

AN AYURVEDIC APPROACH ON DARUNAKA – A Case Report

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ABSTRACT

In the present era, *Dharunaka* is a common condition mostly affecting children to middle aged people due to improper lifestyle, lack of hygiene and stress. There is no specific etiology explained in Any Ayurvedic texts. *Dharunaka* can be compared with seborrheic dermatitis / Dandruff in contemporary science. Maintenance of proper hygiene is the most important thing in this disease. Otherwise the chances of recurrence are more. With Ayurvedic formulations we can give good result in this condition. A 30-year-old male patient with chief complaint of itching on the scalp, dryness on scalp and hairfall came to our hospital and herbal medicines like *Aragwadadi Kashayam* (orally), *Triphala Choornam* (external), *Tankanabasma*, *Manjishtadi Kashayam*, *Prapoundarika Tailam* were given and procedures like *Shiroabhyanga* with *Durdoorapathradi* oil and *Nasya* with *Prapoundarikadi* oil also given. This medication was found very effective in controlling signs and symptoms of *Dharunaka* and improving the overall condition of the scalp. The improvement provided by the treatment is assessed on the basis of sign and symptoms before and after the treatment.

Keywords: *Dharunaka*, *Dandruff*, *Aragwadadi Kashayam*, *Manjishtadi Kashayam*, *Triphala Chornam*, *Tankana Basma*, *Prapoundarikadi oil*.

INTRODUCTION

Darunaka is a common problem in day to day life. It is one among the nine types of *Kapalagata Rogas*.¹ *Kapala* is the region which covers the skull. It is not counted in *Shiroroga* but explained as *Kapalagata Roga* by *Vagbhata*, *Sarangadhara*, *Bhaishajya Ratnavali* and *Chakradatta*. *Susrutha* has described this disease as a *Kshudra Roga* due to the vitiation of *Vata* and *Kapha* with symptoms like *Kandu*, *Keshachyuti*, *Swapna*, *Rookshatha* and *Twaksputana*. It can be correlated with dandruff in contemporary science. *Darunaka* means difficult to bear or tolerate, it is characterized by *Twak Sputana*, *Kandu*, *Rookshatha*, *Keshachyuti*.² *Charaka* has mentioned that the excessive use of *Amla Ahara*, *Ahitha Ahara* and *Guru Ahara* are the important causative factors of *Shiroroga*. *Shiro Abhyanga* is essential for preventing *Darunaka*.³ In the absence of that leads to dry scalp because of increase of *Rooksha Guna* of *Vata*. The unhygienic condition of the body is one of the main causes of itching. Daily bath is essential to avoid dirt, dust and waste products accumulating over the scalp. Due to improper *Ahara-Vihara*, *Kapha* and *Vata* vitiation takes place, which leads to *Rasa-Raktha Dhatu* vitiation and produce *Srothorodha* and finally result in *Darunaka*. *Darunaka* is curable as it limits itself in *Twak*. Even though it is curable, the rate of recurrence is high, owing to the negligence of proper hygiene and such other factors. Treatments include *Shodhana* and *Shamana* therapies. *Darunaka* can be correlated with seborrhoeic dermatitis based on the signs, symptoms and patho-physiology. Seborrhoeic dermatitis, an irritative disease of scalp and itching is its cardinal feature. Dandruff may be caused by different factors, but the exact underlying cause of Dandruff is unknown. Possible causes like using spray, gels, hair colouring products, cold weather, stress, anxiety, infrequent shampooing, inadequate cleaning, hormonal imbalance etc.⁴ A 30-year-old male patient came to the KC OPD of KVG Ayurveda Medical College, with chief complaint of itching on the scalp, dryness on scalp and hairfall. In this case, herbal medicines like *Aragwadadi Kashayam* (orally), *Triphala Choornam* (external), *Tankanabasma*, *Manjishtadi Kashayam*,

