



Textual Appraisal On Topical *Dadrughna* Formulations In Classical Ayurvedic Treatises

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Abstract: A wide spectrum of classical Ayurvedic formulations targeting *Dadru* are documented across authoritative treatises such as *Bhaishajya Ratnavali*, *Yogaratanakara*, *Chakradatta*, and *Bhavaprakasha*. These texts describe external therapeutic preparations including *Lepa* (paste), *Udvardhana* (powder massage), and *Taila* (medicated oil), comprising herbs with established antifungal, anti-inflammatory, and keratolytic properties. This study undertakes a systematic textual appraisal of these formulations, analysing the selection of ingredients, modes of preparation, and intended indications. Methodologically, all *Dadru* specific formulations listed under respective *Kushtha* chapters were extracted and re-evaluated for recurring herbal components and preparation media such as *Kanji* (fermented sour gruel), *Gomutra* (cow urine), or *Dhanyamla* (sour fermented decoction). Key herbs such as *Chakramarda*, *Vidanga*, *Durva*, *Haridra*, *Kushtha*, and *Sarshapa* emerge as pharmacodynamically significant due to their therapeutic activity against *Krimi* (microbial infestation), *Kandu* (itching), and *Sthirata* (chronicity). The review highlights the pharmacognostic rationale embedded in the formulations' design, favouring lipophilic media for deeper penetration and bioavailability. This critical synthesis reveals consistency in classical therapeutic logic and supports the scope for experimental validation of these formulations in modern antifungal research.

Keywords: *Bhaishajya Ratnavali*, *Bhavaprakasha*, *Chakradatta*, *Dadru*, *Dadrughna* *Yoga*, *Yogaratanakara*.

INTRODUCTION

Dadru Kushtha is a well-delineated dermatological entity in classical Ayurvedic nosology, characterized by the hallmark features of *Kanḍu* (intense pruritus), *Raga* (erythema), *Piḍika* (papular eruptions), and *Maṇḍala* (annular plaques).^[1] It is primarily a *Kapha-Pitta Pradhana* condition with occasional *Vata* involvement and is traditionally understood as a *Krimija Kushtha*, a skin disorder arising from pathological interactions among *Dosha* and microbial agents (*Krimi*), often localized to *Tvak*, *Rakta*, and *Mamsa Dhatu*.^{[2],[3],[4]}

Ayurvedic therapeutics offers a rich pharmacopeia of topical *Dadrughna* formulations, meticulously documented across authoritative treatises such as *Bhaishajya Ratnavali*, *Yogaratanakara*, *Chakradatta*, and *Bhavaprakasha*. These preparations incorporate antifungal, anti-inflammatory, and keratolytic botanicals (e.g., *Chakramarda*, *Vidanga*, *Haridra*) along with unique lipidic and fermentative media (e.g., *Kanji*, *Gomutra*) to optimize dermal absorption and *Krimi Shamana* (microbial clearance).

Despite their historical credibility and pharmacodynamic sophistication, many of these formulations remain under-investigated in contemporary antifungal research. A systematic textual appraisal of these formulations is thus both timely and necessary, particularly in light of the expediently rising prevalence of *Dadru* and the therapeutic limitations of conventional modalities.

This review aims to systematically appraise classical dadrughna formulations described in *Bhaishajya Ratnavali*, *Yogaratanakara*, *Chakradatta*, and *Bhavaprakasha*, focusing on ingredients, preparation techniques, and therapeutic rationale.

MATERIALS & METHODS

A qualitative textual review was conducted, wherein each of the above-mentioned texts was critically examined for references to *Dadru* specific external formulations. All relevant citations were extracted from the respective *Kushtha Roga* or *Dadru Chikitsa* sections. Details regarding herbal composition, trituration vehicle, preparation methods, and indications were compiled and analysed to identify patterns in ingredient selection and formulation strategy.

LITERATURE REVIEW

The formulations listed below have been meticulously extracted from classical *Ayurvedic* treatises, each rooted in the treatment of *Dadru*. These preparations are categorized by source text and include their constituent herbs, medium of trituration, and therapeutic indications. This compilation reflects both textual consistency and therapeutic versatility across traditions.

