

ROLE OF PANCHKARMA THERAPY IN MANAGEMENT OF DARUNAKA (SEBORRHOEIC DERMATITIS) - A SINGLE CASE STUDY

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ABSTRACT

Dandruff is a common scalp ailment that causes flaking of the skin. It is neither communicable nor dangerous. It can, however, be humiliating and difficult to treat. *Darunaka* is a *Kapalagataroga*, but *Acharya Sushruta* described it as a *Kshudraroga* due to the vitiation of *Vata* and *Kapha Doshas*, with symptoms such as *Kandu* (itching on the scalp), *Keshachyuti* (hair loss), *Swapa* (abnormalities of touch sensation on the scalp), *Rookshata* (roughness or dryness of the scalp), and *Twaksphutana* (breaking or cracking of the scalp skin). Seborrheic Dermatitis is an irritative scalp illness characterized by the shedding of dead tissue from the scalp, as well as an itchy sensation. Seborrheic Dermatitis affects roughly 4% of the population, while dandruff (mild seborrheic dermatitis of the scalp) affects about half of all adults, according to studies. It can begin at any point after puberty and is more common in men. It might lead to social and self-esteem issues. A 25-year-old male patient from Jodhpur came to OPD of *Panchakarma*, with a chief complaint of *Shira Kandu* (itching on the scalp), *Rukshata* (dryness on the scalp), *Twaksphutana* (cracks in the skin) and *Keshachyuti* (hair fall). In this case, *Ayurvedic* formulations and Panchakarma therapy gave the patient till 30 days. The improvement provided by the therapy was assessed based on signs and symptoms before and after the treatment, The therapy's effectiveness was determined by comparing signs and symptoms before and after treatment. For evaluating signs and symptoms, a unique scoring scheme was created. The

medicine was proven to be both safe and effective at treating signs and symptoms as well as enhancing the general health of the scalp.

Keywords: *Darunaka*, *Shirodhara*, *Shiro basti*, Seborrheic dermatitis

INTRODUCTION

Darunaka is a *Kapalagataroga Roga*, according to Acharya Vagbhata^[1] and Sarangadhara^[2], while Acharya Sushruta^[3], Bhavaprakasha^[4], and Madhava^[5] described it as a *Kshudraroga* with signs and symptoms of *Daruna* (cracked scalp), *Kandura* (itching of the scalp), and *Ruksha* (dryness of the scalp), among others, due to vitiation of *Vata* and *Kapha*. Seborrheic dermatitis is a chronic skin inflammation that causes a red, scaling, sometimes weepy, oozy eruption. Itchy, peeling, or scaling skin, irritation, and pruritus are all symptoms of seborrheic dermatitis, which can affect the scalp as well as other seborrheic areas.^[6] *Darunaka* is caused by non-application of *Kesha Taila* (head oiling), incorrect cleaning, resting during the day, night vigil, exposure to dust, hot weather, and other conditions, according to *Ayurveda* texts. Any other studies on genetic, environmental, hormonal, and immune factors. System and environmental factors, lack of normal hygiene such as sebaceous secretions, skin surface fungal colonisation and individual susceptibility all contribute to the pathogenesis of seborrheic dermatitis, according to an *Ayurvedic* approach to the treatment of *darunaka* (seborrheic dermatitis). Clinically serious seborrheic dermatitis affects about 3% of the

population, with peak prevalence in the third and fourth decades.^[7]

CASE STUDY-

Centre of study- OPD of Panchakarma department. DSRRAU, Jodhpur, Rajasthan, India. Case report- A 25 yr. old male patient with registration no.36341 came to OPD of Panchakarma department, DSRRAU, Jodhpur, Rajasthan, with chief complaints of-

1. *Shira Kandu* (Itching on the scalp)
2. *Keshabhoomi Rukshata* (dryness on the scalp)
4. *Keshachyuti* (hair fall)

History of present illness- The patient's current disease began two years ago with itching on the scalp. After a few months, he developed a scalp crack with scalp dryness and hair loss. Due to these symptoms, he was under emotional stress and had a disrupted routine. He had also received allopathic treatment, but this had only provided him with brief comfort.

Past sickness history- There was no relevant past disease history.

Family history- No one in the family has ever had such a disease.

Personal history – In table no. 1, personal history is mentioned.

