



Research Article

A CLINICAL EVALUATION OF ORAL AND EXTERNAL USE OF *SIDDHARTHAKADI AGADA* IN *DADRU KUSTHA*

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ABSTRACT

Skin plays a crucial role in protection from the environmental hazards and infections such as bacterial, viral, fungal and harmful UV rays. Conditions like psoriasis, eczema and fungal infections such as *Dadru* (ringworm) can cause psychological distress and social withdrawal. Following the classical knowledge, *Siddharthakadi Agad* from the *Charaka Samhita* was selected as the intervention drug. **Aim & Objectives:** To evaluate the clinical efficacy of *Siddharthakadi Agad* in *Dadru Kustha* and to provide reliable, safe and cost-effective treatment. **Materials and Methods:** Total 40 patients were registered irrespective of age, gender, religion, occupation etc, from the OPD of PG Department of *Agad Tantra* Rishikul Campus Hospital, Haridwar. Type of study was Single Arm Clinical Study. Total duration of study was 60 days. The dose of *Siddharthakadi Agad Vati* was 2 tablets after meal and *Siddharthakadi Agad Lepa* was applied externally. **Statistical analysis:** For comparison of subjective and objective criteria within same group Wilcoxon sign rank test and Paired t-test respectively were applied before and after the treatment. **Result:** *Siddharthakadi Agad* preparation was found to be effective against all the clinical symptoms of *Dadru Kustha*. After analysing the data, 36 patients statistically showed highly significant improvement in all the symptoms. **Conclusion:** *Siddharthakadi Agad Gutika* and *Lepa* exhibit antifungal, anti-inflammatory, antioxidant, antimicrobial, anti-allergic, anti-pruritic and immunomodulating properties which collectively reduced inflammation, resolved raised patches and enhanced immunity. The results indicates that treatment based on Ayurvedic principles when administered with appropriate dosage, duration and strict adherence to *Pathya* and *Apathya Ahara* leads to successful outcomes in cases of *Dadru kustha*.

INTRODUCTION

As *Acharya Charaka* has also mentioned that there is *Samvaya Sambandha* of *Mana* with *Twacha*.^[1] Psychological stress can exacerbate skin conditions and can create a vicious cycle of worsening symptoms and mental health. Ayurveda covers a wide range of skin conditions under the general term *Kustha*. In a broad sense, *Kustha* is the one which causes vitiation as well as discoloration of skin.^[2] *Acharya Charaka* has told that *Saptko Dravya Sangrah* (group of seven factors) is responsible for causing *Kustha*.^[3]

Dadru Kustha is a *Rakta Pradoshaja Vyadhi* in which *Twak - Rakta - Mansa- Lasika* are the main *Dooshya's* with dominance of *Kapha -Pitta Dosha's*. *Acharya Charaka* and *Ashtanga Hridaya* and *Sangraha* has mentioned the dominance of *Kapha- Pitta Dosha*. *Acharya Sushruta* has mentioned the dominance of *Kapha Dosha*. All symptoms of *Dadru* are quite similar to dermatophytosis also known as ringworm, a fungal infection of skin, nails or hair caused by a group of fungi known as *Dermatophytes*. *Acharya Charaka* has mentioned use of *Agad* in *Kustha*.^[4] *Acharya Vagbhata* has also mentioned the direct use of all the *Agad* in the form of *Lepa* and *Paan* in all *Puran kustha*. A classical formula known as *Siddharthakadi Agad* from the *Charaka Samhita* is selected for the intervention drug. Most of the ingredients of *Siddharthakadi Agad* are *Raktashodhak*, *Vishaghna*^[5] and have *Kusthaghna*,

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Kandughna, Krimighan, Lekhniya properties as well as anti-microbial, anti-fungal, anti-inflammatory and anti-oxidant properties.

Prevalence of fungal infections in India

Children (<18 yrs): High prevalence of tinea capitis; 20–40% in some studies.

Young adults (18–40 yrs): Most affected group for superficial fungal infections (tinea corporis/cruris); highest OPD burden.

Middle age (40–60 yrs): Continued high prevalence; recurrent and chronic infections common, especially with diabetes.

