

Effect of Ayurvedic medication in the management of *Darunaka* w. s. r. to dandruff (*pityriasis capitis*)—a single case study.

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ABSTRACT:

Introduction -According to Acharya Vagbhata and Sharangadhara *Darunaka* is kapalgata roga but Acharya Sushruta and other Acharya explained *Darunaka* disease under kshudrarogas. Due to vitiation of *vata* and *kapha dosha* in *Darunaka* vyadhi symptoms like *kandu* (itching), *rukshata* (dryness), *twakasphutan* (scaling), *keshchhyuti* (hairfall) develop. *Gadanigraha* has mentioned application of *Sarivadyataila* in the management of *Darunaka*.

Aim and objective – to evaluate the efficacy of ayurvedic drug in the management of *Darunaka*.

Material and methods – A 20 years female patient came to opd of *kayachikitsa* department of *laxmanraokalaspurakar ayurveda rugnalayayavatmal* with chief complaints of *kandu* 2–3 times per hour, *keshchhyuti* 80–100 hair during washing and combing of hair, *rukshata*, *twakasphutan* seen over hair and

sometime over shoulder since 6 months. in this case ayurvedic formulation of *arogyavardhinivati* 500 mg orally bd, *triphalakwatha Dhawan* twice in week, *sarivadyataila* locally once at night.

Result—the improvement provided by the therapy was assessed on the basis of sign and symptoms. The *keshchhyuti*, *rukshata*, *twakasphutan* decreased by 75%, *kandu* decreased by 100%. **Conclusion**—Ayurvedic medication found safe and affective in controlling sign and symptoms of *Darunaka*.

Keyword:

Sarivadyataila, *Darunaka*, *pityriasis capitis*, *dandruff*, *triphalakwatha*, *arogyavardhinivati*.

INTRODUCTION-

Ayurveda is one of the most ancient systems and holistic health science of life, health and care donated to humanity by the perfect Indian heritage. *Darunaka* is harmless causing no pain but lower self confidence and leads to

psychological stress. According to acharya *Vagbhata* and *Sharangadhara Darunaka* is *kapalgataroga* but acharya *Sushruta* and other *Acharya* explained *Darunaka* disease under *kshudrarogas*. In *ayurveda* the nearest correlation of dandruff (*pityriasis capitis*) and seborrheic dermatitis can be made with *Darunaka*. The world wide prevalence of seborrheic dermatitis is around 5% but the prevalence of its non inflammatory variant dandruff (*pityriasis capitis*) is around 50% in general population.

Now a days pollution is increased and due to busy life style people are taking fast food like *aahar* and improper *vihar*, many of young peoples are applying chemicals over scalp to styling the hair and these people not applying proper hair oil etc. causing icidance of *Darunaka* with symptoms like *kandu*, *rukshata*, *twaksputan*, *kesh-chyuti* etc. due to vitiation of *vata* and *kapha dosha*. Till now there is no definite cause and solution for the disease. So there is need to find effective and safe treatment of *Darunaka*.

Gadanigrahakara has mentioned application of *Sarivadyataila* in the management of *Darunaka*. There are various *yogas* (such as *lepa*, *shiroabhyanga*, *keshadhavan*, *shirobasti* etc.) are explain in *ayurveda* for the management of *Darunaka*. *Shiroabhyanga* is the procedure adopted by *Ayurveda*, which is effectively proven therapy not only for *Darunaka* but also many other *shiro-rogas*. This procedure is simple and easy. *Shiroabhyang* can be employed everybody with proper easy method without any complication. So in this study *sarivadyatailashiroabhyanga* is given for once in day at night one hour before to sleep.

AIM AND OBJECTIVES:

To evaluate the efficacy of *ayurvedic* drug (*sarivadya tail* locally, *Arogyavardhinivati* orally and *triphala kwath* local wash) in the management of *Darunaka* (dandruff).

Secondary objective -to study details about *sarivadya tail* and classical view of *Darunaka*.

MATERIAL AND METHODS

METHODS

- Methods adopted for this study is single case study. Single blind method.

