



International Research Journal of Ayurveda & Yoga

An International Peer Reviewed Journal for Ayurveda & Yoga



SJIF Impact Factor : 5.69

ISRA Impact Factor : 0.415

ISSN:2581-785X

Review Article

Volume: 3

Issue: 7

Ayurvedic Management Of Darunak W.S.R. To Dandruff – A Review

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ABSTRACT:

According to Ayurveda *Tvak* and *Nakha* are the *Updhatu* of *Asthi dhatu* which is formed from *asthi dhatu* metabolism. In some individuals *tvak* is very sensitive organ; even environmental changes like cold, heat and other factors like cosmetics and chemical shampoo also occurred harmful effect on it that sometimes leads to *kapalgat roga* like *darunaka w.s.r. Dandruff*. *Darunaka* is also considering under the umbrella of *kshudra rogas* in Ayurveda. It is caused due to unbalance of *dosha*. Main *Dosha* are involved in *darunaka* is *Kapha and Vata dosha*. The condition like *darunaka* can be managed by comprehensive approach like diet, detoxification procedures along with some internal medication.

Keywords – *Kapalgat Roga, Darunaka, detoxification*

Article received on-11 July

Article send to reviewer on-12 July

Article send back to author on-19 July

Article again received after correction on -24 July

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How to Site the Article : Dr. Prem Kumar Goud, Dr. Gulab Chand Pamnani, Ayurvedic Management Of *Darunak* W.S.R. To Dandruff – A Review, IRJAY, June: 2020 Vol- 3, Issue-6; 200- 215. <https://doi.org/10.47223/IRJAY.2020.3707>

INTRODUCTION:

Ayurveda is one of the most important ancient system of life, health and care. The first aim of *Ayurveda* is to maintain the healthy status of the people with the prevention from diseases and second one is to treat the diseases. Our *Acharya* divided *Ayurveda* in to eight branches, which deals with different parts of the body. Among the *Ashthanga*, *Urdhvanga Chikitsa* or *Shalakya Chikitsa* is described. *Urdhvanga Chikitsa* is also known as *Urdhva Jatrugata Chikitsa*¹. Modern day lifestyle, feeding habits, pollutants, stress level, decreased immunity etc. have all caused a considerable increase in diseases, mostly related to lifestyle, stress and allergy specifically involving the skin and respiratory system. Hairs play an important role in the personality, beautifulness and confidence. Common hair problems that

interfere the beauty of an individual are graying of hair, hair-fall, roughness, brittle hair, split ends and dandruff.

Dandruff is common disorders affecting the skin of the scalp and can be an embarrassing condition. This disease has a high prevalence rate and frequent relapses. Dandruff is found to affect 50% of the world population². In *Ayurveda* the nearest correlation of dandruff can be made with “*Darunaka*”. *Darunaka* is the non-inflammatory. It is a disease concerned to scalp which is the most common cause of cracking of the skin and itching with hair loss³.

AIMS AND OBJECTIVE –

The purpose of the study is to collect and compile Ayurveda management

of *Darunaka* w.s.r. to Dandruff from various ancient classical Ayurveda texts.

MATERIAL AND METHOD –

The literary study has been conducted through various ancient text like- *Charak samhita*, *Sushruta Samhita* and *Astang Hridayam*. Various website are also referred in this context.

DISCUSSION -

Darunaka

The word “*Darunaka*” is derived from Verb.

- *Darayati* – splitting or difficult to tolerate
- *Darunawat Kyati Iti* – means it is very difficult to tolerate⁴.
- *Dalhana* says *darun* means *Kathina*⁵, or difficult to tolerate.

Darunaka is a very common disease with great prevalence rate. It affects the

scalp. Scalp is the covering skin of skull or it is called *Kapala* in *Ayurvedic* texts. *Darunaka* is categorized under different type of disease by various Acharya. It is explained as *Kapalagata roga* by Vagbhatta⁶ and Sharangdhara⁷, *Kshudraroga* by Sushruta⁸, Bhavaprakasha⁹, Madhavakara¹⁰ Chakradatta¹¹. All Acharya have the same opinion about the seat of this disease, which is *Kapalagata*.

