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# Efficacy of Ayurvedic multidimensional therapy in Darunaka - A Case Study

Vd. Jasminbegam B. Momin<sup>1</sup>, Vd. P. V. Kulkarni<sup>2</sup>, Vd. V. E. Gogate<sup>3</sup>

<sup>1</sup>Post Graduate Scholar, <sup>2</sup>Assistant Professor, <sup>3</sup>Associate Professor, Dept. of Kayachikitsa, Govt. Ayurved College, Nanded, Maharashtra, INDIA.

## ABSTRACT

Ancient Acharyas have stated that 'Shira' is one among the 'Dashapranayatana' and it is very much important to protect the 'Shira' from any external and internal trauma as all sensory organs or *Indriyas* are located here. *Darunaka* is a condition affecting the *Shirotwaka* and hair and it is commonly encountered in a clinical practice. It affects almost everyone mostly in the adult life. Dryness, itching, scaling of the scalp along with hair-fall are the cardinal symptoms of this disease involving mainly vitiated *Vata* and *Kapha Doshas*. In modern dermatological practice, there is no any satisfactory remedy for this irritating disorder. Hence, many patients are looking with a hope towards Ayurveda. In the present case study, a 22 years old female patient having symptoms of *Darunaka* was treated with Ayurvedic *Chikitsa*. The combine effect of *Shodhana Chikitsa* and *Shamana Aushadhis* along with *Sthanika Chikitsa* in the form of *Lepa* and *Dhavana* were advocated and at the same time, *Nidana Parivarjana* was strictly followed. The assessment of symptoms of the disease was done with the help of gradation index of symptoms of *Darunaka*. There was significant relief in all the complaints of patient within a period of two months.

**Key words:** *Darunaka, Shodhana Chikitsa, Shamana Aushadhis, Sthanika Chikitsa, Lepa, Dhavana.*

## INTRODUCTION

Ayurveda is the first and foremost a spiritual science which offers a scientific approach to live in harmony with nature.<sup>[1]</sup> Ancient Acharyas have explained 'Shira' as 'Uttamanga'.<sup>[2]</sup> Acharya Charaka have included *Shira* as one among the *Dashapranayatana*.<sup>[3]</sup> It is also considered as one among three *Marmas*.<sup>[4]</sup> Acharya Vagbhata have described 19 *Shirotwaka* out of which, 9 are *Shirotwaka* and 'Darunaka' is one among

them.<sup>[5]</sup> Acharya Sushruta have included this under *Kshudrarogas*.<sup>[6]</sup> It is a *Roga* affecting mainly the *Kapala* that is scalp and it also hampers the normal healthy status of hair. The word 'Drunaka' is derived from the word 'Daruna' which means 'Kathina' or 'difficult to bear' or 'tolerate'.<sup>[7]</sup> *Shirapradeshi Kandu* (itching), *Rukshata* (dryness), *Shirotwaka Sphutanam* or *Keshabhumi Prapatana* (cracking of the scalp skin with fine flakes) and *Keshachyuti* (hair-fall) are the cardinal symptoms of *Darunaka* which involves mainly vitiated *Vata* and *Kapha Doshas*.<sup>[8]</sup> It affects almost everyone mostly in the adult life and people of either sex get affected by this.<sup>[9]</sup> Now-a days people are more concerned about their personality including the status of hair as healthy hair are necessary for boosting the self-confidence.<sup>[10]</sup> Problems like hair-fall and dandruff make people more conscious. Unhygienic conditions and excessive as well as improper use of cosmetic products, pollution and many more factors may cause hair problems.<sup>[10]</sup> There are many market preparations which are advised by modern dermatologist but it has some limitations as

### Address for correspondence:

Vd. Jasminbegam B. Momin

Post Graduate Scholar, Dept. of Kayachikitsa, Govt. Ayurved College, Nanded, Maharashtra, INDIA.

E-mail: jasminmomin791992@gmail.com

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the effect is not long lasting or cost of treatment is very high.<sup>[9]</sup> The disease is very irritating and disturbs the routine life of patient and may hamper the mental health also. As satisfactory results are not available, patients are continuously looking with hope towards Ayurveda. Ayurveda plays an important role in the management of *Darunaka* as its unique treatment modality provides long lasting results through three basic principles of treatment that is *Nidana Parivarjana*, *Shodhana Chikitsa* and *Shamana Aushadhis*. *Sthanika Chikitsa* in terms of *Lepa* and *Dhavana* is also important in order to relieve the symptoms and to nourish the hair. A case of 22 years old female patient suffering from *Darunaka* is being discussed here who was treated by multidimensional approach of Ayurveda. The results were excellent and shows the satisfactory combine effect of *Shodhana Chikitsa* and *Shamana Aushadhis* along with *Sthanika Chikitsa* in the management of *Darunaka*.

