Darunaka vyadhi: A literature review

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Abstract

Ayurveda is the deepest 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 wellbeing of affected person. Darunaka being a cosmetic disease is described as Kshudra Roga or as Kapalgat Roga in Ayurveda. Everyone is very conscious about hair care and Darunaka is one of the major causes of hair loss according to Ayurveda. Now a day’s pollution is increased and due to busy lifestyle people are taking improper Ahar and Vihar, many of young people are applying chemicals over scalp and these people not applying proper hair oil etc. causing incidence of Darunaka. Shirapradeshi Kandu (itching), Rukshata (dryness), Shirotwaka Sphutanam (cracking of the scalp skin with fine flakes), and Keshachyuti (hair-fall) are the cardinal symptoms of Darunaka which involves mainly vitiated Vata and Kapha Doshas.

In Ayurveda, based on the similarity in signs and symptoms, the Darunaka nearest correlation is Dandruff (Pityriasis Capitis).

Keywords: Ayurveda; Darunaka; Kapalgat; Roga.

1. Introduction

In Ayurveda, Shira is said to be root of the plant for possessing all special senses and Prana, so one has to protect and care the Shira. Acharyas have explained different Shiroroga out of which Darunaka is one among them. Acharya Vagbhata have described 19 Shiroroga out of which 9 are Shirokapalaroga and “Darunaka” is one among them. Acharya Sushruta has included “Darunaka” under Kshudraroga². It is a Roga affecting mainly the Kapala, that is scalp and it also hampers the normal healthy status of hair. Shirapradeshi Kandu (itching), Rukshata (dryness), Shirotwaka Sphutanam (cracking of the scalp skin with fine flakes), and Keshachyuti (hair-fall) are the cardinal symptoms of Darunaka which involves mainly vitiated Vata and Kapha Doshas³.

Darunaka can be correlated with Pityriasis Capitis also referred to as Pityriasis Simplex Capitis, it is generally referred to as Dandruff. Pityriasis capitis is a disease characterized by itchy scalp and flakiness. Several microbial and non-microbial etiologies are considered for pathogenesis. Increased presence of Malassezia restricta has been reported as the key microbial etiological factor. Increased sebaceous gland activity, decreased skin hydration, skin irritation, immune suppression, or oxidative stress have also been proposed as non-microbial etiologies.

Due to frequent recurrences, Pityriasis Capitis represented as a very common dermatologic scalp condition in a wide range of population with estimating prevalence of 60.1% in South Asia, whereas 50% worldwide. Pityriasis Capitis is a scalp disorder affecting more than half of the global population. A survey in the United States showed that 50 million people suffer from dandruff annually and the prevalence is sharply increasing due to rapid urbanization⁴. It occurs more frequently in adolescents, young adults⁵.

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Pityriasis Capitis is a scalp disorder with high rate of prevalence. There are many market preparations which are advised by modern dermatologists but it has some limitations as the effect is not long-lasting or cost of treatment is very high. As satisfactory results are not available, patients are continuously looking with hope towards Ayurveda. Ayurveda plays an important role in the management of Darunaka as its unique treatment modality provides long-lasting results through three basic principles of treatment that is Nidana Parivarjana, Shodhana Chikitsa, and Shamana Aushadhis. Sthanika Chikitsa in terms of Lepa and Dhavana is also important in order to relieve the symptoms and nourish the hair.

2. Material and Method

The Ayurvedic classical literatures, contemporary textbooks including the websites, reputed journals and authentic sources would be 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
- To review literature about Darunaka Vyadhi through classical texts of Ayurveda.
- To understand its relevance in present era and preventive care.

2.1. Review of literature

The word Darunaka is derived from the verb, Darayati⁶ = ‘Splitting’ or tearing or difficult to tolerate.

Dhalana says Daruna means Kathina (SU.NI.13/35), difficult to bear or tolerate.

Darunaka is Kapalaroga as per Yagbhata and Sharangadhara⁷ and Darunaka is Kshudraroga as per Sushruta, Bhavaprakasha⁸, Madhavanidana⁹, Yogaratnakara¹⁰, BhaishajyaRatnavali¹¹, Chakradatta¹²

According to Acharya Sushruta, the disease in which the scalp becomes Daruna (Scaling), Ruksha (Dryness) and characterized by Kandu (Itching) is called Darunaka. It occurs due to vitiation of Kapha & Vata Dosha. On the basis of Videha’s observation Pitta and Rakta are also associated with Darunaka.

According to Ashtang Hridaya, Shirapradeshi Kandu (itching), Rukshata (dryness), Shirotwaka Sphutanam (cracking of the scalp skin with fine flakes), and Keshachyuti (hair-fall) are the cardinal symptoms of Darunaka which involves mainly vitiated Vata and Kapha Dosha³.

2.2. Nidanas

Table 1 Nidanas of Darunaka

<table>
<thead>
<tr>
<th>Aharajanidana</th>
<th>Amlaaharaatisevana</th>
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<tbody>
<tr>
<td>Atisheetaambusevana</td>
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<tr>
<td>Dushtama</td>
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<td>Guru ahara</td>
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<td>Haritha aharaatisevana</td>
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<td>Himaahara</td>
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<tr>
<td>Viharajanidana</td>
<td>Atapaathisevana</td>
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<td>Diva Swapna</td>
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<tr>
<td>Jagarana</td>
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<td>Praavgata</td>
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<tr>
<td>Rajahasavana</td>
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<tr>
<td>Related to Vegas</td>
<td>Athi maithuna</td>
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</table>
2.3. POORVA RUPA

Poorvarupa denotes pragrautpathilakshanmyaadhe. There is no reference of Purvaroopa of Darunaka in ancient classics.

