

Darunaka Vyadhi- A Literature Review

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Abstract:

Ayurveda is a deep ocean of knowledge in which not only systemic diseases but also local minor diseases are described in details. Cosmetic diseases are the diseases which affect emotional, psychological and social well-being of affected person. *Darunaka* being a cosmetic disease is described as *Kshudra Roga* or as *Kapalgat Roga* in *Ayurveda*. *Darunaka* is harmless causing no pain but lower self-confidence and leads to psychological stress. Everyone is very conscious about hair care and *Darunaka* is one of the major causes of hair loss according to *Ayurveda*.

Now a days pollution is increased and due to busy life style people are taking fast food like *Ahar* and improper *Vihar*, many of young peoples are applying chemicals over scalp to styling the hair and these people not applying proper hair oil etc. causing incidence of *Darunaka* with symptoms like *kandu*, *rukshata*, *twaksphutan*, *kesh-chyuti*

etc. due to vitiation of *vata* and *kapha* dosha[1]. Due to similarity of sign and symptoms, In *Ayurveda* the nearest correlation of dandruff (*pityriasis capitis*) and seborrheic dermatitis can be made with *darunaka*[2].

Keywords: *Ayurveda*, *Darunaka*, *Kshudra roga*, *Kapalgat Roga*, Dandruff, Seborrheic dermatitis

Introduction:

According to *Vagbhata* [3] and *Sharangadhara*[4] *Darunaka* is *Kapalgata roga* but *Sushruta*[5] and other *Acharyas* explained *Darunaka* disease under *Kshudra rogas*. *Acharya Charaka* has not mentioned the disease directly, however in the 26th chapter of *chikitsasthan*, *samprapti* of *darunaka* is given in *Shirah kapalgataroga* without naming. The scalp forms skin cells on a continuous basis, therefore the shedding of dead skin cells is also a natural process. In case of dandruff, the skin cells shed at a

faster rate than usual. When the hair is combed or brushed, or if the scalp is scratched, the scales from the scalp fall like snowflakes and settle on the eyebrows, shoulders and clothes. These scales sometimes appear as crusts on the scalp. Often there is itching as well and the scalp may become red from scratching. [6] *P. capitis* is uncommon in infancy and early childhood, but becomes more frequent between age 5 & 10 and rapidly so between age group 10 & 20, when it reaches its highest incidence and affects some 50% of both sexes[7].

All of the *Nidanas* for *Shiroroga* reported by various *Acharyas* are regarded *hetu* in *Darunaka*. *Darunak's Samprapti* entails the vitiation of *Kapha* and *Vata Dosha*, *Rasa*, *Rakta dhatus* and *Swedavaha strotasdushti*, which are handled by *Shodhan*, *Shaman*, and *Bahiparimarjan* (topical) *Chikitsa*. There are various *bahiparimarjan yogas* (such as *lepa*, *shiroabhyanga*, *keshadhavan*, *shirobasti* etc.) are explained in *Ayurveda* for the management of *darunaka* by various *Acharya*.

Material and Method:

All the available *Samhitas* and their respective commentaries have been referred for this literary work. The discussion is mainly based on conceptual part and the effect is made to draw a final conclusion which again depends upon discussion.

Aims and objectives:

- 1) To review literature about *Darunaka Vyadhi* through classical texts of *Ayurveda*.

- 2) To understand its relevance in present era and preventive care.

Review of literature-

Darunaka is defined as the disease appearing on head (scalp). It is commonly identified as "*Rusi*"[8]

According to *Sushruta*-The disease in which the scalp becomes *Daruna* (Scaling), *Ruksha* (Dryness) and characterized by *Kandu* (Itching) is called *Darunaka* (Dandruff). The disease is takes place due to vitiation of *Kapha & Vata Dosha*. On the basis of *Videha's* observation *Pitta* and *Rakta* are also associated with *Darunaka*(Dandruff). According to *Ashtang Hridaya* -*Kandu* (Itching), *Keshachyuti* (Hair fall), *swap*, *Rukshata*(Dryness), *Twaksphutana*(Scaling) are the features of *Darunaka* (Dandruff), caused by *Kapha-Vata Dosha*.

Nidana Panchak-

A) *Nidana*[9]:

These common etiological components have been described in a similar way by *Acharyas*.