## AIM

To study the combine effect of *Shodhana Chikitsa* and *Shamana Aushadhis* along with *Sthanika Chikitsa* in the management of *Darunaka*.

## OBJECTIVE

1. To study the efficacy of *Shodhana Chikitsa* in *Utklishtadoshavastha* of *Darunaka*.
2. To study the efficacy of *Shamana Aushadhis* in the management of *Darunaka*.
3. To study the relief in signs and symptoms of *Darunaka* by external application of Ayurvedic preparations.

## MATERIALS AND METHODS

*Shodhana Chikitsa* and *Shamana Aushadhis* along with *Sthanika Chikitsa* was advised to the patient having signs and symptoms of *Darunaka*.

## CASE REPORT

### Primary Data

- Patient's name - XYZ
- Age - 22 years

- Sex - Female
- Occupation - Student
- OPD No. - 98767
- Date - 14/11/2019

### Present Complaints with Duration

SN	Present Complaints	Duration
1.	Itching over the scalp	Since 6 months
2.	Scaling of the scalp	Since 6 months
3.	Dryness of scalp	Since 6 months
4.	Dryness of Hair	Since 2 months
5.	Hair-fall	Since 2 months

### History of Past Illness

1. No H/O DM/HTN/Bronchial Asthma
2. No H/O any drug allergic reaction
3. No H/O blood transfusion
4. No H/O any addiction
5. No H/O any bleeding disorder
6. Menstrual History - Regular but irregular pattern of bleeding
7. No H/O any major medical or surgical illness

### History of Present Illness

A 21 years old female patient was apparently healthy before 6 months. Gradually she felt mild itching over the scalp along with increased dryness and scaling from scalp. The complaints were increasing day by day and in due course of time, she was suffering from dryness of hair and hair-fall also. Meanwhile she consulted a dermatologist for the above stated complaints where she was treated with allopathic medicine but didn't get satisfactory results. Instead, the symptoms became more severe which hampered the patient's mental health also. So, she came to the OPD of our institute for the Ayurvedic treatment where she was diagnosed with *Darunaka*.

**Investigations**

All hematological investigations - WNL

Urine Examination - WNL

Blood Sugar - 102mg/dl

Urine Sugar - Absent

**Samanya Parikshana**

1.	Nadi	80/min, Sarpa Gati, Regular, Full volume
2.	Mala	Picchila Malapravritti, Incomplete bowel evacuation - 2-3 times/week
3.	Mutra	Samyaka Mutrapravritti,
4.	Jihva	Saama
5.	Shabda	Spashta
6.	Sparsha	Samashitoshna
7.	Drika	Ishat Panduvarni
8.	Aakruti	Krishna

**Srotasa Parikshana**

- Rasavaha Srotasa - Mandajwaraprachiti, Angamarda, Daurbalya
- Raktavaha Srotasa - Shirapradeshikandu and Rukshata along with Shirotwaka Sphutana
- Asthivaha Srotasa - Keshapatana, Kesharukshata
- Swedavaha Srotas - Kesha Rukshata and Keshapatana

**Diagnostic Criteria**

Diagnosis of the patient as *Darunaka* was done on the basis of following symptoms;

SN	Lakshanas	Findings
1.	Shirapradeshikandu	Present
2.	Shirapradeshirukshata	Present
3.	Shirotwakasphutanamorkeshabhumiprapatana	Present

4.	Keshachyuti	Present
5.	Involvement ofvataandkaphadoshas	Present

**NIDANA PANCHAKA**

**Hetu** - Aniyamitabhojana Samaya, Ati Amla Rasa Sevana, Adhyashana, Ratraujagarana, Excessive consumption of outside food items (weekly 2-3 times), Bakery products, Shitodaka Snana, Atyambupana.

**Purvarupa** - Mild itching over scalp

**Rupa**

- Itching over the scalp
- Dryness over the scalp
- Scaling from the scalp
- Dryness of hair
- Hair-fall

**Upashaya** - Upashayanugami

**Samprapti**

Hetusevana → Doshaprakopa mainly Vata and Kapha → Vitiation of Rasa, Rakta, Mansa and Asthi Dhatu → Srotorodha → Dosh - Dushya takes Sthanasanshraya of Kapala → Vyakta Avastha of Lakshanas → Darunaka.