DADRUGHNA FORMULATIONS INDICATED IN *BHAISHAJYA RATNAVALI*

1. **DURVADI LEPA**^[5]
 - **Ingredients:** *Durva*, *Abhaya*, *Saindhava Lavana*, *Chakramarda*, *Kutheraka*
 - **Medium of Trituration:** *Kanji* and *Takra*
 - **Indications:** Chronic itching, *Dadru*
2. **GAJENDRA-SIMHA LEPA**^[6]
 - **Ingredients:** *Shala Rasa (Rala)*, *Dhanya Tusha*, *Abhaya*, *Chakramarda*
 - **Medium of Trituration:** Water-soaked rice
 - **Indications:** *Dadru*
3. **VIDANGADI LEPA**^[7]
 - **Ingredients:** *Vidanga*, *Chakramarda*, *Kushtha*, *Haridra*, *Saindhava Lavana*, *Sarshapa*
 - **Medium of Trituration:** *Dhanyamla*
 - **Indications:** *Dadru*, other *Kushtha*
4. **EDAGAJADI LEPA**^[8]
 - **Ingredients:** *Chakramarda*, *Kushtha*, *Saindhava*, *Sauvira*, *Sarshapa*, *Vidanga*
 - **Medium of Trituration:** *Gomutra*
 - **Indications:** *Dadru*, *Krimi*, *Sidhma*, *Mandala Kushtha*
5. **CHAKRAMARDA & SHIGRU LEPA**^[9]
 - **Ingredients:** *Chakramarda* seeds or *Shigru* root bark
 - **Medium of Trituration:** *Muli Swarasa*
 - **Indications:** *Dadru*
6. **KASAMARDA PRALEPA**^[10]
 - **Ingredients:** *Kasamarda* root
 - **Medium of Trituration:** *Kanji*
 - **Indications:** *Dadru*, *Kitibha*
7. **ARAGVADHA PATRA LEPA**^[11]
 - **Ingredients:** *Aragvadha Patra*
 - **Medium of Trituration:** *Kanji*
 - **Indications:** *Dadru*, *Kitibha*, *Kushtha*, *Sidhma*

DADRUGHNA FORMULATIONS INDICATED IN *YOGARATNAKARA*

1. **KASAMARDA MULA LEPA**^[12]
 - **Ingredients:** *Kasamarda* root, *Sauvira*
 - **Medium of Trituration:** *Sauvira*
 - **Indications:** *Dadru*, *Kitibha*, *Kushtha*
2. **MULAKA BIJA YOGA**^[13]
 - **Ingredients:** *Mulaka Bija*, *Sarshapa Bija*, *Laksha*, *Haridra*, *Daruharidra*, *Maricha*, *Prapunnata Bija*, *Shriveshtaka*, *Kushtha*, *Shunthi*, *Pippali*, *Vidanga*
 - **Medium of Trituration:** *Gomutra*
 - **Indications:** *Dadru*, *Sidhma*, *Kitibha*, *Pama*, *Kapala Kushtha*
3. **ARAGVADHA PATRA LEPA**^[14]
 - **Ingredients:** *Aragvadha Patra*
 - **Medium of Trituration:** *Kanji*

