



Case Study

INTEGRATIVE MANAGEMENT OF *DARUNAKA*: INSIGHTS FROM A CASE STUDY

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ABSTRACT

Darunaka is a one out of 9 *Kapalagata roga* affecting the *Shiro twaka* (scalp) and *Kesha* (hair). According to Acharya Sushruta, the disease is a *Kshudra roga* because it is caused by the vitiation of the *Vata* and *Kapha Doshas*. The signs and symptoms include *Twak sphutana* (scratching or breaking of the scalp skin), *Rukshata* (roughness or dryness of the scalp), *Swapa* (abnormalities of touch sensation on the scalp), and *Kandu* (itchiness on the scalp). *Darunaka* can be compared with dandruff in contemporary science. The disease is mainly concerned with hair root and it is commonly encountered in a clinical practice. It is significantly more common in men and may commence at any time after puberty. Maintenance of proper hygiene is the most important thing in this disease. Otherwise, the chances of recurrence are more. There is at present no viable therapy for this bothersome condition in dermatological practice. As a result, a lot of patients feel hopeful about Ayurveda. Ayurveda can provide good results in this situation with Ayurvedic medicines. **Case Report:** A 18 year old female patient from Vadodara came to OPD of Shalakya Tantra, SAMCH, Vadodara with chief complaint of *Shirotwaka Sphutanam* or *Keshabhumi Prapatana* (cracking of the scalp skin with fine flakes), *Shirah Kandu* (itching on scalp), *Rukshata* (dryness on scalp), *Keshachyuti* (hair fall) diagnosed with *Darunaka* was treated with Ayurved *Chikitsa*. At the same time, the combined benefits of *Sthanika Chikitsa* and *Shamana Aushadhis* were advocated. **Assessments:** The therapy's efficacy was evaluated by comparing signs and symptoms before and after treatment. A unique scoring pattern was created to examine signs and symptoms. **Conclusion:** The medicine was shown to be both safe and effective in treating signs and symptoms while also enhancing general scalp health.

INTRODUCTION

The prevalence of dandruff is between 30–95% worldwide. Dandruff is a widespread scalp ailment that affects many people. Dandruff affects practically everyone, particularly adults, and both genders are susceptible. It is distinguished by peeling, itching, and redness of the scalp. It is caused by a variety of factors including dry skin, sensitivity to certain hair products, skin conditions such as seborrheic dermatitis, and even excessive use of hair styling products. The most common symptom of dandruff is white or yellowish

flakes of dead skin that accumulate on the scalp and in the hair. Itching and redness on the scalp are frequently related with dandruff. In some situations, the flakes might be oily and greasy.

People nowadays are increasingly worried about their appearance, especially the state of their hair, because good hair is vital for promoting self-confidence. Hair loss and dandruff make people more self-conscious. Hair difficulties can be caused by unsanitary environments, excessive or incorrect use of cosmetic goods, pollution, and a variety of other reasons. Dandruff treatment mainly consists of over-the-counter shampoos and topical products that can help alleviate symptoms. There are various market preparations that modern dermatologists recommend, but they have certain limits, such as the impact being temporary or the expense of treatment being

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prohibitively expensive. However, the occurrence rate is higher. The condition is exceedingly bothersome and disrupts the patient's everyday life, as well as mental health. Because adequate outcomes are not accessible, patients continue to seek with hope to Ayurveda.

Dandruff co relate with *Darunaka* in Ayurved classics. Acharya Vagbhata^[1] and Sharangadara^[2] has opined *Darunaka* is a *Kapalagata Roga* while Acharya Sushruta^[3] Bhavaprakasha^[4] and Madhava^[5] mentioned as a *Kshudra Roga*.

The word '*Drunaka*' is derived from the word '*Daruna*' which means '*Kathina*' or 'difficult to bear' or 'tolerate'.^[6] *Darunaka* has cardinal symptoms such as *Daruna* (cracked scalp), *Kandura* (itching of the scalp), *Ruksha* (dryness of the scalp), *Shirotwaka Sphutanam* or *Keshabhumi Prapatana* (cracking of the scalp skin with small flakes), and *Keshachyuti* (hair loss), among etc. It's generally due to the vitiation of *Vata* and *Kapha Dosha* and association of *Pitta* and *Rakta* also seen.^[7] The *Vata Pradhan Kapha dosha* causes dry dandruff, while the *Kapha Pradhan Vata dosha* causes moist dandruff. The *Pitta dosha* also play an important role in

genesis of dandruff. The increase of *Vata* and *Pitta* in the body leads to destruction of *Rakta dhatu*, this giving rise to impurities in blood.

