

An Ayurvedic Approach in the Management of Darunaka (Seborrhoeic Dermatitis): A Case Study

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ABSTRACT

Darunaka is a *Kapalagataroga* but *Acharya Sushruta* has described this disease as a *Kshudraroga* due to the vitiation of *Vata* and *Kapha Doshas* with symptoms like *Kandu* (itching on scalp), *Keshachyuti* (falling of hair), *Swapa*(abnormalities of touch sensation on scalp), *Rookshata* (roughness or dryness of the scalp) and *Twaksphutana* (breaking or cracking of the scalp skin). Seborrhoeic Dermatitis, an irritative disease of the scalp in which shedding of dead tissue from the scalp with itching sensation is the cardinal feature which can be correlated with *Darunaka*. It has been reported that Seborrhoeic Dermatitis affect about 4% of the population, and dandruff (which is mild seborrhoeic dermatitis of the scalp) can affect almost half of all adults. It can start at any time after puberty and is slightly commoner in men. It can result in social or self-esteem problems. A 56 yr old male patient from Jamnagar came to OPD of *Shalakyatantra*, with chief complaint of *ShirahKandu* (itching on scalp), *Rukshata* (dryness on scalp), *TwakSphutana* (cracks in the skin) with blood mixed watery oozing, *KeshaChyuti* (hair fall). In this case Ayurvedic formulation of *ArogyavardhiniVati* (orally), *TriphalaChurna* (orally), *ManjisthadiKwatha* (orally), *YashtiChurna* mixed with coconut hair oil as external application followed by washing the hair with a *Kwatha* (decoction) of *TriphalaYavkut* and *ShuddhaTankana*. The improvement provided by the therapy was assessed on the basis of sign and symptoms before and after the treatment. A special scoring pattern was developed for assessing sign and symptoms. The medication was found safe and effective in controlling sign and symptoms and improving the overall condition of scalp.

Keywords: *Arogyavardhini Rasa*, Ayurvedic, *Darunaka*, *Manjisthadi Kwatha*, Seborrheic Dermatitis.

INTRODUCTION

Acharya Vagbhata [1] and *Sharangadara* [2] has opined *Darunaka* as a *Kapalagata Roga* while *Acharya Sushruta*, [3] *Bhavaprakasha* [4] and *Madhava* [5] mentioned as a *KshudraRoga* having signs and symptoms of *Daruna* (cracked scalp), *Kandura* (itching of the scalp) and *Ruksha* (dryness of the scalp) etc. due to the vitiation of *Vata* and *KaphaDoshas*.

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 pruritus. [6] Commonly, patients experience mild redness, scaly skin lesions and in some cases hair loss. Other symptoms include patchy scaling or thick crusts on the scalp, red, greasy skin covered with flaky white or yellow scales, itching, soreness and yellow or white scales that may attach to the hair shaft. As per *Ayurveda* classics, non-application of *Kesha Taila* (oiling of head), improper cleaning, sleeping during day time, night vigil, exposure to dust, hot weather etc. are causative factors for *Darunaka*. Genetic, environmental, hormonal, and immune-

system factors and environmental factors, lack of normal hygiene such as sebaceous secretions, skin surface fungal colonization, individual susceptibility contributes to the pathogenesis of Seborrhoeic dermatitis. The prevalence of clinically significant seborrhoeic dermatitis is approximately 3% with peak prevalence in the third and fourth decades. [7] Estimates of the prevalence of seborrhoeic dermatitis are limited by the absence of validated diagnostic criteria as well as a grading scale of severity; however, as one of the most common skin disorders. [8] It affects approximately 11.6% of the general population and up to 70% of infants in the first three months of life may have the condition. Among adults, the peak incidence is in the third and fourth decades of life. [9] The anti-dandruff shampoo's only slow down the scalp flaking and have their own disadvantages like loss of hair, increased scaling, itching, irritation, nausea, headache, vomiting and photosensitivity. Some modern literature mentioned that seborrhoeic dermatitis is highly treatable but incurable. So here an attempt has been made as Ayurvedic classics have dealt with various procedures and medications to deroot the disease *Darunaka*.

CASE STUDY

Centre of study- OPD of Shalakyatantra department. I.P.G.T & R.A, GAU, Jamnagar, Gujarat, India.

Case report- A 56 yr old male patient with registration no.PG19029154 came to OPD of Shalakyatantra department, I.P.G.T & R.A., Jamnagar, Gujarat, with chief complaints of-

1. *ShirahKandu*(itching on scalp)
2. *KeshabhoomiRukshata*(dryness on scalp)
3. *TwakSphutana* (cracks on the scalp skin) with blood mixed watery oozing

Table 3: Posology of treatment protocol.

