

CASE STUDY

Clinical Evaluation of Chakramarda (*Cassia tora*) Ointment in the Management of Dadru (Tinea): A Case Report

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ABSTRACT

A superficial fungal infection *Tinea* or '*Dadru*' in *Ayurveda*, presents as raised, itchy, round reddish patches with a centrally clear area. Despite being effective, conventional antifungal treatments tend to have side effects and a high rate of recurrence. This case study evaluates the effectiveness of *Chakramarda* (*Cassia tora*) ointment, an *Ayurvedic* formulation, on *Dadru*. A 32-year-old male with typical features of *Tinea corporis* was treated exclusively with *chakramarda*-based ointment for 14 days. Marked improvements were noted in lesion size, itching, and redness. This case illustrates the ability of *Chakramarda* to organically manage *dermatophytosis* while demonstrating antifungal and anti-inflammatory effects.

Keywords: *Cassia tora*, Ointment, *dermatophytosis*

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INTRODUCTION

Dadru, a type of *Kshudra Kushtha* that was mentioned in *Ayurveda*, is very similar to *Tinea* infections (*dermatophytosis*) in modern dermatology. The primary cause of *Tinea*, a superficial fungal infection, is dermatophytes such as *Trichophyton*, *Microsporum*, and *Epidermophyton* species. These fungi thrive in warm, humid environments and frequently affect the skin, scalp, and nails. *Tinea* infections are widespread worldwide. According to the World Health Organization and recent epidemiological studies, *dermatophytosis* is one of the most common skin conditions, affecting between 20 and 25 percent of the global population. [1] Clinically, the four cardinal indicators of *Dadru*—*Raga* (redness), *Utsanna Mandala* (raised circular lesions), *Pidaka* (papular eruptions), and *Kandu* (itching)—are very similar to the symptoms of *Tinea corporis*. The condition is caused by the vitiation of *Pitta* and *Kapha* doshas, which interfere with the skin's natural function and result in pathological symptoms, according to *Ayurveda*. Classical texts mention *Chakramarda*, a well-known *Ayurvedic* plant, for its antibacterial (*Krimighna*), anti-pruritic (*Kandughna*), and anti-skin disease (*Kusthaghna*) qualities. Modern pharmacological research backs up these claims, demonstrating that it has antifungal, anti-inflammatory, and antibacterial properties that make it highly relevant for treating fungal diseases like *Tinea*. [2] This study bridges the gap between traditional *Ayurvedic* knowledge and modern dermatological science by assessing the clinical effectiveness of an ointment based on *Chakramarda* in treating *Dadru*, with an emphasis on symptom relief and quality-of-life enhancements.

CASE REPORT

A 32-year-old man complained of round, itchy, reddish sores on his right forearm that had been there for ten days when he arrived at the Parul Institute of *Ayurveda*, Limda, Outpatient Department (OPD). The lesion, which was well-defined, elevated at the borders, erythematous, and accompanied by scaling and pruritus, was clinically suggestive of *Tinea corporis*; in *Ayurvedic* classification, it was *Dadru*. There was no known history of comorbidities, allergies, or steroid use in the patient. Clinical examination confirmed

the lesion's normal appearance. Dermatophytosis was confirmed by the results of a potassium hydroxide (KOH) mount test, which revealed Septate hyphae. Ayurvedic and modern diagnostic criteria were used to make the diagnosis of Tinea corporis (*Dadru Kustha*). He was given only *Chakramarda* based ointment twice daily for 14 days. He did not receive any additional oral or topical medications during this period. The ointment was made with a standardized extract of *Chakramarda*, which is known in Ayurvedic texts for its *Krimighna*, *Kusthaghna*, and *Kandughna* qualities. [3] During follow-up, a notable clinical improvement was observed. The itching had significantly subsided by the seventh day, and the redness had begun to fade. By the fourteenth day, the erythema and itching had virtually gone away, and the lesion size had significantly shrunk. The 5D Pruritus Scale score decreased from 20 to 5, indicating a significant response to treatment. This example shows how Tinea corporis can be naturally treated with *Chakramarda* ointment, which has antifungal and anti-inflammatory qualities. It emphasizes the benefits of using evidence-based, clinically supervised Ayurvedic treatments for dermatological issues.

AIM AND OBJECTIVES

To evaluate the clinical efficacy of *Chakramarda* ointment in the management of *Dadru* (Tinea) through symptomatic relief and improvement in pruritus using the 5D Pruritus Scale. [4]

1. To assess the therapeutic effect of *Chakramarda* ointment on clinical signs of *Dadru* such as erythema, itching, scaling, and lesion size.
2. To measure the reduction in pruritus severity using a standardized 5D Pruritus Scale before and after treatment.
3. To observe the safety and local tolerability of *Chakramarda* ointment when applied topically over a 14-day period.

MATERIAL AND METHODS

Patient Information

Age/Sex: 32-year-old male

Chief Complaints: Itchy, red, ring-shaped lesions on the right forearm for 10 days.

History: No prior antifungal treatment taken; non-diabetic; no immunosuppressive disorders.

Clinical Findings

Lesions: One annular plaque around 10 cm diameter, erythematous, well-defined margins, central clearing.

Associated with: Intense pruritus and mild scaling.

DIAGNOSTIC CRITERIA

KOH s/o Septate fungal hyphae.

INTERVENTION

- **Formulation Used:** *Chakramarda* ointment (prepared by cold press method of *Chakramarda* seed).
- **Application:** Thin layer applied twice daily over the lesion for 14 days.
- No other internal or topical medications were used during the treatment.

Assessment Tools

5D Pruritus Scale, photographic documentation.

