

AYURVEDIC MANAGEMENT OF DARUNAK (SEBORRHEIC DERMATITIS)- A CASE STUDY

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ABSTRACT

Introduction: Seborrheic dermatitis is a common, chronic skin condition characterized by inflammation, redness, and flaking of the skin, particularly on the scalp, face, and torso. It is a complex condition that can be caused by a combination of factors, including genetics, hormonal changes, stress, and sensitivity to certain products or substances. This case report highlights the effectiveness of Ayurveda managing Darunak (seborrheic dermatitis). **Main Clinical Findings:** The patient came complaining of dry, flaky, scaly patches, itching, and irritation on the scalp. The patient has had these issues for 6 months. **Diagnosis:** on the basis of ayurveda and modern symptoms of *Darunak* (seborrheic dermatitis). **Intervention:** patient administered with ayurveda protocol of one month with *cap. Kesh kunthan vati, cap. Nisorea, cap. No funggi*, for local application - *Dhurdhurapatradi tail, Sora lotion, Lumina shampoo*. Scriptural treatment acc. to *Sushrut chikitss*

Raktamokshan was done 2 times in a month and use of *kodo drav kshar* for *kshalan* one month. **Outcome and Conclusion:** *There was a significant reduction in Darunak (seborrheic dermatitis) symptoms and enhancement in QOL.*

KEYWORD: Seborrheic dermatitis, *Darunak*, Scalp scaling.

INTRODUCTION

Ayurveda is the first and foremost a spiritual science which offers a scientific approach to live in harmony with nature. Ancient Acharyas have explained 'Shira' as 'Uttamanga'.^[1] Acharya Charaka have included Shira as one among the Dashapranayatana.^[2] It is also considered as one among three Marmas.^[3] Acharya Vagbhata have described 19 Shiroroga out of which, 9 are Shirokapalaroga and 'Darunaka' is one among them.^[4] Acharya Sushruta have included this under Kshudrarogas.^[5] It is a Roga affecting mainly the Kapala that is scalp and it also hampers the normal healthy status of hair. The word 'Drunaka' is derived from the word 'Daruna' which means 'Kathina' or 'difficult to bear' or 'tolerate'.^[6] Shirapradeshi Kandu (itching), Rukshata (dryness), Shirotwaka Sphutanam or Keshabhumi Prapatana (cracking of the scalp skin with fine flakes) and Keshachyuti (hair-fall) are the cardinal symptoms of Darunaka which involves mainly vitiated Vata and Kapha Doshas.^[7]

दारुणा कण्डुरा रूक्षा केशभूमिः प्रपाट्यते । कफवातप्रकोपेण विद्यादारुणकं तु तम् ॥^[8]

(सु.नि.१३/३४)

Symptoms of Darunaka similarities with Seborrheic dermatitis. Seborrheic dermatitis is a common, chronic skin condition characterized by inflammation, redness, and flaking of the skin, particularly on the scalp, face, and torso. It is a complex condition that can be caused by a combination of factors, including genetics, hormonal changes, stress, and sensitivity to certain products or substances. Seborrheic dermatitis can affect individuals of all ages, from infants to adults, and is often associated with oily skin, dandruff, and other skin conditions. In infants, seborrheic dermatitis is often referred to as cradle cap and can cause thick, yellow, crusty scales on the scalp. Seborrheic dermatitis is not contagious and is not caused by poor hygiene, but it can be challenging to manage and may require ongoing treatment. Treatment options for seborrheic dermatitis typically involve medicated shampoos, creams, or ointments, as well as lifestyle changes such as reducing stress, using gentle skin care products, and avoiding triggers.

CASE REPORT

Patient information

A male patient, Age 26 years, with registration no- 40998 arrived at the skin OPD of.

Present medical history

The patient came complaining of dry, flaky, scaly patches, itching, and irritation on the scalp.

The patient has had these issues for 6 months.

Past medical history

The patient has no significant past medical history.

