



# Combination of Shamak dravyas in the Management of Darunaka - A Single Case Report

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### ABSTRACT :

According to ancient Acharyas, the "Shira" is one of the "Dashapranayatana," and since all of the sensory organs, or Indriyas, are located here, it is crucial to protect the "Shira" from any internal or external trauma. Darunaka is a disorder that affects the hair and Shirotwaka. frequently found in a clinical setting. Almost everyone is impacted, primarily in adulthood. Acharya Vagbhata<sup>[1]</sup> and Sharangadara<sup>[2]</sup> has opined Darunaka as a Kapalagata Roga while Acharya Sushruta<sup>[3]</sup> Bhavaprakasha<sup>[4]</sup> and Madhava<sup>[5]</sup> mentioned as a KshudraRoga having signs and symptoms of Daruna (cracked scalp), Kandura (itching of the scalp) and Ruksha (dryness of the scalp) etc. due to the vitiation of Vata and Kapha Doshas.

The primary symptoms of this disease, which primarily affects vitiated Vata and Kapha Doshas, are dryness, itching, scaling of the scalp, and hair loss. The disease is mainly concerned with hair root. Due to the poor cleaning, pollution, changing lifestyle and food habits that ultimately leads to the disease. According to Ayurveda, it can be correlated with Seborrheic dermatitis<sup>[6]</sup>. Cardinal symptoms of Darunaka are Kandu (itching), Rukshata (dryness), Twaksphuthan (cracking of skin), Keshachutti (falling of hair). As dandruff doesn't produce any hazards effect to body but cosmetically it looks ugly. It is mainly due to the vitiation of Vata and Kapha Dosh<sup>[7]</sup>.

**KEYWORDS:** Darunaka, Dandruff, Dashapranayatana, Seborrheic dermatitis.

## INTRODUCTION :

Ayurveda is a life science. The core cause of diseases can be eliminated with the aid of Ayurveda. Numerous diseases do not negatively impact a person in day-to-day living, but from a cosmetic standpoint, some of them seem unattractive or embarrassing, such as dandruff or darunaka. Teenage years have a high prevalence rate of it. The prevalence of clinically significant seborrheic dermatitis is approximately 3% with peak prevalence in the third and fourth decades<sup>[8]</sup>. Skin flaking is a common chronic scalp ailment known as dandruff. The mutation that results in keratinization in the gene encoding for filaggrin, a crucial protein has a role in the skin barrier. There is skin scaling and dryness; this is a common hereditary keratinization condition. Dandruff is not a serious or communicable condition. Though typically under control, it can be embarrassing and challenging to treat at times.

Medicated oils and shampoos are typically effective in treating more severe cases of dandruff. Dandruff in teenagers and adults is caused by a variety of factors, such as dry skin during the winter, sensitivity to hair products, itching, and white flakes of dead skin on the shoulders and scalp, as well as red, scaly skin. The overabundance of yeast.

## AIM :

To study the combine effect of Shamana Chikitsa and along with Sthanika Chikitsa in the management of Darunaka.

## OBJECTIVE :

1. To study the efficacy of Shamana Aushadhis in the management of Darunaka.
2. To study the relief in signs and symptoms of Darunaka by external application of Ayurvedic preparations.

## MATERIALS AND METHODS:

Method of Sampling- Simple Sample

Study design – Experimental single clinical case study

## CASE REPORT :

A 27yr old male patient comes to us with following chief complaints of Shweatvarniya Twakvevarnya at Shir Pradesh, Kandu (itching), Twaksphuthan, (cracking of skin) Keshachyuti (falling of hair), Rukshata (dryness of scalp) since 3 months. And Ubhay Kurparpradeshi and Ubhay Vanshanpradeshi Twakvevarnya and Kandu from last 2-3 months.

## Inclusion Criteria

1. Patients were selected irrespective of sex, religion, occupation, economic status, food habits, and chronicity.
2. Age group between 15 to 50 years.
3. Only the cases of classical clinical features of Darunaka.

## Exclusion Criteria

1. Patients with features other than the Darunaka.
2. Any other skin disorders like scalp psoriasis, eczema, urticarial rashes.
3. Any open wound if noted.

## Diagnostic Criteria

1. According to the text, the presence of signs and symptoms of Darunaka is essential for the diagnosis.
2. Itching at scalp (Kandu)
3. Diffuse hair fall (Keshachyuti)
4. Roughness of scalp (Rukshata)
5. Scaling of scalp skin (Twaksphutana)

## Primary Data

- Patient's name - XYZ
- Age - 27 years
- Sex - Male
- Occupation - Working in privet sector

- OPD No. - 38567
- Date - 14/01/2024

#### Present Complaints with Duration:

Sr.No	Present Complaints	Duration
1.	Itching over the scalp	3 months
2.	Scaling of the scalp	3months
3.	Dryness of scalp	3 months
4.	Dryness of Hair	2 months
5.	Hair-fall	2months

#### History of Past Illness :

1. No H/O DM/HTN/Bronchial Asthma
2. No H/O any drug allergic reaction
3. No H/O blood transfusion
4. No H/O any addiction
5. No H/O any bleeding disorder
6. No H/O any major medical or surgical illness

#### History of Present Illness:

27 years old male patient was apparently healthy before 3 months. Gradually, he experienced mild itching over her scalp along with increased dryness and scaling from the scalp. His complaints grew daily, and eventually, he also experienced dry hair and hair loss. In the interim, he saw a dermatologist for the aforementioned complaints, where he was treated with allopathic medicine but the results were unsatisfactory, leading to worsening symptoms that also negatively impacted her mental health. Consequently, he came to our institute's OPD for Ayurvedic treatment, where he was diagnosed with Darunaka.