RESULTS

INTERPRETATION

Duration

Definition: Indicates how long the patient itches over the course of a day.

Day 0 (Score: 4): The majority of the day was spent itching, which seriously interfered with sleep.

Day 7 (Score: 2): Itching has decreased to brief bursts.

Day 14 (Score: 1): There was only light and sporadic itching.

Interpretation: Showcases the quick and efficient symptom relief that *Chakramarda* ointment offers, improving sleep and everyday comfort.

Table 1: Interpretation

Domain	Day 0	Day 7	Day 14
Duration	4	2	1
Degree	4	2	1
Direction	4	2	1
Disability	5	2	1
Distribution	3	2	1
Total Score	20	10	5

Degree

Definition: Indicates how bad the itching is.

Day 0 (Score: 4): The itching was severe, causing discomfort and necessitating frequent scratching.

Day 7 (Score: 2): Moderate to mild itching that is tolerable without requiring constant scratching.

Day 14 (Score: 1): Very little to no itching.

Interpretation: Emphasizes how *Chakramarda* strong anti-pruritic and calming properties can lessen the intensity of symptoms.

Direction

Definition: Shows whether the itching is getting better, getting worse, or staying the same.

Day 0 (Score: 4): Prior to treatment, itching was getting worse.

Day 7 (Score: 2): Lesion activity has significantly decreased and improved.

Day 14 (Score: 1): The symptoms have nearly gone away.

Interpretation: Shows the beneficial therapeutic outcome of the Ayurvedic treatment.

Disability

Definition: Assesses how itching affects day-to-day activities like social interaction, employment, and sleep.

Day 0 (Score: 5): Severe interference, including trouble sleeping, discomfort at work, and diminished focus.

Day 7 (Score: 2): Sleep and routine significantly improved, but there was still a slight functional impact.

Day 14 (Score: 1): Everyday life is unaffected.

Interpretation: Indicates a notable enhancement in life quality, highlighting the function of *Chakramarda* in both healing and reestablishing wellbeing.

Distribution (Area Involved):

Describes the quantity and scope of body parts impacted by lesions or itching.

Day 0 (Score: 3): The lesion on the left forearm was well-defined, round, and growing, suggesting that one or more localized regions were involved.

Day 7 (Score: 2): There was little spread and the lesion was getting smaller.

Day 14 (Score: 1): No visible active lesion and complete or nearly complete healing.

Interpretation: In line with *Chakramarda*'s Krimighna (antimicrobial) action, this shows good control of fungal spread and local healing.

DISCUSSION

This case report evaluates the efficacy of an ointment based on *Chakramarda* in treating *Dadru* in a clinically diagnosed case. The results demonstrate significant symptomatic improvement and lesion clearance over a 14-day treatment period. Apart from validating the treatment through modern diagnostic and assessment methods such as the KOH mount test and the 5D Pruritus Scale, the findings also bolster the traditional Ayurvedic understanding of *Dadru* and its treatment with herbal remedies, especially *Chakramarda*. Raga, Pidaka, Kandu, and Utsanna Mandala are the symptoms that define *Dadru*, which is classified under *Kshudra Kushtha* in Ayurveda. These symptoms are similar to those of a modern dermatological condition called Tinea, a superficial fungal infection caused by dermatophytes like *Trichophyton*, *Microsporum*, and *Epidermophyton* species. On keratinized tissues, these fungi cause scaly, round, and incredibly itchy lesions. Warm, humid weather is ideal for their growth. In this case, a 32-year-old man's right forearm had an annular lesion that was erythematous, itchy, and had been there for ten days. Dermatophytosis was confirmed by a positive KOH test that showed Septate fungal hyphae. The patient was treated exclusively with *Chakramarda* ointment, which was made from *Cassia tora* seeds using a cold-press method, without the use of any additional oral or topical antifungal treatment. Ayurvedic texts state that *Chakramarda* has antibacterial, anti-pruritic, and anti-skin disease qualities. These effects align with the antibacterial, antifungal, and anti-inflammatory properties of modern pharmaceuticals. In vitro studies have confirmed the traditional claims of *Cassia tora* by demonstrating the effectiveness of its phytochemical constituents, such as anthraquinones, alkaloids, flavonoids, and phenolic compounds, against dermatophytes. [5] The assessment was conducted using the 5D Pruritus Scale, which evaluates pruritus in five domains: Duration, Degree, Direction, Disability, and Distribution. The overall score decreased from 20 on Day 0 to 5 on Day 14, indicating a 75% clinical improvement. In every category, the severity of the symptoms steadily and quantifiably declined. The quality of life returned, the erythema disappeared, and the lesion shrank. In addition to being symptomatic, the reaction was also functional and visual. Importantly, the absence of irritation or negative side effects during application validates the ointment's acceptability and safety. This one case provides preliminary but important evidence for the efficacy of topical *Chakramarda* ointment alone in treating localized fungal

skin diseases such as Tinea corporis. It highlights how chemical antifungal drugs, which are increasingly experiencing issues with resistance and recurrence, may have safe, reasonably priced, and natural alternatives in the form of Ayurvedic phytotherapy. More clinical trials with larger sample sizes and longer follow-up times are needed to validate these findings and look into *Chakramarda's* broader therapeutic potential. However, this paper recommends combining modern diagnostic criteria with Ayurvedic dermatological therapy for comprehensive skin care.

CONCLUSION

Chakramarda ointment exhibited significant therapeutic response in the treatment of *Dadru*. Given its antifungal, anti-pruritic, and healing properties, it stands as a promising *Ayurvedic* topical alternative for superficial fungal infections.

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