Elderly (>60 yrs): Lower superficial infections, but higher opportunistic/systemic fungal infections (candidiasis, mucormycosis).

According to WHO, the prevalence rate of dermatophytosis is found to be 20-25% worldwide⁶.

Need of Study

Fungal infections are often treated with topical and oral antifungals. But people have now become resistant to these medications as a result of their careless and continuous use. Many antifungal medications have adverse effects including allergic responses with addition to resistance. This prompted in the need for a safe herbal medications or formulations that is effective, safe and reasonably priced for treating fungal infections. There is a need of effective approach to managing *Dadru Kushtha* and promoting long-term relief to the patients.

AIM

Group	Registered patients	Completed Treatment	Formulation	Dose and Duration
Single	40	36	<i>Siddharthakadi Agad Vati</i> and <i>Lepa</i>	500mg TDS for 45 days

Total number of patients: 40 patients

Total Duration of Study: 45 days (duration of treatment) + 15 days (observation after treatment)

Level of study: OPD level

Selected drug: *Siddharthakadi Agad*

Form of medicine: *Siddharthakadi Agad Vati* and *Siddharthakadi Agad Lepa*

Type of Study: Single arm clinical study

Assessment- It was done at an interval of 15 days i.e., 0, 15, 30, 45th days.

Follow-Up- The follow up was done 15 days after completion of treatment.

Route of administration- *Siddharthakadi Agad Vati* - Oral administration.

Siddharthakadi Agad Lepa - External application.

Inclusion Criteria

- Patient having classical feature of *Dadru Kushtha* (*Kandu, Raga, Pidika, Utsanna Mandala*).

To evaluate the efficacy of *Siddharthakadi Agad Gutika* and *Siddharthakadi Agad Lepa* in *Dadru Kushtha*.

OBJECTIVES

- To prepare *Siddharthakadi Agad Gutika* and *Siddharthakadi Agad Lepa*.
- To conduct pharmaceutical study of *Siddharthakadi Agad Gutika*.
- To evaluate the clinical efficacy of *Siddharthakadi Agad* in *Dadru Kushtha*.
- To provide reliable, safe and cost-effective treatment for the management of *Dadru Kushtha*.

MATERIALS AND METHODS

Plan of Study

a) Conceptual Study

Dadru Kushtha was thoroughly examined using a variety of Ayurvedic and modern scientific sources, including papers, journals and current research projects.

b) Subjects and Sampling Technique

Patients were chosen using a basic random sampling technique regardless of their age, gender, religion, occupation, etc.

c) Source of Patient

Clinically diagnosed *Dadru Kushtha* patients who met the requirements for inclusion were chosen from *Agadtantra* OPD No. 2 of the affiliated hospital, Rishikul Campus Hospital (Haridwar).

d) Study Design: A single group clinical trial, a minimum sample of 40 patients diagnosed with *Dadru Kushtha*.

- Patients between age group between 20-60 years.
- Patient of both genders.
- Chronicity up to 5 years.

Exclusion Criteria

- *Kushtha* other than *Dadru*
- Pregnant and lactating women.
- Patient suffering from known case of diabetes mellitus.

Dietary Restrictions

Diet- In addition to medication, diet is crucial. As a result, all patients received *Pathya- Apathya* dietary and daily routine recommendations.

Pathya (DO'S)

Ahara: *Yava* (barley), *Godhuma* (wheat), *Koradoosh* (*Paspalum scrobiculatum*), *Shyamak* (*Echinochloa frumentacea*), *Uddalaka* (wild variation of *Paspalum scrobiculatum*), and matured flesh of *Jangala* animals are among the grains that should be one year old.

Vihara: To have integrity and to be obedient to *Gurus*, teachers, and God to pray, do *Yagya homas*, and donate to those in need.

Aushadha: *Patola* (*Trichosanthes dioica*), *Sarshapa* (*Brassica nigra*)-prepared medicinal oil, *Chakramarda* (*Cassia tora*)- prepared medicinal ghee, *Adusa* (*Adhatoda vasica*), flowers of *Arka* (*Calotropis procera*), *Nimba*, *Bhallataka*, and *Avalguja* (*Psorhalia corylifolia*). The patient's body might be anointed with powdered or pasted *Aragwadhadi*, *Khadira Kashaya*, or *Vajraka Taila*.