Personal history of patient

Diet	Vegetarian
Appetite	Moderate
Sleep	Disturbed
Addiction	Nil
Bowel	Regular/ slightly constipated
Micturition	5-6 times a day, 1-2 times at night

Astavidha pariksha of patient

<i>Nadi</i> (Puls)	76/ min
<i>Mala</i> (Stool)	1-2 times a day
<i>Mutra</i> (Urine)	6-7 times a day
<i>Jivha</i> (Tongue)	<i>Samanya</i> (Normal)
<i>Shabda</i> (Speech)	<i>Prakruta</i> (Normal)
<i>Sparsha</i> (Touch)	<i>Samanya</i> (Normal)
<i>Drik</i> (Eyes)	<i>Prakruta</i> (Normal)
<i>Akriti</i> (Built)	<i>Madhyama</i>

Therapeutic intervention- In this case, the patient was treated as per scriptures (SUSHRUT SAMHITA) and at the OPD level, medicines were administered.

THERAPEUTIC INTERVENTION

S.NO,	DRUGS/ THERAPY	DOSE	DURATION	RATIONALE
1.	CAP. KESH KUNTHAN VATI	2 cap. TDS (after food)	1 MONTH	Hair nourishment, Anti hair fall, Anti dandruff
2.	CAP. NISOREA	1 cap. BID (after food)	1 MONTH	Anti dandruff, prevent hair loss, prevent scalp psoriasis
3.	CAP. NO FUNGGI	1 cap. BID (after food)	1 MONTH	Anti-fungal

FOR LOCAL APPLICATION

1.	DHURDHURAPATRADI TAIL	Local application 2 times in a day	1 MONTH	Anti dandruff, moisture and hydrates of scalp
2.	SORA LOTION	Local application at night	1 MONTH	Anti itching, anti-inflammatory
3.	LUMINA SHAMPOO	For hair wash	1 MONTH	Anti dandruff, prevent scalp psoriasis

SCRIPTURAL TREATMENT – (acc. To Sushrut chikitsa)

1.	RAKTA MOKSHAN (LEACH THERAPY)	2 TIMES IN A MONTH
2.	KODO DRAV KSHAR FOR KSHALAN	1 MONTH

INGREDIENTS USE FOR FORMULATION OF MEDICINES**Ingredients of KESH KUNTHAN VATI**

S. NO.	DRUG NAME	BOTANICAL NAME	FAMILY
1.	<i>Praval Bhasma</i>	-	-
2.	<i>Shankha Bhasma</i>	-	-
3.	<i>Shukti Bhasma</i>	-	-
4.	<i>Loha Bhasma</i>	-	-
5.	<i>Mandur Bhasma</i>	-	-
6.	<i>Swarnamakshika Bhasma</i>	-	-
7.	<i>Ashwagandha</i>	<i>Withania Somnifera</i>	Solanaceae
8.	<i>Shatavari</i>	<i>Asparagus racemosus</i>	liliaceae

Ingredients of CAP. NISOREA

S. NO.	DRUG NAME	BOTANICAL NAME	FAMILY
1.	<i>Aamalki</i>	<i>Emblica officinalis</i>	Euphorbiaceae
2.	<i>Haritaki</i>	<i>Terminalia chebula</i>	Combretaceae
3.	<i>Bibhitaki</i>	<i>Terminalia belerica</i>	Combretaceae
4.	<i>Nagkesar</i>	<i>Mesua ferrea</i>	calophyllaceae
5.	<i>Kagzi nimbu</i>	<i>Citrus aurantifolia</i>	Rutaceae
6.	<i>Neem</i>	<i>Azadirachta indika</i>	Meliaceae
7.	<i>Ashwagandha</i>	<i>Withania somnifera</i>	Solanaceae
8.	<i>Kalonji</i>	<i>Nigella sativa</i>	Ranunculaceae

