



Review Article

EXPLORING THE THERAPEUTIC POTENTIAL OF *PATOLAKATUROHINYADI KASHAYAM* IN THE MANAGEMENT OF TINEA CORPORIS: A COMPREHENSIVE REVIEW

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ABSTRACT

Tinea corporis is a fungal infection commonly resulting from poor hygiene. It presents with red, ring-shaped, scaly lesions that have clear, well-defined edges and a central clearing. Pustules may also form at the active borders of the lesions. These lesions are often asymmetrical and can appear as single or multiple patches. In Ayurveda, it is compared to *Dadru Kushta* due to the resemblance in their symptoms. *Dadru Kushta* is a skin disorder characterized by *Kandu* (itching), *Daha* (burning sensation), *Mandala* (elevated circular lesions), and *Raaga* (erythema). It primarily results from the vitiation of *Kapha* and *Pitta Doshas*, leading to an imbalance in the skin and blood elements. This review explores the therapeutic potential of *Patolakaturohinyadi Kashayam* in the management of Tinea Corporis. *Patolakaturohinyadi Kashayam* is a classical Ayurvedic formulation composed of ingredients such as *Patola*, *Katurohini*, *Chandana*, *Madhusrava*, *Guduchi*, and *Patha*. It possesses *Kapha* and *Pitta* balancing properties. *Rasapanchaka* attributes and pharmacological action of the formulation plays a crucial role in the management of disease.

INTRODUCTION

Tinea corporis, commonly known as ring worm, a superficial fungal infection that affects the surface of the skin. It typically arises due to insufficient personal hygiene and humid conditions that promote fungal growth. The symptoms usually appear as red ring like scaly patches with well-defined raised edges and central clearing. Small pustules may develop at the active border of the lesions. The lesions are often asymmetrical and can appear as single or multiple patches.^[1] Globally, superficial fungal skin infections affect 20–25% of the population, with dermatophytes being the primary causative agents.^[2] This type of infection is particularly prevalent in tropical regions and affects people of all ages and genders in our country. Fungal infections are characterized by a high rate of recurrence, furthermore delayed treatment

may result in the progression to more extensive and severe disease manifestation.

In Ayurveda, Tinea corporis is compared to *Dadru Kushta* due to the resemblance in their symptoms.^[3] *Dadru Kushta* is a skin disorder characterized by *Raga*, *Kandu*, *Mandala*, and *Daha*. It primarily results from the vitiation of *Kapha* and *Pitta Doshas*, leading to an imbalance in the skin and blood elements. According to Acharya Charaka, *Dadru Kushta* is categorized under *Kshudrakushta*, which encompasses minor skin disorders. In contrast, Acharya Sushruta and Acharya Vagbhata have classified *Dadru Kushta* under *Mahakushta*, which refers to major skin disorders.

Patolakaturohinyadi Kashayam is a classical Ayurvedic formulation extensively documented in the 15th chapter of the Ashtanga Hrudaya Sutrasthana as *Patoladi Gana*. This traditional polyherbal preparation combines several potent ingredients, including *Patola* (*Trichosanthes dioica*), *Katurohini* (*Picrorhiza kurroa*), *Chandana* (*Santalum album*), *Madhusrava* (*Marsdenia tenacissima*), *Guduchi* (*Tinospora cordifolia*), and *Patha* (*Cissampelos pareira*).^[4] Known for its *Kapha* and *Pitta* balancing properties, *Patolakaturohinyadi Kashayam* is used in the management of conditions such as *Kushta*,

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Jwara, Visha, Chardi, Arochaka, and Kamala. The present review aims to explore the therapeutic potential of *Patolakaturohinyadi Kashayam*, specifically in the treatment of Tinea corporis. It focuses on the formulation's *Rasapanchaka* and pharmacological

relevance, highlighting its role in balancing *Doshas* and alleviating symptoms associated with this condition.

MATERIALS AND METHODS

Literary review from Ayurvedic classical texts, contemporary medicine books and various research papers.

