



## Case Study

### A UNIQUE COMBINATION OF AYURVEDIC MEDICINES AND PANCHAKARMA IN MANAGEMENT OF DARUNAKA: A SINGLE CASE STUDY

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#### ABSTRACT

In today's era, *Darunaka* (Dandruff) is one of the irritative and embarrassing diseases which have high prevalence rate. The disease is mainly concerned with hair root. Due to the poor cleaning, pollution, changing lifestyle and food habits that ultimately leads to the disease. According to Ayurveda, it can be correlated with Seborrheic dermatitis. Cardinal symptoms of *Darunaka* are *Kandu* (itching), *Rukshata* (dryness), *Twaksphuthan* (cracking of skin), *Keshachutti* (falling of hair). As dandruff doesn't produce any hazards effect to body but cosmetically it looks ugly. It is mainly due to the vitiation of *Vata* and *Kapha Dosha*. In present paper, a 30yr male patient came to the OPD with symptoms of *Shweatvarniya Twakvearnya* at *Shir Pradesh*, *Kandu*, *Twaksphuthan*, *Keshachyuti*, *Rukshata*, since 3yrs along with he also developed *Kurpar* and *Vankashanpradeshi Twakavaivarnya* and *Kandu*. He was treated with the help of Ayurvedic medicines and some *Panchakarma* procedures. The improvement provided by therapy was assessed on the basis of sign and symptoms before and after treatment.

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#### INTRODUCTION

Ayurveda is a science of life. Ayurveda is helpful for removing root cause of diseases. There are many types of diseases that are not hamper person day to day life but cosmetically it looks ugly or embarrassing in nature out of which one of them is *Darunaka* or dandruff. It have high prevalence rate in adolescent age. Various factors are responsible of developing dandruff including weather, stress, hygiene of hair and use of hair products. Ones it appears it difficult to treat. In Ayurveda *Acharya Sushruta* mentioned it as a *Ksudraroga*<sup>[1]</sup> but *Acharya Vagbhat* considered it as *Kapalgataroga*<sup>[2]</sup>. It's generally due to the vitiation of *Vata* and *Kapha Dosha* and association of *Pitta* and *Rakta* also seen. Its symptoms are *Kandu*, *Rukshata*, *Twaksphuthsn*, *Keshachyuti*. It can be correlated with dandruff or Seborrheic dermatitis. Seborrheic dermatitis<sup>[3]</sup> is a chronic non-infectious process characterized by erythematous patches with gresy yellowish scale. Lesions are generally on scalp, eyebrows, central chest etc.

#### CASE REPORT

A 30yr old male patient comes to us with following chief complaints of *Shweatvarniya Twakvearnya* at *Shir Pradesh*, *Kandu* (itching), *Twaksphuthan*, (cracking of skin) *Keshachyuti* (falling of hair), *Rukshata* (dryness of scalp) since 3 years. And *Ubhay Kurparpradeshi* and *Ubhay Vanshanpradeshi Twakvearnya* and *Kandu* from last 3 yrs.

#### *Ashthavidha parikshan*

*Nadi* - 74/min

*Mutra* - 3-4tmes/day

*Mala* - 1times/day

*Jivha* - *Ishat Saam*

*Shabda* - *Spashta*

*Sparsha* - *Anushna*

*Druka* - *Shwtabha*

*Akaruti* - *Madhyam*

**MATERIALS AND METHODS****Materials****Table 1: Showing Materials Used in Study**

S.No	Dravya	Dose	Duration	Anupan
1.	Ativisha Musta Shunthi Haritaki	Each 500mg	Twice a day	Lukewarm water
2.	Virechan churna	2gm	1HS	Lukewarm water
3.	Mahamanjishtadi Kwatha	10ml	Twice a day	1 cup lukewarm water
4.	Aarogyavardhini	1gm	Twice a day	Lukewarm water
5.	Suvarnrajvangeswar Suvarna Makshik Chopachini Vangabhasma	250mg 250mg 2gm 125mg	Twice a day	Honey

**Table 2: Showing Panchakarma used in study**

S.No	Panchakarma	Place	Duration	Days
1.	Takradhara	Shira	Once in a day	1 <sup>st</sup> to 10 <sup>th</sup> days
2.	Darunak Lepa	Shira	Once in a day	1 <sup>st</sup> to 10 <sup>th</sup> days
4.	Bahya Snehan with Eladitail	Sarvanga Sharir	45min	11 <sup>th</sup> and 12 <sup>th</sup> day
5.	Raktamokshan (Siravedha)	Lalata Pradesh	Upto 10 min	

**METHODS**

Method of Sampling- Simple Sample

Study design – Experimental single clinical case study

Criteria for Assessment<sup>[4]</sup>**Table 3: Shows Assessment Criteria of Darunaka**

	Grade	Features
1. Twakasphutan (Cracking of skin)	0	Absent
	1	Visible inside the hair
	2	Visible over the hair (Serous oozing)
	3	Visible over the hair with oozing of blood
2. Kandu (Itching)	0	Absent
	1	Occasionally (Doesn't disturbs daily routine)
	2	Frequently ( Disturbs daily routine)
	3	Constantly ( Disturbs daily routine)
3. Keshachutti (Falling of hair)	0	Absent
	1	Occasional loss (On washing)
	2	Moderate loss ( On combing)
	3	Severe loss ( On mild stretching)
4. Rukshata (Dryness of scalp)	0	Absent
	1	Negligible
	2	Without discomfort on scalp
	3	With discomfort on scalp

**OBSERVATION AND RESULT**

After the treatment of the 19 days, following results should be obtained which are given in the following table

**Table 4: Relief in symptoms before and after treatment**

S. No	Symptoms	Before Treatment	After Treatment
1.	Kandu (Itching)	3	0
2.	Twakasphutan (Cracking of skin)	3	1
3.	Keshachutti (Falling of hair)	2	0
4.	Rukshata (Dryness of scalp)	3	1

**Fig. 1: Before and after Treatment improvement****DISCUSSION**

*Darunaka* is a life aggressive disease as it has high cosmetic status. It produces mentally and socially disturbance in peoples. The antidandruff shampoo used for disease only slow down scalp flaking and they have more side effects like loss of hair, itching, irritation, headache etc. Ayurveda helps for removing root cause of diseases. Here combination of Ayurvedic medicines and *Panchakarma* procedure selected which gives better result.