Apathya (DONT'S)

Ahara: The preparation of sugar and jaggery, *Mamsa* (bird flesh), *Vasa* (oily portion of flesh), *Dugdha* (milk), *Dadhi* (curd), *Tila Taila* (sesame oil), *Kulattha* (*Dolichos biflorus*), *Masha* (*Phaseolus mungo*), and *Nishapav* (*Dolichos lablab*) *Vidahi* (food that can impede *Strotasa*), *Vidagdha* (food that causes acidic eructation), *Pishti Amla* (sour-tasting articles), and *Viruddhahara* (incompatible food). According to Arundutta, the real treatment of illness consists of avoiding the etiological factors. Certain forms of meat may be permitted if they are not incompatible, even though all meat may be prohibited.

Grading of The Subjective Parameters

Parameter	Grade (0)	Grade (1)	Grade (2)	Grade (3)
<i>Kandu</i> (itching)	No <i>Kandu</i>	<i>Ishat Kandu</i> (<i>Kandu</i> on & off)	<i>Bahu Kandu</i> (continuous <i>Kandu</i> without sleep disturbance)	<i>Ugra Kandu</i> (continuous <i>Kandu</i> with sleep disturbance)
<i>Pidika</i> (eruptions)	No <i>Pidika</i>	1-3 <i>Pidika</i> (in largest <i>Mandala</i>)	4-6 <i>Pidika</i> (in largest <i>Mandala</i>)	>7 <i>Pidika</i> (in largest <i>Mandala</i>)
<i>Raga</i> (redness)	Normal skin colour	Fade and near to normal	Blanching & red colour	Red colour

Objective Parameters

- Area occupied by the *Mandala* (rings)
- Number of *Mandala* (rings)

Parameter	Grade (0)	Grade (1)	Grade (2)	Grade (3)
Area occupied by the <i>Mandala</i> (rings)	0 cm (Normal)	< 5 cm (Mild)	5-15cm (Moderate)	>15 cm (Severe)
Number of <i>Mandala</i> (rings)	No <i>mandala</i>	1-3	4-6	>7

Investigation

To support the clinical diagnosis, following routine and specific investigation was carried out.

- Hb% & ESR
- TLC & DLC
- Random Blood Sugar level
- SGOT & SGPT
- S. Creatinine

Vihara: *Adhika-Matra-Bhojan*, food consumed during, *Ativyayam*, *Vegadharan* *Ativyavaya*, *Divaswapna*, *Ajeerna* and abuse of elders, *Guru* and teachers.

Method of Preparation of Test Drugs

There are eighteen components in the *Siddharthakadi Agad* formulation. *Pippali*, *Marich*, *Priyangu*, *Devdaru*, *Vacha*, *Hingu*, *Haritaki*, *Amlaki*, *Bibhitaki*, *Aprajita*, *Sarsapa*, *Karanj*, *Manjistha*, *Shirish*, *Sweat Shirish*, *Haridra*, *Daruharidra*, *Shunthi*. All of these substances were combined in equal amounts, ground into a powder, triturated with goat urine, and then used to form tablets and *Lepa*.

Assessment Criteria

The assessment was done on the basis of subjective and objective parameters, and scoring was done before, during and after the treatment.

Grading Of the Assessment Criteria

Subjective Parameters: The subjective assessment was done on the basis of improvement in following symptom of *Dadru*.

- *Kandu* (itching)
- *Pidika* (eruptions)
- *Raga* (redness)

Sample size

n = Sample size calculation

$$n = Z^2 P(1-P) / d^2$$

Where P = Prevalence rate of disease is 20% to 25% = 22.5

d = Margin of error generally taken is 5% = 0.05

Z = Z score = 1.96

$$n = (1.96)^2 0.22(1-0.22) / (0.05)^2 = 263(\sim)$$

The sample size according to the formula comes out to be 263. Due to time constraint, and financial limitation minimum sample size selected for the study was 40.