Table 1: Drug profile of Patolakaturohinyadi Kashayam

Drug	Botanical Name	Family Name	Parts Used
<i>Patola</i> ^[5]	<i>Trichosanthes dioica</i> Roxb	Cucurbitaceae	Fruits, leaves, root
<i>Katurohini</i> ^[6]	<i>Picrorhiza kurroa</i> Royle ex Benth	Scrophulariaceae	Rhizome
<i>Chandana</i> ^[7]	<i>Santalum album</i> Linn	Santalaceae	Sap wood
<i>Madhusrava (Murva)</i> ^[8]	<i>Marsdenia tenacissima</i> Wight	Asclpiadaceae	Root
<i>Guduchi</i> ^[9]	<i>Tinospora cordifolia</i> Willd	Menispermaceae	Stem
<i>Patha</i> ^[10]	<i>Cissampelos pareira</i> Linn	Menispermaceae	Root

Table 2: Rasa Panchaka of the ingredients

S.No	Drug	Rasa	Guna	Virya	Vipaka	Karma	Doshaghna karma
1	<i>Patola</i>	Tiktha, Katu	Laghu, Snigdha	Ushna	Madhura	Vrishya, Varnya, Deepana	Kaphapittahara
2	<i>Katurohini</i>	Tiktha	Laghu	Sheeta	Katu	Deepana, Bhedini, Hradya, Jwarahara	Pittahara
3	<i>Chandana</i>	Madhura, Tiktha	Laghu, Ruksha	Sheeta	Katu	Dahaprashamana, Varnya	Kaphapittahara
4	<i>Madhusrava</i>	Madhura, Tiktha	Guru, Sara	Ushna	Madhura	Vishaghna	Tridoshahara
5	<i>Guduchi</i>	Tiktha, Kashaya	Laghu,	Ushna	Madhura	Balya, Rakthasodhaka, Jwaraghna, rasayana	Tridoshasamaka
6	<i>Patha</i>	Tiktha, Katu	Laghu, Tikshna	Ushna	Katu	Rakthasodhaka, Vishaghna, Bhagnasandhanakrit, Grahi	Tridoshasamana

Table 3: Chemical constituents and Pharmacological activities of the ingredients

Ingredient	Botanical name	Chemical constituents	Pharmacological activities
<i>Patola</i> ^[11]	<i>Trichosanthes dioica</i> Roxb	Alkaloids Glycosides Tannins and phenols Flavonoids Steroids Proteins and amino acids Trichosanthin and cucurbitacins	Hepato protective, anti-inflammatory, anti-oxidant
<i>Katurohini</i> ^[12]	<i>Picrorhiza kurroa</i> Royle ex Benth	Glucoside (Picrorhizin), iridoids, phenolics (like apocynin and vanillic acid), triterpenoids, and sterols	Anti-inflammatory, anti-oxidant, anti-tumor, anti-microbial, hepatoprotective
<i>Chandana</i> ^[13]	<i>Santalum album</i> Linn	Alpha santalol, beta santene, teresantalol, teresantallic acid, terpenoids, and phenolic	Antimicrobial, anti-oxidant, anti-inflammatory

		compounds	
<i>Madhusrava</i> ^[14]	<i>Marsdenia tenacissima</i> Wight	Resins, flavonoids, terpenoids, and phenolic compounds, saponins and tenacissosides	Analgesic, anti-inflammatory, cytotoxic activity
<i>Guduchi</i> ^[15]	<i>Tinospora cordifolia</i> Willd	Terpenoids, alkaloids, polysaccharides, glycosides, and flavonoids	Antioxidant, immune modulating, hepato protective, anti-inflammatory, anti-microbial
<i>Patha</i> ^[16]	<i>Cissampelos pareira</i> Linn	Alkaloids, saponin, quarternary ammonium bases, flavonol, and sterol	Anti-inflammatory, anti-oxidant, hepato-protective

Method of Preparation

As per the classical method of preparation of *Kashaya*, one *Pala* of coarsely powdered drugs are boiled with 16 parts of water in an earthen pot, over a mild fire till the liquid is reduced to 1/8 of the original quantity.

Dose -2 *Pala*^[17]

DISCUSSION

Hygiene is the foundation of healthy skin. Fungal infections are often linked to inadequate hygiene practices, such as neglecting to dry off thoroughly after a bath. Fungus thrives in moist and damp areas. The type of fungus responsible for ringworm, one of the most common fungal skin infections, flourishes in warm, moist, or sweaty skin environments. While sweating is a natural and unavoidable process; poor hygiene, infrequent washing, or failing to manage excessive sweating can contribute to the risk of infection.

