A CASE REPORT OF DHURDHURPATRADI TAILA SHIROABHYANGA AND AMALAKYADI LEPA IN THE MANAGEMENT OF DARUNAKA (DANDRUFF)

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ABSTRACT

Background: Dandruff is a skin disorder that mainly affects scalp. It is characterized by shedding of the dead skin cells from the scalp, flakes, itching, dryness and hair fall. It is the common scalp disorder affecting almost half of the population at the post-pubertal age and of any sex and ethnicity, but it is rare and mild in children. In Ayurveda, it is correlated with Darunaka and caused by vitiation of Vata and Kapha Dosha. Methods: A 25-year-old female presented with complaint of hair fall, itching on scalp, whitish flakes over shoulder and head since last 3 months. Management done with OPD based treatment. Here in this case report treatment chosen was i.e. Shiroabhyanga with Dhurdhurpatradi Taila and Shirolepa with Amalakyadi Lepa for 1 month. Result: There was marked improvement in symptoms like hair fall, itching on scalp, whitish flakes over shoulder and head with the treatment of 1 month. Conclusion: Significant result was observed with this treatment protocol in the management of Darunaka (Dandruff).

Keywords: Amalakyadi Lepa, Dandruff, Darunaka, Dhurdhurpatradi Taila, Seborrhoeic dermatitis

INTRODUCTION

Dandruff is a disease concerned to hair root which is the most common cause for hair fall. The cause is unclear but believed to involve a number of genetic and environmental factors¹. The underlying mechanism
Involves the excessive growth of skin cells. This condition may get worsen in the winter although it is not due to poor hygiene. In Ayurveda there are nineteen diseases described by Acharya Vagbhatta in Shiroroga Adhyaya, they are 9 Kapalagata Roga and 10 Shiro Roga. According to Acharya Vagbhatta and Acharya Sarangadhara Darunaka is a kapalagata Roga but Acharya Sushruta explained this disease under Kshudra Roga. Acharya Charaka not mentioned the disease directly; in the Trimariniya Chikitsa Adhyaya of Chikitsasthana, Acharya has given Samprapti of Darunaka under Sirah Kapalagata Roga. In Ayurveda, the nearest correlation of Dandruff and Seborrheic dermatitis can be made with “Darunaka”. Darunaka is the non-inflammatory type of Seborrheic dermatitis. A more severe form of the condition, which includes inflammation of the skin, is known as seborrheic dermatitis with inflammation. It can result in social and self-esteem problems. It is a disease concerned to hair root which is the most common cause for hair loss. Darunaka is characterized by Twak Sphutana (scaling of the scalp) Kandu (itching), Rukshata (dryness and roughness of scalp), Keshachyuti (diffuse hair falling), Daruna (difficulty in tolerance), Swapa (loss of touch sensation) and all these symptoms are due to vitiation of Vata and Kapha Dosha. Historically, it was thought that about 50% of humans were affected to some degree, with onset at puberty and peak incidence and severity at about 20 years of age and becoming less frequent after the age of 50. These diseases have a high prevalence rate and frequent relapses.

Case Report
A 25-years-old female presented with complaint of hair fall, itching on scalp, whitish flakes over shoulder and head since last 1.5 years at Shalakya Tantra (ENT) OPD of IPGT & RA hospital, GAU, Jamnagar on date 18/1/2020. And patient was suffering from aggravated of the same complaints in dry and cold weather since last 1.5 years. Patient was apparently normal before one and half years. Gradually patient developed itching in her scalp, flakes over shoulder and head along with hair fall. For that she approached contemporary medical sciences for treatment. But patient’s complaints did not get satisfactory result and complaints were aggravated in cold and dry weather. So, she came to our hospital, and patient was treated with i.e. Shiroabhyanga11 with Dhurdhurpatradi Taila12 and Amalakyadi Lepa13.

