

AYURVEDIC MANAGEMENT OF DARUNAKA WITH SPECIAL REFERENCE TO
DANDRUFF-A CASE STUDYVd. Malavika G. T.^{*1} and Vd. V. E. Gogate²¹PG Scholar, Kayachikitsa Department, Govt. Ayurved College, Nanded, Maharashtra, India.²Associate Professor Kayachikitsa Department, Govt. Ayurved College, Nanded, Maharashtra, India.***Corresponding Author: Vd. Malavika G. T.**

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ABSTRACT

Ayurveda is the most ancient healing science and ideal approach for an appropriate life style. According to this science, proper choice of *Ahara* [diet] and *Vihara* [habitat and habit] helps to achieve healthy life by maintaining and / or restoring equilibrium of the body and mind. Dandruff, also known as *Darunaka* in *Ayurveda*, is one of common disease seen in our present life style. As what we have discussed, proper *Ahara* and *Vihara* plays a pivotal role in the pathogenesis of dandruff. This present case study reveals importance of proper *Ahara* and *Vihara* in the *Koshta shuddhi* in reversing the manifestation of disease along with complete relief of disease with *Shamana* and *Sthanik chikitsa*.

KEYWORDS: Ayurveda, Dandruff, Darunaka.

INTRODUCTION

There is nothing like healthy hair to make an individual feel confident and beautiful. Unhealthy hair is always a reason of concern not just for females but also for males. Damaged hair and scalp are always frustrating factor for youth. Dandruff is a common chronic scalp disorder that is characterized by flaking of the skin of the scalp. As skin cells die, they are shed from the scalp surface. For some people, however, excessive flaking occurs, resulting in dandruff. Dandruff like many skin conditions, can lead to low self-esteem. Patients that suffer may feel embarrassed that their dandruff is viewed as a sign of poor grooming or uncleanliness by others. If they have symptoms of itching, this can result in anxiety, poor sleep and lack of concentration.

Patients may become socially withdrawn and refuse to participate in normal daily activities due to these factors propagating the negative self-image.^[1]

Dandruff can be correlated to *darunaka* in *Ayurveda*. According to *Acharya Vagbhatta*^[2] and *Acharya Sarangadhara*^[3] *darunaka* is a *kapalagata roga* but *Acharya Susruta*^[4] and other *Acharyas* mentioned it under *kshudra roga*. Dry dandruff is caused because of *Vata Pradhan Kapha dosha* and wet dandruff due to *Kapha Pradhan Vata dosha*. The *Pitta dosha* also play an important role in genesis of dandruff. The increase of *vata* and *pitta* in the body leads to destruction of *Rakta dhatu*, this giving rise to impurities in blood. So the line

of treatment should be based on *Tridosha dushti* incooperating *Rakta* with it.

CASE STUDY

Centre of study -OPD of Kayachikitsa Department, GAH Nanded, Maharashtra, India**Case report** -A male patient of age 17years came to OPD of Kayachikitsa Department, GAH, Nanded with Chief complaints- since 3 years

- 1) *Shirah kandu* [itching on scalp]
- 2) *Twak sputana*[cracks on the scalp]
- 3) *Sookshma pidaka*[minute pustules]
- 4) *Shirah daha*[burning sensation on head]
- 5) *Kesha chyuti* [hair fall]

History of Present illness – Complaints started with itching on the scalp 3 years back. After few months he suffered from burning sensation and minute pustules formation in scalp. After few days, he developed cracks on scalp with hair fall.

He underwent different types of Haircare therapy, but it provided him only temporary relief.

Aggravating factor – sweating
Intake of hot, junk food or any non-veg
Travelling**History of past illness** - There was no relevant past history.

Family history- No member of family had such illness

Personal history-

Diet Mixed diet
Micturition 4-5 times in day
0-2 times in night
Appetite Moderate
Sleep Awakening at night
Day sleep
Bowel Irregular
Addiction No any

On examination

Pulse -92/minutes
BP -110/80mmHg
Weight -58kg

Systemic Examination

RS-AEBSE, bilateral clear
CVS-S1S2 normal
CNS-conscious, oriented

Nidan panchak

Hetu :-Ahar -untimely food habits
Biscuits, fast food and junk food daily
Deep fry and Chinese food in between 2-3 times in a week.

Tea -3-4 times a day
Vihar - work-sitting
Ratri jagarana
Divaswapna
Atiyana[roaming in bike]
Poorvaroop -shirah kandu
Roopa- shirah kandu
Twak sputana
Sookshma pidaka
Shirah daha
Kesha chyuti
Upashaya- after treatment

Samprapti - hetusevana

Pittapradhan tridosha prakopa

Rasa, rakta, mamsa dushti

Lakshanotpatti

Samprapti ghatak-

Dosha -pitta Pradhan tridosha

Vikalp samprapti -ushna, drava, vidahi, snigda

Dushya -twak, rakta, mamsa

Materials required

Posology of treatment protocol.

