UNDERSTANDING FUNGAL DERMATOPATHY IN AYURVEDA - A CONCEPTUAL STUDY

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ABSTRACT
Most of skin diseases in Ayurveda are described under the heading of Kushtha. In general practice around 10-20% patients suffer from skin disorders and out of them, fungal infections constitute up to 20%. During past several years, there has been an increasing incidence of fungal infections due to a growth in immunocompromised population. The risk factors for fungal infections are low immunity, poor hygiene, excess sweating and high humidity. In Ayurveda the condition has been described in scattered form in under various Kushtha Rogas and Kshudra Roga. Many conditions have clinically similarity with various fungal dermatological condition viz. Dadru (Tinea), Valmika (Myletoma), Darunaka - Arunshika (Tinea Capitis), Chipka-Kunakha-Upnakha (Tinea Unguim) etc. An effort has been made for understanding clearly the various fungal skin diseases in Ayurvedic context in full paper.

Keywords: Fungal infection, Kushtha Rogas, Kshudra Rogas, Immunocompromised.

INTRODUCTION
WHO has classified skin diseases a Psycho-cutaneous condition. The skin interfaces with the environment and is the first line of defence from external factors. The skin plays key role in protecting the body against pathogens and excessive water loss. The exogenous etiological factors of skin diseases include physical, chemical, and bacterial stimuli, plant and animal parasites. Among these plant parasites (pathogenic fungi) cause trichophytosis, microsporosis, favus and other dermatomyoceoses. Fungal skin infections are caused by different types of fungi, including dermatophytes and yeast. Fungi, which are pathogenic for humans and affect the skin, are called dermatophytes, whereas the diseases caused by them are known as dermatophytoses or dermatomyoceoses. In Ayurveda, Broad heading of Kushtha Rogas¹,²,³,⁴,⁵ and Kshudra Roga⁶,⁷. Kushtha are further divided into 7 Maha Kushtha and 11 Kshudra Kushtha and According to Acharya Sushruta, Acharya Vagbhatta Khsudra Roga are 44, 36 respectively for diagnostic as well as treatment.

Causative factors of Kushtha according Ayurveda are as follows:- improper and irregular diet habits (Mithya Aahara); Vitiation of biological forces (Dosha Vishamyan); Obstruction of the channels (Srotorodhan); Suppression of natural urges (Vega...
Vidharana; Incompatible diet (Viruddha Aahara); Infections (Krimi); Emotional stress (Manovikara-ras)\textsuperscript{8,9,10,11}; Low immunity, Poor hygiene, Excess sweating and High humidity.

**According to Acharya Charaka** due to exposure to causative factors (Nidana), Tridoshas vitiate them and vitiate Dhatus. These vitiated the Dhatus such as Twaka, Rakta, Mamsa and Lasika (Dushyas)\textsuperscript{12}. **According to Acharya Sushruta** all increased Doshas enter blood vessels and move with Tiryaka Gati and reach the deeper tissues (Dhatus) and manifest Kushtha due to laxity in Twaka, Rakta, Mamsa and Lasika area\textsuperscript{13}. **According to Acharya Vagbhatta** aggravated Doshas get lodged in Tiryaka Siras and vitiate the Dushyas. This produce Shithilata in the Dhatus resulting in manifestation of Kushtha\textsuperscript{14}.

Now days society is more conscious about external beauty compare to internal beauty and professional fields they require good looking and charming beauty. The Charaka Samhita clearly mentioned that there is strong relationship between Twaka and Mana. Therefore, more than cosmetic nuisance dermatological disorders produce anxiety, depression and other psychological problems that affect the quality of life. An attempt has been made to understand different fungal skin condition in Ayurvedic context which may help the physicians to treat the Fungal skin disease an Ayurvedic principles and drugs.

**Understanding Dermatomyositis with an Ayurvedic Approach.**

1. **Pityriasis Versicolor**\textsuperscript{15} (Tinea Versicolor)\textsuperscript{16}

**Sign and Symptoms** –. In Pityriasis Versicolor sign and symptoms are Asymptomatic, Hyper pigmented, mildly scaly, Multiple macules distributed on the body surface, Largely corresponding to the ‘lady’s bathing suit’, and Seasonal variation is the main feature. And also, symptoms like widespread fine scaly macules, the color of lesions varies: Pale in dark skin and darker in fair skin is seen.

**In Ayurveda:** Sidhna Kushtha\textsuperscript{17-18}

**Sign and Symptoms:** Kandu, Shweta, Ruksa, Bahi Snigdha Antargrishta Raja Kiret, Shilkshana, Tanu, Tamra, Daugdhika Pushpvat

**Site/ Affect area:** Urddhwakaya (Upper trunk)

**Doshas Predominance:** Kapha.

2. **Tinea (Ringworm)**\textsuperscript{19,20}

**Sign and symptoms:** Scaly and may be red and itchy. Darkening of the skin, fissures, peeling, red rash or scaly patches.

