical application. This Malhara is described as Dadruhar as per Rastarangini.

## 2. MATERIAL AND METHOD

Various Ayurvedic texts reviewed for this study are Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya, Rastarangini, Chakradatta, Bhela Samhitamhita, Madhav Nidana, Harita Samhita.

Apart from this, relevant modern medical science book and websites have also been used for it.

## 3. NIDANA OF DADRU:

### 1. Primary causes of Dadru:

As per Ayurveda, Acharyas not explained separate Nidana for Dadru Kushtha, but Dadru Kushtha spread person to person by Malaja Krimi through Sweda (contact with an infected person).

According to current definitions, ringworm is an infectious fungal infection caused by mold-like parasites that reside on the cells in the outer layer of the skin. It can be transmitted from person to person, from animal to human, or from contaminated objects to humans. Exchanging an infected person's towel, bedsheets, soap, and other personal items can spread microorganisms from one person to another or from fungus-infected soil.

### Secondary causes of Dadru: As per Ayurveda Acharyas

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

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

#### RUPA

Itchy, red, eruptive lesions and patches are Dadru Kushtha. Elevated patches with pruritus, which resemble the root of Durva grasses and Atasi (flax) flower, is Dadru Kushtha.

Acharya Sushruta mentioned Dadru Vyadhi under Mahakushtha, which is characterised by more itching sensation as like pain. In Dadru, skin looks like an Atasi flower or Tamra, which are spreading in nature and are associated with Pidik.

#### Samprapti of Dadru

Sharing bed, clothes of an infected person

↓

Sankramana from Purusha to Purusha

↓

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

↓

Dadru (Kandu, Pidaka, Raga, Mandal, Visarpan)

#### 4. GANDHAKADI MALAHARA

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

## 5. DISCUSSION

In this article, we can study the concept that applying Gandhakadi Malahara pacifies the Doshas and leads to the breaking of Samprapti, which helps reduce symptoms like Kandu Pidika. Rasa and Raktashodhak, Varnya, Lekhan, Shothahara properties of Malahara pacify Dushyas and which help in reducing the symptoms like Raga and Mandala.

The content of Malahara possesses Snigdha, Tikshna, Ruksha, Sara, Ushna, Tridosahar properties. All the ingredients of Malahara have pharmacologically antifungal, antimicrobial, antidot properties and antioxidant action; hence can effectively reduce the infection and prevent its recurrence by improving the immunity of skin by its antioxidant property.

Shudha Gandhak is Antifungal, Antimicrobial. A vital role in the immune system helps in detoxification. It helps in tissue repair and referred to as 'Nature's beauty mineral'. Sphatika Bhasma is Antiseptic, Antipruritic, Anti-inflammatory, regulates excessive sweating, Antimicrobial Shudha Tankana is antifungal, antibacterial. Saal Nirryasa Used in Atisweda. The bark extract of Shorea robusta is widely used in the preparation of the antifungal drug. Nimbu Swarasa is It has an antiseptic, antioxidant and antifungal ability.

Upon topical application, the active principle of Malahara releases deeper tissue through siramukh and swedavahi shrotas with its Sara and Tikshna property. Due to Ushna, Tikshna, Sara property removes the obstruction in Swedawahi Shrotas and allows the local toxin to flow through Sweda, thus clearing out the microchannels.

Ushna Virya of Malahara and vehicle of lemon causes pacification of Kapha, which forms Samprapti Vighatan, thus alleviating the symptoms. Topical preparation applied might have acted by Ruksh, Tikshna property for pacifying Kapha Dosh locally and maintaining the other Dosh's equilibrium.

After local action, the impaired Dhatwagni of Rasa, Rakta might be corrected to some extent by Agnideepana property of Gandhaka and vehicle Nimbu. By this, Dhatu Shaithilya might have reduced and provided nourishment to Twacha. KANDU-caused by vitiated Kapha and Katu, Tikta, Kashaya, Kandughna and Kushthaghna, Kaphashamak, Ushna Virya help 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.

## 6. CONCLUSION

Dadru is the most common skin disease for which there is no complete cure as of yet due to its high recurrence rate and the development of resistance among patients to the antibiotics used over time. Dadru, as well as its management, has been listed by almost all Acharya's.

Skin diseases like Dadru can be treated using science of Ayurveda. However, there is also a pressing need to discover a more successful and long-lasting Ayurvedic cure for Dadru or tinea infection that can also prevent recurrence.

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