

MANAGEMENT OF DARUNKA THROUGH AYURVEDA – A CASE STUDY

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ABSTRACT

In Ayurveda head is said to be root of the plant 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, work pressure, competitive lifestyle, lack of time, always being in hurry, fashion trends, all kinds of pollution all contribute to disease. *Pityriasis capitis* i.e. Dandruff (*Darunaka*) is one of them. *Darunaka* 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 and in Ayurveda, it is due to the vitiation of *Vata* and *KaphaDosh*. 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*. A 9-year-old female patient was admitted to the IPD of *Kaumarabhritya*, *Rishikul* campus UAU *Haridwar uttrakhand*, with complaints of itching all over the scalp with loss of hair. These complaints were persisting for the past 10 days. This condition can be understood as *Darunaka*, treatments including *siro-Abhyanga*, with *neem* oil and some medicine course of 7 days. There were significant improvements in the condition of the patient. Later, she was discharged with medicines to be continued at home.

Keywords: *Pytiriasiscapitis*, *Darunaka*, *Shiroabhyanga*, *Neem* oil.

INTRODUCTION

Ayurveda means, the knowledge (Veda) of life (Ayu). It is one of the oldest and still existing systems of medicine in the Indian continent. Maintenance and promotion of normal health as well as fight against the diseases are two main aim of this system. Ayurveda explain certain rules for healthy life in terms of *ahara* (diet) and *vihara* (lifestyle). Violation of these rules leads to several pathogenesis, which ultimately produces different diseases primarily related to skin.

Dandruff or pityriasis capitis are common disorders affecting the scalp that is often associated with itching, scaling of scalp with hair loss and can be an embarrassing condition. Dandruff is found to affect 50% of the world population and have high frequent relapse. In *Ayurveda* the pityriasis capitis closely resemble with *darunaka*. According to *acharya vagbhata*^[1] and *sarangdhara*^[2] *Darunaka* is *kapalgataroga*, but *acharya sushurta*^[3] and other explained

darunka under *ksudraroga*. *Darunakais* characterized by *Tvaksphutana* (scaling of the scalp) *kanḍu*(itching), *Rukshata* (dryness and roughness of scalp), *keshachyuti* (diffuse hair falling), and all these symptoms are due to vitiation of *vata* and *kaphadosha*^[4].

Case History:

A 9-year-old female patient was brought to the OPD of Kaumarabhritya, Rishikul Campus UAU Haridwar by his parents with complaints of -

- a) Itching all over the scalp since 20 days
- b) scaling of scalp since 20 days
- c) hair loss since 10 days

History of Present Illness:

The patient was apparently healthy 20 days back. Then she developed scaling of scalp with itching. At

the outset, the parents have taken the child for consultation in a nearby hospital, where they have given a course of medications, which they have taken, but did not get any satisfactory relief. As days passed, she faced more scaling, itching scalp with hair loss. The condition got aggravated since last 10 days. Then, the parents have decided to bring the child for a better evaluation and management in Rishikul Campus UAU Haridwar. After a thorough interrogation with the parents regarding the diet, life style and habits of the child and the history of present illness and after a proper evaluation regarding the present condition of the child, she was admitted to the IPD of Kaumarabhritya of our hospital and planned for *siro abhyanga* treatment along with internal medications.

Asthavidha Pariksha

Assessment of general condition of child:

Table 1: Asthavidha Pariksha

Nadi	Kaphaja
Mala	Samanya
Jivha	Malavrit
Sabada	Samanya
Spersha	Snigdha
Driga	Samanya
Aakriti	Samaakriti

On Local Examination Clinical Finding As

Type of hair was dry and thin, boils are present some area of scalp, scaly skin is present all over head area,

dandruff falling present on forehead, shoulder and neck region. Hair fall present in less quantity.

Diagnosis –*Darunka* (Pityarisis Capitis)

Date of attending OPD–30/12/2019

Criteria for Assessment of Treatment

Assessment of treatment were made before and after the treatment based on symptoms

Table 2: assessment based on symptoms

Criteria	0	1	2	3
Kandu	Absent	Occasionally	Frequently	Constantly

Table 3: assessment based on symptoms

Criteria	0	1	2	3
Kesha bhoomirukshata(dryness)	Absent	Negligible	Without discomfort on scalp	With discomfort on scalp

Table 4: assessment based on symptoms

Criteria	0	1	2	3
<i>Twaksputana</i> (Scaling/flaking of the scalp skin)	Absent	Visible inside the hair	Visible over the hair	Spread over the shoulder
Criteria	0	1	2	3
<i>Kesha chute</i> (Falling of hair)	Absent	Occasionally	Moderate loss	Maximum loss

Method of Taila Preparation –

Neem leave *kalka* – 1 part

Tila Tail - 4 part

subjected to *snehapakaas* per the *sarangdhar*.^[5]

Treatments Given

A single course of treatment given for a period of 15 Days.