Aggravating Factor: Dry and Cold weather
Relieving Factors: Humid weather
Past History: No other past history was noted according to patient statement.
History of Allergy: Allergy of dust and smoke from last 4 years.
Medical History: patient not suffering from any systemic disease i.e. HTN/DM/IHD
Current Medication: Patient was using pyrithione zinc shampoo once in every 4 days with only temporary relief in itching in scalp.
Family History: Mother and sibling suffered from the complaint of hair fall.
Personal History: Diet: veg, Appetite: moderate, Bowel: regular (1 time/ day), Micturition: normal (5-6 times/day), Sleep: Disturbed, Addiction: tea (3 times/day)
Occupational History: Computer Engineer, Hours of working: Day: 8 hours, Nature of work: Sedentary
Menstrual History: Regular
General Examination: Vital Data: Pulse: 78/min; R/R: 18/min; BP: 110/70; Temp: 98°F, Pallor: Absent, Weight: 56kg, Height: 158 cm

<table>
<thead>
<tr>
<th>Grading of Dandruff</th>
<th>2) Itching:</th>
</tr>
</thead>
<tbody>
<tr>
<td>0) Absent</td>
<td>0) Absent</td>
</tr>
<tr>
<td>1. Visible inside the hairs</td>
<td>1. Occasional</td>
</tr>
<tr>
<td>2. Visible outside the hairs</td>
<td>2. Frequent</td>
</tr>
<tr>
<td>3. Spread over the shoulder</td>
<td>3. Constant</td>
</tr>
<tr>
<td>4. Snowy white appearance over head</td>
<td>4. Uncontrolled constant</td>
</tr>
</tbody>
</table>
3) Hair fall

0   - >50 strands taken as in normal healthy individual. (1 Strand = full length 1 hair)

1   - 50-100 strands while combing
2   - 100-200 strands while combing
3   - More than 200 strands while combing
4   - Hair fall without combing hairs

**Result:** As shown in table no.2 On the first follow up patient told moderate relieved in the symptoms. Her flaking frequency was reduced up to 30% and visible outside the hairs. And she also felt almost 30 to 35% relief in in itching there was no constant itching. But she was not felt any relief in hair fall according to her. And that’s why she was able to perform her routine work with good concentration.

On the second follow up i.e. on 14th day of treatment patient was very happy observing the relief from symptoms. In all the symptoms patient was feeling up to 50% to 60% relief. Also, relief in hair fall which is before treatment hair fall without combing was after 14 day observing 10-20 strands while combing.

On the third follow up i.e. on 21st day of treatment patient’s flaking frequency was reduced and visible only inside the hair. And itching had completely gone. Dryness of hair markedly decreased. On the last follow up, the patient was quite satisfied since she was completely relieved from disease.

After completion of 1 month scalp was normal. And no flacks were present not much hair fall.

**DISCUSSION**

The probable mode of action of Taila as Shiroabhyaanga increases the blood circulation in the scalp and hence impure blood is exchanged by fresh blood and thus due to the different properties of Taila like Snigdha Guna, Katu, Tikta Rasa, Ushna Virya removes vitiated Dosha from the Srotas and helps in curing the disease. As Darunaka is one among the Kshudra Rogas in classics with Vata-Kapha predominance and Shiroabhyaanga is mentioned as the treatment for curing the disease. And Dhurddhooapatraadi Taila is formed only with Datura Patra and Tila Taila. Datura having Rookshana, Teekshana, Vyavayi, Vikasi and Sukshma properties along with Kapha-Vata hara properties. Tila also has Madhura Rasa Kashaya-Tikta Anurasa
and Ushna Virya.\textsuperscript{16} So it was advised to the patient for Shiroabhyanga.

Kandu is one of the symptoms in Darunaka. This is due to the factors like accumulation of mala on the scalp. Kandu is because of aggravation of Kapha Dosha. This Taila have Katu, Tikta Rasa, Katu Vipaka & Ushna Virya. Katu Rasa which is Pratyanika (opposite) of Kapha Dosha\textsuperscript{17} ultimately remove Abhishyanda, Sweda, Kleda & Vridha Mala from body. And it has Kunduvilaya (relive itching) and Krimighna property\textsuperscript{18}. Hence due to Kandughna, Krimighna properties; it gives relief in Darunaka by relieving Kandu (Itching). Overall Katu rasa helps in relief, by pacification of vitiated Kapha.