Type _____ –Prospectivestudy,

Singlecasestudy, clinical controlled study

Place – PG Department of kayachikitsa

Laxmanrao Kalasapurakar Ayurved

College, Yavatmal, affiliated with

D.M.M, Ayurved College, Yavatmal

Duration –One month drug intervention

and after that one month follow up.

Selection of patient –Cases with classical sign and symptoms of *Darunaka* were considered

Kandu (itching)

Twaksputana (scaling of skin)

Rukshata (dryness of scalp)

Keshchyuti (hair fall)

MATERIALS

- *Brihatrayee*, *laghutrayeesamhitas*, various articles and journals, *gadanigrah* and *rasshastriya* books were referred for this study.
- Required drug material are as in table no. 5

CASE REPORT-

- Pt name – xyz, Address – *Pritvirajnagar, Near Wanawasi Maruti Mandir, Arni Road, Yavatmal, Desh – Sadharan,*

C.R. no. – 24354, OPD No. – 506867, Occupation – student, Weight – 50 kg, Religion – *budhdhist*

- A 20 years female patient came to opd of kayachikitsa department of I. *Kayurvedrugnalaya, Yavatmal* with chief complaints of hair fall (100 – 120 hair per day during washing and combing hair) severe in nature (At present) and moderate (50 to 60 hair per day) in nature since six months, having continues scalp itching (3 to 4 times per hour) since six month, scaling is present (sometimes scaling visible over shoulder) since six months, dryness of hair and scalp is also present.
- Past history – history of bronchitis in every year in December month since 5 year.
- Family history- *matrukul* :- grandmother and grandfather was known case of asthma, *Pitrukuland Swakul* is not significant
- Treatment history :- coconut oil with *bhringraj* oil
- Personal history :- not significant
- Diet :- vegetarian
- *Nidra* :- *Samyak* 7-8 hr at night and 1-2 hr at day time occasionally

GENERAL EXAMINATION

Pulse – 80/min regular ,B.P. – 110/80 mm of hg, Temp – afebrile

GRADATION OF DANDRUFF

SYSTEMIC EXAMINATION

RS – AEBE Clear, CVS – S1S2 Audible normal ,CNS – conscious oriented

ASHTAVIDH PARIKASHAN

Nadi – 80/Min, *Mala* – 1 Veg / Day *Samyak*, *Mutra* – *Samyak* 3-4 Times Per Day, *Jivha* – *Niram*, *Shabd* – *Spashta*, *Sparsha* – *Anushna*, *Drika* – *Prakrut*, *Akruti* – *Madhyam*

DASHAVIDHA PARIKSHA

- *Prakruti* – *Sharirik* – *Kaphapittaj*, *Manasik* – *Rajasic*,
 - *Vikruti* – *Hair Fall*,
 - *Sara* – *Rasa*, *Rakta*, *Mansa*, *Samhanan* – *Madhyam*,
 - *Satwa* – *Madhyam*,
 - *Satmya* – *Shadrassatmya*,
 - *Praman* – *Madhyam*,
 - *Aharshakti* – *Madhyam*,
 - *Vyayamshakti* – *Pravar*, *Vaya* – *Madhyam*
 - *About Kesh*
 - *Kesh Varna* – *Krushna*, *Kesh Akruti* – *Curled*, *Kesh Swabhav* – *Ruksha*,
 - *Kesh Shuchi* – *Shampoo*
 - *About Kesh-Bhumi*
 - *Kesh Bhumi* – *Kandu*, *Rukshata*, *Kesh-Patan*, *Keshbhumi Varna* – *Shweta*
- Affected *kesh bhumi*- all over scalp.