Tinea corporis, commonly known as ringworm, is a superficial fungal infection affecting the skin. It is caused by dermatophytes, a group of fungi that thrive on keratin in the skin, hair, and nails. The infection typically presents as round, red, scaly patches with raised edges and central clearing, giving it a ring-like appearance. These lesions can be itchy, and in some cases, pustules or blisters may form at the outer edges. Tinea corporis is contagious and can spread through direct contact with infected individuals, animals, or contaminated objects.

In Ayurveda, skin diseases are broadly classified under the category of *Kushta*, which is further divided into *Mahakushta* and *Kshudrakushta*. The type of *Kushta* which is difficult to cure and which invades into deeper *Dhatus* are classified under *Mahakushta* and the other into *Kshudrakushta*. These conditions arise due to the vitiation of the seven fundamental factors, known as *Saptha Dravyas*: *Vata*, *Pitta*, *Kapha*, *Twak*, *Rakta*, *Mamsa*, and *Lasika*. *Dadru Kushta*, characterized by *Raga*, *Kandu*, and *Mandala*, is considered as *Kapha-Pitta* predominant skin disorder. Its clinical features closely resemble to Tinea corporis, due to the similarity in symptoms. The

etiopathogenesis of *Kushta* involves factors such as Indulgence in unhealthy or improper foods and activities, especially food which are hard for digestion, incompatible, unaccustomed, uncooked and unhealthy like *Navanna*, *Dadhi*, *Matsya*, *Tila*, *Lavana*, consuming of meat of animals of domestic and of marshy regions along with milk constantly, who immerses himself in water immediately after getting fatigued or exposure to heat, or he who suppresses the bouts of vomiting suddenly. These factors contribute to the vitiation of *Kapha* and *Pitta Pradhana Tridoshas*, leading to *Agnimandhya* and subsequent *Ama Utpatti*. This leads to the vitiation of *Rasa* and *Raktha Dhathu* and produces *Mala Rupa Kapha* and *Pitta*. The *Snigdha Guna* of *Kapha* and *Ushna* and *Teekshna Guna* of *Pitta* produce *Kledatwa* and travel through *Tiryakgata Siras* and localize in the skin, blood, muscle tissue, and lymph, which may also associate with *Aupasargika* and *Aganthu Hetu*, causing symptoms such as elongated and wide skin lesions like the *Durva* grass, has the colour similar to that of the flower of *Atasi*, *Utsanna Mandala*, *Daha* and *Kandu*. *Dadru Kushta* presents with symptoms similar to those of Tinea Corporis. The lesions are typically red, erythematous, annular, scaly with well-defined edges and central clearing, and may include pustules at the active edges. They are usually asymmetrical and can be either single or multiple patches.

Patolakaturohinyadi Kashayam is a potent polyherbal formulation specifically indicated for *Kapha-Pittaja Kushta* and is effectively used in managing *Dadru Kushta*. This formulation includes ingredients like *Patola*, *Katurohini*, and *Chandana*, which possess *Kapha-Pitta* balancing properties along with actions such as *Rechana*, *Deepana*, *Pachana*, *Kushtaghna*, *Raktashodhaka*, *Kandughna*, and *Bhedana*. The *Tikta Rasa* of the formulation help in *Kleda Soshana* and provides relief from itching and acts as a *Raktashodhaka*, addressing *Raga*. The formulation's *Tikta Rasa*, combined with the *Seeta Virya* of *Katurohini*, and *Chandana*, and the *Madhura Vipaka* of *Patola*, *Guduchi*, and *Murva*, contributes to balancing *Pitta*. The *Tikta* and *Katu Rasa*, along with the *Laghu*

and *Ruksha* qualities and *Ushna Virya*, aid in balancing *Kapha Dosh*. These properties help in *Kleda Soshana* and *Ama Pachana* thereby relieving *Srotorodha*. The *Raktashodhaka* property effectively addresses the symptoms of *Raga* and *Daha* associated with Tinea Corporis. The *Kandughna* property helps in reducing itching. Thus, the formulation disrupting the *Samprapti* of the disease.

