



ROLE OF JALOUKAVACHARANA IN DADRU KUSHTA (TINEA CORPORIS) : A CASE STUDY

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ABSTRACT

In today's fast-paced lifestyle, many individuals are experiencing stress and strain, which can manifest in the form of various skin disorders. Despite spending large amounts of money on beauty treatments, poor hygiene practices, improper routines, and neglecting to follow Sadruta (proper conduct) have led to an increased incidence of skin conditions. Environmental factors and a lack of awareness particularly affect laborers, women, and health workers, making them more susceptible to skin issues like Dadru (Tinea corporis), scabies, eczema, and dermatitis. Dadru is one such condition, classified under Kshudra Kushta in the Charaka Samhita. Sushruta further categorizes it into Seta and Aseta Dadru, with Seta Dadru being easier to treat (Sukha Sadhya). Characteristic symptoms of Dadru include circular lesions (Mandalakara), itching (Kandu), delayed healing, and raised patches. A traditional yet effective treatment for such conditions is Jaloukavacharana (leech therapy), especially in skin disorders involving vitiated Vata, Pitta, and Kapha in the blood (Shonita). This condition is comparable to Tinea corporis in modern terms. In recent times, Jalouka has gained popularity as a treatment for skin ailments due to its advantages – minimal pain, quick relief, cost-effectiveness, and suitability for outpatient care. The leeches secrete hirudin, a compound that enhances blood circulation and alleviates itching. Following Sadrutta (ethical and lifestyle guidelines) plays a crucial role in preventing skin diseases. Adhering to proper Pathya (recommended practices) and avoiding Apathya (unwholesome practices) is essential, as emphasized in classical Ayurvedic texts. This article clearly highlights the integration of both traditional treatments and lifestyle regulations rooted in the classical Ayurvedic system.

INTRODUCTION

Dadru is recognized as a common type of Kushta Roga (skin disease) in classical Ayurvedic texts. According to recent data, the prevalence of fungal infections in the country is about 27.6%. Among 50 patients diagnosed with Tinea (a type of fungal infection), 70% (35 patients) were male and 30% (15 patients) were female, coming from both rural and urban areas. In modern medical science, Tinea is characterized by a ring-shaped rash that is itchy, red, scaly, and slightly elevated, indicating a fungal infection [1]. In Ayurveda, Dadru is described under Kshudra Kushta in the Charaka Samhita. Sushruta refers to it as Aseta and Seta Dadru [2]. The classical symptoms (Lakshanas) of Dadru include itching (Sakandu), redness (Raga), raised lesions (Unnata pidaka), and circular patches (Parimandal).

In modern medicine, treatments for skin conditions typically include antifungal agents, antihistamines, antibiotics, topical creams, and steroids. In contrast, Ayurvedic medicine employs Shamana Oushadhis (palliative treatments), Asavas, Arishtas, external applications like Leepas and Parisheka, along with purification therapies such as Vamana (therapeutic emesis), Virechana (therapeutic purgation), and Raktamokshana (bloodletting). Among these, Jaloukavacharana—a form of Raktamokshana using leeches—is a well-recognized procedure where live leeches are used therapeutically. The leeches secrete Hirudin, a substance

known for its antioxidant and anti-inflammatory properties. This method is simple, effective, and considered one of the safest forms of bloodletting. Classical Ayurvedic texts mention Jaloukavacharana as part of Samanya Chikitsa (general line of treatment), referring to it as Moksha Raktasya (removal of vitiated blood), while Virechana is regarded as the prime (Agra) treatment among purification therapies.

A CASE STUDY

A 28 year old male patient, Hindu by religion, Student by occupation, visited to the Shalya Tantra OPD of Sri Dharmasthala Manjunatheshwara college of Ayurveda and Hospital, Hassan on 02-04-2025, presented with C/O itching lesion over right toe since 6 months

Personal History

- Diet - Non-vegetarian
- Appetite - Poor
- Bowel - Disturbed (on and off loose stools)
- Sleep - Disturbed

On Examination

- Uneven patches over dorsal aspect of right toe
- Parimandalata Elevations are present
- Redness/ Ragata
- Inflammation is also present



TREATMENT ADVISED AND PROCEDURE

Sr.No	Shamanoushadhi	Dose	Procedure
1.	Tab Nimbadi guggulu	2 bd after food	Jaloukavacharana
2.	Tab Gandhaka rasayana	2 bd after food	
3.	Gandaka malahara	E/A twice a day	

Advised Diet

Should eat green vegetables, Satwika Ahara and should avoid oily food and alcohol, junk food and beverages.



BEFORE TREATMENT



DURING JALOUKAVACHARANA



AFTER TREATMENT (Day 15)

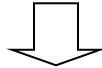


OBSERVATIONS

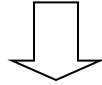
Sr.No	Symptoms	Before treatment	After treatment	1 st follow up	2 nd follow up
1	Patches (Parimandala)	Present	Moderately reduced	Moderately reduced	Completely reduced
2	Raagata (redness)	Present	Moderately reduced	reduced	Completely reduced
3	Kandu (itching)	Present	Moderately reduced	Reduced	Completely reduced
4	Anidra (disturbed sleep)	Present	Mild improvement	Reduced	Completely reduced

DISCUSSION

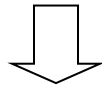
After leech bite the area they create a tunnel to the lymphatic system remove toxins from the lymph system



Leeches secrete vasodilative, histamine like substance, which increases the blood flow and reduce local inflammation Tissue permeability



restored with the help of the hyaluronidase, promotes the elimination of tissue



Immunostimulator



Clears Affected Blood

As we know Kushta samanya Chikitsa explained in Charaka Samhita the Sloka itself told that “Pittottareshu Moksho Raktasya Virechanam Cha Agrey” we treated this case by its Doshagnata & Lakshanas as it is Pitta Kaphaja Vyadhi planned to treated with Rukshana and Raktamokshana by Jaloukavachana and Nithya Virechana. According to Shushruta, Jaloukavacharana is explained in Kushta especially in Pitta Pradhana Kushta. Jaloukavacharana is very effective in Pitta pradhana dadru. As it contains Hirudine it helps in local circulation and drains the blood toxins. We used drugs which does Rukshana and Virechaka. After every follow up we have advised Jaloukavacharana. We took care of Pathya Apathaya Ahara

CONCLUSION

We can correlate the Dadru with Tenia corporis. We conclude that Jaloukavachara is best procedure in Dadru with the Shamana oushadis in outpatient department with minimal intervention with best outcome. After taking feed back of the patient as he explained his experience about both systems and he told modern medications are more costly and has less effect on him. After taking Ayurvedic medication and procedure he is satisfied and happy.

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