

A CASE-STUDY - AN AYURVEDIC TREATMENT IN DARUNAKA (DANDRUFF)***Dr. Amit C. Firke¹ and Dr. Sayali S. Waghulde²**

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ABSTRACT

Darunaka is a Kapalagataroga but Acharya Sushruta has described this disease as a Kshudra roga due to the vitiation of Vata and Kapha Doshas with symptoms like Kandu (itching on scalp), Keshachyuti (falling of hair), Swapa (abnormalities of touch sensation on scalp), Rookshata (roughness or dryness of the scalp) and Twak sphutana (breaking or cracking of the scalp skin). Dandruff is a lay term commonly used in the context of mild seborrhoeic dermatitis of the scalp. However, any scalp condition that produces scales could be labelled as dandruff. There is also an infantile variant, commonly affecting the scalp, flexures, and genital area, but this infantile variant seems to have a different pathogenesis from adult seborrhoeic dermatitis. Seborrhoeic Dermatitis, an irritative disease of the scalp in which shedding of dead tissue from the scalp with itching sensation is the cardinal feature which can be correlated with Darunaka. It has been reported that Seborrhoeic Dermatitis affects about 4% of the population, and dandruff (which is mild seborrhoeic dermatitis of the scalp) can affect almost half of all adults. It can start at any time after puberty and is slightly commoner in men. It can result in social or self-esteem problems. A 35 yr old male patient from Vangani, Thane came to OPD, with chief complaint of Shira Kandu (itching on scalp), Rukshata (dryness on scalp), Twak Sphutana (cracks in the skin) with blood mixed watery oozing, Kesha Chyuti (hair fall). In this case Ayurvedic formulation of Arogyavardhini Vati (orally), Triphala Churna (orally), Mahamanjishthadi Kwath (orally), Yashti Churna mixed with coconut hair oil as external application followed by washing the hair with a Kwatha (decoction) of Triphala Yavkut and Shuddha Tankan. The improvement provided by the therapy was assessed on the basis of signs and symptoms before and after the treatment. A special scoring pattern was developed for assessing signs and symptoms. The medication was found safe and effective in controlling signs and symptoms and improving the overall condition of scalp.

KEYWORDS: Darunaka, Arogya Vardhini Rasa, Triphala Churna, Mahamanjishthadi Kwath, Dandruff.**INTRODUCTION**

Acharya Vagbhata^[1] and Sharangadhara^[2] has opined Darunaka as a Kapalagata Roga while Acharya Sushruta^[3] Bhavaprakasha^[4] and Madhava^[5] mentioned as a KshudraRoga having signs and symptoms of Darunaka (cracked scalp), Kandura (itching of the scalp) and Ruksha (dryness of the scalp) etc. due to the vitiation of Vata and Kapha Doshas.

Seborrhoeic dermatitis is a chronic inflammation of skin which produces a red scaling, occasionally weepy, oozy eruption. Seborrhoeic dermatitis can affect the scalp as well as other seborrhoeic areas, and involves itchy and flaking or scaling skin, inflammation and pruritus.^[6] Commonly, patients experience mild redness, scaly skin lesions and in some cases hair loss. Other symptoms include patchy scaling or thick crusts on the scalp, red, greasy skin covered with flaky white or yellow scales, itching, soreness and yellow or white scales that may attach to the hair shaft. As per Ayurveda classics, non-

application of Kesha Taila (oiling of head), improper cleaning, sleeping during day time, night vigil, exposure to dust, hot weather etc. are causative factors for Darunaka. Genetic, environmental, hormonal, and immune-system factors and environmental factors, lack of normal hygiene such as sebaceous secretions, skin surface fungal colonization, individual susceptibility contributes to the pathogenesis of Seborrhoeic dermatitis. The prevalence of clinically significant seborrhoeic dermatitis is approximately 3% with peak prevalence in the third and fourth decades.^[7] Estimates of the prevalence of seborrhoeic dermatitis are limited by the absence of validated diagnostic criteria as well as a grading scale of severity; however, as one of the most common skin disorders.^[8] It affects approximately 11.6% of the general population and up to 70% of infants in the first three months of life may have the condition. Among adults, the peak incidence is in the third and fourth decades of life.^[9] The anti-dandruff shampoos only slow down the scalp flaking and have their own disadvantages

like loss of hair, increased scaling, itching, irritation, nausea, headache, vomiting and photosensitivity. Some modern literature mentioned that seborrheic dermatitis is highly treatable but incurable. So here an attempt has been made as Ayurvedic classics have dealt with various procedures and medications to unroot the disease Darunaka.