Therapeutic action of each Ingredient of Patolakaturohinyadi Kashayam

Patola

Flavonoids, saponins, and tannins are effective in relieving skin inflammation, soothing itching, and addressing infections. Trichosanthin and cucurbitacins help reduce systemic inflammation by regulating inflammatory pathways. Alkaloids, saponins, and tannins provide strong anti-bacterial and anti-fungal properties. Additionally, flavonoids and vitamin C work as antioxidants, neutralizing free radicals and minimizing tissue damage caused by oxidative stress.

Katurohini

Apocynin, vanillic acid, and iridoids help reduce both systemic and localized inflammation by regulating inflammatory pathways. Additionally, apocynin and iridoids modulate immune responses, making them beneficial in managing autoimmune disorders and chronic inflammatory conditions. Flavonoids and vanillic acid act as antioxidants, neutralizing free radicals and protecting cells and tissues from oxidative damage. Furthermore, flavonoids and other bioactive compounds provide antimicrobial effects, boosting immunity and lowering the risk of infections.

Chandana

Santalols and terpenoids help soothe skin inflammation and aid in wound healing. Santalols and phenolic compounds effectively combat bacterial and fungal growth, protecting the skin from infections.

Madhusrava

Flavonoids, terpenoids, and phenolic compounds help alleviate inflammation by regulating inflammatory pathways. Saponins and tenacissosides boost immune function, aiding in the defence against infections and enhancing overall immunity. Flavonoids and phenolic compounds safeguard cells from oxidative damage, thereby preventing chronic illnesses and tissue breakdown. Alkaloids and flavonoids inhibit the growth of harmful bacteria and fungi, lowering the risk of infections.

Guduchi

Polysaccharides and diterpenoids boost immune function, strengthening the body's defence against infections and long-term illnesses. Flavonoids

and phenolic compounds reduce inflammation and fight microbial infections, making them beneficial for managing skin conditions. Alkaloids, diterpenoids, and steroids regulate inflammatory pathways, helping to relieve both acute and chronic inflammation. Glycosides and flavonoids aid in detoxification by promoting the elimination of toxins and enhancing metabolic health. Additionally, flavonoids and phenolic compounds act as antioxidants, protecting cells from damage caused by free radicals and supporting tissue healing.

Patha

Cissampelos pareira, contains isoquinoline alkaloids such as cissamperine and cissampeloflavone, which have been identified as novel chemical components. These alkaloids are associated with various pharmacological activities, including antimicrobial effects. The plant also contains flavonoids and flavonoid glycosides, which contribute to its antioxidant properties. These compounds help in neutralizing free radicals, thereby protecting cells from oxidative damage.

The modern pharmacological action of *Patolakaturohinyadi Kashayam* is due to the synergy of its phytochemical constituents. The ingredients of *Patolakaturohinyadi Kashayam* have anti-inflammatory properties, which help reduce redness, swelling, and irritation associated with skin disorders. Many of the ingredients possess antimicrobial properties that help combat infections caused by bacteria and fungi, common in skin conditions. The formulation is known to detoxify the blood, which is vital in treating skin ailments. A purified blood supply can improve skin health and promote healing. Some ingredients enhance the immune response, helping the body to better fight off infections and skin disorders. The formulation may include herbs that promote wound healing and skin regeneration, essential in managing lesions and scars associated with Tinea corporis. Certain components may have antioxidant properties, protecting skin cells from oxidative stress and damage. Ayurvedic principles suggest that skin conditions often arise from imbalances in the *Doshas*, *Dhatus* and *Agni*. *Patolakaturohinyadi Kashayam* helps in balancing these factors, thereby addressing the root cause of the condition.

CONCLUSION

The Ayurvedic pharmacodynamic attributes of *Patolakaturohinyadi Kashayam* including *Rasa*, *Guna*, *Virya* and *Vipaka* combined with modern pharmacological properties such as anti-inflammatory, immunomodulatory, anti-microbial, anti-fungal, hepatoprotective, antioxidant and blood purifying effects providing a strong scientific basis for its

therapeutic potential. These collective actions synergistically contribute to the inhibition of fungal growth, modulation of the immune response, reduce inflammation, detoxify the bloodstream and promote skin healing. Therefore, *Patolakaturohinyadi Kashayam* demonstrates efficacy in addressing the underlying pathogenesis and clinical manifestations of *Tinea corporis*.

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