1] A closer examination of these variables indicates the importance of dietary habits, climate change, personal behaviour and psychological problems, among other things. The reference of "*Manasthapa*" by *Charaka* and *Vagbhata* serves as strong proof of this. Despite the fact that both works describe food patterns, *Charaka* provides a more detailed explanation of "*Ahara*". The over use of *Amla ahara*, *Harita ahara* and *Guru ahara* according to *Charaka*, are the major causes of *Shiroroga*. Excessive *Guru ahara*

consumption leads to *Agnimandya* and then *Amadosha*. *Amla ahara* causes an increase in *Kapha* and *Pitta*, which leads to *Kandu*. *Kapha* and *Vata* are vitiated by *Hima ahara*. *Vata* and *Kapha* are exacerbated by excessive usage of cold water. Excessive consumption of green leafy Vegetables, known as *Harita ahara atisevana*, causes *Vata dosha* to grow.

2] *Bahya Karana /Agantuj Nidana*(by *Charak Vagbhata*) - *Shiro abhigata* (Trauma), *Krimi* (Infection / infestation), *Desha kala viparyaya* (changes in weather & place), *Meghagama* (coldy weather) , for the prevention of *Darunaka*, *Shiro abhyanga* is necessary. Dry scalp is caused by a rise in the *Ruksha guna* of *Vata* when this is not there.

Excessive exposure to hot weather, sun, dust, and fumes without sufficient head protection causes excessive sweating, which increases *Rakta* and *Pitta*, vitiating *Vata* further. These variables reveal information about the person's living or working environment.

Vatadosha is increased by too much *Atimaithuna*. *Kapha* and *Vata* are both increased by *Atiswapna* and *Jagarana*. *Vata vaigunya* is caused by *Vagavarodha* or the repression of natural desires. *Vegavarodha* such as *Mala*, *Mutra*, *Kshavathu*, *Nidra*, *Chhardi* and others cause headaches, skin changes, itching and various *twak vikaras*.

Darunka is also afflicted with *Manastapa*. Various sorts of skin illnesses are caused by mental stress. Other *Shiroroga* etiological elements, such as *Abhyanga dweshi*, *Pragvata sevana* and others may potentially

cause the disease *Darunaka*. Hence with the above critical analysis we can conclude that *Darunaka* disease is caused by the predominance of vitiated *Kapha* and *Vata* in association with *Pitta* and *Rakta*.

B) POORVA RUPA:

Poorva rupa denotes the symptoms that manifest incompletely before (*praaguthpathi lakshnam vyaadhe*) the *Vyaktavastha*. There is no reference of *Purvaroop* of *Darunaka* in ancient classics.

C) RUPA[3]-

The cardinal symptoms of the disease *Darunaka* are explained as follows-

I) *Kandu* (Itching) – It is narrated as symptoms due to both *Kapha* and *Pitta*. But in case of *Darunaka* (Dandruff) this may be due to vitiated *Kapha Dosha*. This is due to the factors like accumulation of *Mala* on the scalp and the excessive secretion of sweat etc.

II) *Kesha Chyuti* (Hair fall) – In course of disease, hair falling is seen in the affected areas. This is state of under nutrition to the hair follicles. Due to itching and thin skin hair roots become loose and unhealthy which result hair fall. *Keshachyuti* (Hair fall) is caused by vitiated *Pitta* in association with *Vata*. Hair fall in *Darunaka* may occur in lack of *Snigdhata* (Softness) due to vitiated *Vata* and hair becomes *lustreless* and rough. Owing to their abnormal dryness they become friable, short and thin and easily fall.

III) *Swapa* (Abnormality of touch sensation) – *Swapa* or abnormality of touch sensation

means temporary or partial loss of sensation which is resulted due to vitiation of *Vata*.

IV) *Rukshata* (Dryness)- It is seen as a symptom of vitiated *Vata Dosha*. *Abhyangadvesa* (absence of oiling) and other *Vata* vitiating causes can lead to roughness of scalp.

V) *Twak-Sphutana* (scaling of the skin)- *Twak-Sphutana* is breaking or splitting of scalp is one of the symptoms of *Darunaka*. It occurs owing to scratching and abnormal keratinization of epidermis. It is the result of the vitiated *Vata Dosha*.

D) UPASHAYA AND ANUPASHAYA: -

Upashaya is the state of relief from the symptoms which appears on the intake of medicinal, dietary or on making behavioural changes. Opposite to *upashaya* is *Anupashaya*. *Upashaya* is the fourth factor required for knowledge of a disease. It is also useful in differential diagnosis of the *Darunaka*. As per *Ayurvedic* texts, *Upshaya of Darunaka* (Dandruff) is not mentioned so the causative factors described in the *Nidana* can be considered as *Anupshaya* & opposite it can have considered as *Upshaya*.

E) SAMPRAPTI:

The formation of any disease takes place only when there is a combination of vitiated *Dosha* with *Dushya* in *srotas*. This *Dosha Dushya Sammurchana* is explained under *Samprapti*.