**Samprapti Ghataka**

- Dosha - Vata and Kapha
- Dushya - Rasa, Rakta, Mansa, Asthi Dhatu
- Upadhatu - Twaka
- Mala - Kesha
- Srotasa - Rasavaha, Raktavaha, Asthivaha, Swedavaha
- Srotodushtiprakara - Sanga
- Adhishthana - Twaka
- Vyaktasthana - Kapala
- Rogamarga - Bahya

**Treatment Protocol**

The treatment protocol comprises following four plans;

1. *Shodhana Chikitsa*
2. Internally *Shamana Aushadhis*
3. *Sthanika Chikitsa*
4. *Pathya-Apathya* for *Nidana Parivarjana*

**1. Shodhana Chikitsa**

The *Abhivyakti* of all the *Lakshanas* was mainly over the scalp region that is *Shiro Twak Pradesha*. *Acharya Charaka* have stated that '*Nasa Hi Shirasodvaram*'<sup>[11]</sup> and hence to reduce the *Srotorodha* of *Shiropradesha*, *Pradhamana Nasya* along with *Tikshna Dhumapana* was selected to be done for 7 days. For this, following drugs were used;

- *Pradhamana Nasya* - *Sariva*, *Manjishtha*, *Saindhava*
- *Tikshna Dhumapana* - *Vacha* and *Sunthi Churna*

As there was *Dushti* of *Raktavaha Srotasa* also, *Mridu Virechana* was advised to the patient and for this, *Aaragvadhakapila Vati* was administered in a dose of two tablets with lukewarm water in a bedtime for 3 weeks.

**2. Shamana Aushadhis**

The patient was advised with *Raktaprasadaka Dravyas* like *Manjishtha*, *Sariva* and *Daruharidra*. All the three *Dravyas* were taken in a *Churna* form, mixed together and administered in a dose of 5 gm thrice a day with lukewarm water.

**3. Sthanika Chikitsa**

By the side of *Shodhana Chikitsa* and *Shamana Aushadhis*, the *Sthanika Chikitsa* of scalp in terms of local application for the relief in all complaints and nourishment of scalp and hair was selected. This was done in two ways as follows;

- Lepa prepared from *Bhringraja*, *Aamalaki* and *Trifala Kalka* followed by *Shirodhavana* by *Nimbapatra Siddha Jala*. This was advocated in the morning time.

- In the bedtime, the patient was guided for the local application of *Jatyadi Taila*.

**Pathya - Apathya****Pathya**

- a) *Aahara* - Adequate amount of water and diet
- b) *Vihara* - Adequate rest and sleep at night

**Apathya** - All the *Hetus*.**Criteria of Assessment**

Assessment of symptoms of *Darunaka* was done on the basis of following gradation index<sup>[12]</sup>

**1. Shirapradeshi Kandū (Itching over the scalp)**

Absent	0
Occasionally present - Disturbs daily routine	1
Frequently present - Disturbs daily routine	2
Constantly present - Disturbs daily routine	3

**2. Keshabhumi Rukshata (Dryness over the scalp)**

Absent	0
Negligible	1
Without discomfort over the scalp	2
With discomfort over the scalp	3

**3. Shirotwaka Sphutanam or Keshabhumi Prapatana (Cracking of the scalp skin with fine flakes)**

Absent	0
Visible inside the hair	1
Visible over the hair	2
Visible even over the shoulder	3

**4. Keshachyuti (Hairfall)**

Absent	0
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Hair-fall once in the morning while washing or combing	1
Hair-fall on every time of combing	2
Hair-fall even without combing and raised hairline in frontal region (mild baldness)	3

## RESULT

There was marked relief in the complaints of dryness and itching of the scalp within a period of 1 week. The all other symptoms were still present for which the patient was advised with *Shamana Aushadhis* and *Sthanika Chikitsa* for two months. All the *Hetus* were strictly avoided during this treatment schedule. By this time, there was considerable relief in all the complaints including scaling of the scalp, dryness of hair and hair-fall. At the time of follow-up, it was observed that all the symptoms were remarkably fed up. Then the patient was instructed for *Nidana Parivarjana* and *Sthanika Chikitsa* was done each time thrice a week. At the same time, the patient was advised with *Yashtimadhu Taila Nasya* which was conducted in a schedule of 2 drops in each nostril in the morning for a duration of 1 month.

## Overall assessment of effect of therapy

SN	Lakshanas	Gradation	
		Before Treatment	After Treatment
1.	<i>Shirapradeshi Kandu</i>	2	0
2.	<i>Keshabhumi Rukshata</i>	3	0
3.	<i>Shirotwak Sphutanam or Keshabhumi Prapatana</i>	2	0
4.	<i>Keshachyuti</i>	2	1

## DISCUSSION

Ancient *Acharyas* have stated that '*Shira*' is one among the '*Dashpranayatana*'.<sup>[3]</sup> So, protection of head is very important because all the *Indriyas* or sense organs are located in the '*Shira*' and their

proper functioning is under the control of '*Shira*'.<sup>[2]</sup> Hence the diseases of head should be treated as early as possible. *Kapala* or scalp is the external covering of head and *Darunaka* is a disease of the scalp which disturbs the routine life. When the patient came to OPD of our institute, she was having severe dryness over the scalp which causes frequent itching of the scalp leading to discomfort over the scalp and she was also suffering from dryness of hair and hair-fall. We diagnosed the disease as '*Darunaka*' and treatment was advocated in terms of *Shamana* of vitiated *Vata* and *Kapha Doshas*. We planned a treatment protocol in terms of *Shodhana Chikitsa*, *Shamana Aushadhis*, *Sthanika Chikitsa* and *Nidana Parivarjana*.

