

EFFICACY OF AYURVEDIC MANAGEMENT IN DARUNAKA - A CASE STUDY

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ABSTRACT

Darunaka is a *Kapalagata roga* but *Acharya sushruta* has described this disease as a *Kshudraroga*. Presents with the complaints like *Shirah Kandu* (Itching of scalp), *Sukshma Pidaka* (Minute pustules), *Keshachyuti* (Falling of Hair), *Twaksphutana* (Cracking of scalp skin) And *Rukshata* (Dryness of scalp). *Darunaka* can be correlated with seborrheic dermatitis which affects about 4% of the population and Dandruff can affect almost half of all adults. Such kind of disease results in embarrassment and anxiety due to sign of uncleanliness by others hence it lowers ones self-esteem. A 27 yr old male patient came to OPD of Shalaky Tantra Department, SJIIM Bangalore with Chief Complaints *Shirah kandu* (Itching of scalp), *Sukshma Pidaka* (minute pustules with occasional oozing of blood) *Keshachyuti* (Falling of hair) *Rukshata* (Dryness of scalp). In this Case patient was treated with *Shodhana Nasya* with *Shadbindu Taila* along with Formulations Like

Arogyavardhini vati (Orally), *DurdaraPatra Abhyanga* as external Application followed by washing the hair with *Triphala Kashaya* mixed With *Tankana*. The effect of treatment was assessed on basis of signs and symptoms. A special scoring pattern was developed for assessing the symptoms. As a result improvement was seen in the complaints and condition of overall scalp.

INTRODUCTION

As per *Acharya Vagbhata*^[1] and *Sharangdhara*^[2] *Darunaka* is classified under *Kapalagata Roga* but *Acharya Sushruta*^[3] And Other *Acharyas* like *Bhavprakash*^[4] and *Madhava*^[5] described *Darunaka* as *Kshudra Roga*. *Acharya Charaka* has not mentioned the Disease

directly. *Darunaka* has generalised symptoms like *kandu*, *rukshata*, *twaksphutan*, *kesh-chyuti* etc due to vitiation of *vata* and *kapha dosha* which is correlated with Dandruff / Seborrheic dermatitis^[6] in modern science. Seborrheic dermatitis which affects about 4% of the population and Dandruff can affect almost half of all adults.^[7]

Considering all the *Acharyas* opinion regarding the disease *Nidan*, and *samprapti* includes vitiation of *vata* and *kapha dosha*, *rasa* and *Rakta dhatus* and *Swedavaha srotodusti*, which can be managed by *Shodhana*, *Shamana* and *Bahiparimarjan Chikitsa*. There are different *Bahiparimarjan* (Topical) *yogas* such as *lepa*, *Shiroabhyanga*, *Keshadhavan*, *Shirobasti* etc. are explained in Ayurveda by Various *Acharyas*.

Darunaka is considered as cosmetic disease in modern science. Patient that suffer may feel embarrassed that their dandruff is viewed as a sign of poor grooming or uncleanness by others this can result in anxiety, poor sleep and lack of concentration.

Patient may become socially withdrawn and refuse to participate in normal day to day events due to these factors propagating the negative self-image.

CASE STUDY

Centre of study – OPD of Shalaky Tantra Department, SJIIM Bangalore.

Case report- A 27 yr old male patient came to OPD of Shalaky Tantra Department, SJIIM Bangalore with Chief Complaints.

1. *Shirah kandu* (Itching of scalp) since 1 year
2. *Keshbhoomi Rukshata* (Dryness of scalp, dandruff) since 1 year
3. *Sukshma Pidaka* (Minute pustules) since 6 months
4. *Keshachyuti* (Falling of hair) since 6 months

History of present illness

A 27 year male patient was apparently healthy before 1 year. Gradually started complaining of itching over the scalp associated with minute pustules and dryness of scalp. The complaints were increasing day by day and in due course of time he was suffering from hair fall also. Meanwhile he consulted a dermatologist and treated with allopathic medicine but didn't get satisfactory results. Instead, the symptoms became more severe which hampered the patient's mental health also. So, he came to the OPD of our Institute for the Ayurvedic Treatment where he was diagnosed with *Darunaka*.