- **Indications:** *Dadru, Kitibha, Sidhma*
 - 4. **PRAPUNNATA BIJA LEPA**^[15]
 - **Ingredients:** *Prapunnata Bija, Amalaki, Sarjarasa, Snuhi*
 - **Medium of Trituration:** *Sauvira*
 - **Indications:** *Dadru*
 - 5. **DURVADI LEPA (VARIANT)**^[16]
 - **Ingredients:** *Durva, Chakramarda, Abhaya, Saindhava, Kutheraka*
 - **Medium of Trituration:** *Kanji and Takra*
 - **Indications:** *Chronic Kandu*
 - 6. **VIDANGADI LEPA (VARIANT)**^[17]
 - **Ingredients:** *Vidanga, Chakramarda Bija, Kushtha, Haridra, Saindhava, Sarshapa*
 - **Medium of Trituration:** *Dhanyamla*
 - **Indications:** *Dadru, Kushtha*
 - 7. **LAGHU MARICHA TAILA**^[18]
 - **Ingredients:** *Maricha, Haratala, Manashila, Arka, Trivrit, Raktachandana, Shakridrasa, Arushkara, Daruharidra, Vishala, Devadaru*
 - **Medium of Trituration:** *Mustard oil and Gomutra*
 - **Indications:** *Dadru, Shvitra*
 - 8. **DARADADI LEPA**^[19]
 - **Ingredients:** *Darada, Gandhaka, Parada, Pippali, Visha, Vidanga, Haridra, Maricha, Abhaya, Shunthi, Nagara, Bakuchi, Samudraphena, Rajavriksha, Kutki, Chitraka*
 - **Medium of Trituration:** *Nimba Swarasa or Kvatha*
 - **Indications:** *Dadru, Kandu, Visarpa, Luta Visha, Bhagandara, Mandala Kushtha*
- DADRUGHNA FORMULATIONS INDICATED IN CHAKRADATTA**
1. **VIDANGA YOGA**^[20]
 - **Ingredients:** *Vidanga, Chakramarda, Kushtha, Haridra, Saindhava, Sarshapa*
 - **Medium of Trituration:** *Dhanyamla*
 - **Indications:** *Dadru*
 2. **DURVADI LEPA**^[21]
 - **Ingredients:** *Durva, Abhaya, Saindhava, Chakramarda, Kutheraka*
 - **Medium of Trituration:** *Kanji and Takra*
 - **Indications:** *Chronic Dadru, Kandu*
 3. **GAJENDRA-SIMHA LEPA**^[22]
 - **Ingredients:** *Shala Rasa, Dhanya Tusha, Chakramarda, Abhaya, Bhakta*
 - **Medium of Trituration:** *Fermented rice water*
 - **Indications:** *Resistant Dadru*
 4. **PRAPUNNATA BIJA YOGA**^[23]
 - **Ingredients:** *Prapunnata Bija, Dhatri, Sarjarasa, Snuhi*
 - **Medium of Trituration:** *Sauvira*
 - **Indications:** *Dadru*
 5. **CHAKRAMARDA BIJA YOGA**^[24]
 - **Ingredients:** *Chakramarda Bija, Shweta Jiraka, Sudarshana Mula*
 - **Medium of Trituration:** *Water*
 - **Indications:** *Dadru, Kushtha*
 6. **TRINAKA PRADEHA**^[25]
 - **Ingredients:** *Trinaka, Yuthi Mula, Punnaga Mula*
 - **Medium of Trituration:** *Kanji*
 - **Indications:** *Dadru*
 7. **KASAMARDA MULA LEPA**^[26]
 - **Ingredients:** *Kasamarda Mula*
 - **Medium of Trituration:** *Sauvira*
 - **Indications:** *Dadru, Kitibha*
 8. **ARAGVADHA PATRA LEPA**^[27]
 - **Ingredients:** *Aragvadha Patra*
 - **Medium of Trituration:** *Kanji*

- **Indications:** *Dadru, Kitibha, Sidhma*

9. *MULAKA BIJADI LEPA*^[28]

- **Ingredients:** *Mulaka Bija, Sarshapa, Laksha, Haridra, Prapunnata Bija, Shriveshtaka, Trikatu, Vidanga, Kushtha*
- **Medium of Trituration:** *Gomutra*
- **Indications:** *Dadru, Sidhma, Kitibha, Pama, Kapala Kushtha*

10. *EDAGAJADI LEPA*^[29]

- **Ingredients:** *Prapunnata Bija, Kushtha, Sauvira, Saindhava, Sarshapa, Vidanga*
- **Medium of Trituration:** *Gomutra*
- **Indications:** *Dadru, Sidhma, Mandala Kushtha, Krimi*

DADRUGHNA FORMULATIONS INDICATED IN BHAVAPRAKASHA

1. *KUTHADI LEPA*^[30]

