



A Clinical Study of Virechana in the Management of Darunaka W.S.R to Dandruff – A Case Study

Dr. Santhoshi M.B*¹, Dr Prakash Meti²

MD (Panchakarma), MD (Panchakarma)

1.Consultant, Dept of Panchakarma, Smt. Shantadevi Memorial Ayurvedic Medical college and Hospital,

Badagandi, Karnataka, India

2.Associate Professor & HOD, Dept of Panchakarma, Shri Veer Pulikeshi Rural Ayurvedic Medical College,

Hospital, Badami, Karnataka, India

ABSTRACT:-

Dandruff is a common condition that causes the skin on the scalp to flake. It is a common scalp disorder affecting almost half of the population at the post pubertal age and any sex and ethnicity. It is not contagious or serious. But it can be embarrassing and difficult to cure. It affects half of the adult population throughout the globe. Dandruff, also known as Darunaka in Ayurveda is one of the common disorders seen in our present lifestyle. Here is a case report of dandruff where a female patient aged 20 years has come with a complaint of itching of scalp, hair fall, flakes over the head and shoulder. She approaches the OPD of RG Ayurvedic Hospital & College, Ron. In this case, classical shodhana (Major purification therapy) was planned followed by Shamana (Pacification) drugs. After the treatment, there was marked improvement seen in symptoms like itching of scalp, hair fall and flakes.

Key words : Dandruff, Darunaka, Virechana, Abhyanga.

INTRODUCTION :- Healthy hair is a dream for every individual to feel confident and beautiful, unhealthy hair is always a reason of concern not just for females but also for males.

Darunaka is mentioned as a disease in which there is hard, itchy, dry scalp, which is correlated to Dandruff. It affects half of the adult population throughout the globe. Dandruff like many skin conditions can lead to low self-esteem. Patients that suffer may feel embarrassed that, it is a sign of poor grooming or uncleanliness by other. In modern science dandruff is caused by fungal infection and it reoccurs again and again with or without medication ⁽¹⁾. Symptoms of itching can result in anxiety, poor sleep and lack of concentration. Patients may become socially withdrawn and refuse to participate in normal day to day activities, due to these factors, it propagates the negative self image⁽²⁾. Daruka can be correlated to Darunaka

in Ayurveda according to Acharya Vagbhatta⁽³⁾ and Acharya Sharangadhara⁽⁴⁾. Darunaka is a kapalagate roga but Acharya Sushrutha⁽⁵⁾ and other Acharyas mentioned it under kshudra rogas.

Dry dandruff is caused because of Vata Pradhana. Kapha dosha and wet dandruff due to Kapha pradhana Vata dosha. The pitta dosha also plays an important role in genesis of dandruff. The increase of Vata and Pitta in the body leads to destruction of Raktha dhatu, thus giving rise to impurities in blood. So the line of treatment should be based on Tridosha dushti incorporating Raktha with it. So for Shodhana, Virechana with Trivrit⁽⁶⁾ Avalehya is taken and for Shamana taila Abhyanga with Karanj taila⁽⁷⁾ is administered along with Tandulodaka⁽⁸⁾ for hair wash as Shirah Kshalana.

Case Study: A 20 year old lady, reported to OPD of RGES Ayurvedic College and hospital Ron, Gadag with Chief complaint – since 2 years.

- 1) Shirah Kandu - Itching in the scalp
- 2) Twak Sputana - Cracks on the scalp
- 3) Sookshma pidika - Minute pustules
- 4) Shiraha daha - Burning sensation on head
- 5) Kesha Chyuti - hair fall, along with flakes all over the head and shoulder.

History of present illness:

Symptoms started with itching on the scalp two years back. After few months she suffered from burning sensation and small pustules formation on scalp and also suffered hair fall. She underwent different types of Hair care therapy, but it provided only temporary relief. The symptoms re-occurred. The aggravating factors were mainly sweating, intake of hot, spicy and junk food and Non-Vegetarian food and also travelling.