<i>Aarogyavardhanivati</i>	125mg
<i>Panchtikta Ghritamguggulu</i>	125 mg
<i>Gandhaka rasayana</i>	125 mg
<i>Haridra khand</i>	50 mg
<i>Giloyasatva</i>	125 Mg

- All these drugs with honey BID.
- Neem* oil for local application 2 times in a day.

Result -This is used before and after treatment to determine the effectiveness of the treatment.

Table 5: based on result

Criteria	B.T.	A.T.	D	% Of Relief
<i>Kandu</i>	2	0	2	100
<i>Ruksta</i>	2	1	1	50
<i>TwakSphutana</i>	3	0	2	100
<i>Keshachyuti</i>	2	1	1	50

DISCUSSION

Discussion on Disease: In the present case, the patient presented with complaints like scaling of scalp with itching. It can be diagnosed as “*Darunka*”. *Vata* and *kapha* are involved in the manifestation of *darunka* (dandruff), the characteristic feature of *darunka* are *kandurukstatwaksphutana* and *keshachyuti*.

Discussion on Treatment: The cardinal features of *darunka*, in our classical texts are like that of *pityriasis capitis* in contemporary science. Through, *vata* and *kapha* are involved in the manifestation of *darunka*. So, while treating *darunka*, the drugs alleviating *Vata* & *Kaphadoshas*, which are having *kandughna* (anti-pruritic), *kushtaghna* (alleviates skin lesions) and as well possessing *tikta* (bitter), *katu* (pungent) *rasa* (taste) should be selected. As *vata* and *kapha* are in-

involved in *darunka* 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. So, *Neem* oil for local application selected in *vatadoshapradhanavyadhi* (diseases with predominance of *vata*) due to its *vatashamana* (pacifying *vata*) nature. *Nimb* act as anti-inflammatory activity & significant anti-ulcer effect. The mode of action of *taila* as *shiroabhyanga* increases the blood circulation in the scalp and hence impure blood is exchanged by fresh blood and thus due to the different properties of *taila* like *snigdha*guna, *katu*, *tikta rasa*, *ushnavirya* removes vitiated *dosha* from the *srotas* and helps in curing the disease. The drug *Aarogyavardhanivati* balances *vata* and *kaphadosha* and possess the pharmacological ac-

tion like- *kusthanasaka* (can alleviate all type of skin disorders)- indicate for 1 *mandal* (14 days)^[6] The main content of *Panchtikta Ghritamuggulu* drug are *Panchtikta Dravyas*, *guggulu* & *ghee*. It can be said that all content having *Tikta Rasa*, *Laghu* & *RukshaGuna*, so it acts as anti-itching property.^[7] *Guduchi* acts as antioxidant & immune potentiating thus cell layers during disease pathology are improved by this drug. *Haridrakhanda* good for *kaphanadvata* dominance *dosha* and have anti itching properties in the *haridrakhanda*.^[8]

Gandhakarasyana has properties of *katukashaya rasa* and *ushnavirya*. Thus, it acts as *kaphaghna* as well as *kledaghna*. According to *yoga ratnakarasaynadhikar* chapter *gandhakarasyana* has anti-itching (*kandughn*) and *kusthaghna* properties.^[9]

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

Biggest challenge in pediatric practice is the acceptance of drug by the child under treatment. It is very commonly seen that Tablets (*Vati*, *guti*) and *Kwatha* etc. are lesser acceptable in children of smaller age group. The appearance smell and most importantly the taste of the drug will decide this acceptability. *Churna* form of drug with honey masks the bitter taste of the drug, makes the dose fixation easier and is found it will easily be accepted by patient. The study shows that *neem taila* with internal medication is effective various sign and symptoms of *dārunaka* that include *Tvaksphuṭana* (Scaling or Flakes), *Kanḍu* (Itching), *Kesha bhumirukshata* (Dryness of scalp), *Keshachyuti* (Hair fall). This improvement in symptoms is brought about by *sampraptivighatana* of the disease.

Internal medication with *neem* oil *shiroabhyanga* has given a tremendous result to this patient. The patient was observed on OPD basis for total 15 days period and symptomatically recovered from *daraunka*. Though *darunka* (pityriasis capitis) is a chronic relapsing condition, depending on the *dosha* (body humors) involvement it can be managed through *Ayur-*

vedic intervention. The effectiveness of *Ayurvedic* treatment has proved that there is good result in this case.

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Sharma Sujata et al: Management Of Darunka Through Ayurveda – A Case Study. International Ayurvedic Medical Journal {online} 2020 {cited February, 2020} Available from: http://www.iamj.in/posts/images/upload/2867_2870.pdf