Statistical Analysis

For comparison of subjective and objective criteria within same group **Wilcoxon sign rank test** and **Paired t-test** respectively were applied before and after the treatment.

- The test was carried at the 0.05, 0.01, 0.001 level of P.
- Thus, the obtained result was interpreted as:
 P>0.05 Not significant
 P>0.01 &<0.05 Significant
 P<0.01 highly significant.

Assessment of Overall Effect of the Therapy

Percentage of improvement of individual patient was calculated as shown below:

- All the B.T. score of the above-mentioned subjective parameters of the patient were added.

- All the A.T. score of the above-mentioned subjective parameters of the patient were added. Overall percentage improvement of each patient was calculated by the following formula:

$$\frac{\text{Total BT} - \text{Total AT} \times 100}{\text{BT}}$$

Overall Assessment

The result thus obtained from individual patient was categorized according to the following grades:

- No improvement: <25% improvement
- Mild improvement: >25% to <50%
- Moderate improvement: >50% to 75%
- Marked improvement: > 75% to
- Complete improvement: 99% improvement

Discussion on the Effect of Treatment

In this study 40 patients were registered. Out of 40 patients, only 36 patients have completed their follow-up and treated by *Siddharthakadi Agad*.

Table 1: Subjective Parameter

Parameter (Subjective)	% Effect
<i>Kandu</i>	79.57
<i>Pidika</i>	78.82
<i>Raga</i>	80.22
Average % Effect	79.54

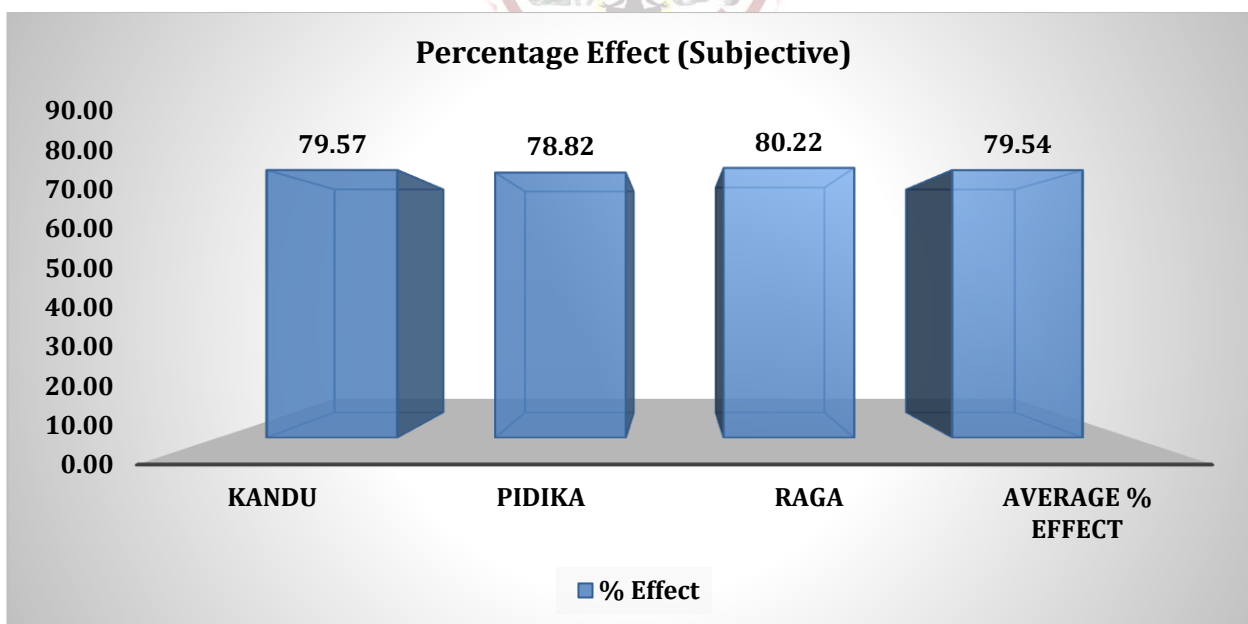
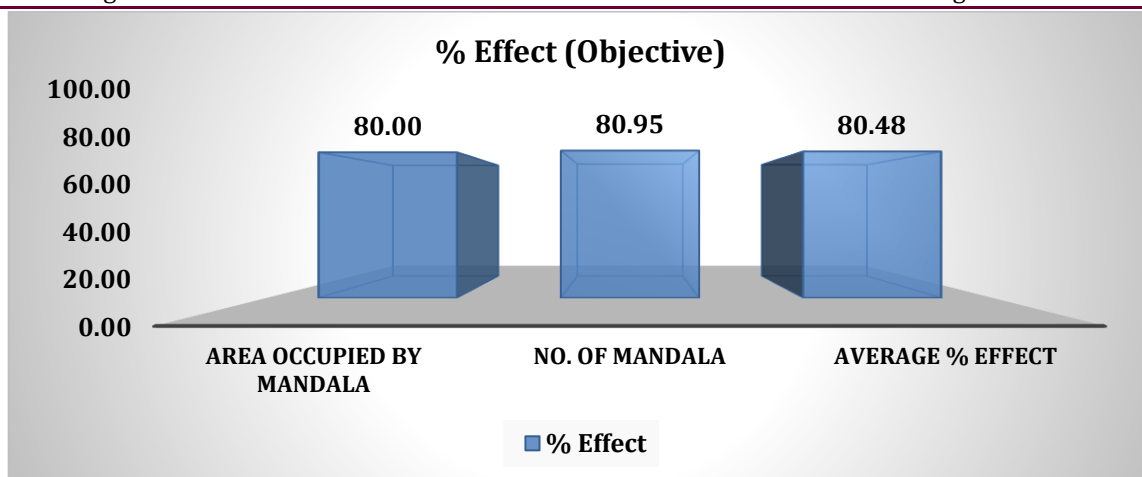