History of past illness: There was no relevant past history.

Family history: No member of family had such illness.

Personal history:

- 1) Diet - Mixed diet
- 2) Micturation - 4-5 times in day 0-2 times at night
- 3) Appetite - Moderate
- 4) Sleep - awakening at night and day sleep
- 5) Bowel - irregular
- 6) Addiction - None
- O/E Pulse - 92/m
- B.P - 110/80 mm of Hg
- Weight - 56 kgs

Systemic examination:

CVS - S1 S2 Normal

RS - AEBSE – Bilateral clear

CNS - Conscious, oriented

Nidana Panchaka

Hetu : Ahara : untimely food habits, Biscuits, fast food, junk food, daily deep fry, Chinese food in between 2-3 times / week, and Tea – 3-4 times / day.

Vihara : Sedentary life style, Ratri jagarana, Duswapna, atiyana (roaming on bike).

Poorvarupa : Shirah Kandu, twak sputana, sukshma podika. Shirah daha, Kesha chyuti.

Upashaya : After treatment

Samprati : Hetu sevana lead to pitta pradhana tridosha, prakopa, rasa, rakta, mamsa dushti & Lakshanatpathi.

Samprati Ghataka : 1) Dosha – pitta pradhana tridosha

2) Vikalpa samprati – ushna dravya, vidahi, snigdha.

3) Dushya – twak, rakta, Mamsa

Chikitsa : Virechana with Trivrit avalehya as Shodhana along with Abhyanga with Karanj taila as Shamaka

Chikitsa and tandulodaka for hair wash was administered (Table No.1).

Grading of dandruff:

I) Itching	Grade
1) Absent	0
2) Occasional	1
3) frequent	2
4) constant	3
5) uncontrolled	4
II) Hairfall	Grade
1) Absent	0
2) 5-10 strands while combing	1
3) 10-20 strands while combing	2
4) More than 20 Stands while combing hair	3
5) Hair fall without combing hair	4
III) Flaking	Grade
1) Absent	0
2) Visible inside the hair	1
3) visible outside the hair	2
4) spread over the shoulder	3
5) Snowy white appearance over the head	4

Scoring:

Absent	-	0
Mild dandruff	-	1-3
Moderate dandruff	-	4-6
Severe dandruff	-	7-9
Very severe dandruff	-	10-12

On examination itching on scalp was grade 2, hair fall grade – 3, flakes over the head and shoulder grade – 2, which conclude that patient was suffering from severe dandruff with score of 7.

MATERIALS & METHODS

Table-1

Drug	Dose	Mode of administration
Virechana – Trivrit avalehya	-	Internal use
Taila for Abhyanga - Karanja tail	-	Shirah Abhyanga
- tandulodaka	-	Hair wash (shirah kshalana)

Tandulodaka having Kashaya and Madhura Rasa Pradhana, it is having twak prasadana Karma⁽⁹⁾

Method of drug administration for Virechana Karma

S.No.	Days	Treatment	Drug & Dose		Anupana	Duration
1	1-3	Virechanartha Snehapana (Internal oleation of virechana)	Goghrita Doses are placed in table 3		Ushodaka	3 days
2	4-6	Sarvanga Abyanga Bashpa Sweda	Tila taila	Once a day	-	3 (gap days) +1 virechana day
3	7	Virechana Karma	Trivrit avalehya			1
4	8-12	Samsarjana Krama	Peyadi Krama (thin gruel of rice etc)			5 days

Details of Snehapana for Virechana Karma

	Day 1	Day 2	Day 3
Sneha Matra	50 ml	75 ml	100 ml
Sneha Sevan Kala	6 am	6:10 am	6:30 am
Kshuda Pravruithi Kala	12:30 pm	2 pm	3:15 pm
Mala Pravruithi	1 time	1 time	2 times

Shamana Chikitsa: Taila Abhyanga with Karanja taila and hair wash with Tandulodaka was advised 3 times a week for one month, thereafter to achieve better therapeutic efficacy the patient was followed up for six months.