#### Investigations:

- Routine Investigation for blood (CBC) are under normal range

#### Samanya Parikshana:

1.	Nadi	82/min , Sarpa Gati, Regular, Full volume
2.	Mala	Picchila malapravritti ,once in daily
3.	Mutra	Samyaka Mutrapravritti,5-6 times daily
4.	Jihva	Saama
5.	Shabda	Spashta
6.	Sparsha	Samashitoshna
7.	Drika	Ishat Panduvarni
8.	Aakruti	Madhyam

#### Srotasa Parikshana :

- Rasavaha Srotasa - Mandajwaraprachiti, Angamarda
- Raktavaha Srotasa - Shirapradeshikandu and Rukshata along with Shirotwaka Sphutana
- Asthivaha Srotasa - Keshapatana, Kesharukshata
- Swedavaha Srotas - Kesha Rukshata and Keshapatana

#### Diagnostic Criteria :

1. According to the text, the presence of signs and symptoms of Darunaka is essential for the diagnosis.

SN	Lakshanas	Findings
1.	Shirapradeshikandu	Present
2.	Shirapradeshirukshata	Present
3.	Shiro-twaka sphutanam or	Present

	keshabhumi prapatana	
4.	Keshachyuti	Present
5.	Involvement of vata and kapha doshas	Present

### NIDANA PANCHAKA :

1. **Hetu** - Aniyamitabhojana Samaya, Ati Amla-Lavan Rasa Sevana, Adhyashana, Ratraujagarana, Excessive consumption of outside food items (weekly 2-3 times), Bakery products, Shitodaka Snana, Atyambupana.

2. **Purvarupa** - Mild itching over scalp

3. **Rupa** -

1. Itching over the scalp 2. Dryness over the scalp 3. Scaling from the scalp 4. Dryness of hair 5. Hair-fall

4. **Upashaya** - Upashayanugami

5. **Samprapti** -

Dosh prakopak hetusevana → Doshaprakopa mainly Vata and Kapha → Vitiation of Rasa, Rakta, Mansa and Asthi Dhatu → Srotorodha → Dosha - Dushya takes Sthanasanshraya of Kapala → Vyakta Avastha of Lakshanas → Darunaka.

### Samprapti Ghataka

- Dosha - Vata and Kapha
- Dushya - Rasa, Rakta, Asthi, Mansa, Dhatu
- Upadhatu - Twaka
- Mala - Kesha
- Srotasa - Rasavaha, Raktavaha, Asthivaha, Swedavaha
- Adhishthana - Twaka
- Vyaktasthana - Kapala
- Rogamarga - Bahya

### Treatment Protocol :

The treatment protocol comprises following plans; 1. Internally Shamana Aushadhis 2. Sthanika Chikitsa 3. Pathya-Apathya for Nidana Parivarjana.

- Tab.Gandhak Rasayan - 1 Tablet BD with warm water orally
- Tab. Aarogyavardhini vati - 2 Tablet BD with warm water orally
- Mahamanjishtadi kwath - 5ml BD with warm water orally
- Kushathagna churna lepan - Twice a week Local application  
(Khadir, Amalaki, Haridra, Vidanga) (Make a paste and apply on scalp)

### Pathya :

- Moong daal, Tikta dravya siddha Goghrita, Sali shasthi.
- always use clean and room temperature water for washing hair.
- Oiling at regular intervals.
- Use Natural Shampoo for hair wash

### Apathya:

- Sour, Salty, Anoopamansa ( Jaliya Jiva- fish, prawns, lobster), Dadhi especially at night, Tila, Masha, Excessive oily and Spicy food.
- Combing wet hairs, Exposure to Direct heat & sunlight
- Avoid hair dryer

### Criteria for Assessment of Treatment :

Assessment of treatment were made before and after the treatment based on,

1. Kesha bhoomi Rookshata
2. Kandu
3. Twaksphutana
4. Kesha chyuti

### Gradation Index :

#### Showing Gradation Index for assessment criteria

Gradation	0	1	2	3
Lakshana				
1.Kesha bhoomi Rookshata	Absent	Negligible	Without discomfort on scalp	With discomfort on scalp
2. Kandu	Absent	Occasionally	Frequently	Constantly
3.Twaksphutana	Absent	Visible inside the hair	Visible over the hair	Spread over the shoulder
4.Kesha chyuti	Absent	Occasionally	Moderate loss	Maximum loss

### OBSERVATION AND RESULT :

After the treatment of the 15 days, following results should be obtained which are given in the following table

#### Relief in symptoms before and after treatment :

S. No	Symptoms	Before Treatment	After Treatment
1	Kandu (Itching)	3	0
2	Twaksphuthan (Cracking of skin)	3	1
3	Keshachutti (Falling of hair)	2	0
4	Rukshata (Dryness of scalp)	3	1



**Before Treatment**

**After Treatment**



**Before Treatment**

**After Treatment**

### RESULT:

Within a week, there was a noticeable improvement in the complaints of dryness and scalp itching.