History of past illness

1. No H/O DM/HTN/Bronchial Asthma
2. No H/O Any drug Allergic reaction
3. No H/O Any major Medical or Surgical illness

Family history: No member of family had such illness

Personel history

Diet – Vegetarian

Appetite - Moderate

Sleep – Sound Sleep

Bowel - Regular

Addiction - Tea and Coffee (4-5/day)

Ashtavidha pareeksha

1	Nadi	90/min
2	Mala	Prakruta
3	Mutra	4-5 times/ day
4	Jivha	Alpa lipta
5	Shabda	Prakruta
6	Sparsha	Ruksha
7	Drik	Prakruta
8	Akriti	Madhyama

General examination

BP – 110/70 mmhg

PULSE - 90/min

WEIGHT – 50kg

HEIGHT – 165cm

Syستمic examination

RS - AEBE and Clear

CVS – S1 S2 heard, no added sound

CNS – Conscious and Well oriented

P/A – Soft and Non Tender

Local examination

- Minute pustules with minimal oozing of blood seen over scalp

- Reddish and dry scalp

Investigation

CBC – under normal range

Treatment protocol

Treatment includes

Shodhana Nasya with *Shadbindu Taila* (6 drops each nostrils) x 7 days (Before Food)

Shamana Chikitsa:

- *Tab Arogyavardhini Vati* 1-0-1 x 60 days
- *Durdara Patra Shiro Abhyanga* for scalp weekly twice x 60 days
- *Triphala Kashaya* with *Shuddha Tankana* for hair wash weekly twice x 60 days

Pathya

- Shastik Shali, Mudga, Tikta Dravya Siddha Goghrita.
- Head wash with luke warm water only.
- Shiro Abhyanga Regularly.

Apathya

- Anoopmamsa, Sour And salt usage.
- Dadhi not to be taken at night.
- Avoid combing Wet hairs and direct exposure to Heat and Dust.

Follow UP

Every 15th, 30th, and 45th day.

Assessment criteria

Table No. 1: Gradation of Signs and Symptoms of darunaka.

Symptoms	Gradation
1) Keshbhoomi rukshata	
Normal	0
occasionally	1
frequently	2
constantly	3
2) Kandu	
Normal	0
occasionally	1
frequently	2

constantly	3
3) Sphota	
Normal	0
Occasionally (1-2 in no.)	1
Localised pustules	2
All over scalp	3
4) Sphutana	
Absent	0
Very few	1
Visible with serous oozing	2
Visible with blood oozing	3

RESULT

The case was studied for 45 days, where the *Shodhana Nasya* with *Shadbindu Taila* was administered for 7 days and *Shamana Chikitsa* along with external applications for 45 days. Signs and symptoms were assessed at interval of 15 days for 15th day, 30th day and 45th day from the day one of treatment which shown gradual decrease in the symptoms of the *Darunaka Roga* in 45 days.

Table No. 2: Assessment on considering symptoms of darunaka.

S.NO	Signs & Symptoms	BT DAY 1	AT DAY 15	AT DAY 30	AT DAY 45
1	<i>Keshbhoomi Rukshata</i>	3	3	1	1
2	<i>Kandu</i>	2	2	0	0
3	<i>Sphota</i>	2	2	1	0
4	<i>Sphutana</i>	2	2	1	0

DISCUSSION

Here we have treated *Darunaka* with ayurvedic modalities mentioned in *sushruta Samhita* with the help of *Shadbindu Taila*^[8] as *Shodhan Nasya* for 7 days along with internal medicine like *Arogyavardhini Vati*^[9] and *Durdara Patra Shiro Abhynga* for scalp weekly twice followed by hair wash with *Triphala Kashaya*^[10] mixed with *Shuddha Tankana* for 45 days, patient was assessed every 15th day for any kind of complaints, signs and symptoms. patient followed the proposed treatment along with the *Pathya* and *Apathya*. As a result Patient relieved from the presenting complaints.

CONCLUSION

Implementing ayurvedic treatment along with changes in lifestyle in day to day life such as following *Pathya* and *Apathya* has brought an improvement in the deceased state of

Darunaka. Thus it is feasible and economically viable and in future more studies should be carried out on the same topic.

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