



AYURVEDIC MANAGEMENT OF *DARUNAKA* W.S.R. TO DANDRUFF – A SINGLE CASE STUDY

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Abstract:

In *Ayurveda*, head is said to be root of the body for possessing all special senses and *prana*, so one must protect and care the head. Everyone can passionate about good hair texture but in our modern era, due to varying factor of faulty dietary habits, stress, competitive lifestyle, lack of time, fashion trends and all kinds of pollution etc can contribute to hair and scalp damage. *Darunaka* can be correlated to dandruff/ Pityriasis capitis/ seborrheic dermatitis is a common condition encountered in clinical practice. It is an irritative disease of the scalp, affecting almost half of the population at the pre-pubertal age and of any gender and ethnicity. It occurs in both sexes and persons of all races. It is characterized by flakes, itching, dryness and hair fall. The response to treatment is commonly swift, but transient. So, there is a need to find a safe and effective remedy in the management of *darunaka*. This is case of *darunaka* with symptoms like itching of the scalp, hair fall, flanks over the head and dryness of scalp, came to shalakyata OPD and treated with *ayurveda* medicines like *Aarogyavardhini vati*(orally), *Gandhaka rasayana*(orally), *Erandbhrista harde churna*(orally), *Keshasuddhikara churna* (*kesha prakshalanarthe*) and *Dhaturopatradi taila* for *shiroabhyanga*. This medication was found very effective in curing signs and symptoms of *darunaka* and improving the overall condition of the scalp & recurrence was not found. the improvement provided by the treatment is assessed on the basis of sign and symptoms before and after the treatment.

Index terms: *Darunak*, Dandruff, *Aarogyavardhini vati*, *Gandhaka rasayan*, *Dhaturopatradi taila*.

INTRODUCTION:

Darunaka is a common problem in day today life. It can be correlated with dandruff in contemporary science. *Darunaka* means difficult to bear or tolerate. Acharya Vagbhataⁱ ii and Sharangadaraⁱⁱⁱ has opined *Darunaka* is one among the nine types of *Kapalagata Rogas* while Acharya Sushruta^{iv} and other explained *darunaka* under *Kshudra Roga*; having signs and symptoms of *Daruna* (cracked scalp), *Kandura* (itching of

the scalp), *Ruksha* (dryness of the scalp) and *Keshachyuti* (hair fall) etc due to the vitiation of *Vata* and *Kapha* Doshas.

Dandruff is a common scalp disorder affecting almost half of the population at the pre-pubertal age and of any gender and ethnicity. Dandruff is restricted to the scalp, and involved itchy, flaking skin without visible inflammation. Various intrinsic and environmental factors, such as sebaceous secretions, skin surface fungal colonization, individual susceptibility and interactions between these factors, all contribute to the pathogenesis of dandruff. The severity of dandruff may fluctuate with season as it often worsens in winter.^v

It is a chronic, recurrent condition and patients generally experience frequent relapses. Prevalence of dandruff across the world have shown a 50% in the general population.^{vi}

CASE STUDY

Case report-

A 30-year-old female patient came to OPD of *Shalakya tantra* department, Govt. Akhandanand *Ayurveda* hospital, Ahmedabad, Gujarat, India having following complaints,

1. *Shirah kandu* (itching on scalp) since 2 months
2. *Kesha chyuti* (hair fall) since 2 months
3. Flakes/scales over the head since 1 month
4. *Keshbhoomi rukshata* (Dryness of scalp) since 1 month

No any other Associated complaints.

History of present illness-

The patient was apparently normal before 2 months. Gradually she developed the symptoms like itching in scalp along with hair fall, flakes over the head and dryness of scalp. She also had undergone allopathic treatment but that provided her only temporary relief. Sweating is an aggravating factor & Oiling is Relieving factor.

There was no relevant past history was found and also no member of family had such illness.

General examination:

Diet: vegetarian

Pulse: 69/min

Urine: 5-6 times in day, 0-1 time/night

Stool: Foul smell, Hard stool, 1 time /2day

Blood pressure: 130/90 mm/hg

Tongue: Coated

Table No. 1: Gradation of sign and symptoms of *darunaka*(dandruff)^{vii}

Parameters	Grading	
<i>ShiraKandu</i> (Itching on scalp)	0	Absent
	1	Occasionally (Doesn't disturbs daily routine)
	2	Frequently (Disturbs daily routine)
	3	Constantly (Disturbs daily routine)
<i>Keshachyuti</i> (Falling of hair)	0	Absent
	1	Occasional loss (on washing)
	2	Moderate loss (on combing)
	3	Severe loss (on mild stretching)
Flanks over the head	0	Absent
	1	Negligible
	2	Visible outside the hairs
	3	Visible outside the hairs and shoulder
<i>Keshbhoomi Rukshata</i> (Dryness of scalp)	0	Absent
	1	Negligible
	2	Without discomfort on scalp
	3	With discomfort on scalp

Local examination with gradation: (Table no. 1)

On inspection of scalp and hair:

- White powders on scalp and shoulder – Grade 2
- Dryness on the scalp - Grade 1
- Hair was dry and thin
- Hair pulling test- positive – Grade 2

Based on the History and Clinical Examination, the Case was Clinically Diagnosed as a Diagnosis *darunak* (Dandruff).