Prapoundarika Tailam were given and the patient got good result. This medication was found very effective in controlling signs and symptoms and improving the overall condition of the scalp. The present study made an effort to understand the effect of Ayurvedic formulations in *Darunaka*. Dandruff can be considered as *Darunaka* in Ayurveda. And it is classified under *Kshudraroga* or *Kapalagata Roga*.^{5, 6} It is a general condition in which excessive shedding of dead skin from the scalp. It is a noninfectious skin disease of scalp. White dust like substances are found even in face, ears, body folds, neck and front of chest. Apart from being a physical condition, dandruff is also associated with social and self-esteem problems in many individuals. Although it is a minor problem, if not treated it can lead to Hair loss, Seborrheic dermatitis, Blepharitis. 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 itchy and flaking or scaling skin, inflammation and pruritis.⁷

There is no specific etiology narrated for *Darunaka* in Ayurveda hence *Siroroga Nidanas* can also be considered. *Asathmendriya Arthasamyoga*, *Pranjaparadha*, and *Parinama* are the basic causes pertaining to pathogenesis. Mainly *Kapha* and *Vata* get vitiated. The association of *Pitta* and *Raktha* is mentioned by *Videha Acharya*. *Twak* is formed from *Raktha Dhatu* during the time of *Dhatuparinama*. According to *Arasaasrayi Bhava* of *Dosha* and *Dushya*, the *Pitta* is vitiated in *Darunaka*. *Raktha* is also vitiated. Here the *Sannikrishta Nidana* is the vitiation of *Kapha* and *Vata*. The vitiated *Doshas* circulate through the blood vessel and reach the scalp. The vitiation and circulation of *Doshas* contribute in the progression of disease through *Chaya*, *Prakopa* and *Prasara* stages of disease, later in *Sthanasamsraya Dosha* interact with the *Dushyas*, *Rasa-Raktha* at *Kapala* in the disease *Darunaka*. As a result, the vitiated *Kapha* and *Vata* produces *Kandu*, *Keshachyuti*, *Swapa*, *Rookshata* and *Twaksputana* and manifest the disease *Darunaka*. The main *Srothas* vitiated here is

Swedavaha Srothas. *Swedavaha Srotho Dushti Lakshanas* like itching, dryness of skin, abnormalities of touch sensation etc will be developed. These symptoms are seen in the *Vyaktha* stage of *Darunaka*. And the disease manifested. *Poorvaroopo* indicates the symptoms that manifest incompletely before the *Vyakthavastha*. No reference available regarding *Poorvaroopo* of *Darunaka* in the classics.

Darunaka can be differentiated among *Kapala Vyadhi* especially from *Indralupta*, *Arumshika*. In *Darunaka* the region of hairs loss has no specific shape. It spread all over head. But in case of *Indralupta*, the region of hair loss has specific shape. In case of *Arumshika* *Sarshapavath Pidakas* are seen in this disease. Maintenance of personal hygiene is the most important in this disease. The aim of treatment is controlling the Dandruff and preventing hair loss. The improvement provided by this therapy is assessed on the basis of

signs and symptoms before and after treatment. The medication was found safe and effective in controlling signs and symptoms and improving the overall condition of scalp.

Case History: The 30-year-old male patient presented for the treatment of *Darunaka*. He complained of itching and dryness of the scalp, appearance of white substance in the scalp and hair fall. He is a software engineer and had stressful life. The complaint started one year back, and he used so many medicines, and got symptomatic relief, since one month the frequency of symptoms increased. Anti-dandruff shampoo gives temporary relief from itching and hair fall. He came to our hospital for better treatment.

Past History: There is no relevant past history.

Drug History: Nothing specific.

Family History: Nothing specific

Table 1: Personal History

Diet	Mixed
Bowel	Normal
Appetite	Normal
Micturition	5-6 times, Slight yellow
Sleep	Sound

General examination:

On inspection:-

- White powders on scalp, eyebrows and shoulder.
- Dryness on the scalp

Systemic examinations: Nothing specific

Investigation: Hb and ESR are normal.

Dandruff is easily detected. The condition is characterised by the appearance of white flakes on hair, shoulders and collar. With a proper clinical examination, it can be easily differentiated from conditions like psoriasis, Ringworm infection etc.