**In Ayurveda:** Dadru Kushtha\textsuperscript{21}

**Sign and Symptoms:** Raga, Kandu, Pidika

**Site / Affected Area:** Everywhere on body

**Doshas Predominance:** Pitta – Kapha.

<table>
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<tr>
<th>Type of Tinea</th>
<th>Ayurveda Approach</th>
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<td>Alasaka Kushtha\textsuperscript{24,25}; Vipadika\textsuperscript{26,27}; Alasa\textsuperscript{28,29}; Padarika\textsuperscript{30}; Kunakha\textsuperscript{31,32}</td>
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<td>T. Mannum\textsuperscript{33,34}</td>
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<td>T. Capititi\textsuperscript{47,48}</td>
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<td>Tinea Cruris (jock itch)\textsuperscript{55,56}</td>
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3. **Acne Vulgaris**\textsuperscript{66}

**Sign and symptoms**-Comedones, open or closed, are the pathogenic of acne, Papules Pustules, nodules and cysts may also appear during the course of disease, Open comedone also called black head, has widely dilated orifice filled with keratin, lipids, and organism, Melanin imparts black color to the lesions.

**In Ayurveda:** Mukhadushika\textsuperscript{67,68}; Padmini Kantaka\textsuperscript{69}; Padmakantaka\textsuperscript{70}

**Sign and Symptoms:** Shalamali Kantak Saman Pidikottpit; Kamlindi Kantaka Samana, Vrita, Kanduyuta,
Pandura Mandala; Padamakantak Samana, Niruja, Shweta.

**Site / Affected Area:** - Face.

**Doshas/ Predominance:**-Kapha-Vata-Rakta.

### 4. Candidiasis

**Sign and Symptoms:** According to site there are different types of candidiasis like, Oral candidiasis, Chronic hyperplastic candidiasis, Median rhomboid glossitis, Perleche or angular cheilitis, Candidal intertrigo, Napkin candidiasis, Candida paronychia, Candidiasis of the Genital Tract, Chronic mucocutaneous candidiasis.

**In Ayurveda:**

- Dadru Kushtha
- Ahiputana
- Chippa
- Upanakha
- Kunakha
- Vrishankchu

**Sign and Symptoms:**

- Raga, Kandu, Pidika; Kandu, Sphota, Srava; Vedana, Daha, Paka; Saruja, Jwra; Pradushto Naka, Ruksha, Asita, Khara; Kandu, Kshipra Sphota, Srava.

**Site / Affected Area:** Oral cavity, Intertrigenous area, Trunk, Limbs, Hands, Face, Nail, Genital tract.

**Predisposing factors:**- DM2, Pregnancy, Broad spectrum antibiotics, Obesity, Cushing disease, Uraemia, Malignancy and immunodeficiency, HIV.

### 5. Maduromycosis (Mycetoma)

**Clinical features:**- Granulomatous infection of skin, SC tissue and in tropics and subtropics with low rain-fall, characterized by triad of:- Tumefaction, Sinuses, Grains

**In Ayurveda:** - Valmika

**Sign and Symptoms:**

- Toda, Kleda, Paridaha, Kandu, Vranayukta Granthi; Chidrabahu, Bhavritam, Sasotham; Bahu, Anumukukhi, Rug, Daha, Kandu, Kleda.

**Site/ Affected Area:** foot

**Dosha Predominance:** - Tridosha

### DISCUSSION

The fungal diseases of skin are Psycho-cutaneous and cosmetic problem. The fungal diseases of skin are cover large part of body. Produced greater negative impact on patients’ quality of life. These diseases have a greater impact on the quality life in women and younger patients. In Ayurveda, skin diseases are explained in Kushtha Roga and Kshudra Roga. In this article an attempt has been made to defend understand of the fungal skin diseases in Ayurveda context.

(Kshudra Kushtha and Kshudra Roga)
Fungi usually infest in moist areas of the body and in Skin folds, like Toes, Genital Area, Hair, Scalp, Nail and Under the Breasts. In Ayurveda, theses site is involved in Dadru Kushtha, Alasaka Kushtha, Vidarika, Alasa, Padadrika, Arunshika, Darunaka, Indralupta, Chippa/Upnakha, Kunakha, Vrishanakechu, Ahiputana etc.92 where there is a Malasanchaya and Kleda Accumulation leading to initially vitiation of Rakta and other deeper Dhatus. A description of all the condition with clinicopathy in Ayurveda Principles and Management has been described.

CONCLUSION

An attempt has been made to understand and compare different fungal skin diseases conditions described in Ayurveda classics and Ayurvedic line of management of various types of Fungal skin diseases. It can be concluded though the nomenclature is different in both pathies, but the patients can be diagnosed as per similar symptomatology described in Ayurveda and their treatment can be done on classical line of treatment described for various Kushtha and Kushdra Rogas in Ayurveda.

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