Table 2: Objective Parameter

Parameter (Objective)	% Effect
Area occupied by <i>Mandala</i>	80.00
No. of <i>Mandala</i>	80.95
Average % effect	80.48



Total Effect of Treatment Module in this Study

Table 3: Improvement in Subjective Criteria

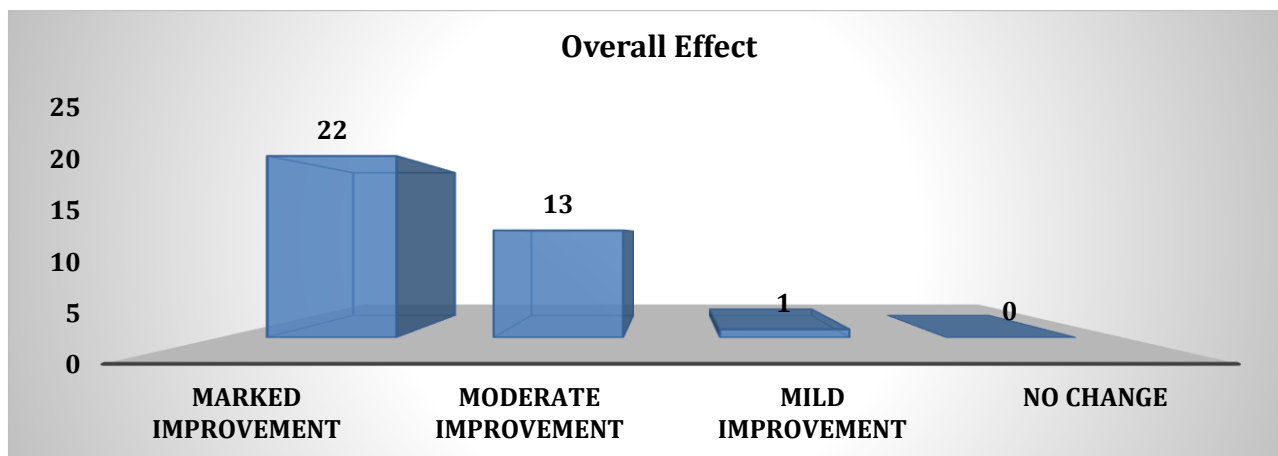
Variable	Mean		Median		SD		Wilcoxon W	P-Value	% Effect	Result
	BT	AT	BT	AT	BT	AT				
Kandu	2.58	0.53	3.00	1.00	0.65	0.51	-5.279 ^b	<0.001	79.57	HS
Pidika	2.36	0.50	2.50	0.50	0.76	0.51	-5.437 ^b	<0.001	78.82	HS
Raga	2.53	0.50	3.00	0.50	0.70	0.51	-5.460 ^b	<0.001	80.22	HS