*Nidana*¹²-

In Ayurveda literature there is no any clear cut reference regarding the causative factors of *Darunaka*. All the *Nidana* described by various Acharya for *Shiroroga* can be classified under four broad categories with *dosha involvement*:

1. *Aharatmaka Nidana*
2. *Viharatmaka Nidana*
3. *Manasa Nidana*

Relationship Between *Nidana* and *Dosha****Aharaja Nidana***

S.N.	Cause	Dosha
1	<i>Amla Ahara Ati Sevana</i>	<i>Kapha and Pitta</i>
2	<i>Ati Sheeta Ambu Sevana</i>	<i>Vata</i>
3	<i>Guru Ahara</i>	<i>Kapha</i>
4	<i>Harita Ahara Sevana</i>	<i>Vata</i>
5	<i>Sheeta Ahara Sevana</i>	<i>Kapha and Vata</i>
6	<i>Ati MadyaPanna</i>	<i>Pitta</i>

Viharaja nidana

S.N.	Cause	Dosha
1	<i>Tapa Ati Sevana</i>	<i>Pitta and Rakta</i>
2	<i>Ati Swapna</i>	<i>Kapha</i>
3	<i>Diva Swapna</i>	<i>Kapha</i>
4	<i>Jagarana</i>	<i>Vata</i>
5	<i>Pragvata</i>	<i>Pitta</i>
6	<i>Rajaha Sevana</i>	<i>Pitta and Rakta</i>
7	<i>Ati Maithuna</i>	<i>Vata</i>
8	<i>Bhaspa Nigraha</i>	<i>Vata</i>
9	<i>Rodana</i>	<i>Vata</i>
10	<i>Vegadharana</i>	<i>Vata</i>
11	<i>Abhyangadvesa</i>	<i>Vata</i>
12	<i>Mrija dvesa</i>	<i>Kapha</i>

Manasa Nidana of Darunaka

<i>S.N.</i>	<i>Cause</i>	<i>Dosha</i>
<i>1</i>	<i>Manahsantapa</i>	<i>Vata</i>

PURVARUPA

Purvarupa denotes the symptoms that manifest incompletely before the *Vyaktavastha*¹³. No reference is available regarding *purvarupa* of *Darunaka* in the classics.

.SAMPRAPTI¹⁵**RUPA**¹⁴

Kandu (Itching), *Keshacyuti* (falling of hair), *Swapa* (abnormalities of touch sensation), *Rukshata* (roughness or dryness of the skin), *Daruna* (difficult in tolerance) and *Twaksphutana* (breaking or cracking of the skin) are the cardinal symptoms of the disease *Darunaka*

Nidana Sevana



Vitiation of Kapha and Vata Dosha



Vitiation of Rasa and Rakta Dhatu



Vitiation of Rasavaha, Raktavaha, Medovaha, and Swedovaha Strotas



Circulation of vitiated Dosha through blood vessel and reach the scalp



Medovaha and Swedovaha Strotasa Avrodha



Swedovaha Strotasa Avrodha Dosha-Dushthi Lakshana- Kandu, Rukshata, Swapa, etc.



Darunaka

SAMPRAPTI GHATAKA

1	<i>Dosha</i>	<i>Kapha, Vata</i>
2	<i>Dushya</i>	<i>Twak, Rakta</i>
3	<i>Strotas</i>	<i>Medovaha and Swedavaha</i>
4	<i>Adhishthana</i>	<i>Kapalagata</i>
5	<i>Vyaktisthana</i>	<i>Kapala</i>

UPASHAYA - ANUPASHAYA

No particular descriptions available in the classics about the *Upashaya* and *Anupashaya*. As per the *samprapti Vata-Kaphahara Chikitsa and Ahara-Vihara is Upashaya*.

SADHY- ASADHYATA

Darunaka is a curable disease as it limits itself in *Twak*. Even though it is curable, the rate of recurrence is high owing to the

negligence of proper hygiene and such other factors.