Rukshata in Darunaka is due to Abhyangadvasha and other Vata vitiating Nidana which causes roughness of scalp. Rukshata is pacified by Snigdha Guna of the oil. Twak Sphutana (Flaking) in Darunaka is the result of the vitiated Vata Dosha. Ushna Virya of the drugs plays a role in pacifying vitiated Vata Dosha. Tikta Rasa provides stability to Twak & tissues, which might help in reducing Twak Sphutana occurring in Darunaka. Hence reduce Twak Sphutana by its Snigdha Guna, Tikta Rasa, Ushna Virya and Vatahara property. Keshachyuti (Hair fall) is another symptom of Darunaka. The hair fall in Darunaka may be due to lack of Snigdhata caused by vitiated Vata. The hair becomes dull and rough; owing to their abnormal dryness they become short, thin and fall out easily. Dhurdhuradi Taila reduces hair fall by their Snigdha Guna, Tikta Rasa and Vata Kaphahara property. Tikta Rasa dries vitiated Pitta Doṣa with Rukshha property & pacifies Pitta Doṣha. Ushna Virya of the drug is responsible for pacification of vitiated Vata Doṣha\textsuperscript{19}, which reduces hair fall. Almost all parts of the Amalaki possess medicinal properties, particularly fruit, which has been used in ayurveda as a powerful Rasayana. It is a highly nutritious fruit and is one of the richest sources of Vitamin-C, amino acids and minerals which is good for hair and skin health. Amalaki has five Rasa except Lavana Rasa viz., Amla (sour), Madhura (sweet), Kashaya (astringent), Tikta (bitter) and Katu (pungent); and Sheeta (cold), Rooksha (roughness) and Laghu (light) Guna. Though it mainly acts on Pitta and Kapha, it is considered to pacify all three Dosha (basic humour of the body) i.e., Vata by its Amlatwa (sourness); Pitta by Madhuryata (sweetness) and Sheetata (cold potency); Kapha by Kashayatwa (astringent flavour) and Rookshatwa (ability to produce dryness. According to Acharyas Amalaki\textsuperscript{20} and Yashtimadhu possess Keshya (good for hair) property. So, it gives best result in treatment of Darunaka by eliminating Vata and Kapha Dosha.

CONCLUSION

Hence from this study it reveals that Ayurvedic treatment Shiroabhyanga with Dhurdhuradi Taila and Shirolepa with Amalakyadi Lepa is having great potential in the management of cosmetic problems like Darunaka. This improvement in symptoms is brought about by Samprapti Vighatana of the disease. Therapy was well tolerated by the patient and no toxic or unwanted effects were noticed in patient. This protocol should be evaluated in more number of patients for its scientific validation.

REFERENCES


Table 1: Treatment protocol

<table>
<thead>
<tr>
<th>Drug</th>
<th>Dose</th>
<th>Root of administration</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dhurdhurpatradi Taila</td>
<td>10-15 ml once in 3 days at night prior to Amalakyadi Lepa</td>
<td>Shiroabhyanga</td>
<td>1 month</td>
</tr>
<tr>
<td>Amalakyadi Lepa</td>
<td>QS at morning</td>
<td>Shirolepa</td>
<td>1 month</td>
</tr>
</tbody>
</table>

Note: Head bath was done with Arishtaka (Soap nut) water.

Table 2: Patients progressive reports are as follow:

<table>
<thead>
<tr>
<th>Sign &amp; Symptoms</th>
<th>BT Score</th>
<th>7th day Score</th>
<th>14th day Score</th>
<th>21st day Score</th>
<th>AT Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flaking</td>
<td>3</td>
<td>2</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Itching</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Hair fall</td>
<td>4</td>
<td>4</td>
<td>2</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>Total score</td>
<td>10</td>
<td>7</td>
<td>5</td>
<td>3</td>
<td>1</td>
</tr>
</tbody>
</table>

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