



Management of *Kshudra Kushta* (Tinea Cruris) through Ayurveda-A Case Report.

Neha Dixit¹ , Poonam Choudhary²

1-PhD Scholar, Department of Prasuti Tantra evum Stri Roga, National Institute of Ayurveda, Deemed to be University, Jaipur

2-Assistant Professor, Department of Prasuti Tantra evum Stri Roga, National Institute of Ayurveda, Deemed to be University, Jaipur

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Corresponding author-

Neha Dixit, PhD Scholar, Department of Prasuti Tantra evum Stri Roga, National Institute of Ayurveda, Deemed to be University, Jaipur

Email: - nehadixit0411@gmail.com

ABSTRACT:

Fungal infections are among the most common skin disease throughout the world. “Tinea cruris” infections are fungal infection that affects the groin, perineal and Peri-anal region. All the skin disease in Ayurveda have been discussed under broad heading of *Kushta*. Management of *Kushta roga* includes *Shodhana*, *Shaman* and *Bahiparimarjana chikitsa*. A 30 years old female patient presented to Prasuti Tantra Evum Stree Roga OPD, in June 2022 with complaining of itching in perineal region. On the basis of clinical examination, the case diagnosis was made as *Kshudra Kushta* w.s.r. Tinea Cruris. This paper highlights a case study of *Kshudra kushta* w.s.r. Tinea Cruris treated with ayurvedic principles.

Key Words: Fungal infections, Tinea cruris, *Kshudra kushta*

INTRODUCTION

Fungal infections are among the most common skin disease affecting millions of people throughout the world. Tinea infections are fungal infections and also called as dermatophytosis. Dermatophyte infections are classified into tinea corporis, tinea barbae, tinea cruris etc. according to affected body sites.¹ “Tinea cruris” infection known as ‘Jock itch’ causes red and itchy rashes and affects the groin, perineal and Peri-anal region.² All the skin disease in Ayurveda have been discussed under the broad heading of *Kushta* and it is sub divided into 7 types of *Maha kushta* and 11 types of *Kshudra kushta*. The term *Kshudra* denotes minor or lesser category of *Kushta* which is easier to treat in comparison of *Maha kushta*. Ayurvedic literature mentioned *Shodhana* (Purification therapy), and *Shaman chikitsa* (Pacification therapy) for treatment of *Kushta roga*. Along with that, various types of *Lepa* are also

mentioned in the classics. The use of external therapy is important in *Kushta roga* since the *Sthansamasraya* and *Vyaktasthana* is *twacha*.³ Considering this approach, a case of Tinea cruris (*Kshudra kushta*) was successfully treated with *Lepa kalpana* (Paste used for topical application) along with oral medication.

CASE-REPORT

A 30-year-old married female patient, teacher by occupation visited Prasuti Tantra Evum Stree Roga OPD, NIA Hospital, Jaipur in June 2022 with complaining of itching and burning sensation in perineal region since 3 months. The itching was intense enough to wake up the patient at night.

Past History:

Patient was having same complaint since 3 months and she



took allopathic treatment on and off in the form of topical and systemic antibiotic, antifungal for 2 months but did not get satisfactory relief. For this reason, patient came to ayurvedic hospital. She was interrogated thoroughly and all required physical and clinical examination were done. The patient had no history of hypertension, diabetes mellitus, hypothyroidism, and any other medical illness. No previous surgical history was reported.

Family History: The patient did not have a family history of any chronic medical illness.

Personal History:

Food- Mixed

Appetite: Normal

Bowel: once/day

Micturition: 3-4 times in day time

Sleep: Disturbed

Menstrual History:

Menarche-14 years

LMP- 15 June 2022

M/H- 4-5days/26-28 days regular cycle

Patient attained her menarche at the age of 14 years. The history revealed a normal menstruation cycle with three days bleeding pattern and interval of 26–28 days. Her LMP was 15 June 2022.

Obstetric History: Nulligravida

General And Systemic Examination:

On general examination, Body temperature (98.9 degree F), Pulse (86/min), BP (110/70 mm of hg) were within normal limit. On systemic examination, no abnormality was seen.

On Gynecological Examination:

Gynecological examination revealed Bilateral symmetrical reddish discoloration with slightly elevated border over perineal region extended up to middle aspect of thigh region and buttocks with marks of excoriations. Per-speculum vaginal examination showed a healthy cervix without any abnormal vaginal discharges and per-vaginal examination revealed normal-sized anteverted uterus and clear fornices. Based on clinical presentation, the case diagnosis was confirmed as *Kshudra kushta* (Tinea Cruris).

Investigations:

Result of routine Hematological, Biochemical investigations including blood glucose levels were within normal limit.

Therapeutic Interventions:

Table 1 Considering the history, clinical examination and investigations following treatment were given to patient for 15 days.