As per etiology, mainly *Kapha* and *Vata* get vitiated. The association of *Pitta* and *Rakta* is mentioned by *Videha Acharya*. *Twak* is formed from *Rakta dhatu* during the time of

Dhatu parinama. According to *Ashraya-Ashrayi bhava* of *Dosha* and *Dushya*, the *Pitta dosha* is related with *Dushya Rakta*. The *Bhrajaka pitta* is located in the skin, when the *Pitta* is vitiated in *Darunaka*, *Rakta* is also vitiated. Here the *Sannikrishta nidana* is the vitiation of *Kapha* and *Vata*.

The vitiated *Doshas* circulate through the blood vessels and reach the scalp. The vitiation and circulation of *Doshas* contribute in the progression of disease through *Chaya*, *Prakopa* and *Prasara* stages of the diseases, later in *Sthanasamshraya* or stage of manifestation, *Dosha* interacts with *Dushya*. The *Doshas* like *Kapha*, *Vata* and *Pitta* interact with the *Dushyas Rasa*, *Rakta* at *Kapala* in the disease *Darunaka*.

As a result, vitiated *Kapha* and *Vata* produce *Kandu*, *Keshachyuti*, *Swapna*, *Rookshata*, and *Twak sphutana*, resulting in *Darunaka*. *Swedavahi srotas* is the principal *srota* vitiated here. Itching, dryness of the skin, irregularities of touch sensation, and other *Swedavahi srothodushti lakshanas* will be produced. In the *Vyakta* stage, these symptoms appear, and the disease *Darunaka* manifests. *Kapha* and *Vata* are the major *Doshas* that are vitiated in *Darunaka*. *Rakta dhatu* is vitiated by these vitiated *Doshas*. *Rakta* vitiation is a common cause of head disorders. As a result, the *Rasa* and *Swedovaha srotas* get vitiated. The vitiated *Kapha* gets accumulates in *Srotas* by *Vataprakopa* and *Srotavarodha* occurs. The disease's *Sthanasamshraya* occurs in the *Kapala* and as a result, symptoms of *Darunaka* such as itching, dryness, and hair loss arise in the *Vyakta vastha* stage.

F) SADHYASADHYATA:

Darunaka is a curable disease as it limits itself in *Twak*. Despite the fact that it is treatable, the rate of recurrence is significant due to poor hygiene, *nidana sevana* and other reasons.

VIII) CHIKITSA –

Ayurveda has recommended *Nidanaparivarjana* i.e. avoidance of the causative factors as the first line of treatment for all the disease mentioned in various classics.

The treatment principles mentioned are *Siravyadha* (*Raktamokshana*), *Shiro abhyanga*, *Nasya*, *Shiro lepana*, *Shiro prakshalana* and *Shirobasti*.

A] *Sushrut Samhita:- (Kshudraroga Chikitsa)* [10]

In *Darunaka* (Dandruff), the vein in the head should be punctured after the patient is *Swedana*. Pressed snuff, head-pouch and massage should be applied; for washing, alkali- water of *Kodrava* plant is useful.

B]*Ashtanga hridaya :- (Shiroroga Pratishedha)* [11]

For *Darunaka*, the vein on the forehead should be cut (blood let out) followed by anointing, bath and nasal medication. Paste of *Priyala Beeja*, *Madhuka*, *Kushtha*, *Masa* and *Sarshapa* with honey should be applied; head washed with the solution of ash of *Kodrava* plant.

C] *Sharangdhar Samhita:- (Madhyam khanda)* –

Bhrungarajswaras, *Kalka* of *Lohakitta*, *Triphala* and *Sariva* was added in a *tail* and prepare a *paka* of it. Its massage to head cures *Darunak*, *Akalapalitam*, *Kandu* and *Indralupta*.

D] *Bhavaprakasha (Madhyamkhanda):* [12]

Amrabija and *Haritaki* both equal in quantity macerated in milk and applied as paste cures *Darunaka*.

E] *Gadanigrahakar*[13]-

Gadanigrahakar mentioned the *Sarivadya tail* in the management of *Darunaka*.

F] *Yogartnakar* [14] –

Yogaratnakar mentioned *Gunja tail* in the management of *Darunaka*.

Pathya-Apathya-

Pathya-apathya plays an important role as much as of medicine and it is rightly mentioned that, if one follows *pathya*, then there is no need of medicine. *Pathya* plays an important role in prevention of the disease as well as its treatment.

In the table, several food regimens, behaviours, medicaments, and therapy modalities that are *Pathya* (useful) and *Apathya* (dangerous) for *shiroroga* patients are listed. *Darunaka* recommends the same *Pathyapathya* because it is a *Shiroroga*.

