

Chapter 7. Fungal & Bacterial Infections - Ayurvedic Cleansing & Detox Therapies

1 Ayurvedic Snapshot

Infection Group	Classical Tags	Common Organisms	Core Doṣa Mix
Fungal (ringworm, candidiasis)	Dadru-Kuṣṭha, Kaphaja Agni-dagdha	<i>Dermatophytes, Candida spp.</i>	Kapha + Pitta (moist heat)
Bacterial (impetigo, folliculitis, cellulitis)	Visarpa, Pittaja Pidikā	<i>Staph./Strep., P. acnes</i>	Pitta + Kapha; Vāta spreads infection

Key principle:

Kapha's moisture = breeding ground → Pitta fires inflammation → Vāta spreads along channels.

2 Nidāna (Promoters)

Diet & Drink	Lifestyle & Environment	Contact
Excess sugar, bakery items, curd at night	Tight synthetic clothing, humid climate, day-sleep after heavy meal, poor hygiene	Sharing towels, razors, heavy makeup, contaminated gym mats

3 Samprāpti Flow (Pathogenesis)

Kapha-Sweet diet → Sticky Āma
 ↓
 Āma + Pitta heat → Warm, moist habitat for microbes
 ↓
 Micro-organisms invade hair follicle / fold
 ↓
 Kapha slime blocks follicles; Pitta pus forms
 ↓
 Vāta spreads along vyāna-microchannels → Ring pattern / wider cellulitis

4 Clinical Pointers

Sign	Likely Bug	Dominant Doṣa
Circular itchy red ring with scaling	Dermatophyte	Kapha-Pitta
Yellow crusted blisters (impetigo)	<i>Staph./Strep.</i>	Pitta-Kapha
Pus-filled hair follicle (boil)	<i>S. aureus</i>	Pitta
Oozing, rapidly spreading redness (visarpa)	Mixed bacteria	Pitta-Vāta

5 Ayurvedic 3-Layer Management

Layer	Aim	Core Tools
1 • Śodhana (Deep purge)	Remove Kapha-Āma slime & Pitta heat	<ul style="list-style-type: none"> • Vamana (thick fungal ring, Kapha>heat) • Virechana (hot impetigo/cellulitis)
2 • Śamana (Pacify pathogens)	Antifungal / antibacterial herbs	<ul style="list-style-type: none"> • Pañcatikta Kwātha 20 ml BID • Aragwadha Kwātha 20 ml HS (ringworm) • Triphala-Guggulu 500 mg TID (boils)

Layer	Aim	Core Tools
3 • Bahi-Parīṣkāra (Local care)	Disinfect, dry, heal	<ul style="list-style-type: none"> • Neem-Tulsi Wash (1 : 1 decoction) • Turmeric-Camphor Paste 15 min 2×/day • Tamanu-Neem Taila spot-dab night

6 7-Day “Clean-Crust” Program (Home / OPD)

Day	Internal	Topical	Diet Focus
1	Tikta-Ghṛita 20 ml AM	Neem-Tulsi wash → Turmeric paste	Khichadi + cumin ghee
2	Repeat ghṛita	Tamanu-Neem oil dab	Barley soup, no sugar
3	Vamana (if Kapha heavy) or light meals only	Rest; vetiver spritz	Peya, warm water
4	Start Pañcatikta kwātha	Turmeric-Camphor paste	Red-rice + steamed veg
5	Add Triphala-Guggulu	Neem wash	Bitter gourd, curry leaves
6	Continue herbs	Aloe-sandal cooling pack (if redness)	Pomegranate, 1 tsp ghee
7	Evaluate lesion; if pus ↓ & itch ↓, shift to rasāyana phase	Kumkumadi avoid (till complete dry)	Maintain anti-Kapha diet

7 Herb & Oil Reference Table

Action	Herb / Oil	Form & Dose
Potent antifungal	Khadira bark	Decoction 30 ml BID wash + drink
Rapid antibacterial	Pāṭolā leaf, Sariva root	Decoction in Pañcatikta blend
Anti-itch / anti-ooze	Chitraka-Hinguvādi Vaṭi	250 mg before meals (gas + Kapha)
Topical drying	Manahṣilā + Haridrā (realgar-turmeric) classical lepa*	Paste 1 : 4, 10 min (patch-test)
Barrier restore	Jatyādi Taila	Apply after lesion dry to prevent scar

*Use modern purified realgar (arsenic sulphide) only under qualified supervision.

8 Hygiene & Lifestyle Keys

- Launder towels & clothes at 60 °C; iron seams.
- Avoid tight jeans, nylon leggings in humid weather.
- Change pillowcase every 48 h during active infection.
- 30-min sweaty exercise daily for Kapha but **shower immediately**; pat dry folds.
- Mind-calm—excess stress spikes cortisol → slows immunity.

9 Preventive Rasāyana Phase (Post-cure, 4 weeks)

Morning	Night
Āmla 3 g + warm water	Gudūcī Satva 500 mg
½ tsp Saraswata ghṛita in warm milk (build immunity)	Sesame-Gotu kola oil body rub 2×/week

10 Quick Self-Quiz

1. Which Panchakarma is first choice for thick, moist, ring-shaped Dadru?
2. Name two herbs in **Pañcatikta kwātha**.
3. True/False: Hot showers help dry fungal lesions.



Answers: Vamana • Neem & Vasa (also Patola, Guduchi, Kantakari) • False—lukewarm, short showers only.

11 Key Take-Aways

- Kapha moisture + Pitta heat = perfect petri-dish; dry it, cool it, detox it.
- Sequence: **Vamana/ Virechana cleanse** → **Bitter decoctions + lepas** → **Hygienic discipline.**
- Finish with Rasāyana or relapses recur—especially in humid seasons.

Mantra: “Scrape the slime, cool the heat, seal the skin—microbes retreat.”

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