Table 4: Improvement in Objective Criteria

Variable		Mean	N	SD	SE	t-Value	P-Value	% Change	Result
Area occupied by Mandala	BT	2.08	36	0.65	0.11	20.917	<0.001	80.00	HS
	AT	0.42	36	0.50	0.08				
Num. of Mandala	BT	1.75	36	0.77	0.13	13.094	<0.001	80.95	HS
	AT	0.33	36	0.48	0.08				

Overall Effect of Clinical Study

Overall Effect	No. of Patients	Percentage
Marked Improvement	22	61.11%
Moderate Improvement	13	36.11%
Mild Improvement	1	2.78%
No Change	0	0.00%
Total	36	100.00%





Before

During

After



Before

During

After



Before

During

After

DISCUSSION

Effect on *Dosha*

- *Dadru* is primarily a *Kapha-Pitta* dominant *Kustha*. Most of the drugs enlisted (*Sarsapa*, *Karanja*, *Haridra*, *Daruharidra*, *Maricha*, *Sunthi*, *Vacha*, *Devadaru*) are *Katu-Tikta-Kashaya* rasa, *Laghu-*

Ruksa-Tiksna guna, *Usna* virya, and *Katu* vipaka, making them *Kapha-hara* and *Pitta-hara*.

- Drugs like *Manjistha*, *Sirisa*, *Aprajita*, *Haritaki*, *Amalaki*, *Bibhitaka* show *Tridosahara* and *Raktaprasadaka* effects, balancing all three *Doshas*.

- Thus, collectively: *Kapha* is reduced by *Usna*, *Ruksha*, and *Katu-Tikta dravyas*. *Pitta* is pacified by *Tikta*, *Madhura rasa* and *Sheetavirya* drugs like *Amalaki*, *Priyangu*, *Aprajita*. *Vata* is secondarily balanced due to *Madhura vipaka* and *Rasayana dravyas* (*Haritaki*, *Amalaki*, *Bibhitaka*).

Effect on Dushya

- In *Twak* there was discoloration, itching (*Kandu*), eruption (*Pidaka*), scaling are present, by the help of *Haridra*, *Daruharidra*, *Manjistha*, *Sirisa*, *Priyangu* it restored normal colour and texture and act as *Twakdosahara/Varnya/Kusthaghna*. *Sarsapa*, *Karanja*, *Devadaru*, *Haridra* reduced itching and act as *Kandughna*. *Vacha*, *Hingu*, *Sarsapa* scrape out fungal element, reduce scaling and worked as *Lekhaniya* and *Krimighna*. *Triphala*, rejuvenated and nourished skin and act as *Rasayana* and *Kusthaghna*.
- *Rakta Dusti* leads to redness (*Raga*), burning sensation (*Daha*), inflammation, and recurrence. *Manjistha*, *Daruharidra*, *Haridra*, *Sirisa*, *Bibhitaki* detoxify blood, reduce inflammation and worked as *Raktasodhaka*. *Haridra*, *Aprajita*, *Sirisa* remove toxins, check spreading and act as *Vishaghna*. *Amalaki*, *Priyangu* pacify heat, reduced burning and act as *Pitta-samaka*.
- *Mansa Dusti* leads to thickening of patches, infiltration, chronic lesions.
- *Vacha*, *Sarsapa*, *Daruharidra*, *Devadaru* remove abnormal tissue growth and infiltration and work as *Lekhaniya*. *Devadaru*, *Manjistha*, *Haridra* promotes healing of chronic lesions work as *Kusthaghna/ Vrana Sodhana-Ropana*. *Karanja*, *Sarsapa*, *Maricha* destroys fungal element and act as *Krimighna*
- **Effect on Lasika:** In *Dadru*, due to *Kapha* vitiation, oozing, moisture, and stickiness occur. Drugs with *Ruksha*, *Usna*, *Tikta-Katu-Kashaya rasa* (*Sarsapa*, *Karanja*, *Sunthi*, *Maricha*, *Hingu*) dry excess *Lasika*; *Devadaru* and *Haridra* reduce stickiness and itching; *Triphala* purify and regulate lymph, preventing recurrence.
- **Effect on Srotas:** *Rasavaha srotas* corrected by *Rasayana* drugs (*Triphala*). *Raktavaha srotas*: cleared by *Raktasodhaka* drugs (*Manjistha*, *Daruharidra*, *Haridra*). *Mansavaha srotas*: *Lekhana*, *Krimighna* effect (*Sarsapa*, *Karanja*, *Devadaru*). *Swedavaha srotas*: *Sodhana* of vitiated *Sweda*, reducing *Kandu* and *Daha*
- **Effect on Vyadhi:** *Kandu* relieved by *Kandughna dravyas* (*Sarsapa*, *Karanja*, *Haridra*, *Devadaru*). *Raga* pacified by *Tikta*, *Madhura rasa* drugs (*Amalaki*, *Priyangu*, *Aprajita*). *Pidaka* subsides due to *Lekhana*, *Krimighna* action (*Vacha*, *Hingu*,