Duration of treatment: for 1 month

Scalp Care:

Patient was advised to take care of his scalp.

- 1) Always use normal water, not too hot for hair wash.
- 2) Avoid using conditioners and strong shampoos.
- 3) Avoid direct exposure to dust and sunlight.
- 4) Avoid doing harmful chemicals, hair dye, hair gel, etc.

Results: Before starting the treatment the score was 7, which came under the severe dandruff, but after treatment and one month follow up, the score reduced to 1.

Symptoms	Before treatment	After treatment
1) Kandu	Grade 2	Grade 0
2) Keshachyuti	Grade 3	Grade 1
3)Kesha Bhumi Rukshata (flaking)	Grade 2	Grade 0
Total score	7	1

After treatment, patient got relief from his complaint but hair fall was present in the patient with grade 1. And after follow up for 6 months, the score remained the same that which was after the treatment by applying the Karanja taila as local application with light massage at night for three times in a week before going to bed. This is followed by hair wash with Tandulodaka in the morning for those three days of Taila Abhyanga.

BEFORE**AFTER****Some do's and don't's during the treatment advised:****Pathya (Do's) in dandruff:**

- 1) Eating juicy, fresh fruits, green leafy cooked vegetables with bitter taste will help in hair treatment.
- 2) Use of fenugreek, turmeric, coriander, cumin, ghee will help purify fat tissue and strengthen bone tissue.
- 3) Food with good nutritious value includes fiber rich foods, salads, fruits and lentils.
- 4) Adding coconut water to diet and always using healthy fats like ghee in cooking is also recommended.

Apathya (Dont's) in dandruff:

- 1) Avoid using hot water for hair wash.
- 2) Avoid excess sugar, salt, dairy products, meat, acidic food.
- 3) Avoid day sleep and late night awakening.
- 4) Avoid using hair driers, heat, direct sunlight on scalp.
- 5) Avoid spicy, fatty, hot & penetrating food, junk food and aerated drinks.
- 6) Don't comb hair directly after hair wash.

Discussion: As Darunaka⁽¹⁰⁾ is one among the Kshudra Rogas in classics with Vata Kapha and Tridosha vitiation. Virechana is indicated in Pitta vitiation either alone or in associated with kapha. Moreover, pidika (eruption), kandu, keshachyuti Bahudoshya Arastha (state Doshya vitiation in large quantity) shodhana⁽¹¹⁾ has been advised considering the Bala (physical endurance) of patient and Vyadhi (disease).

Dandruff may be a consequence of improper nutritional supply to scalp resulting in cracking of scalp, dryness and hair fall. Its treatment should at cleaning of the obstruction to ensure proper nutrition supply to scalp. The same can be achieved by shodhana karma. Virechana karma does elimination of vitiated pitta and vatanulomana (proper functioning of vayu) and thus might have relieved the itching, Keshha Bhumi, Rukshta, Twak sputana. Providing over all relief in signs and symptoms of Darunaka. Apart from srotoshuddhi, shodhana does Mahaprasadana (mental cheerfulness) and psychogenic factor as anxiety, stress. Karanja taila was prescribed for local application since it has vata kapha shamaka property and also tandulodaka for hair

wash which are mainly vata, pitta shamaka and relieves kandu, Daha and flaking. These shamana drugs were administered for one month after shodhana.

Conclusion: Darunaka is very common disease irrespective of country and race. Hence from this study, it reveals that Virechana and taila abhyanga is an effective and promising treatment based on Ayurvedic principles and classical samshodhana. Shamana drugs should be administered thereafter for better therapeutic effects. By virtue of Snigdha, Sukshma, Vyavayi, Vikasi and Tikshna property of Taila as it penetrates the scalp and pacifies vata and kapha dosha. Hence use of Karanja taila is very good choice of treatment.

Conflict of interest: None

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