Ayurvedic Examination

Table 2: *Dasavidha Pareeksha*

<i>Prakrithi</i>	<i>Pitta-vata</i>
<i>Viiti</i>	<i>Kapha-vata</i>
<i>Satwa</i>	<i>Madhyama</i>
<i>Sara</i>	<i>Madhyama</i>
<i>Samhanana</i>	<i>Madhyama</i>
<i>Pramana</i>	<i>Madhyama</i>
<i>Satmya</i>	<i>Sarvarasa</i>
<i>Ahara Shakthi</i>	<i>Uthamaa</i>
<i>Vyayama Shakthi</i>	<i>Madhyama</i>
<i>Vaya</i>	<i>Madhyama</i>

Table 3: Ashta Vidha Pareeksha

Nadi:	Vata- pitta
Mutram:	5 to 6 times, yellow colour
Malam:	1 to 2 times
Jihwa:	Liptha (coated)
Sabdha:	Spashta
Sparsha:	Ushna
Drik:	Samanya
Akrithi:	Madhyama

Nidana Panchaka

Nidana: Improper cleaning of the scalp and hair, emotional stress, excessive intake of sugar, fat etc.

Poorvaroopo: itching mild, dryness of scalp

Roopa: *Kandu, Twaksputana, Rookshatha, Keshachyuti.*

Upashaya: Oil application

Anupashaya: Sweating

Samprapti: *Nidana Kapha-Vata*, vitiation vitiates *Rasa-Raktha Dhatus*, vitiation of *Rasa-Rakthavaha Srothas, Srothorodha Stanasamsraya* in *Kapala Darunaka*

Table 4: Samprapti Ghatakas

Dosha	Kaphavata
Dushya	Twak, Raktha
Srothas	Swedavaha
Adhishtana	Kapala
Vyakthastana	Kapala

Treatment

1. **Aragwadadikashayam-**: 15ml *Kashayam* + 60ml lukewarm water morning and evening on empty stomach.
2. **Durdoorapathradi oil-**: For *Shiro Abhyanga*.
3. **Prapoundarikadi oil-**: For *Nasya*, 6 drop for 14 days.
4. **Manjishtadikashyam-**: 15ml *Kashayam* + 60 ml lukewarm water, morning and evening on empty stomach.
5. **Arogwawardhini vati -**: 1-tab morning and evening.
6. **Triphalachoornam** with **Shudhatankana-**: For external use

Scalp Care:

- Patient is advised proper hygiene and care of scalp.
- Practice of Yoga and Meditation.
- After treatment patient got good result.
- For daily use, *Triphaladi Keratailam* was given.

First 15 days: The treatment started with *Aragwadadikashayam*, because patient had severe

itching. *Kapha Lakshanas* were more and *Kapalapradesha* is predominant of *Kaphadosha*.⁸The ingredients in *Aragwadadikashaya* reduces *Kaphadosha* and most of them act on skin.⁹ It has antibacterial, antimicrobial, antiparasitic properties. So, it is helpful for all types of skin disease. **Durdoorapathradi oil:** It is a very good medicine for dandruff.¹⁰ Here vitiation of *Vata* is more because of which excessive dryness is seen. Practice of *Abhyanga* mentioned in *Dinacharya* seems to be the *Upashaya* for *Darunaka*. *Abhyanga Dwesha* is a reason for *Darunaka* here *Abhyanga* specifically involves *Shiroabhyanga* approximately 12 to 20 minutes daily morning. It is best to remove dryness. Charaka mentioned excessive use of *Amla Ahara, Ahitha Ahara* and *Guru Ahara* are the important causative factor of *Shiroroga*. *ShiroAbhyanga* is essential for preventing *Darunaka*. In the absence of that leads to dry scalp because of increase in *Rooksha Guna* of *Vata*. Soft and gentle massage in *Kapalapradesha* with fingertips improves

blood circulation. And *Snigdhatta* in oil pacifies dryness thereby preventing shedding of scales and hair fall.

Prapoundarika Taila Nasya

This oil is useful in preventing hair fall, strengthening hairs and nourishing hair roots. It mainly pacifies *Pitta* and then effectively against *Vata*. It is useful in *Pitta Prakrithi* person with *Pitta* dominance symptoms. Here patient is *Pitta* dominant *Prakrithi*.¹¹ *Nasya* is very effective and useful in all *Urdwagathrugata Vyadhis*.¹² Ayurveda suggest *Nasya* is the one of the best therapies for hair loss. *Siroabhyanga* and *Nasya* reduce the symptoms of *Darunaka* and helps in prevention.