S.No.	Drug	Dose	Route	Duration
1.	<i>ArogyaVardhiniVati</i>	250 mg.(Three times a day with luke warm water after meal)	Orally	45 Days
2.	<i>TriphalaChurna</i>	3gm (Two times a day with luke warm water after meal)	Orally	45 Days
3.	<i>ManjishthadiKwath</i>	20 ml before meal twice a day	Orally	45 Days
4.	<i>TriphalaYavkut</i> <i>+ShuddhaTankana</i>	10gm + 250mg.respectively	Hair wash	Thrice weekly for 45 days
5.	<i>YashthiChurna</i>	3gm.(With coconut oil)	<i>Abhyanga</i> (Massage)	Thrice weekly for 45 days

4. *KeshaChyuti* (hair fall)

History of present illness- Patient experienced itching on scalp 2 years back. After few months he suffered from crack on scalp with blood mixed watery oozing, dryness of scalp followed with hair fall. He was under mental stress and disturbed routine due to these complaints. He also had undergone allopathic treatment but that provided him only temporary relief. Aggravating factor- Sweating

Relieving factor- Oiling

History of past illness- There was no relevant past history.

Family history- No member of family had such illness.

Personal history –Personal history has been mentioned in table no-1.

Table 1:Personal history of 56 year registered patient of *Darunaka*

Diet	Mixed diet
Micturition	7-8 times in day, 0-2 times in night
Appetite	Moderate
Sleep	Disturbed
Bowel Habit	Irregular
Addiction	No any

Ashtavidha Pariksha– *Ashtavidha Pariksha* (eight fold classifications) has been mentioned in Table No.2

Table 2: *AshtavidhaPariksha* of 56 year registered patient of *Darunaka*

<i>Nadi</i> (Pulse)	68 / min.
<i>Mala</i> (Stool)	1-2 times in day, Not satisfactory.
<i>Mutra</i> (Urine)	7-8 times in day, 0-2 times in night
<i>Jihva</i> (Tongue)	<i>Sama</i> (Coated)
<i>Shabda</i> (Speech)	<i>Spashta</i> (Normal)
<i>Sparsha</i> (Touch)	<i>Ruksha</i>
<i>Drika</i> (Eyes)	<i>Samanya</i> (Normal)
<i>Akruti</i> (Built)	<i>Madhyama</i>

Blood investigation: Blood investigation (Hb, TLC, DLC, ESR values) of the patient were in normal limits.

Treatments given to the patients have been enlisted in Table 3.

Scalp Care- Patient was advised to take care of his scalp:

Always use sterile cold water to wash your head.

Avoid using hot water for hair wash.

Don't apply heat and direct sunlight on scalp.

Comb hair only after hair gets dried after wash.

Grades of assessment of overall effect of therapy has been mentioned in Table no. 4.

Table No. 4: Gradation of sign and symptoms of Darunaka(seborrheic dermatitis).

Parameters	Grading	
<i>ShiraKandu</i> (Itching on scalp)	0	Absent
	1	Occasionally (Doesn't disturbs daily routine)
	2	Frequently (Disturbs daily routine)
	3	Constantly (Disturbs daily routine)
<i>KeshbhoomiRukshata</i> (Dryness of scalp)	0	Absent
	1	Negligible
	2	Without discomfort on scalp
	3	With discomfort on scalp
<i>TwakaSphutana</i> (Cracking of the skin)	0	absent
	1	Visible inside the hair
	2	visible over the hair(Serous oozing)
	3	Visible over the hair (with oozing of blood)
<i>Keshachyuti</i> (Falling of hair)	0	Absent
	1	Occasional loss (on washing)
	2	Moderate loss (on combing)
	3	Severe loss (on mild stretching)