Case study

Centre of study- OPD of Kayachikitsa department, B. R. Harne Ayurvedic Medical College, Karav, Vangani, Tal. Ambarnath, Dist. Thane, State. Maharashtra, India.

Case report- A 35 yr old male patient came to OPD of Kayachikitsa department, B. R. Harne Ayurvedic Medical College, Karav, Vangani, Tal. Ambarnath, Dist. Thane, with chief complaints of

1. Shira Kandu (itching on scalp)
2. Kesha Bhoomi Rukshata (dryness on scalp)
3. Twak Sphutana (cracks on the scalp skin) with blood mixed watery oozing
4. Kesha Chyuti (hair fall).

History of present illness- Patient was experiencing itching on scalp 1 years back. After a few months, he suffered from cracks on scalp with blood mixed watery oozing, dryness of scalp followed by hair fall. He was

under mental stress and disturbed routine due to his night shift working hours. He also had undergone allopathic treatment but that provided him only temporary relief.

Aggravating factor- Sweating.

Relieving factor- Oiling

History of past illness- There was no relevant past history. No k/c/o Diabetes / Hypertension / Thyroid or any other major diseases.

Family history- No member of the family had such illness.

Drug history- No k/c/o any drug allergic history.

Personal history- Personal history has been mentioned in Table No. 1.

Table No. 1: Personal History of Patient.

| Diet | Mixed diet |
|-------------|--------------------------------------|
| Micturition | 7-8 times in day, 0-2 times in night |
| Appetite | Moderate |
| Sleep | Disturbed |
| Addiction | No any |
| Bowel Habit | Irregular |

Ashtavidha Pariksha- Ashtavidha Pariksha (eightfold classifications) has been mentioned in Table No. 2

Table No. 2: AshtavidhaPariksha of 35 year registered patient of Darunaka.

| | |
|------------------|-------------------------------------|
| Nadi (Pulse) | 68 / min |
| Mala (Stool) | 1-2 times a day; Not satisfactory. |
| Mutra(Urine) | 7-8 times in day,0-2 times in night |
| Jihva (Tongue) | Sama (Coated) |
| Shabda (Speech) | Spashta (Normal) |
| Sparsha (Touch) | Ruksha |
| Drika (Eyes) | Samanya (Normal) |
| Akruti (Built) | Madhyama |

Blood investigation- Blood investigation (Hb, TLC, DLC, ESR values) of the patient were in normal limits.

Treatments given to the patients have been enlisted in Table No. 3.

Table No. 3: Posology of treatment protocol.

| Sr. No. | Drug | Dose | Route | Duration |
|---------|-----------------------------------|--|--------------------|---------------------------|
| 1. | Arogya Vardhini Vati | 250 mg.(Three times a day with luke warm water after meal) | Orally | 45 Days |
| 2. | Triphala Churna | 3gm (Two times a day with luke warm water after meal) | Orally | 45 Days |
| 3. | Mahamanjishthadi Kwath | 20 ml before meal twice a day | Orally | 45 Days |
| 4. | Triphala Yavkut + Shuddha Tankana | 10gm + 250mg respectively | Hair wash | Thrice weekly for 45 days |
| 5. | Yashti Churna | 3gm (With coconut oil) | Abhyanga (Massage) | Thrice weekly for 45 days |

Scalp Care- Patient was advised to take care of his scalp:

- Always use sterile cold water to wash your head.
- Avoid using hot water for hair wash.
- Don't apply heat and avoid direct sunlight on your scalp.

- Comb hair only after hair gets dried after wash.

Grades of assessment of overall effect of therapy have been mentioned in Table no. 4.