Ingredients of CAP. NO FUNGGI

S. NO.	DRUG NAME	BOTANICAL NAME	FAMILY
1.	<i>Gadabani</i>	<i>Trianthama decandra</i>	Aizoaceae
2.	<i>Bhumi amla</i>	<i>Phyllanthus amarus</i>	euphorbiaceae
3.	<i>Ratan purush</i>	<i>Hybanthus enneaspermus</i>	Violaceae
4.	<i>Tarwar</i>	<i>Cassia auriculata</i>	Fabaceae
5.	<i>Gorakhmundi</i>	<i>Sphaeranthus hirsutus</i>	Asteraceae
6.	<i>Vanajai</i>	<i>Clerodendrum inerme</i>	Lamiaceae

Ingredients of DHURDHURAPATRADI TAIL

S. NO.	DRUG NAME	BOTANICAL NAME	FAMILY
1.	<i>Dhurdhurpatra</i>	<i>Dhatura metal</i>	Solanaceae
2.	<i>Durva</i>	<i>Cynolon dactylon</i>	Poaceae
3.	<i>Guduchi</i>	<i>Tinospora cordifolia</i>	Menispermaceae
4.	<i>Kimsuka</i>	<i>Erythrina variegata</i>	Fabaceae
5.	<i>Musta</i>	<i>Cyperus rotundus</i>	Cyperaceae
6.	<i>Kushtha</i>	<i>Sassurea costus</i>	Compositae
7.	<i>Ela</i>	<i>Elettaria cardamomum</i>	Zingiberaceae

SUBJECTIVE CRITERIA FOR DIAGNOSTIC ASSESSMENT

A special scoring pattern will be adopted for the symptomatic relief in the parameter during assessment periods. To assess the effect of the therapy, all the sign and symptoms of the assessment criteria is assigned scores depending on the severity of symptoms.

(1) ITCHING

0	No Itching
1	Mild Itching
2	Moderate Itching
3	Severe Itching
4	Very Severe Itching

(2) DANDRUFF

0	No dandruff observed
1	Can be characterized by slight or minimal dandruff
2	Dandruff is clearly visible.
3	Dandruff is prominent with large, coarse scales.
4	Very severe dandruff & scales

(3) PAIN

0	No pain
1	Mild pain
2	Moderate pain
3	Severe pain
4	Very severe pain

(4) SCALING

0	Normal, no scaling or flaking is present
1	Fine lines or scant, tiny scales are visible.
2	Clearly visible, tiny scales are present.
3	Prominent, tiny scales are present.
4	Very severe or extreme level of scaling

GUIDELINES FOR SCORING/ INTERPRETATION

Total score of all 4 symptoms = 16

0-2 = no clinically significant seborrheic dermatitis

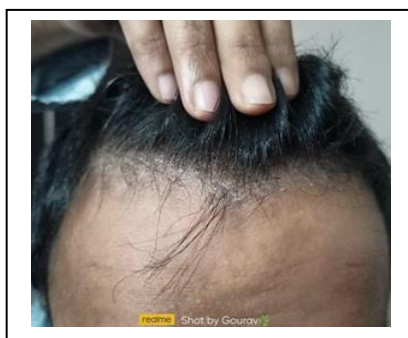
3-8 = mild seborrheic dermatitis

9-12 = moderate seborrheic dermatitis

13-16 = severe seborrheic dermatitis



BEFORE TREATMENT



AFTER 15 DAYS



AFTER 30 DAYS

FOLLOW-UP AND OUTCOMES

S. No.	Signs and symptoms	Before treatment	1 st follow-up (After 15 days)	2 nd follow-up (After 30 days)
1.	ITCHING	3	2	0
2.	DANDRUFF	3	2	0
3.	PAIN	2	1	0
4.	SCALING	3	2	0
Total mark		11	7	0

The patient presented with Moderate symptoms of *Darunak* (seborrheic dermatitis) at the initial OPD visit. After Ayurvedic management significantly reduces symptoms of *Darunak* (seborrheic dermatitis).

DISCUSSION ON THE EFFECT OF INTERVANTION

Darunaka is a *Kapha - Vataja Vyadhi* classified under *Kshudra Roga* in Ayurveda. It shares close clinical resemblance with Seborrheic Dermatitis, a chronic, relapsing inflammatory skin disorder with characteristic itching, dandruff, pain, and scaling. The Ayurvedic approach to *Darunaka* involves correction of *dosha* vitiation, purification of *Rakta* (blood), and strengthening of *Twak* (skin) and *Keshya* (hair).