The patient was prescribed Shamana Aushadhis and Sthanika Chikitsa for one months because all other symptoms persisted. For the duration of this treatment plan, all Hetus were strictly avoided. By this point,



every complaint—including scaling of the scalp, dry hair, and hair loss—had significantly improved. All of the symptoms were noticeably worse when the patient was seen for follow-up. Subsequently, the patient was advised to perform Nidana Parivarjana and Sthanika Chikitsa three times a week.

## DISCUSSION :

Darunaka has a high cosmetic status, making it a life-threatening illness. People experience social and mental disruption as a result of it. The anti-dandruff

shampoos prescribed for medical conditions merely lessen scalp flaking and have additional negative effects, such as hair loss, itchiness, headaches, and irritation. The removal of disease's underlying causes is aided by Ayurveda. Here, a mix of Lepan treatment and Ayurvedic medication is chosen for better outcomes.

External application was carried out in addition to Shamana Aushadhis to lessen the dryness and irritation of the scalp and for the nutrients for the hair and scalp. 1. **Gandhak Rasayan** is Kustha nashak specifically Gandhak act on Swedavah Strotas dushti. Gandhak rasayan is a polyherbal medication used mostly in kushtha rog, along with kandughana, rakta shodhak (blood cleanser), and rasayan. It's ready by providing kwatha of triphala, shunthi, and chaturjata with 12 bhawnas, along with swaras of guduchi, bhringraja, and adraka with pure gandhak. It possesses antibacterial and antifungal qualities. It lowers the infection as a result. It lessens the raktashodhak and kushthaghana qualities of pidika and raag<sup>(9,10)</sup> 2. **Arogya vardhinivati**<sup>[11]</sup> called as “Hanti Kushtha Anyasheshtaha” mostly these drugs is used in Kushtha diseases. As per Ayurveda any type of skin disease are included under the heading of Kushtha. The drug acts blood purifier, helps in proper circulation of blood and possess properties. 3. **Mahamanjishtadi Kwatha**<sup>[12]</sup> helps in balance vitiation of particular Pitta Dosha, but also helps balance of Vata and Kapha Dosha. It helps in purification of blood and helps in detoxification of the body. It also helps maintain skin complexion. Lepa is the term of an extensive description of topical application in Ayurvedic science. The Samhitas Pralep describes three different kinds of Lepa:

Aalepa and Pradeha<sup>[13,14]</sup>. Ushna and Sheet Gunatmaka, Pradeha Lepa is thick in nature and utilized in Vata Kaphaj Vyadhi. In Charak sutrasthan 4<sup>th</sup> Adhyay described 4. **Kushthagna Gana**<sup>[15]</sup> we using out of them Khadir, Abhaya, Amalak, Vidanga for Lepan Process, this all dyavya's are Kushtha, Dadru, Kandu, Krimi nashak also Rasa-Rakta shodhak, Abhaya & Amalaki are Tridosh shamak, Keshya, Balya which improves texture of Kesh & Keshbhumi (Scalp).

“ संशोधनं संशमनं निदानस्य च वर्जनम् । एतावद्भिषजा कार्यं रोगे रोगे यथाविधि ॥ ”  
च. वि. ७/३०

The Nidana Parivarjana<sup>[16]</sup> was adhered to rigorously throughout the therapeutic process. Within a week, the symptoms of dryness and irritation on the scalp significantly improved. After two months, there was a noticeable improvement in the symptoms, which included hair loss, dry hair, and scalp scaling. By this point, the scalp's skin had healed and was returning to its natural texture, and the condition of the hair had also improved.

## CONCLUSION :

A case study concludes that chronic seborrheic dermatitis or Darunaka Roga can be treated. In this case study, treatment was given according to the

symptom and Dosha-avastha. Ayurveda's multidimensional approach to Darunaka management in the form of Shamana Aushadhis and Sthanika

Chikitsa and Nidana Parivarjana gives the satisfactory results.. In this case the prescribed medicine which is internal medicine like Gandhak Rasayan tablet, Arogyavardhini tablet, Mahamanjishtadi Kwath and Lepa. In the Lepa there was use of Dravya specifically from the Charkokta “Kushtahar Gan” so external application shows significant results in Darunaka Roga.

In such condition can be treated with Ayurvedic medicine and the disciplinary medicines of Pathya and Apathaya.

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