Sarsapa, *Karanja*). *Daha* relieved by *Sheeta Virya* and *Madhura rasa* drugs (*Amalaki*, *Priyangu*, *Aprajita*). Chronicity prevented by *Rasayana* (*Haritaki*, *Amalaki*, *Bibhitaka*, *Manjistha*).

Effect on Immunity (Vyadhi Ksamatva)

- Drugs like *Triphala* (*Haritaki*, *Amalaki*, *Bibhitaka*), *Manjistha*, *Haridra*, *Sirisa* are *Rasayana* and *Raktaprasadaka*, improving *Vyadhi Ksamatva*.
- They act as antioxidant, antimicrobial, antifungal, and immunomodulatory agents, thus preventing secondary infections and relapse.
- *Usna virya* and *Katu-Tikta rasa* herbs enhance *Agni* thereby improving digestion and metabolism which indirectly boosts *Ojas* and immunity.

CONCLUSION

Based on the above literary review, clinical study, observations, results, and discussion, the final conclusions of the present work are as follows:

Dermatophytosis is a highly contagious skin infection caused by dermatophytes. Due to its similar signs and symptoms, it can be correlated with *Dadru* in Ayurveda. In the present study, *Dadru* was identified as a *Tridoshaja Vyadhi* (predominantly *Pitta-Kapha*), with the *Dushya* being *Twak*, *Lasika*, *Rakta*, and *Mamsa*. In this study, *Dadru Kustha* was managed through *Shamana Chikitsa* with drugs possessing *Krimighna*, *Kusthaghna*, *Kandughna* and *Lekhniya* properties. Since *Krimi* is considered a contributing factor in *Dadru*, the ingredients of *Siddharthakadi Agad Gutika* and *Lepa* act through their *Krimighna* effect, helping to alleviate itching and skin irritation. Moreover, *Siddharthakadi Agad Gutika* and *Lepa* exhibit antifungal, anti-inflammatory, antioxidant, antimicrobial, anti-allergic, anti-pruritic and immune-modulating properties, which collectively reduce inflammation, resolve raised patches, and enhance immunity. According to *Acharya Charaka*, Ayurvedic treatment modalities known as *Agads* hold immense potential in managing such skin disorders.

पाषाणकठिनपरुषे सुप्ते कुष्ठे स्थिरे पुराणे च। पीतागदस्य कार्यो विषैः प्रदेहोऽगदच्छानु ॥ (च.चि. 7/55)

Significant improvements were observed in both subjective and objective parameters such as *Kandu*, *Raga*, *Pidika*, the area of *Mandala*, and the number of *Mandala*. It was concluded that *Siddharthakadi Agad Gutika* and *Lepa* are effective in the management of *Dadru Kustha*, with no adverse effects reported during the trial.

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