

The Ayurvedic Management of Darunaka with Special Reference to Seborrheic Dermatitis - A Single Case Report

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Abstract: Seborrheic Dermatitis is a chronic inflammatory condition usually present where a greater number of the sebaceous glands are present like face, neck and scalp. The most common symptoms are persistent erythema lesion, scaling dermatitis, itching. The signs of Seborrheic Dermatitis can be correlated with Darunaka Roga which is due to vitiation of Vata and Kapha doshas which leads to symptom's like Twaka Sphutana (cracking, scaling of skin) Kandu (itching on scalp), Kesha Chyuti (falling of hair), Swapa (abnormal sensation on scalp), Ruksha (dryness of scalp). A 47-year-old male patient came with a similar complains as of Sirshakandu (itching), Twaka sphutana (red inflamed scales). In this case two sittings of Siravedhana with the interval of 15 days along with internal medicine was planned for 45 days. The improvement is noted on the basis of sign and symptom before and after treatment. This management is found out very effective and safe.

Keywords: - Darunaka, Seborrheic Dermatitis, Siravedhana

Introduction

Seborrheic Dermatitis is chronic inflammatory condition of scalp which can be diagnosed clinically. A persistent erythematous, scaling dermatitis, more greasy than dry, which involves the scalp, eyebrows, anterior chest, and the areas around the nose and behind the ears. It can be extremely banal as in mild dandruff or progress to generalized redness and scaling.¹ This condition is also associated with Psoriasiform and Pityriasiform patterns and hairloss. Etiology of the disease is unknown but seborrheic dermatitis is found to be affects more to Immunocompromised people hence this condition is considered as cutaneous marker for HIV patients.² According to Ayurveda those who do not wash head properly on time, those who follow Apathya like Adhyasana, Virudhasana, Dwivaswapna, Ratrijagrana, for cleaning head use extremely cold water or hot water etc are the cause for Darunaka. Hence Seborrheic Dermatitis can be correlated to Darunaka Roga which is well described by Acharya Sushruta in Sushruta Samhita chapter Khudra Rogas. In Darunaka Roga there is vitiation of Vata and Kapha doshas³ which expressed as Kandu (Pruritis), Ruksha (Dry), Keshbhumi Prapatyet (scaly). Similarly, Acharya Bhavprakash⁴ and Acharya Madhav⁵ mentioned Darunaka Roga as a Kshudra roga, whereas Acharya Vagbhata⁶ and Acharya Sharangdhara⁷ mentioned Darunaka Roga as a Kapalgata Roga. There are two variants of Seborrheic Dermatitis that is Infantile and Adult. This disease is more commonly seen in infants of first 3 months of life because of size and activity of the sebaceous glands is more in this age. Also, it is more common disease than Psoriasis in adult affecting 3 percent to 5 percent and gender wise men are more prone than female.⁸

CASE STUDY

Case Report: A male patient age 47 year came to OPD of Narmade Ayurvedum Indore, Madhya Pradesh, India having chief complaints of Shirsha Kandu (Itching in scalp), Shirsha Twak Sphotana (scaly scalp), Kesha chyuti (Hairfall), rakta vivarnata (redness) for 5 years.

History: Patient was apparently healthy before 5 years than he started having Itching on the scalp with redness and hair fall. Initially signs and symptoms get reduced with home remedies. After few weeks it get worse, patient experiences dry flakes of scales, oozing from eruptions with persistent itching, redness and significant hair fall. So, he started allopathic medicine but no satisfactory result was seen and symptoms persist, sometimes get worse and sometimes reduced so he came to the clinic of Narmade Ayurvedum Indore.

Aggravating factors:

- Cold weather
- Unhygienic condition
- Sweating

Relieving factors:

- Oiling reduces itching

| | | |
|---------------------|---|---|
| Past History | : | Nothing relevant to past history |
| Family History | : | No one in the family have suffered with similar sign & symptoms before. |
| Personal History | : | Addictive to tea and alcohol |
| Diet | : | Mixed |
| Appetite | : | Good |
| Micturition- | : | 4 – 5 times in a Day, Regular |
| Bowel | : | Irregular sometimes constipation |
| Sleep | : | Disturbed due to itching |

Ashtavidh Pariksha

| | | |
|--------------|---|--|
| Nadi (Pulse) | : | 72/min |
| Mala (stool) | : | Once in a day usually constipation present |

| | | |
|-----------------|---|--------------------|
| Mutra (Urine) | : | 3-5 times in a day |
| Jihva (tongue) | : | Uplipta |
| Shabda (speech) | : | Normal |
| Sparsha (touch) | : | Normal |
| Drika (eyes) | : | Normal |
| Akriti (Built) | : | Normal |

Investigation:

- Routine Investigation for blood (CBC) are under normal range.

Posology

| | |
|---|--|
| Treatment given to the patient for 45 Days as follows | 2 Tablet BD with warm water orally |
| Tab Panch-Tikta Ghritta Guggulu | |
| Tab Aarogyavardhini vati | 2 Tablet BD with warm water orally |
| Tab Kushthakuthar Ras | 2 Tablet BD with warm water orally |
| Kushthahar lepa (Aragwadha, Nimba, Haridra) | Twice a week Local application (Make a paste and apply on scalp) |
| Siravedhan | Twice in a month (procedure done only two times in the whole period of treatment from left Karpura sandhi) |

Pathya

- Sali shasthi, Moong daal, Tikta dravya siddha Goghrittha,
- always use clean and room temperature water for washing hair.
- oilation at regular intervals.