- **Ingredients:** *Kushtha, Vidanga, Chakramarda, Haridra, Saindhava, Sarshapa*
- **Medium of Trituration:** Lemon juice
- **Indications:** *Dadru, Kushtha*

2. *DURVADI LEPA*^[31]

- **Ingredients:** *Durva, Abhaya, Saindhava, Chakramarda, Kutheraka*
- **Medium of Trituration:** *Kanji and Takra*
- **Indications:** *Chronic Dadru, Kushtha*

3. *GANDALIKA LEPA*^[32]

- **Ingredients:** *Gandalika, Siddharthaka, Snuhi Patra, Cakramarda (double)*
- **Medium of Trituration:** Cow buttermilk (soaked 3 days), rubbed with dried cow dung ash
- **Indications:** Rapid resolution of *Dadru*

RESULT

Among the surveyed formulations, four pharmacologically significant *Dravya* demonstrated the highest frequency of citation, underscoring their consistent therapeutic role in the management of *Dadru*. *Chakramarda* (*Cassia tora*) seed was cited in 21 formulations (63%), followed by *Vidanga* (*Embelia ribes*) fruit in 20 formulations (60%). *Haridra* (*Curcuma longa*) rhizome appeared in 15 formulations (45%), while *Saindhava* (rock salt) was included in 14 formulations (42%).

In addition to these, several other ingredients such as mustard *Sarshapa* (*Brassica campestris*), *Kushtha* (*Saussurea lappa*) bark, and components of *Triphala* were observed with notable recurrence. Furthermore, a subset of complex polyherbal preparations particularly those described in *Yogaratanakara*, such as *Daradadi Lepa* and *Gajendra-Simha lepa*, incorporated metallic and mineral adjuncts including purified *Shuddha Gandhaka* (sulphur), *Hingula* (cinnabar), *Haratala* (orpiment), and *Parada* (mercury), reflecting an advanced formulation strategy integrating *Rasa Aushadhi* elements for enhanced potency and efficacy in chronic presentations.

DISCUSSION

A comparative analysis of the selected *Ayurvedic* treatises reveals a consistent emphasis on botanicals such as *Chakramarda*, *Vidanga*, *Kushtha*, *Haridra*, *Durva*, and *Sarshapa*, highlighting their established therapeutic relevance in the management of *Dadru*. These herbs are repeatedly incorporated across formulations due to their known *Krimighna* (antimicrobial), *Kandughna* (antipruritic), and *Kushthaghna* (antidermatotic) properties.^{[33],[34],[35]} The strategic use of lipid-soluble and fermentative media such as *Kanji*, *Gomutra*, and *Dhanyamla* further exemplifies the pharmacotechnical acumen of classical compounding, aimed at enhancing dermal absorption and potentiating antifungal action.

Formulations such as *Vidangadi lepa*, *Durvadi lepa*, and *Edagajadi lepa* recur with slight textual variations across multiple sources, reflecting both their clinical robustness and canonical endorsement. Additionally, complex polyherbal compositions like *Daradadi lepa* and *Moolakabijadi lepa* demonstrate a sophisticated grasp of synergistic herbal pharmacology, often integrating mineral adjuncts and multi-step preparation methods. This convergence of plant-based and *Rasa*-based components underscores a nuanced therapeutic strategy directed at both symptom resolution and eradication of the underlying pathogenic nidus.

CONCLUSION

The classical *Dadrughna* formulations reviewed herein embody a coherent and systematically articulated pharmacotherapeutic framework rooted in *Dosha* specific pacification, microbial suppression, and symptomatic relief. The recurrent selection of specific botanicals, combined with distinctive preparation techniques and vehicles, suggests a strong traditional consensus on their efficacy in dermatological conditions akin to tinea infections. These findings provide a credible basis for further scientific validation,

experimental standardization, and translational research aimed at developing evidence-informed antifungal therapies grounded in *Ayurvedic* pharmaceuticals.

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Nil

CONFLICT OF INTEREST

Not any

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