**Shaman Treatment**

1. Firstly *Aampachak Yoga*<sup>[5]</sup> mentioned in *Charak Samhita Chikitsa sthan* were given for *Dipan* and *Pachan* process as we know "*Rogaha Sarveapi Mandagno*" so first for *Agnidipan* process *Aampachaka Yoga* given for first five days along with *Virechan Churna*<sup>[6]</sup> given for *Anuloman* process.
2. *Arogya vardhinivati*<sup>[7]</sup> called as "*Hanti Kushtha Anyasheshtaha*" mostly these drugs is used in *Kushtha* diseases. As per Ayurveda any type of skin disease are included under the heading of *Kushtha*. The drug acts blood purifier, helps in proper circulation of blood and possess properties like *Aampachaka*, *Kushthaghna*, *Kandughna*.
3. *Mahamanjishtadi Kwatha*<sup>[8]</sup> helps in balance vitiation of particular *Pitta Dosha*, but also helps balance of *Vata* and *Kapha Dosha*. It helps in purification of blood and helps in detoxification of the body. It also helps maintain skin complexion.
4. The combination of *Suvarnarajvangeswar*, *Suvarnamakshika*, *Chopchini* and *Vangabhasma* was given to the patient as yoga has *Raktaprasadaka*, *Rakta shodhaka*, *Twak vikarnashaka*, *Rasayan* and *Kledashoshaka* properties helpful for reducing *Twaksphuthan*, *Rukshata* and *Kandu*.

**Panchakarma Procedures****Takradhara**

*Dhara* process mostly *Moordhani Dhara* are employed in disease of head and eyes, *Vata* disease, disease of ear, sinusitis etc. *Moordhani Dhara* is of various types, out of which *Takradhara* is one among them. *Takra* possess *Madhur* and *Amla Rasa*, *Amla Vipak*, *Ushna Virya* and *Vata Kaphaghna* properties<sup>[9]</sup>. *Takra* contains large amount of lactic acid. Lactic acid is used to maintain skin complexion, skin tone and reduce pore appearance.

**Preparation of Takradhara**

Drugs like *Musta*, *Jatamasi*, *Amalaki*, *Nimba* are taken in amount of 960gms and 3456 lit water added in it and then boil it reduce it to 750gm that is 1/6<sup>th</sup> part then equal amount of *Takra* is added. The procedure was done in the early morning at 9am. *Takradhara* process done as per *Shirodhara* mentioned in *Samhitas*. The procedure found very effective in nourishment of hair on scalp, improves circulation of blood and also helpful to reduce depression and stress.

**Snehan**

External application of *Snehan* was done with *Eladitail*.<sup>[10]</sup> *Eladi Taila* used in vitiated *Vata Kapha* conditions helps in reducing skin diseases. In Ayurveda *Abhyanga* followed by *Takra Dhara* stimulated the process of blood circulation and helps in maintaining health of scalp.

**Lepa**

Ayurvedic science has vast description of topical application in the name of *Lepa*. There are three types of *Lepa* described in *Samhitas Pralep*, *Pradeha* and *Aalepa*<sup>[11]</sup>. *Pradeha Lepa* is *Ushna* and *Sheet Gunatmaka* and thick in nature used in *Vata Kaphaj Vyadhi* so here *Darunaka Lepa*<sup>[12]</sup> mentioned in *Sharangdhar Samhita Uttarkhand* which contains *Jeyshtamadha*, *Priyal*, *Kushta*, *Sendhav*, *Masha*, *Madha*

possess properties such as *Vatakaphahar*, *Snigdha*, *Keshya*, *Kanduhar*. In this formulation *Sendhav* and *Madha* added as they are *Sukshama strotogami* and *Yogavahi* in nature helps in bring down *Vata* and *Kapha Dosha*. *Lepa* application directly to skin prevents metabolism of drugs in liver and provides its action directly at the site of action.

### Raktamokshan

Acharya Vagabhat said *Twaka* is formed during the time of *Rakta Dhatu Parinama*. The seven layers of *Twaka* formed. As per Acharyas for any kind of *Twakavikar Siravedha* is highly beneficial in removing the vitiated blood from the body, which causes disease. *Raktamokshan* in the form of *Siravedha* had done at nearest region so here procedure done at *Lalata* (forehead) region.<sup>[13]</sup>

This treatment was given for 19 days after that follow up for 21days done.

### Follow Up

Follow up was done after 7<sup>th</sup>, 15<sup>th</sup> and 21<sup>th</sup> days after discharged. During this period *Aarogya vardhini Vati*, *Maha manjishtadi Kwatha* and combination of *Suvarna rajvangeswar* and *Darunaka Lepa* application continue along with *Gunjadi Taila* was given for local application. After follow up of 21 days there is seen relief of symptoms such as *Kandu*, *Twaksphuthan*, *Keshachyuti*, *Rukshata* was observed.

### CONCLUSION

This case report concludes that Ayurvedic medicine and *Panchakarma* therapy were found safe and effective and improves quality of life. Ayurvedic management provides good result to breakdown pathogenesis of *Darunaka* and gives best result in decreasing disease.

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