As *Darunaka* is a disease of *Shirotwaka* that is *Kapala* and *Acharya Charaka* have stated that '*Nasa Hi Shirasodvaram*', *Shodhana Chikitsa* was done in the form of *Pradhamana Nasya* to decrease the *Srotorodha*. Along with this, *Tikshna Dhumapana* was also done to reduce the vitiated *Vata* and *Kapha Doshas*. As there is *Dushti* of *Raktavaha Srotasa*, patient was advised with *Mridu Virechana* in a bedtime.

At the same time, *Shamana Aushadhis* were administered internally in order to achieve *Raktaprasadana*, *Vranashodhana*, *Vranaropana* and to reduce the dryness.

Along with *Shodhana Chikitsa* and *Shamana Aushadhis*, external application was done in order to reduce the dryness and itching of scalp and for the nourishment of scalp and hair.

*Nidana Parivarjana* was strictly followed during the course of treatment. There was much relief in the complaints of dryness and itching of scalp within a period of 1 week. In due course of two months, there was considerable relief in the complaints including scaling of the scalp, dryness of hair and hair-fall. By this time, skin of scalp was getting its normal texture and healed as well and health status of hair was also improved.

Patient was also satisfied and happy by this Ayurvedic treatment and she was advised with *Pathya* along with *Sthanika Chikitsa* which was done three times

per week. At the same time, *Shamana Nasya* with *Yashtimadhu Taila* was also carried out for the duration of one month.

Following table shows the probable mode of action of selected *Dravyas*.

SN	Treatment protocol	Constituents	Probable mode of action
1.	<i>Pradhamana Nasya</i>	<i>Sariva, Manjishtha, Saindhava</i>	<i>Srotorodhahara, removal of vitiated Vata and Kapha Doshas</i>
2.	<i>Tikshana Dhumapana</i>	<i>Vacha and Sunthi Churna</i>	Removal of vitiated <i>Vata</i> and <i>Kapha Doshas</i>
3.	<i>Mridu Virechana</i>	<i>Aaragvadhakapila Vati</i>	<i>Stransana, Kanduvinishana, Dushtavrana Vishodhana, Kushthaghna, Krimighna</i>
4.	<i>Shamana Aushadhis</i>	<i>Sariva, Manjishtha, Daruharidra</i>	<i>Raktaprasadana, Varnya, Vranashodhana, Vranaropana</i>
5.	<i>Sthanika Chikitsa</i>	<i>Bhringaraja, Aamalaki, Trifala Kalka</i>	<i>Keshya, Twachya, Kapha-Vatanashana, Deepana, Aamanashana, Rasayana</i>
	Lepa in the morning		
	<i>Dhavana</i> followed by <i>Lepa</i> in the morning	<i>Nimapatra Siddha Jala</i>	<i>Vrananashana, Kushthaghna, Krimighna, Kandughna, Rktashodhana, Kledashoshana</i>
	Local application in	<i>Jatyadi Taila</i>	<i>Raktaprasadana, Vranashodhana,</i>

	the bedtime		<i>Varnya</i>
6.	<i>Shamana Nasya</i>	<i>Yashtimadhu Taila</i>	Soothing, balancing of <i>Vata</i> and <i>Kapha Doshas, Keshya, Varnya.</i>

### CONCLUSION

Ancient *Acharyas* have stated multidimensional approach towards the management of *Darunaka*. In the present case study, the treatment was given as per the symptoms as well as the *Avastha* of the *Doshas*. The multidimensional approach of Ayurveda towards management of *Darunaka* in the form of *Shodhana Chikitsa, Shamana Aushadhis* and *Sthanika Chikitsa* along with *Nidana Parivarjana* gives satisfactory results to the patient. In order to avoid the relapse of the disease, patient was instructed to follow the *Nidana Parivarjana* and *Sthanika Chikitsa* for three times per week for 2 months. Along with this, *Yashtimadhu Taila Nasya* was done as *Shamana* therapy for the duration of one month. Thus, the combine effect of *Shodhana Chikitsa* and *Shamana Aushadhis* along with *Sthanika Chikitsa* gave excellent results in relieving the complaints of *Darunaka*.

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