Follow-Up And Outcome:

The above treatment was given to the patient for a period of 15 days. After 3 days of treatment, the patient started experiencing a reduction in the itching and burning sensation. Considerable improvement was visible in the area of perineal lesion from 7th day of treatment. Case was followed after 15 days of treatment and patient got complete relief in all sign and symptoms.

DISCUSSION:

Triphala gugglu is mentioned in *Sharnghdharma samhita* for the management of *Shotha*⁴ (Swelling or inflammation). It is having *Vrana shodhana* (Wound cleansing) and *Vrana ropana* (Wound Healing) properties. *Triphala* is a classical formulation which have antifungal,⁵ anti-inflammatory, antioxidant, antibacterial, analgesic and wound healing properties⁶. *Triphala* is a classic polyherbal medicine which is mentioned in the treatment of *Kushta* in various forms like *Kwath* (Decoction), *Choorna* (Powder) and *Lepa* (Paste). Along with that, Acharya Charka has mentioned that food preparations and *Ghrta* made from *Triphala* are ideal for patients having *Kushta*⁷. Recent studies suggested that *Triphala* has potential antioxidant property and it acts as a skin- protective ingredient by rebuilding skin structural proteins.⁸ Similar to *Triphala*, gugglu also have anti- inflammatory, antimicrobial, antifungal and antioxidant properties.⁹ In classics therapeutic use of *Gugglu* are mentioned in *Kushta*¹⁰ and *shopha* along with other diseases. *Aragwadhadhi kashya*: is explained in *Ashtanga hridaya shodhanadigana samgrahaniya adhaya* and it is indicated in *visha* (Poison), *Kushta* (Skin disease), *Jwara* (Fever), *charrdi* (Vomiting), *Dushta vrana* (Chronic wounds), *Prameha* (Diabetes) and also in *Kandu* (Itching)¹¹. Charaka has mentioned *Aragwadha* as mild purgative and highlighted its utility in *Kushta*. It has anti-bacterial, anti-microbial, anti-parasitic, anti-inflammatory properties and it reduces itching & burning sensation of Skin.¹² So, it is helpful for clearing skin infections.

Lepa is a form of *Bahiparimarjana chikitsa*, wherein the drugs used come directly in contact with the skin where response is anticipated¹³. In this case *Dashang lepa* was used for local application on affected area with the help of *Takra* (buttermilk). *Dashang lepa* is a combination of 10 drugs and mainly used for inflammatory condition like swelling & edema, also used in headache, itching and skin diseases.¹⁴ The ingredients of *Dashang lepa* having anti-inflammatory, anti-allergic, antioxidant and calming &

soothing properties.¹⁵ In this case, *Dashang lepa* is applied with the help of *Takra* (Buttermilk). *Takra* is having *Madhura amla rasa*, *laghu ruksha guna*, *ushana virya*, *Madhura vipaka* and *Kapha vatahara* action and reduces itching¹⁶. *Takra* is also mentioned in various type of *Lepa* application in the treatment of different type of *Kushta*.

For *Prakshlana Triphala*, *Arjuna* and *vidhanga* combination are used. *Arjuna* is one of ingredient of *Udarda prashmana mahakashya*¹⁷ (herbs which are good for allergic skin Condition) and is indicated for bathing purpose in the treatment of *Kushtha*.¹⁸ Experimental studies has demonstrated that *Arjuna* has anti-inflammatory, antimicrobial, antihelminthic, antiviral, analgesic and antioxidant activities.¹⁹ *Vidanga* is widely used medicine for the treatment of Intestinal worm infestation. *Vidanga* is a part of *Krimighna* and *Kushthghna mahakashya* and its antifungal and antibacterial properties make this herb to treat various skin disorders.²⁰

CONCLUSION

In this study, Ayurveda has played significant role in combating the skin infection. Thus it can be concluded that *Lepa kalpana* along with oral medication can be helpful in case of *Kshudra kushta* (Tinea cruris).

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ORCID

Neha Dixit , <https://orcid.org/0000-0003-3145-282X>

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Table 1 Considering the history, clinical examination and investigations following treatment were given to patient for 15 days.

S.No.	Aushadi/Drug	Matra/Quantity	Kalpana/Form	Kala/Dose	Anupana
1	<i>Triphala Gugglu</i>	2 tablet	<i>Gugglu</i>	BD	Water
2	<i>Aragwadhadi kashya</i>	20 ml	<i>Kwath</i>	BD	-
3	<i>Dashanga lepa + Takra</i>	-----	<i>Lepa</i>	BD	-
4	<i>Triphala choorna+</i> <i>Vidanga choorna+</i> <i>Arjuna Choorna</i>	---	For <i>Prakshalana</i>	BD	-



On 7TH Day of Treatment



On 15TH Day of Treatment