

EFFECT OF *CHAKRAMARDADI TAILA* ON *DADRU KUSHTHA* (RINGWORM INFESTATION): AN OBSERVATIONAL STUDY

E.M.L.M. Weerasekara*, E.D.T.P. Gunaratna and J.M. Dahanayake

Faculty of Indigenous Medicine, University of Colombo, Sri Lanka.

*lakmaliweerasekara30@gmail.com

In recent years, the prevalence of skin diseases has increased by approximately 10–15% in developing countries such as Sri Lanka, primarily due to low immunity, poor hygiene, and inadequate nutrition. In Ayurveda, such conditions are classified under *Twak vikara* or *Kushtha roga*. *Dadru kushtha*, a type of *Kshudra kushtha*, is characterized by *Kandu* (itching), *Raga* (erythema), *Utsanna Mandala* (elevated circular lesions), and *Pidika* (papules), which closely resemble tinea or ringworm in modern medicine. This observational study aimed to evaluate the efficacy of *Chakramardadi taila*, a classical Ayurvedic oil formulation composed of *Vidanga* (*Embelia ribes*), *Saindhava Lavana* (rock salt), *Haridra* (*Curcuma longa*), *Vacha* (*Acorus calamus*), *Aragvadha* (*Cassia fistula*), *Amalaki* (*Phyllanthus emblica*), *Bakuchi* (*Psoralea corylifolia*), *Chakramarda* (*Cassia alata*), and *Snuhi* (*Euphorbia nerifolia*). A total of 30 clinically diagnosed patients with *Dadru kushtha* were enrolled in the observational study after obtaining informed consent. The intervention involved the external application of the oil twice daily for 28 days. Assessments were carried out at baseline, weekly intervals during the treatment, at the end of the 28-day treatment period, and 14 days post-treatment to evaluate the sustainability of therapeutic effects. The study found higher prevalence among individuals aged 41–50 and 18–30 years. Results demonstrated complete (100%) relief in symptoms such as *Kandu*, *Pidika*, and number of, with 98.5% improvement in *Raga* and 98.6% reduction of *Mandala* (lesions) observed. These improvements were statistically and clinically significant, likely due to the *Kandughna* (anti-pruritic), *Kushtaghna* (anti-dermatotic), *Krimighna* (antimicrobial), *Vishaghna* (detoxifying), and *Tridosahara* (dosha-balancing) properties of the ingredients. In conclusion, *Chakramardadi taila* demonstrated significant efficacy in the management of *Dadru kushtha* and may be considered a promising therapeutic intervention in Ayurvedic dermatology.

Keywords: *Dadru kushtha*, *Chakramardadi taila*, Tinea, Ringworm