2.4. RUPA

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

2.4.1. Kandu (Itching)

Kandu is 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.

2.4.2. KeshaChyuti (Hairfall)

In course of disease, hair falling is seen in the affected areas. This is state of undernutrition to the hair follicles. Due to itching and thin skin hair roots become loose and unhealthy which result hair fall. KeshaChyuti is caused by vitiated Pitta in association with Vata. Hairfall in Darunaka may occur in lack of Snigdhatya (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.

2.4.3. 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.

2.4.4. Rakshata (Dryness)

It is seen as a symptom of vitiated Vata Dosha. Abhyangabhava (absence of oiling) and other Vata vitiating causes can lead to roughness of scalp.

2.4.5. 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.

2.5. 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, Upashaya of Darunaka is not mentioned so the causative factors described in the Nidana can be considered as Anupashaya & opposite it can have considered as Upashaya.

2.6. 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 Videhacharya (SU.NI.13/35 TEEKA). Twak is formed from Raktabhanda during the time of Dhatuparinama. According to Ashraja Ashrayi bhava of Dosh and Dushya, the Pitta dosha is related with Dushya Rakta (AH.SU.11/26). The Bhrajakapitta is located in the skin. So, when the pitta is vitiated in Darunaka, Rakta is also vitiated. Here the Samikarishtha nidana is the vitiation of Kapha and Vaata. 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 Sthana samshraya or stage of manifestation, Dosha interacts with Dushya(SU.SU.21/37). The Doshas Kapha, Vata and Pitta interact with the Dushyas rasa, rakta at
Kapala in the disease Darunaka. As a result, the vitiated Kapha and Vata produce Kandu, Keshachyuti, Swapa, Rookshata and Twak sputana, and manifest the disease Darunaka.

2.7. SADHYASADHYATA
Acharya Vagbhata mentioned nine kapalagata rogas. Darunaka is one of the Kapalagata rogas. It is Sadhya Vyadhi.

2.8. VYAVACHHEDAKA NIDANA
Darunaka can be differential diagnosed with Indralupta and ekkustha.

2.9. CHIKITSA VIVECHANA

2.9.1. SHAMANOUSHADHI

Shiro abhyanga
- **Malatyadi taila**: Taila is to be prepared with malati, Mandura, Bringaraja, Utpaha, Sariva, Triphala and applied on scalp.
- **Bhringaraja taila**: Taila is to be prepared with Bhringaraja, Lohakitta, Triphala, and Sariva and applied on the scalp.
- **Prapoundareeka taila**: Taila is to be prepared with triphala, pundareeka
- **Gunja taila**: Taila prepared using gunja

Shiro lepana:
- Paste of Priyal seeds, Yasti, Kusha, Masha, Sarshapa and honey and applied on the scalp.
- Paste of Mango seeds, unripen Haritaki and milk and applied on the scalp.
- Khakhasabeejadilepa.
- Kodrava palaala siddha mashi lepa

Shiroprakshalana:(SU.CHI.20/30)
- Ksharambuprakshalana

2.9.2. SHODHANA
- **Siramokshana**(SU.CHI.20/29)- After sneha and sweda karmas of moordha, Raktamokshana by Siravyadha in lalata region.
- **Nasya**: Nasya with Prapoundarika taila.

2.10. PATHYA-APATHYA
Pathya- apathy 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.

Table 2 Pathya and Apathya for Darunaka.

<table>
<thead>
<tr>
<th>PATHYA AHARA AND VIHAR</th>
<th>APATHYA AHARA AND VIHAR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shastika Shali, Ksheera, Amra, Amalaki, Dadima, Matulunga, Taila, Takra, Kanjika, Narikela, Yasha,</td>
<td>Lavana rasa ati sevana, Kshara atisevana, Katu and Amla rasa, Virudha anna, Ati sevana of Jala</td>
</tr>
<tr>
<td>Swedana, Nasya, Dhunapana, Virechana, Lepa, Seka, Langhana, Shirobasti, Raktamokshana, Agni karma, Upanaha</td>
<td>Kshavathu nigraha, Bashpa nigraha, Jrumba nigraha, Nidra nigraha, Vit Nigraha, Divaswapna, Vibadda, jala majjana, Jala seka on the shira kapala, Ratri jagarana</td>
</tr>
</tbody>
</table>
3. Discussion

In Ayurveda, in Darunaka Vyadhi, Kandu is a symptom of vitiated Kapha dosha 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 hairfall in Darunaka may occur due to lack of Snigdhata because of vitiated Vata, thereby 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. Susruta has quoted Darunaka as Kathina and Karkasha. Sphatana 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 Vata dosha.

3.1. Prevention

Maintenance of personal hygiene is the most important of this disease. Recurrence rate increases if proper hygiene is neglected. Acharya Sushruta had given importance for maintaining personal hygiene in his nidanasthana. Acharya Charaka (CHASU5/85-88) had stated the importance of regular usage of oil and washing the scalp can prevent Darunaka to a great extent.

4. 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 as per Ayurveda.

The Ayurvedic management of Darunaka has a strong possibility to breakdown the pathogenesis of this disease.

Compliance with ethical standards

Disclosure of conflict of interest

No conflict of interest to be disclosed.

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[1] Astanga Hrdayam of Srimad Vagbhata by Dr. Brahmanand Tripathi; Chaukhamba Sanskrit Pratishthan delhi UttarsathanamChapter no. 23 Shirorogvigyanaim.


[3] Astanga Hrdayam of Srimad Vagbhata by Dr. Brahmanand Tripathi; Chaukhamba Sanskrit Pratishthan delhi Uttarsathanam Chapter no. 23 Shirorogvigyanaim Shlok no. 23; Pg no.1053.