VYAVACCHEDAKA NIDANA

Darunaka is required to be differentiated from *Kapalagata Vyadhi* especially from *Indralupta and Arumsika*. Following are the points of differentiation which are mostly based on the clinical experience. These are necessary in ascertaining *Darunaka*.

Showing the Vyavacchedaka Nidana of Darunaka and Indraluptha¹⁶

S.NO	<i>Darunaka</i>	<i>Indralupta</i>
1	Non-specific hair loss	Hair loss in specific pattern
2	Hair loss is less and gradual	Hair loss is more and rapid
3	Hair loss occurs only in scalp.	Hair loss occurs from head bearded area.
4	<i>Kandu</i> is more	<i>Kandu</i> is less
5	<i>Twaksphutana</i> is present	<i>Twaksphutana</i> is absent

Showing the Vyavacchedaka nidana of Darunaka and Arumshika¹⁷

S.NO	<i>Darunaka</i>	<i>Arumshika</i>
1	<i>No Pidika</i>	<i>Multimouthed pidaka</i>
2	<i>Kleda and Srava</i> are absent	<i>Kleda and Srava</i> are Present
3	Occurs among all age groups.	Occurs usually among children.
4	No <i>Krimi Darshana</i>	Frequent <i>Krimi Darshana</i> .
5	No patches of hair loss	patches of hair loss Present

PREVENTION

Maintenance of personal hygiene is most important for the prevention of disease. Recurrence rate increases if proper hygiene is neglected. *Acharya Sushruta* had given importance for maintaining personal hygiene in his *Nidanasthana*¹⁸. *Acharya Charaka* had stated that regular usage of oil and washing the scalp can prevent this disease to a great extent¹⁹.

CHIKITSA VIVECHANA

In *Vangsen samhita* a common treatment for all the *Kshudraroga* are given as- *Shastra karma, Kshara Karma, Agnikarma, Lepan, Shonitamokshana*²⁰. In Ayurveda literature references regarding the dietary measures and various treatment modalities for *Darunaka* are explained by different Acharya.

The treatments indicated for *Darunaka* in *Ayurveda* are *Siravedhana, Shiro - Abhyanga, Shiro-Lepa and Nasya, Shiro-Basti, Shiro-Prakshalana*. Various *Ayurvediya* formulations are prescribed to cure the disease *Darunaka*.

Appropriate management of *Darunaka* can be do as per following -

1) **Diet** – Eating sweeter, Juicy fresh food, cooked greens and leafy vegetables with bitter taste will help in hair treatment. Seasonal the vegetables like fenugreek, turmeric and coriander, cumin, ghee, oil will also helpful into purification of fatty tissue and strengthen bone tissue. Food with good nutritive value; include fiber rich food, salads, fruits and lentils. Adding coconut water to diet and always using healthy fats like ghee in cooking is also recommended.

2) **Shodhana** - *Shodhana* is the elimination of vitiated *Dosha* from their place through *Urdhva* and *Adhomarga*. Most of the Acharya suggested *Shodhana* therapy for the *Darunaka*. Following are the *Shodhana* procedures mentioned in the treatment of *Darunaka* by different *Acharyaha*.

- *Siravedha-* In *Darunaka, Raktamokshana* by *Sira-Vedhana* in *Lalata Pradeshha*

after *Snehana and Swedana of Murdha* is described by various Acharya.

Both *Sushruta and Vagbhatta* has described *Lalata Sira* as *Vedhya Sira* in *Shiroroga*.

- *Nasya- Nasya Karma* is done in *Darunaka* to eliminate vitiated *Kapha Dosha* and *Mala* through *Nose Nasa* is the gate towards *Shiro*. *Avapida Nasya* is recommended in treatment of *Darunaka* by Various Acharya.

3) *Shamana* -

- *Shiroa-Abhyanga* – *Shiro-Abhyanga* is of prime importance in *Darunaka* owing to *Rukshata* caused by vitiation of *Vata Dosha*. Various medicated oils are advised by Acharya for this purpose. These are as following-

- Triphaladya Taila*²¹
- Chitrakadya Taila*²²
- Gunjadya Taila*²³
- Bhringarajadya Taila*²⁴
- Prapaundarikadya Taila*²⁵
- Neelikadi Taila*²⁶
- Bhringaraja Taila*²⁷
- Maltyadi Taila*²⁸

- *Shiro-Lepa* - *Lepa* are used externally to pacify locally vitiated *Dosha* by means of applying a paste of *Dravyaha* locally.