TWAK SPUTAN (SCALING / CRACKLING OF SKIN) ^(17,23,25,26) (grade table n0. 1)

Grade 0 (G 0)	No scaling (absent)
Grade 1 (G 1)	Scaling absent during combing of hairs but seen over the scalp only after thorough examination of hairs or scaling <1/4 th part usually on vertex (visible inside the hair) – mild
Grade 2 (G 2)	Scaling seen only at the time of combing or scaling is more than 1/2 part (visible over the hair) – moderate
Grade 3 (G 3)	Scaling seen at the time of combing and also at other time or complete scaling (spread over the shoulder) – severe

KANDU (ITCHING) ^(19, 26) (table no. 2 gradation if itching)

Grade 0 (G 0)	No itching
Grade 1 (G 1)	Itching only once or twice a day (occasionally / tolerable) - mild
Grade 2 (G 2)	Intermittent itching for more than 10 times a day (frequently / non tolerable but not disturb sleep) - moderate
Grade 3 (G 3)	Itching continuous during day (constantly / disturb sleep and other activity) – severe

RUKSHATA (DRYNESS OF SCALP) ^(21, 23, 25) (table no. 3 gradation of rukshata)

Grade 0 (G 0)	Absent (no dryness)
Grade 1 (G 1)	Negligible (dryness with rough skin) – mild
Grade 2 (G 2)	Without discomfort on scalp (dryness with scaling) - moderate
Grade 3 (G 3)	With discomfort on scalp dryness with cracking) – severe

Grade 0 (G 0)	Absent (no hair fall i.e. upto 10 hair)
Grade 1 (G 1)	Hair fall after washing hair (10-20, occasionally) – mild
Grade 2 (G 2)	Hair fall during combing or washing of hair (20-30, moderate loss) – moderate
Grade 3 (G 3)	Hair fall at any time and also on touch or simple hand strength (numerous / maximum loss) – severe

KESHCHYUTI (HAIR FALL) ^(26,25) (table no. 4 gradation of keshachyuti)

Table no.5 treatment given

Sr no.	Drug	dose	Rout	Frequency	Anupan
1	<i>Arogyavardhinivati</i>	500 mg	Orally	Twice a	<i>koshnaja</i>

				day	
2	<i>Triphalakhwatha</i>	As per required	Local for hair wash	Twice in week	
3	<i>Sarivadyataila</i>	5 ml	Local	Every night (1hr before sleep)	

Before treatment



After treatment



OBSERVATION TABLE (table no. 6)

Sr. No.	Assessment criteria	B. T.	Follow up (in days)				A. T.	
			7	14	21	30	45	60
01	<i>Kandu</i>	G3	G2	G1	G0	G0	G0	G0
02	<i>Kesha chyuti</i>	G3	G2	G2	G1	G1	G1	G1
03	<i>Rookshtha</i>	G3	G1	G1	G0	G0	G0	G1
04	<i>Twaksputana</i>	G3	G2	G2	G2	G1	G1	G1

DISCUSSION-

Arogyavardhinivati 500 mg was given for one month as it is indicated in all *rogas* specially *vaatkaphaj* due to its action of *agnidipan*, proper *ras dhatu* formation, its main content *kutaki* eliminates *dushta pitta* and correct *rakt dhatu*. *Triphalakwath* was used for hair wash because its anti inflammatory and astringent action. *Sarivadya* tail contains the drug which is mainly *vat* and *kaphaghna* property and *Darunaka* mainly causing due to vitiation of *vat* and *kapha* dosha, so *sarivadya* tail is given for one month.

RESULT-

The improvement provided by the therapy was assessed on the basis of sign and symptoms. *Keshchyuti* decreased by 75% when complete the therapy for one month. *Rukshata* is decreased by 100 % when complete the therapy for one month. *Kandu* decreased by 100 %. *Twaksphutan* decreased by 75% when complete the treatment for one month. Complete the therapy for one month and after that follow up taken after one month then *keshachyuti*, *rukshata*, *twaksphutan* is seen decreased by upto 75% as Compare to before treatment, and 100% decreased in the itching of scalp

after one month completion treatment as well as after one month follow up.

CONCLUSION-

This case report concludes that ayurvedic management with external and internal applied medicines i.e. *arogyavardhinivati* orally, *triphalakwathdhavan* (hair wash) and *sarivadya* tail locally were found safe and effective in treatment of *Darunaka* and improves patient's quality of life. The ayurvedic management of *Darunaka* has a strong possibility to breakdown the pathogenesis of this disease.

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