Table 1: Personal history of *Darunaka* 25years-old, registered patient

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

Ashtavidha Pariskha– *Ashtavidha Pariskha* (Eight-fold classifications) has been mentioned in Table No.2

Table 2: *Ashtavidha Pariskha* of 25 years registered patient of *Darunaka*

| | |
|-----------------------|--------------------------------------|
| <i>Nadi</i> (Pulse) | 68/min |
| <i>Mala</i> (Stool) | 1-2 times in a day, not satisfactory |
| <i>Mutra</i> (Urine) | 7-8 times in a day, 0-2 at night |
| <i>Jivha</i> (Tongue) | <i>Sama</i> (Coated) |

| | |
|-----------------|------------------|
| Shabda (Speech) | Spasta (Normal) |
| Sparsha (Touch) | Ruksha |
| Drika (Eyes) | Samanya (Normal) |
| Akruti (Built) | Madhyama |

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

Treatments are given to the patients-

1. *Godanti bhasam* ^[8]-250mg and *Mukta pisti* ^[9]-250mg- twice in a day
2. *Panchtikta Ghrit* ^[10]- twice in a day
3. *Arogyavardini vati* ^[11]and *Sanjeevani vati* ^[12]- twice in a day
4. *Avipattikar churna* ^[13]- twice in a day (before meal)
5. *Triphala Guggulu* ^[14]- twice in a day
6. *Khadiradiaristh* ^[15]- twice in a day (after meal)
7. *Khadira Ghrit* ^[16] and *Mahatiktak Ghrit* ^[17]- half teaspoon with milk.

Panchakarma Therapy-

1. *Shirodhara* ^[18]- *Kashaya Dhara* (3 days), *Takra-dhara* (4 days) and last *Tail Dhara* (7 days)
2. *Shiro Basti* ^[18]- *Mahamarichiyadi Tail* (7 days)

Scalp Care-

- 1) The patient was advised to take care of his scalp: Always use sterile cold water to wash your head.
- 2) Avoid using hot water for hair wash.
- 3) Don't apply heat and direct sunlight on the scalp.
- 4) Comb hair only after hair gets dried after the wash.

RESULTS

After the 15th and 30th-day assessments, variations in results were found on each symptom associated with *Darunaka*. The patient got relief in signs and symptoms with gradual improvement. Assessment on each considering symptoms of *Darunaka* have been presented in Table no.4

| Sign and symptoms | 1 st Day (B.T.) | 15 th Day (A.T.) | 30 th Day (A.T.) |
|--|----------------------------|-----------------------------|-----------------------------|
| <i>Kandu</i> (Itching) | +++ | ++ | - |
| <i>Keshabhoomi Rukshata</i> (Dryness of scalp) | +++ | + | - |
| <i>Twaka Sphutana</i> (Cracking of the skin) | +++ | + | - |
| <i>Keshachyuti</i> (Falling of hair) | +++ | ++ | - |

DISCUSSION

Based on the signs, symptoms, and pathophysiology, *Darunaka* can be linked to seborrheic dermatitis. Ayurvedic classics have discussed a variety of treatments and drugs for treating *Darunaka*, including *Shamashaman chikitsa* and *Panchakarma* therapy. *Shiro-abhyanga* with tail is considered to be beneficial because of its *Snigdha Guna* qualities, which function through *Vatahara*, *Kaphakara*, and *Vrishya* properties. At the cellular level of the organism, it performs actions such as *Snehana*, *Kledana*, and *Vishyandana*. *Godanti bhasam* is very effective in chronic fever, headache, heavy bleeding. It acts as a calcium supplement and helps in calcium deficiency disorder. Ant-acid, Anti-inflammatory, Anti-arthritis, Anti-pyretic, Anti-hypertensive, Demulcent, Anti-mutagenic,

Febrifuge, Hypo-glycemic, Fat Burner, Anti-gout, Muscle relaxant, Antioxidant, Anticancer, Anti-stress, and Antidepressant. *Mukta pisti* is used in the treatment of mania, psychosis, depression. It acts as a cardiac tonic, antihypertensive, balances *rakta* and *pitta*. *Panchtikta ghrita* helps eliminate toxins from the body and blood purifying. It can treat non-healing ulcers, skin disease, eczema, worm infestations. *Triphala Guggulu* is an effect on the gastrointestinal tract, maintaining healthy digestion and providing relief from piles, fistula, and inflammatory conditions. It is beneficial in constipation, allergies, haemorrhoids, toxemia, dullness in skin, controls high blood pressure and acts as an anti-depressant. *Mahatiktak ghrita* are used to treat skin diseases, bleeding disorders and highly effective ayurvedic medicine in chronic diseases.

CONCLUSION

This case report concludes that *Ayurvedic* management with *Panchakarma* therapies and internal applied medicines i.e., *Shirodhara*, *Takradhara*, *Shiro Lepa*, *shiro basti* and many medicines given orally with the care of hair and scalp in daily routine. These methods were found safe and effective in the treatment of *Darunaka* and improve patients' quality of life. The *Ayurvedic* management of *Darunaka* has a strong possibility to break down the pathogenesis of this disease. The recovery in the present case was promising and worth documenting.

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