Apathya

- Sour, Salty, Anoopamansa (Jaliya Jiva- fish, prawns, lobster), Dadhi especially at night, Tila, Masha, Excessive oily and Spicy food
- Combing wet hairs, Exposure to Direct heat & sunlight

Grades for Assessment criteria:

| SYMPTOMS | GRADATION |
|---|-----------|
| 1) DRYNESS OF SCALP (KESHBHOOMI RUKSHTA) | |
| NORMAL | 0 |
| DRYNESS OCCATIONALLY | 1 |
| DRYNESS FREQUENTLY | 2 |
| DRYNESS CONSTANTLY | 3 |
| 2) RED ITCHY SCALP (KANDU) | |
| NORMAL | 0 |
| ITCHING OCCATIONALLY | 1 |
| ITCHING FREQUENTLY | 2 |
| ITCHING CONSTANTLY | 3 |
| 3) BOILS ON SCALP (SPHOTA) | |
| NORMAL | 0 |
| OCCATIONALLY (1-2 In No.) | 1 |
| LOCALISED PUSTULES | 2 |
| ALL OVER SCALP | 3 |
| 4) GREASE SCALES (SPHUTANA) | |
| ABSCENT | 0 |
| VERY FEW | 1 |
| VISIBLE WITH SEROUS OOZING | 2 |
| VISIBLE WITH BLOOD OOZING | 3 |

Results:

The case was studied for 45 days, in which Internal medicine is given Bis-a- Day daily, Lepa is applied twice in a week (total 13 times), Siravedhan done two times in 45 days from Karpura sandhi. Signs & symptoms were assessed at interval of 15 days. This shows significance decrease in sign & symptoms of Darunaka Roga in 45 days.

| S.NO | SIGN & SYMPTOMS | BT DAY 1 | AT | | |
|------|-----------------------------|-------------|--------|--------|--------|
| | | | DAY 15 | DAY 30 | DAY 45 |
| 1 | DRYNESS (RUKSHTA) | 3 | 3 | 2 | 1 |
| 2 | RED ITCHY SCALP (KANDU) | 3 | 2 | 1 | 0 |
| 3 | BOILS ON SCALP (SPHOTA) | 3 | 3 | 2 | 1 |
| 4 | GREASE SCALES (SPHUTANA) | 3 | 3 | 2 | 0 |



DISCUSSION

Darunaka Roga is well described in Sushruta Samhita. According to its sign and symptoms Darunaka Roga can be correlated with Seborrheic Dermatitis. Acharya Sushruta has mentioned various treatment modalities like external application as well as internal medication as Shaman and Shodhan chikitsa. In Darunaka Roga Vata and Kapha get vitiated and causes Rakta dushti. Hence Acharya Sushruta principles for the treatment of Rakta dushti has been implemented. Raktamokshana (Siravedhana) is an effective choice of treatment for dushita Rakta. ⁹ In this case Siravedhan is done from karpura sandhi at interval of 15 days.

Externally Lepa is applied made up of Kushtagna and kandugna dravyas as mentioned in Charaka Samhita. Dravyas are randomly selected according to the availability. These dravyas are Aragwadha (patra), Nimba (patra) and Haridra, ¹⁰ they are mixed together to form paste like consistency and this Lepa is applied over the scalp. Aragwadha is Madhura Tikta Ras, a sheeta virya helps in Vata- Pitta samana, also act as a Rakta shodhaka as it contains Fistic acid and Senoside A & B, anthraquinone also act as an Anti-

inflammatory, Anti-microbial agent. whereas Nimba is Tikta Kashaya ras, sheeta veerya and katu vipaka which makes it as Tridoshagna. Nimba is full of valuable active compounds such as azadirachtin, nimbolinin, nimbin, nimbidin, nimbidol etc which makes it anti-inflammatory, antimicrobial in action. Haridra is well known drug used for all kind of skin infections. It is rich in curcuminoids, curcumin, sesquiterpenes. This is an excellent drug as antiallergic, antimicrobial and helps in nourishing the scalp too. ¹¹

As an internal medication Tab Panchtikta Ghrita Guggulu, it is mentioned in Ashtangahridya chitiksasthanum as a Gugglutiktaka Ghrita¹² It contains Tiktaka dravyas and many other herbs which act as Vishagna and Rakta shodhaka. Arogya vardhini vati is used as a Jwaragna, and for Twakgata vikara. It is mentioned in Ayurveda sara sanghrraha. ¹³ Kushthkuthar rasa is mentioned in Rasendra sara sanghrraha¹⁴ as well as in Ayurveda sara sanghrraha. By the name it is understood that it is used in Kushtha vikara (all type of skin disorders).

Conclusion:

According to the case study it is concluded that a chronic case of Seborrhic Dermatitis or Darunaka Roga can be treatable. The medication prescribed in this case that is internal medication like tablet Panchtikta ghrita guggulu, tablet Arogyavardhini vati, tablet Kushthkuthar ras and external application of Lepa along with Siravedhana shows Significant results in Darunaka Roga. Hence such condition can be manageable with Ayurvedic medication along with disciplinary of Pathya and Apathaya.

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