Table Showing *Pathya* for *shiroroga* (*darunaka*) [15]

<i>Ahara</i>		<i>Upachara</i>		<i>Aushadhi</i>	
1	<i>Shastika Shali</i>	1	<i>Swedana</i>	1	<i>Purana ghruta</i>
2	<i>Ksheera</i>	2	<i>Nasya</i>	2	<i>Patola</i>
3	<i>Amra</i>	3	<i>Dhumapana</i>	3	<i>Shigru</i>
4	<i>Amalaki</i>	4	<i>Virechana</i>	4	<i>Draksha</i>
5	<i>Dadima</i>	5	<i>Lepa</i>	5	<i>Vastuka</i>
6	<i>Matulunga</i>	6	<i>Seka</i>	6	<i>Karavellaka</i>
7	<i>Taila</i>	7	<i>Langhana</i>	7	<i>Haritaki</i>
8	<i>Takra</i>	8	<i>Shirobasti</i>	8	<i>Kusta</i>
9	<i>Kanjika</i>	9	<i>Raktamokshana</i>	9	<i>Bhrungaraja</i>
10	<i>Narikela</i>	10	<i>Agni karma</i>	10	<i>Kumari</i>
11	<i>Yusha</i>	11	<i>Upanaha</i>	11	<i>Musta</i>
				12	<i>Ushira</i>
				13	<i>Chandana</i>

TABLE Showing Apathya for shiroroga (darunaka) [15]

<i>Aharaja</i>		<i>Viharaja</i>	
1	<i>Lavana rasa ati sevana</i>	1	<i>Kshavathu nigraha</i>
2	<i>Kshara atisevana</i>	2	<i>Bashpa nigraha</i>
3	<i>Katu and Amla rasa</i>	3	<i>Jrumba nigraha</i>
4	<i>Virudha anna</i>	4	<i>Nidra nigraha</i>
5	<i>Ati sevana of Jala</i>	5	<i>Vit Nigraha</i>
		6	<i>Divaswapna</i>
		7	<i>Vibadda jala majjana</i>
		8	<i>Jala seka on the shira kapala</i>
		9	<i>Ratri jagarana</i>

Discussion:

Dandruff is the most common condition that affects the scalp. It is a natural process involving shedding of dead skin from the scalp. Although it is a minor problem, when the shedding occurs at an excessive rate it may cause problems. Excessive or severe dandruff with itching is known as Seborrheic dermatitis. It affects the scalp, forehead, naso-labial folds, eyelashes, eyebrows and skin behind the ears, trunk and flexures. It requires medical treatment. In Ayurveda all these signs and symptoms are termed as of *Darunaka Vyadhi*. *Kandu* is a symptom of vitiated *Kaphadosha* and it has an important role in the pathogenesis of *Darunaka*. This is due to the factors like accumulation of *Malas* on the scalp and the excessive secretion of sweat etc. *Keshachyuti* is caused by vitiated *Pitta* in association with *Vata*. The hair fall in *Darunaka* may occur due to lack of *Snigdhatva* because of vitiated *Vata*, there by hairs become dull and rough. Owing to their abnormal dryness they become friable, short and thin that easily falls out. *Swapa* or abnormality of touch sensation means temporary or partial loss of sensation which is resulted due to the vitiation of *Vata*. *Rookshatha* gets aggravated along with *Vatadosa*. *Abhyanga Dvesha* and other *Vata* vitiating *Nidanas* can lead to roughness of scalp. *Susrutha* has quoted *Darunaka* as *Kathina* and *Karkasha*. *Sphutana* is the breaking or splitting of scalp which is one of the symptoms of *Darunaka*. It occurs owing to scratching and abnormal keratinization of epidermis. It is also further due to the vitiated *Vatadosha*.

CONCLUSION

The prognosis of *Darunaka* is included in *Sadhya* stage according to *Vagbhata*. This literature review includes pathogenesis, contributing factors, management of internal and external medicines for *Darunaka* per *Ayurveda*. These basic principles of the *Vyadhi* are still applicable. And it improves the quality of life of the patient. The Ayurvedic management of *Darunaka* has a strong possibility to breakdown the pathogenesis of this disease.

REVENTIVE MEASURES

Advice to maintain proper hygiene, Preventive measures like healthy balanced diet., Avoiding excessive use of salt, sugar and alcohol., Proper hygiene., Regularly disinfecting towel, comb and pillow cover after use., Avoid use of harsh cosmetics on hair (dyes, gels, sprays etc.), In dry dandruff warm oil treatment can be given. Avoid stress by practicing yoga and meditation.

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