Following is the list of various *Lepa* mentioned in the treatment of *Darunaka*.

- Priyalbeejadi Lepa*²⁹
- Masha Lepa*³⁰
- Nilotpaladi Lepa*³¹
- Amradi Lepa*³²
- Khaskhasabeejadi Lepa*³³
- Kodrava kshara Lepa*³⁴

- *Shiropakshalana*

Ksharambu *Prakshalana*³⁵-

Ksharambu is made by dissolving *Kodrava Bhasma* in six times water. This water is used to wash head in case of *Darunaka*.

Internal Medication -

- 1) *Saptamruta Loha*³⁶
- 2) *Chandanasava*³⁷
- 3) *Panchatikta Kashaya*³⁸
- 4) *Mahatikta Ghrita*³⁹
- 5) *Triphala Rasayana*⁴⁰

PATHYA⁴¹ AND APATHYA⁴²

Various dietary regimens, conducts, medicaments and the treatment modalities which are *Pathya* (helpful) and *Apathya*

(hazardous) for the patient suffering with *Shirogata Roga* are listed in the table. Same *Pathya-Apathya* is recommended in *Darunaka*.

Pathya in Darunaka

<i>Aharaja</i>	<i>Upcharaja</i>	<i>Aushadhija</i>	<i>Viharaja</i>
<i>Shastika shali</i>	<i>Swedana Purana</i>	<i>Ghritas</i>	<i>Chandrika (Moonlight)</i>
<i>Ksheera</i>	<i>Nasya</i>	<i>Patola</i>	-
<i>Dhanva mamsa</i>	<i>Dhoompana</i>	<i>Shigru</i>	-
<i>Amra</i>	<i>Virechana</i>	<i>Draksha</i>	-
<i>Amalaki</i>	<i>Lepa</i>	<i>Vastuka</i>	-
<i>Dadhima</i>	<i>Seka</i>	<i>Karvellaka</i>	-
<i>Matulunga</i>	<i>Langhan</i>	<i>Haritaki</i>	-
<i>Taila</i>	<i>Shiro-Basti</i>	<i>Kushtha</i>	-
<i>Takra</i>	<i>Raktamokshan</i>	<i>Bhringaraj</i>	-
<i>Kanjika</i>	<i>Agnikarma</i>	<i>Kumari</i>	-
<i>Narikelam</i>	<i>Upanaha</i>	<i>Musta</i>	-
<i>Yusha</i>	-	<i>Usheera</i>	-
-	-	<i>Gandhasara</i> <i>(Chandana)</i>	-
-	-	<i>Karpura</i>	-

Apathya in Darunaka

<i>Aharaja</i>	<i>Viharaja</i>
<i>Ksheera</i>	<i>Kshavathu, Jrumbha, Vashpa, Mootra, Nidra</i>
<i>Jala</i>	<i>Virudhha Jalanimajjanam, Mala Vegadharana</i>
<i>Viruddha anna</i>	<i>Dantakashta, Div svapna</i>

CONCLUSION –

Darunaka is a disease confined to the skin of scalp as per Ayurveda. It has features like *Kandu* , *Keashachyuti*, *Kapala Twak Rukshata and Twak Sphutana* . On the basis of Sign and symptoms , *Darunaka* can be well co related to dandruff of scalp. Faulty food habits diminished digestive fire, *distrubed* sleep and excessive use of

cosmetics may be the main causative factors. Ayurveda classics describes many oils and herbs in the management of *Darunaka* but comprehensive approach of diet, detoxification therapy, Yoga and some internal medicines and personal hygiene and hair care can be provide very impactful result in the management of *Darunaka w.s.r.* to Dandruff.

Acknowledgement:- Nil

Financial Assistant:- Nil

Conflict of interest :- Nil

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