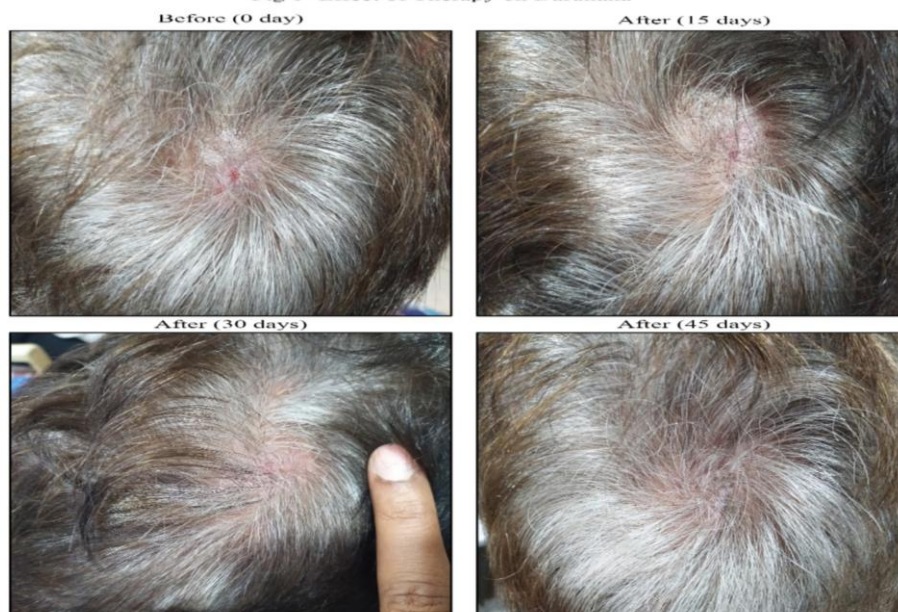
RESULTS

After 15th, 30th and 45th day assessment, variations in results were found on each symptoms associated with *Darunaka*. Patient got relief in sign and symptoms with gradual improvement. Effects of treatment on patient of *Darunaka* are presented in Figure-1. Assessment on each considering symptoms of *Darunaka* have been presented in Table no.5.

Table No. 5- Assessment on considering symptoms of Darunaka.

S.No.	Sign and Symptoms	1 st Day (B.T.)	A.T.		
			15 th Day	30 th Day	45 th Day
1.	<i>Kandu</i> (Itching)	3	3	1	0
2.	<i>KeshbhoomiRukshata</i> (Dryness of scalp)	3	2	0	0
3.	<i>TwakaSphutana</i> (Cracking of the skin)	3	2	1	0
4.	<i>Keshachyuti</i> (Falling of hair)	2	2	1	0

Fig 1- Effect of Therapy on Darunaka



DISCUSSION

Darunaka can be correlated with seborrheic dermatitis based on the signs, symptoms and pathophysiology. Ayurvedic classics have dealt with various procedures and medications including *Shamashaman chikitsa* to manage the disease *Darunaka*. *Shiroabhyanga* with taila is said to be effective due to its properties such as *Snigdha Guna*, which acts through its *Vatahara*, *Kaphakara* and *Vrishya* properties. It performs the actions like *Snehana*, *Kledana* and *Vishyandana* at cellular level of the body. *YashtimadhuChurna* [10] along with coconut oil [11] having property of *Madhura Rasa*, *Guru*, *Snigdha Guna*, *SheetaVirya*. *Madhura Vipaka*, *Keshya*, *Kandughna*, *DahaPrashamana*, *Vrana* (ulcer healing property), *Daha*, *Rakta-pitta Shamaka*, *Vranasotha* properties pacifies the aggravated *Dosha* and helps in nourishment of hair and scalp. *ManjishthadiKwatha* with *MadhuraTiktaKashaya Rasa*, *Guru*, *Ruksha Guna*, *UshnaVirya*, *KatuVipaka*, *Manjishtha* is attributed with *Vranaya*, *Rakta Shodhaka* and *Vishaghna* properties [12] which makes it clinically useful in *Darunaka* by improving the blood circulation of scalp and thus promotes cleaning of the debris. *ArogyavardhiniVati* [13] is widely practiced used in the management of *Kushtha*. *Triphalachurna* is used in the ailments of all *Dosas*, stimulates digestive capacity, *Rasayana* and *Vrisya* [14] etc. which ultimately helps in regulation and proper functioning of *Srotasa* (micro channels). *Tankana* with *Katurasa*, *Ruksha Teekshna Guna*. *UshnaVirya*, *KatuVipaka*, *Vranashamaka*, *Vishahara*, *Kandughna*, *Krimighna*, *Kledanashaka*, *Vatashamaka* [15] property helps to clean off the debris and prevent the scalp from secondary invasion of microbial growth.

CONCLUSION

This case report concludes that Ayurvedic management with external and internal applied medicines i.e. *ArogyaVardhini Rasa* orally, *Triphala*

Churna orally, *ManjishthadiKwath* orally, *TriphalaYavkut* with *ShuddhaTankana* hair wash and *Yashti Churna* with coconut oil 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. The recovery in the present case was promising and worth documenting.

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