Sr.no	Drug	Dose	Mode of administration	Duration
1.	Avipattikara choorna	5gm [twice a day,with luke warm water,before food]	Oral	10 days
2.	Tandulodaka	As per required	Hair wash [shirah kshalana]	10 days
3.	Neelibhrungadi tailam	As per required	Massage [shirah abhyanga]	10 days

Scalp care - Patient was advised to take care of his scalp.

- Always use normal water (not hot water) for hair wash.
- Don't apply strong shampoos or conditioners
- Use cap when going out or getting exposed to sun or dust.

- Do not use hair gel.

RESULTS

After 10 days of treatment, there was remarkable difference in symptoms of patient.



Before



After

DISCUSSION

According to *Acharya Susruta*, treatment of *darunaka* is mentioned as *sira veda* (blood letting), *snehana*, *swedana* of *murdha* (head), *avapeeda nasya*, *shirobasti* and *kshalana* with *kodrava*, *truna*, *kshara toya*.

According to *Ayurveda*, non-application of *kesha taila*, improper cleaning sleeping during day time, night vigil, exposure to dust, hot weather etc. are causative factors for *Darunaka*. Here our patient practice all these 'hetu sevana'. So *chikitsa siddhanta* used here is *Hetu Viparita Chikitsa*, i.e

-identification of *hetu*

-identify the *dosha prakopa* due to *hetu sevana*.

-identification of which *gunas* increased in that *dosha prakopa* due to that specific *hetu sevana*.

Hetu viparita chikitsa – to stop the usage of that specific *hetu*

-To do treatment to reverse the pathology of *dosha* caused by this specific *nidan sevana*.

-To do treatment to pacify the *guna* of that specific *dosha* due to that specific *hetu sevana*.

Though *darunaka* is a *kapha vata* predominant condition, this patient developed symptoms like *shirah daha* and *sookshma pidikotpati* due to associated *pitta dosha dushti* which is due to his *ahita ahara* and *vihara sevana*.

Drug discussion

1) *Avipattikar churna*^[5] – *Bhaishajya ratnavali 56/24-28*

Avipattikar churna – its contents are *-shunti*, *pippali*, *maricha*, *haritaki*, *vibhitaki*, *amalaki*, *ela*, *tejpatra*, *nagarmotha*, *vidlavana*, *vayvidanga* all in equal parts with 11 parts of *Lavanga*, 44 parts of *trivrit* root and 66 parts of *sita*.

It is in general *deepaniya*, *pachaniya*, *agnivardhaka*, *vibhandhanashaka*, *triptighna*, *jwarhara* and *trishnanigraha*.

So it helps in decreasing the *lakshanas* of the *prakopita pitta* and *amapachana*. It helps to regulate vitiated *samana* and *udana vata* also.

Since it is having purgative action, it can be used in *shodhana* of vitiated *pitta*. The contents of the *churna* are *deepaniya* i.e, *jatharagni pradipaka* and *pachaniya* in properties, thus it helps in removing etiopathology of constipation. It is mentioned as *koshtabaddhata* and *mala mutra vibandha nashaka* in *Ayurvedic texts*.^[6]

2) *Tandulodaka*

It is the subtype of *hima* formulation described by *Acharya Sharangadhara*.^[7]

Tandulodaka is *Kashaya* and *Madhura* in *rasa* (taste). It is having *twakprasadhana karma*.^[8]

3) *Neelibhrungadi thailam* – *Sahasrayogam Thaila Yogam prakarana 28*

Neelibhrungadi thailam -its contents are

SWARASA

Neeli swarasa

Bhrungaraja swarasa

Shatakratulata (karnasphota)

Dhaatri swarasa(aml)

KSHEERA

Aja ksheera

Naliker a ksheera

Mahisha ksheera

Dhenudbhava(godugdha)

KALKA

Yashti

Gunjamoola

Anjana

Mode of application-*shirobhyanga* and *nasya*

Indications- *keshapatana* and *palita*.

It is in general *Sheeta guna* and *pitta shamaka*

Thus, these medications helped in reversing the pathology.

CONCLUSION

The treatment protocol in present case was based on *Ayurvedic* principles on *hetu viparita chikitsa* which provided considerable relief in *Darunaka* associated with *daha*. Appropriate usage of principles of *guna*, *dosha*, *hetu*, and its role in *samprapti vighatana* can cure any disease even without any *shodhana*.

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