

**A CLINICAL STUDY TO EVALUATE THE EFFICACY OF YASTHIMADHU CHURNA
IN THE MANAGEMENT OF DARUNAKA W.S.R TO SEBORRHOEIC DERMATITIS****Rajesh Ramkrishna Phasate¹, Shital Yende², Sneha Tiwari^{3*} and Suryakant Dwivedi⁴**¹Assistant Professor, Dept. of Shalaky Tantra, Shri Gurudeo Ayurved College Mozari.²H.O.D Dept. of Dravya Guna Shri K. R Pandav Ayurved College and Hospital, Nagpur.³Assistant Professor, Dept. of Kayachikitsa of Shri K.R Pandav Ayurvedic College Nagpur.⁴Assistant Professor, Dept. of Stri Prasuti Tantra of, Om Ayurvedic College Betul India.***Corresponding Author: Sneha Tiwari**

Assistant Professor, Dept. of Kayachikitsa of Shri K.R Pandav Ayurvedic College Nagpur.

Article Received on 25/03/2022

Article Revised on 15/04/2022

Article Accepted on 5/05/2022

ABSTRACT

Darunaka is a Kapalagaroga but Acharya Sushruta has described this disease as a Kshudraroga 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 Twaksphutana (breaking or cracking of the scalp skin). 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 affect 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 32 yr old male patient from Bhopal came to OPD of ShalakyTantra, with chief complaint of ShirahKandu (itching on scalp), Rukshata (dryness on scalp), TwakSphutana (cracks in the skin) with blood mixed watery oozing, Kesh Chyuti (hair fall). In this case Ayurvedic formulation of Apamarga Shar tail, mixed with yathimadu churna coconut hair oil as external application., ArogyaVardhiniVati with luke warm water (orally), Sitopaladi Churna (orally) 2 Tea spoon with Honey, tab citrazin 5 mg od sos. The improvement provided by the therapy was assessed on the basis of sign and symptoms before and after the treatment. A special scoring pattern was developed for assessing sign and symptoms. The medication was found safe and effective in controlling sign and symptoms and improving the overall condition of scalp.

KEYWORDS -: ArogyaVardhini vati, Apamarga Shara Ayurvedic, Darunaka, Seborrheic Dermatitis.**INTRODUCTION**

Acharya Vagbhata^[1] and Sharangadara^[2] has opined Darunakaas a Kapalagata Roga while Acharya Sushruta,^[3] Bhavaprakasha^[4] and Madhava^[5] mentioned as a Kshudra Roga 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 KaphaDoshas. Seborrheic dermatitis is a chronic inflammation of skin which produces a red scaling, occasionally weepy, oozy eruption. Seborrheic dermatitis can affect the scalp as well as other seborrheic areas, and involves system factors and environmental factors, lack of normal hygiene such as sebaceous secretions, skin surface fungal colonization, individual susceptibility contributes to the pathogenesis of Seborrheic dermatitis. The prevalence of clinically significant seborrheic dermatitis is approximately 3% with peak prevalence in the third and fourth decades.^[7] Estimates of the prevalence of seborrheic 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 shampoo's 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 deroot the disease Darunaka.

Case study

Centre of study- OPD of ShalakyTantra department at Shri Gurudeo Ayurved College Mozari, India.

CASE REPORT

A 48 yr old male patient with registration no 102 came to OPD of Shalakyatantra department, Shri Gurudeo Ayurved College Gurukunja Ashram Mozari, with chief complaints of

1. Shirah Kandu (Itching on scalp)
2. Keshabhoomi 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 started above complain itching on scalp before 2 year. After few months he suffered from crack on scalp with blood mixed watery oozing, dryness of scalp followed with hair fall. He was under mental stress and disturbed routine due to these complaints. He also had undergone allopathic taken tab intacanazole and many other anti dandruff shampoo treatment but that provided him only temporary relief.

- History of past illness- There was no relevant past history. Family history- No member of family had such illness.
- Personal history –Personal history has been mentioned in table no-1.

Table 1: Personal history of 56 year registered patient of darunak.

Diet	Mixed diet
Addiction	Smoker 5-6 times per day
Sleep	Disturbed
Maturation	5-6 times in a day
Bowels	Constipation on and off

CNS	Well oriented person,conscious
CVS	Duel sound (S1,S2) present
RS	B/L,symmetrical, Normal Vesicular Breathing heard, No added sounds heard
GUT	frequent urination,

General examination

General condition	Weak
Height	150cm
weight Respiratory	62kg
Skin	Normal
BP	120/70 mmHg
Pulse	79/min/regular
Temperature	36.3c
Tongue	not coated
Pallor/Icterus/Cyanosis/Clubbing/E dema /Lymphadenopathy	absent

Blood investigation

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

R.B.S – 130mg/dl

Treatments given to the patients have been enlisted in Table 3.