Table No. 4: Gradation of sign and symptoms of Darunaka (seborrheic dermatitis).

| Parameters | Grading | |
|---|---------|---|
| Shira Kandu (Itching on scalp) | 0 | Absent |
| | 1 | Occasionally (Doesn't disturbs daily routine) |
| | 2 | Frequently (Disturbs daily routine) |
| | 3 | Constantly (Disturbs daily routine) |
| Keshbhoomi Rukshata (Dryness of scalp) | 0 | Absent |
| | 1 | Negligible |
| | 2 | Without discomfort on scalp |
| | 3 | With discomfort on scalp |
| Twaka Sphutana (Cracking of the skin) | 0 | Absent |
| | 1 | Visible inside the hair |
| | 2 | visible over the hair(Serous oozing) |
| | 3 | Visible over the hair (with oozing of blood) |
| Kesha chyuti (Falling of hair) | 0 | Absent |
| | 1 | Occasional loss (on washing) |
| | 2 | Moderate loss (on combing) |
| | 3 | Severe loss (on mild stretching) |

RESULTS

After the 15th, 30th and 45th day assessment, variations in results were found on each symptom associated with Darunaka. Patients got relief in sign and symptoms with

gradual improvement. Assessment on each considering symptoms of Darunaka have been presented in Table no.5.

Table No. 5- Assessment on considering symptoms of Darunaka.

| Sr. No. | Sign and Symptoms | 1 st Day (B.T.) | A.T. | | |
|---------|---------------------------------------|--------------------|---------|---------|---------|
| | | | 15thDay | 30thDay | 45thDay |
| 1. | Kandu (Itching) | 3 | 3 | 1 | 0 |
| 2. | KeshbhoomiRukshata (Dryness of scalp) | 3 | 3 | 2 | 1 |
| 3. | Twaka Sphutana (Cracking of the skin) | 3 | 2 | 1 | 0 |
| 4. | Kesha chyuti (Falling of hair) | 2 | 2 | 1 | 0 |

DISCUSSION

Darunaka can be correlated with seborrheic dermatitis based on the signs, symptoms and pathophysiology. Ayurvedic classics have dealt with various procedures and medications including Shanashaman chikitsa to manage the disease Darunaka. Shiroabhyanga with taila is said to be effective due to its properties such as

Snigdha Guna, which acts through its Vatahara, Kaphahara and Vrishya properties. It performs the actions like Snehana, Kledana and Vishyandana at cellular level of the body. Yashtimadhu Churna^[10] along with coconut oil^[11] having property of Madhura Rasa, Guru, Snigdha Guna, SheetaVirya. Madhura Vipaka, Keshya, Kandughna, Daha Prashamana, Vrana (ulcer

healing property), Daha, Rakta-pitta Shamaka, Vrana Shotha properties pacifies the aggravated Dosha and helps in nourishment of hair and scalp. Mahamanjishthadi Kwath^[12] with Madhura Tikta Kashaya Rasa, Guru, Ruksha Guna, Ushna Virya, Katuvipaka, Manjishtha is attributed with Varnya, Rakta Shodhak and Vishaghna properties^[13] which makes it clinically useful in Darunaka by improving the blood circulation of scalp and thus promotes cleaning of the debris. ArogyavardhiniVati^[14] is widely practiced in the management of Kushtha. Triphala churna is used in the ailments of all Doshas, stimulates digestive capacity, Rasayana and Vrisya^[15] etc. which ultimately helps in regulation and proper functioning of Srotas (micro channels). Tankana with Katu rasa, Ruksha Teekshna Guna. Ushna Virya, Katu Vipaka, Vranashamaka, Vishahara, Kandughna, Krimighna, Kleda nashaka, Vata shamaka^[16] property helps to clean off the debris and prevent the scalp from secondary invasion of microbial growth. By using these Ayurvedic treatment the samprapti vighatan of Darunaka is obtained and recovery of the patient was noted with promising results.

CONCLUSION

This case report concludes that Ayurvedic management with external and internal applied medicines i.e. ArogyaVardhini Rasa orally, Triphala Churna orally, Mahamanjishthadi Kwath orally, Triphala Yavkut with Shuddha Tankan hair wash and Yashti Churna with coconut oil were found safe and effective in treatment of Darunaka and improves patient's quality of life. The Ayurvedic management of Darunaka has a strong possibility to breakdown the pathogenesis of this disease. The recovery in the present case was promising and worth reporting.

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