The clinical management of *Darunaka* (Seborrheic Dermatitis) follows an integrative Ayurvedic approach combining internal medications like Cap. Kesh Kunthan Vati, formulated with *Rasayana*, *Keshya*, and *Rakta shodhaka* herbs such as *Bhringraj* and *Brahmi* (as per *Bhavaprakasha Nighantu*), to nourish scalp tissues and arrest hair fall, Cap. No Fungi enriched with antifungal herbs like *Neem* and *Haridra* to address *Bahya Krimi* and *Malassezia* involvement, and Cap. Nisorea containing immunomodulatory agents like *Guduchi* and *Haridra* to counter inflammation; this is complemented by external applications

like *Dhurdhurapatradi Taila*- a classical preparation from *Sahasrayoga* valued for its *Kandughna*, *Keshya*, and *Kapha-Vata Shamana* properties—alongside Sora Lotion and Lumina Shampoo which help remove scales, regulate sebum, and support antimicrobial action and further enhanced by *Panchakarma* therapies such as *Raktamokshana* through *Jalauka Avacharana*, endorsed by *Sushruta Samhita* as the prime modality for *Rakta Dushti*, leveraging leech saliva's anticoagulant and anti-inflammatory bioactive, along with *Kodo Drava Kshar Kshalan* based on *Kshara Karma* principles described by *Charaka* and *Sushruta*, which uses alkaline properties to disintegrate adherent *Kapha mala*, control microbial growth, and restore scalp health.

STRENGTH AND LIMITATIONS

The study's protocol standardization limited individualized treatment, and longer follow-ups are necessary to confirm treatment sustainability.

PATIENT PERSPECTIVE

The itching and flaking have significantly reduced, and skin looks clearer than it has in months. The treatment has been easy to follow, and I've noticed a huge improvement in overall skin health. He feels more confident and comfortable in own skin, and grateful for the relief I've found. The treatment has truly transformed life, and highly recommend it to anyone struggling with seborrheic dermatitis. He is finally able to enjoy life without the constant discomfort and embarrassment.

DECLARATION OF PATIENT CONSENT

We confirm that we've obtained patient consent for publication. Patients agree to share images and clinical details in the journal, understanding that their names and initials won't be published. We'll make every effort to protect their identity, though complete anonymity can't be guaranteed. By participating, patients allow us to share their information while respecting their confidentiality.

DATA AVAILABILITY STATEMENT-

All the data collected, including recordings and assessments, are properly stored physically or electronically as appropriate without personal identifiers with the corresponding author who can make them available under appropriate circumstances.

DECLARATION OF AI IN SCIENTIFIC WRITING

Scientific writing in this case, grammar checking tools have been used for grammar checking, apart from this AI has not been used in any way.

CONCLUSION

Ayurvedic treatment for skin diseases like *Darunak* (seborrheic dermatitis) offers a comprehensive and natural approach to managing the condition. By understanding the individual's unique constitution and addressing the underlying *doshic* imbalance, Ayurvedic therapies can help to restore balance to the skin and promote overall health. Herbal medicines, dietary modifications, and lifestyle changes work synergistically to alleviate symptoms, reduce inflammation, and prevent flare-ups. Ayurvedic treatments such as scalp massage, herbal steam baths, and medicated oils can also provide relief and soothe the skin. By adopting an Ayurvedic approach, individuals with seborrheic dermatitis can achieve healthier, more balanced skin and improve their overall well-being. This holistic approach empowers individuals to take an active role in managing their condition, promoting long-term skin health and overall wellness. With its emphasis on natural and non-invasive therapies, Ayurvedic treatment for seborrheic dermatitis provides a safe and effective alternative to conventional treatments, offering a promising solution for those seeking a more holistic approach to skin health. By integrating Ayurvedic principles into their lifestyle, individuals can enjoy healthier skin and a better quality of life.

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