S. No	Drug	Dose	Route	Duration
1	ArogyaVardhiniVati	250 mg.(Three times a day with luke warm water after meal)	orally	15days
2	Sitopaladi churna	3gm (Two times a day with luke warm water after meal)	Orally	15 days
3	Yasthi madhu.	3gm.(With coconut oil)	Abhyanga (Massage)	15 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 direct sunlight on scalp.
Comb hair only after hair gets dried after wash.
Grades of assessment of overall effect of therapy has been mentioned in Table no. 4.

Table 4: Gradation of Sign and Symptoms of Darunaka (Seborrheic dermatitis).

Parameters	Grading	Assessment
Shira Kandu (Itching on scalp)	0	Absent
	1	Occasional
	2	Frequently
	3	Continuous
Twaka Sphutana (Cracking of the skin)	0	Absent
	1	Visible inside the hair
	2	visible over the hair
Keshachyuti (Falling of hair)	0	Absent
	1	Occasional loss
	2	Moderate loss
	3	Severe loss

RESULTS

After 3rd, 7th and 15th day assessment, variations in results were found on each symptoms associated with

Darunaka. Patient got relief in sign and symptoms with gradual improvement.

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

Sr.	Sing & symptoms	B.T	A.T
1	ShiraKandu (Itching on scalp)	3	0
2	TwakaSphutana(Cracking of the skin)	2	1
3	Keshachyuti (Falling of hair)	3	1

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 Shamashaman 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, Kaphakaraand Vrishya properties. It performs the actions like Snehana, Kledana and Vishyandana at cellular level of the body. Yasthi madhu churna with along with coconut oil having property of Madhura Rasa, Guru, Snigdha Guna, SheetaVirya. Madhura Vipaka, Keshya, Kandughna, DahaPrashamana, Vrana (ulcer healing property), Daha, Rakta-pitta Shamaka, Vranasotha properties pacifies the aggravated Dosha and helps in nourishment of hair and scalp. which makes it clinically useful in Darunaka by improving the blood circulation of scalp and thus promotes cleaning of the debris. ArogyavardhiniVati is widely practiced used in the management of Kushtha. Sitopladi churna is used in the ailments of all Dosas, stimulates digestive capacity, Rasayana and Vrisya etc. which ultimately helps in regulation and proper functioning of Srotasa (micro channels). Tankana with Katurasa, Ruksha Teekshna Guna. UshnaVirya, KatuVipaka, Vranashamaka, Vishahara, Kandughna, Krimighna, Kledanashaka, Vatashamaka property helps to clean off the debris and prevent the scalp from secondary invasion of microbial growth.

CONCLUSION

This case report concludes that Ayurvedic management with external and internal applied medicines i.e. ArogyaVardhini Rasa orally, Sitopaladi Churna 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 documenting.

REFERENCES

1. Acharya Vagbhatta. Ashtanga Hridaya. Pandit Hari Sadasiva Sastri, editor. Uttarasthana. Varanasi: Chaukhamba Sanskrit Sansthan, 2014; 859: 23 - 23.
2. Sharangadhara. Sharangadhar Samhita. Purva khanda Varanasi: Chaukhamba Orientalia, 2006; 116: 7, 151-152.
3. Sushruta, SushrutaSamhita. Yadavaji Trikamji Acharya, Narayana ram Acharya editor. Nidanasthana. Varanasi: Chaukhamba Surbharati Prakashan, 2003; 322: 13 - 35.
4. Bhavamisra. Bhavaprakasha. K.R. Srikantha Murthy editor. 3rd ed. Madhayakhanda Ksudrarogaadhikara Varanasi: Chaukhamba Krishnadas Academy, 2005; 654: 61 - 15.
5. Madhava. MadhavaNidana. Vidyotini commentary. YadunandanaUpadhyaya editor. Kshudraroga chapter Varanasi: Chaukhamba prakasha, 2014; 55 - 30: 241-242:
6. Dandruff and Seborrheic dermatitis. A Head Scratcher by James R. Schwartz, Yvonne

- M.DeAngels and Thomas L.Dawson, Jr. chapter, 12: 11. (www.pg science.com cited on 22/03/2020).
7. Johnson MLT. Skin Conditions and Related Need for Medical Care among Persons 1–74 Years, United States, Series 11, Data from the National Health Survey November, DHEW Pub No. (PHS) 79–1660. U.S. Department of Health, Education, and Welfare, Public Health, 212: 1971–1974.
 8. Gupta AK, Bluhm R. Seborrheic dermatitis J Eur Acad Dermatol Venereol, 2004; 18:113–26, 19–20.
 9. Johnson MLT. Skin Conditions and Related Need for Medical Care among Persons 1–74 Years, United States, 1971–1974.
 10. Data from the National Health Survey November, DHEW Pub No. (PHS) Hyattsville, Md: U.S, 212: 79–1660. Department of Health, Education, and Welfare, Public Health Service, National Center for Health Statistics; 1978.
 11. Bhavamishra. Bhavaprakash Nighantu. C. Hunekar KC editor. Haritakyadi Varga/164, Varanasi: Chaukhamba Bharati Academy, 2013; 62.
 12. Sharma P.V. Dravyaguna Vigyana. Vol.II. Varanasi: Chaukhamba Bharati Academy, 2009; 118: