

## A CASE REPORT OF DHURDHURPATRADI TAILA SHIROABHYANGA AND AMALAKYADI LEPA IN THE MANAGEMENT OF DARUNAKA (DANDRUFF)

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### ABSTRACT

**Background:** Dandruff is a skin disorder that mainly affects scalp. It is characterized by shedding of the dead skin cells from the scalp, flakes, itching, dryness and hair fall. It is the common scalp disorder affecting almost half of the population at the post-pubertal age and of any sex and ethnicity, but it is rare and mild in children. In Ayurveda, it is correlated with *Darunaka* and caused by vitiation of *Vata* and *Kapha Dosha*. **Methods:** A 25-year-old female presented with complaint of hair fall, itching on scalp, whitish flakes over shoulder and head since last 3 months. Management done with OPD based treatment. here in this case report treatment chosen was i.e. *Shiroabhyanga* with *Dhurdhurpatradi Taila* and *Shirolepa* with *Amalakyadi Lepa* for 1 month. **Result:** There was marked improvement in symptoms like hair fall, itching on scalp, whitish flakes over shoulder and head with the treatment of 1 month. **Conclusion:** Significant result was observed with this treatment protocol in the management of *Darunaka* (Dandruff).

**Keywords:** *Amalakyadi Lepa*, Dandruff, *Darunaka*, *Dhurdhurpatradi Taila*, Seborrhoeic dermatitis

### INTRODUCTION

Dandruff is a disease concerned to hair root which is the most common cause for hair fall. The cause is

unclear but believed to involve a number of genetic and environmental factors<sup>1</sup>. The underlying mechanism

involves the excessive growth of skin cells. This condition may get worsen in the winter<sup>2</sup> although it is not due to poor hygiene.<sup>3</sup> In Ayurveda there are nineteen diseases described by *Acharya Vagbhatta* in *Shiroroga Adhyaya*, they are 9 *Kapalagata Roga* and 10 *Shiro Rogas*<sup>4</sup>. According to *Acharya Vagbhatta* and *Acharya Sarangadhara*<sup>5</sup> *Darunaka* is a *kapalagata Roga* but *Acharya Sushruta* explained this disease under *Kshudra Rogas*<sup>6</sup>. *Acharya Charaka* not mentioned the disease directly; in the *Trimarmiya Chikitsa Adhyaya* of *Chikitsasthana*, *Acharya* has given *Samprapti* of *Darunaka* under *Sirah Kapalagata Roga*<sup>7</sup>. In Ayurveda, the nearest correlation of Dandruff and Seborrheic dermatitis can be made with “*Darunaka*”. *Darunaka* is the non-inflammatory type of Seborrheic dermatitis. A more severe form of the condition, which includes inflammation of the skin, is known as seborrheic dermatitis with inflammation. It can result in social and self-esteem problems<sup>8</sup>. It is a disease concerned to hair root which is the most common cause for hair loss. *Darunaka* is characterized by *Twak Sphutana* (scaling of the scalp) *Kandu* (itching), *Rukshata* (dryness and roughness of scalp), *Keshachyuti* (diffuse hair falling), *Daruna* (difficulty in tolerance), *Swapa* (loss of touch sensation) and all these symptoms are due to vitiation of *Vata* and *Kapha Dosha*<sup>9</sup>. Historically, it was thought that about 50% of humans were affected to some degree, with onset at puberty and peak incidence and severity at about 20 years of age and becoming less frequent after the age of 50<sup>10</sup>. These diseases have a high prevalence rate and frequent relapses.

### Case Report

A 25-years-old female presented with complaint of hair fall, itching on scalp, whitish flakes over shoulder and head since last 1.5 years at *Shalakyta Tantra* (ENT)

OPD of IPGT & RA hospital, GAU, Jamnagar on date 18/1/2020. And patient was suffering from aggravated of the same complaints in dry and cold weather since last 1.5 years. Patient was apparently normal before one and half years. Gradually patient developed itching in her scalp, flakes over shoulder and head along with hair fall. For that she approached contemporary medical sciences for treatment. But patient’s complaints did not get satisfactory result and complaints were aggravated in cold and dry weather. So, she came to our hospital, and patient was treated with i.e. *Shiroabhyanga*<sup>11</sup> with *Dhurdhurpatradi Taila*<sup>12</sup> and *Amalakyadi Lepa*<sup>13</sup>.

**Aggravating Factor:** Dry and Cold weather

**Relieving Factors:** Humid weather

**Past History:** No other past history was noted according to patient statement.

**History of Allergy:** Allergy of dust and smoke from last 4 years.

**Medical History:** patient not suffering from any systemic disease i.e. HTN/DM/IHD

**Current Medication:** Patient was using pyrithione zinc shampoo once in every 4 days with only temporary relief in itching in scalp.

**Family History:** Mother and sibling suffered from the complaint of hair fall.

**Personal History:** **Diet:** veg, **Appetite:** moderate,

**Bowel:** regular (1 time/ day), **Micturition:** normal (5-6 time/day), **Sleep:** Disturbed, **Addiction:** tea (3 times/day)

**Occupational History:** Computer Engineer, **Hours of**

**working:** Day: 8 hours, **Nature of work:** Sedentary

**Menstrual History:** Regular

**General Examination:** **Vital Data:** Pulse: 78/min; R/R: 18/min; BP: 110/70; Temp: 98°F, **Pallor:** Absent,

**Weight:** 56kg, **Height:** 158 cm

### Grading of Dandruff

#### 1) Flacking:

- 0 - Absent
- 1 - Visible inside the hairs
- 2 - Visible outside the hairs
- 3 - Spread over the shoulder
- 4 - Snowy white appearance over head

#### 2) Itching:

- 0 - Absent
- 1 - Occasional
- 2 - Frequent
- 3 - Constant
- 4 - Uncontrolled constant

### 3) Hair fall

0 - >50 strands taken as in normal healthy individual. (1 Strand = full length 1 hair)

- 1 - 50-100 strands while combing
- 2 - 100- 200 strands while combing
- 3 - More than 200 strands while combing
- 4 - Hair fall without combing hairs

### Scoring

Absent – 0

Mild Dandruff – 1-3 (1 to 3 etc. indicates total of above 3 symptoms grading ex. Flaking grade- 0, itching grade- 2, hair fall grade- 1. Total score= 3. So, it was taken in score 1-3 as mild dandruff)

Moderate Dandruff – 4-6

Severe Dandruff- 7-9

Very Severe Dandruff- 10-12

### O/E

- Itching of scalp grade 3,
- hair fall grade 4,
- flakes over the head and shoulder grade 3
- which conclude that patient was suffering from severe dandruff with score of 10.

**Therapeutic Intervention:** As shown on table no.1 patient was treated as *Shiroabhyanga* with *Dhurdhurpatradi Taila* and *Amalakyadi Lepa*. Patient was in follow up for 1 month at the interval of 7 days.

**Precautions:** *Dhatu* plant have some side effects if not used with cautions. So, patient was advised that after application of *Dhurdhurapatradi Taila* on scalp, hand should be washed properly with soap. And take head bath next day morning after half an hour of applying *Shirolepa*.

### Ingredients of Yoga

#### 1) Dhurdhurapatradi Taila (Shastra Yoga)

Ingredients: Each 10ml is prepared out of

*Dhurdhura bheejam*: 0.575gm

*Dhurdhura patra swarasa*: 13.800ml

*Tila taila*: 10.000ml

#### 2) Amalakyadi Lepa (Anubhuta)

Ingredients:

*Amalaki Churna*: 2 part

*Yastimadhu Churna*: 1 part

*Shudhdha Tankana*: ½ part

*Takra*: QS

**Result:** As shown in table no.2 On the first follow up patient told moderate relieved in the symptoms. Her flaking frequency was reduced up to 30% and visible outside the hairs. And she also felt almost 30 to 35% relief in in itching there was no constant itching. But she was not felt any relief in hair fall according to her. And that's why she was able to perform her routine work with good concentration.

On the second follow up i.e. on 14<sup>th</sup> day of treatment patient was very happy observing the relief from symptoms. In all the symptoms patient was feeling up to 50% to 60% relief. Also, relief in hair fall which is before treatment hair fall without combing was after 14 day observing 10-20 strands while combing.

On the third follow up i.e. on 21<sup>st</sup> day of treatment patient's flaking frequency was reduced and visible only inside the hair. And itching had completely gone. Dryness of hair markedly decreased. On the last follow up, the patient was quite satisfied since she was completely relieved from disease.

After completion of 1 month scalp was normal. And no flacks were present not much hair fall.

### DISCUSSION

The probable 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*, *Ushna Virya* removes vitiated *Doṣha* from the *Srotas* and helps in curing the disease. As *Darunaka* is one among the *Kshudra Rogas* in classics with *Vata-Kapha* predominance and *Shiroabhyanga*<sup>14</sup> is mentioned as the treatment for curing the disease. And *Dhurdhurapatradi Taila* is formed only with *Datura Patra* and *Tila Taila*. *Datura* having *Rookshana*, *Teekshana*, *Vyavayi*, *Vikasi* and *Sukshma* properties along with *Kapha-Vata hara* properties<sup>15</sup>. *Tila* also has *Madhura Rasa Kashaya-Tikta Anurasa*

and *Ushna Virya*.<sup>16</sup> So it was advised to the patient for *Shiroabhyanga*.

*Kandu* is one of the symptoms in *Darunaka*. This is due to the factors like accumulation of mala on the scalp. *Kandu* is because of aggravation of *Kapha Dosha*. This *Taila* have *Katu*, *Tikta Rasa*, *Katu Vipaka* & *Ushna Virya*. *Katu Rasa* which is *Pratyanika* (opposite) of *Kapha Dosha*<sup>17</sup> ultimately remove *Abhishyanda*, *Sweda*, *Kleda* & *Vridhha Mala* from body. And it has *Kanduvilaya* (relieve itching) and *Krimighna* property<sup>18</sup>. Hence due to *Kandughna*, *Krimighna* properties; it gives relief in *Darunaka* by relieving *Kandu* (Itching). Overall *Katu* rasa helps in relief, by pacification of vitiated *Kapha*.

*Rukshata* in *Darunaka* is due to *Abhyangadvesha* and other *Vata* vitiating *Nidana* which causes roughness of scalp. *Rukshata* is pacified by *Snigdha Guna* of the oil. *Twak Sphutana* (Flaking) in *Darunaka* is the result of the vitiated *Vata Dosha*. *Ushna Virya* of the drugs plays a role in pacifying vitiated *Vata Dosha*. *Tikta Rasa* provides stability to *Twak* & tissues, which might help in reducing *Twak Sphutana* occurring in *Darunaka*. Hence reduce *Twak Sphutana* by its *Snigdha Guna*, *Tikta Rasa*, *Ushna Virya* and *Vatahara* property. *Keshachyuti* (Hair fall) is another symptom of *Darunaka*. The hair fall in *Darunaka* may be due to lack of *Snigdhatata* caused by vitiated *Vata*. The hair becomes dull and rough; owing to their abnormal dryness they become short, thin and fall out easily. *Dhurdhuradi Taila* reduces hair fall by their *Snigdha Guna*, *Tikta Rasa* and *Vata Kaphahara* property. *Tikta Rasa* dries vitiated *Pitta Dosha* with *Ruksha* property & pacifies *Pitta Dosha*. *Ushna Virya* of the drug is responsible for pacification of vitiated *Vata Dosha*<sup>19</sup>, which reduces hair fall.

Almost all parts of the *Amalaki* possess medicinal properties, particularly fruit, which has been used in ayurveda as a powerful *Rasayana*. It is a highly nutritious fruit and is one of the richest sources of Vitamin-C, amino acids and minerals which is good for hair and skin health. *Amalaki* has five *Rasa* except *Lavana Rasa* viz., *Amla* (sour), *Madhura* (sweet), *Kashaya* (astringent), *Tikta* (bitter) and *Katu* (pungent); and *Sheeta* (cold), *Rooksha* (roughness) and *Laghu* (light) *Guna*.

Though it mainly acts on *Pitta* and *Kapha*, it is considered to pacify all three *Dosha* (basic humour of the body) i.e., *Vata* by its *Amlatwa* (sourness); *Pitta* by *Madhuryata* (sweetness) and *Sheetata* (cold potency); *Kapha* by *Kashayatwa* (astringent flavour) and *Rookshatwa* (ability to produce dryness. According to *Acharyas Amalaki*<sup>20</sup> and *Yashtimadhu* possess *Keshya* (good for hair) property. So, it gives best result in treatment of *Darunaka* by eliminating *Vata* and *Kapha Dosha*.

## CONCLUSION

Hence from this study it reveals that Ayurvedic treatment *Shiroabhyanga* with *Dhurdhuradi Taila* and *Shirolepa* with *Amalakyadi Lepa* is having great potential in the management of cosmetic problems like *Darunaka*. This improvement in symptoms is brought about by *Samprapti Vighatana* of the disease. Therapy was well tolerated by the patient and no toxic or unwanted effects were noticed in patient. This protocol should be evaluated in more number of patients for its scientific validation.

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**Table 1:** Treatment protocol

Drug	Dose	Root of administration	Duration
<i>Dhurdhurpatradi Taila</i>	10-15 ml once in 3 days at night prior to <i>Amalakyadi Lepa</i>	<i>Shiroabhyanga</i>	1 month
<i>Amalakyadi Lepa</i>	QS at morning	<i>Shirolepa</i>	1 month

Note: Head bath was done with *Arishtaka* (Soap nut) water.

**Table 2:** Patients progressive reports are as follow:

	Sign & Symptoms	BT Score	7 <sup>th</sup> day Score	14 <sup>th</sup> day Score	21 <sup>st</sup> day Score	AT Score
1.	Flaking	3	2	2	1	0
2.	Itching	3	2	1	0	0
3.	Hair fall	4	4	2	2	1
	Total score	10	7	5	3	1

**Source of Support:** Nil

**Conflict of Interest:** None Declared

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