Next 15 days

Manjistadikashayam: *Manjistadikashayam* is very effective in management of *Vata Vikara* associated *Kapha Doshas* and good for skin disease. *Manjistadikashayam* is *Madhura, Tiktha, Kashaya Rasa, Guru Ruksha Guna, Ushna Virya, Katu Vipaka*, it is useful for improving blood circulation on the scalp and promotes cleaning of debris.¹³ *Triphala* is *Tridosahara* and *Rasayana*, internally and externally with *Tankana Bhasma*, prevents the scaling of scalp. *Triphala Choornam* is good for skin disorders and it is a blood purifier. *Tankana*¹⁴ with *Katu Rasa, Ruksha Tikshna Guna, Ushna Virya, Katu Vipaka, Varnakara, Vishahara, Kandughna, Krimighna, Kleda Shamaka, Vatashamaka*. This helps to clean off the debris and prevent the scalp from secondary invasion of microbial growth. *Hairwash* with *Triphalachoorna* and *Tankana Arogyavardhinivati*:

This formulation is explained in *Rasaratnasamuchaya* in the context of *Kushta* (skin disease).¹⁵ It is *Tridosahara* and good for all types of skin diseases. With these Ayurvedic formulations, symptoms were controlled successfully. And the patient was advised to continue yoga and meditation to reduce stress. Along with that *Triphala Tailam (Sahasrayogam Tailayoga prakarana 44)* for *Siroabhyanga*. It is *Tridosahara*, helpful in improving hair strength and reducing hairfall.

Result:

- Severity of *Kandu* significantly reduced after treatment.

- Dryness in *Kapalapradesha* and shedding of scales were reduced.
- Hair fall was also reduced.

DISCUSSION

Dandruff is the most common condition that affects the scalp. It is a natural process involving shedding of dead skin from the scalp. Although it is a minor problem, when the shedding occurs at an excessive rate it may cause problems.¹⁶ Excessive or severe dandruff with itching is known as *Seborrheic dermatitis*. It affects the scalp, forehead, naso-labial folds, eyelashes, eyebrows, and skin behind the ears, trunk and flexures. It requires medical treatment. *Kandu* is a symptom of vitiated *Kaphadosa* and it has an important role in the pathogenesis of *Darunaka*. This is due to the factors like accumulation of *Malas* on the scalp and the excessive secretion of sweat etc. *Keshachyuti* is caused by vitiated *Pitta* in association with *Vata*. The hair fall in *Darunaka* may occur due to lack of *Snigdhatta* because of vitiated *Vata*, there by hairs become dull and rough. Owing to their abnormal dryness they become friable, short and thin that easily falls out. *Swapa* or abnormality of touch sensation means temporary or partial loss of sensation which is resulted due to the vitiation of *Vata*.

Rookshatha gets aggravated along with *Vatadosa*. *Abhyanga Dvesha* and other *Vata* vitiating *Nidanans* can lead to roughness of scalp. *Susrutha* has quoted *Darunaka* as *Kathina* and *Karkasha*. *Sphutana* is the breaking or splitting of scalp which is one of the symptoms of *Darunaka*. It occurs owing to scratching and abnormal keratinization of epidermis. It is also further due to the vitiated *Vatadosha*.

CONCLUSION

The prognosis of *Darunaka* is included in *Sadhya* stage according to *Vagbhata*. This case report includes Ayurvedic management of internal and external medicines for *Darunaka*. We found this treatment is safe and effective in *Darunaka*. And it improves the quality of life of the patient. The Ayurvedic management of *Darunaka* has a strong possibility to breakdown the pathogenesis of this disease. The

recovery in this present case was promising and worth documenting. Dandruff responded very well to treatment but will commonly reoccur when the treatment is stopped. So, maintaining personal hygiene is a very important factor.

PREVENTIVE MEASURES

Advice to maintain proper hygiene., Preventive measures like healthy balanced diet., Avoiding excessive use of salt, sugar and alcohol., Proper hygiene., Regularly disinfecting towel, comb and pillow cover after use., Avoid use of harsh cosmetics on hair (dyes, gels, sprays etc.), In dry dandruff warm oil treatment can be given. Avoid stress by practicing yoga and meditation.

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