Table 2: Treatment protocol

Sr.no	Drug	Dose	Duration
1	Aarogyavardhini vati ^{viii} (orally)	250 mg 2 tab (3 times/day with luke warm water after meal)	30 days
2	Gandhaka rasayana ^{ix} orally	250 mg 2 tab (2 times/day with luke warm water after meal)	30 days
3	Erandbhrista harde churna ^x orally	5 gm at night before sleep with warm water	30 days
4	Kesh shuddhikara churna ^{xi} (Aamalaki,Aristak,Sikakai) <i>Kesha Prakshalanarthe</i>	25 gm	Thrice per week for 30 days
5	Dhaturpatradi tailam ^{xii} <i>Abhyanga</i> (Massage)	Q.S.	Thrice per week for 30 days (Applied at night and next day morning, head bath is taken)

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 direct sunlight on scalp.

Comb hair only after hair gets dried after wash.

PATHYAPATHYA:

Pathya aahar – Ushna bhojan, Ushna Dugdha pana ,draksha, Takra, Karela ,sigru ,parval sevan

Apathya aahar & vihar – Vega dharan, Viruddha bhojana

RESULTS:

After 15th & 30th day assessment, gradual relief was found on each symptom's associated with *darunaka*. Effects of treatment on patient of *darunaka* are presented in Figure-1

Fig.1 Effect of Therapy on *darunaka***Table No. 3- Assessment on considering symptoms of *darunaka*.**

S.no	Sign and symptoms-grading	1 st day (B.T.)	A.T.	
			15 th Day	30 th Day
1	<i>Shira Kandū</i> (Itching on scalp)	2	1	0
2	<i>Kesha chyuti</i> (Falling of hair)	2	1	0
3	Flanks over the head	2	1	0
4	<i>Keshbhoomi Rukshata</i> (Dryness of scalp)	1	0	0

Follow up condition: No recurrence after 30 days of completion of treatment.

DISCUSSION:

The cardinal features of *darunaka*, in our classical texts are like that of dandruff in contemporary science. *vata* and *kapha* are involved in the manifestation of *darunaka*. So, while treating *darunaka*, the drugs alleviating *vata* & *kapha doshas*, which are having *kandughna* (anti pruritic), *kushtaghna* (alleviates skin lesions) and as well possessing *tikta* (bitter), *katu* (pungent) rasa should be selected. As *vata* and *kapha* are involved in *darunaka* the drug chosen should be balancing *kapha* and *vata*.

The treatment should aim at reducing dryness, itching and scaling of scalp which causes much of the discomfort to patients.

Role of *Aarogyavardhani vati*- balances *vata* and *kaphadosha* and possess the pharmacological action like-*kusthanasaka* (can alleviate all type of skin disorders.)^{xiii}

Role of *Gandhaka rasayana*- has properties of *katu*, *kashaya rasa* and *ushnavirya*. Thus, it acts as *kaphaghna* as well as *kledaghna*. According to *yoga Ratnakar rasayana Adhikar* chapter *gandhakrasayana* has *kandughna* and *kusthaghna* properties.

Role of *Erandbhista harde*: Acc.to *Bhavprakash erandbhrist harde* having *aamaghna* and *vatanuloman* properties. In this case patient having c/o of *vibandha* so we choose this drug for *koshtha suddhi*. This is first step of any kind of treatment.

Role of *keshshuddhikar churana*: It contains dravyas like *aamalaki*, *aristaka* and *sikakai*. Properties having *keshya* and *keshsuddhikara*. It can prevent dandruff, promote hair growth, stop hair loss.

Role of *Dhaturpatradi taila*: It having properties like *kaphahara*, *vatashamaka*, *kandughna*, *krumihara*, *Keshya*^{xiv} The mode of action of *taila* as *shiroabhyanga* increases the blood circulation in the scalp and absorption of the drug in scalp. Thus, due to the different properties of *taila* like *snigdha*guna, *katu*, *tikta rasa*, *ushna virya* removes vitiated dosha from the *srotas* and helps in curing the disease.

Altogether the synergistic action of medicinal preparations prescribed have helped in reduction of dryness, itching, scaling of scalp and nourishing hair roots in a span of 15 days.

CONCLUSION:

The prognosis of *darunaka* is included in *sadhya* stage according to *vagbhata*. This case report includes *ayurvedic* management of *darunaka* with internal and external medicines. We found this treatment is safe, effective, having sustainable result in *darunaka*. And it improves the quality of life of the patient. The *ayurvedic* management of *darunaka* has a strong possibility to breakdown the pathogenesis of this disease. The recovery in this present case was promising and worth documenting.

ⁱ A.h.u.23/20

ⁱⁱ A.s.u.27/17

ⁱⁱⁱ Sha.pu.adhyay 7

^{iv} Su.ni.13/34

^v <https://www.ncbi.nlm.nih.gov>

^{vi} <https://www.ncbi.nlm.nih.gov>

^{vii} International journal of health sciences and research (previous paper)

^{viii} Rasa ratna sammuchya

^{ix} Aayurveda Prakash- yoga Ratnakar rasayana Adhikar chapter

^x Brihat Nighantu ratnakara-shleepada chikitsa -Bhav prakasha

^{xi} Anubhuta yoga

^{xii} Shahastrayogam

^{xiii} Tripathi indradev, Rasratnasamuchchaya,20/86-92 3rd edition, varansi: chaukhambhasankritbhavan;2006 p 252.

^{xiv} Shahastrayoga