Ayurveda plays a crucial role in the management of *Darunaka* because its unique therapeutic methodology gives long-term effects through three key principles of treatment, namely *Nidana Parivarjana*, *Shamana Aushadhis*, and *Sthanika Chikitsa* i.e., *Shiro Abhyanga*, *Shiro Lepa* and *Dhavana*^[8] and *Shiro Dhara* is also important in order to relieve the symptoms and to nourish the hair.

Case Study

Center of Study: Sumandeep Ayurved Medical College & Hospital, Vadodara.

A 18 year old Female patient came to OPD of Shalaky Tantra, SAMCH, Vadodara with chief complaint of *Shirotwaka Sphutanam/Keshabhumi Prapatana* (cracking of the scalp skin with fine flakes), *Shirah Kandu* (itching on scalp), *Rukshata* (dryness on scalp), *Keshachyuti* (hair fall). (Table No.1)

Table 1: Sign and Symptoms with Durations

Symptoms	Durations
<i>Shirotwaka Sphutanam</i> - Cracking of the scalp skin with fine flakes	15 days
<i>Shirah Kandu</i> - Itching on scalp	15 days
<i>Rukshata</i> - Dryness on scalp	1 month
<i>Keshachyuti</i> - Hair fall	1 week

History of Present Illness

The patient was suffering from *Shirotwaka Sphutanam*, *Shirah Kandu*, *Rukshata*, and *Keshachyuti* and came to Sumandeep Ayurved Hospital in Vadodara for treatment. The symptoms occasionally aggravated.

Aggravation Factors

- Hot temperature
- Cold temperature
- Excessive sweating during sports.
- Excessive intake of fermented food.

History of Past Illness

Patient suffers dandruff condition in winter season every year since 3–4 years after patient shifted to Vadodara city from her hometown. Before six years, the patient had a history of scalp psoriasis, which was treated with allopathic treatment. No recurrence has been observed in the last six years.

Personal History

Table 2: Personal History

Diet	Mixed diet i.e., fermented food, junk food etc.
Micturition	4-5 times in day, 0-1 times in night
Appetite	Moderate
Sleep	Awakening at night, day sleep
Bowel	Regular
Addiction	No any

General Examination

On Examination

- Hair: Hair fall, dryness in hair, brittle – thin hairs.
- Scalp: Dryness, itching, scaling of dandruff from whole scalp.

Systemic Examination

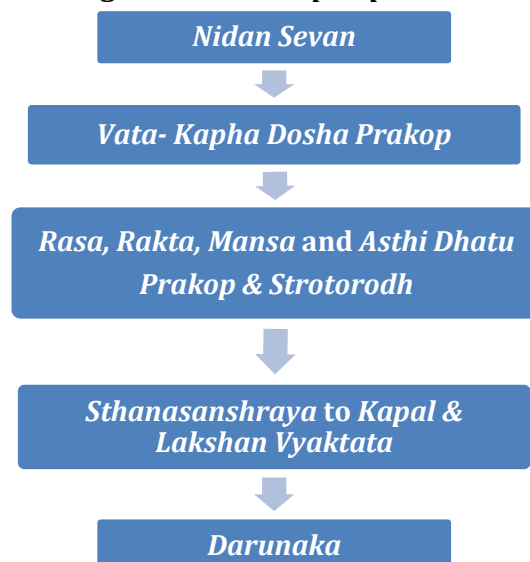
- Pulse -92/minutes
- BP -110/80mmHg
- Weight -58kg
- Height – 5’8 Inch

Nidan Panchak**Table 3: Nidan Panchak**

<i>Hetu</i>	Ahar: Untimely food habits, biscuits, fast food and junk food on daily basis, deep fry and Chinese food in between 2-3 times in a week, tea -3-4 times a day
	Vihar: <i>Ratri jagarana, Divaswapna, Atiyana</i> [roaming in bike], work-sitting
<i>Poorvaroopa</i>	<i>Shirah kandu</i>
<i>Roopa</i>	<i>Shirah kandu, Twak sputana, Kesha Rukshata, Kesha chyuti</i>
<i>Upashaya</i>	Oil application, hair wash
<i>Samprapti</i>	<i>Nidan sevana– Vata Kapha Dosha Prakopa, Rasa, Rakta, Mansa and Asthi Dhatu Prakop and Strotorodh, Sthanasanshraya to Kapal and Lakshan Vyaktata of Darunaka</i> (flow chart diagram no.1)

Samprapti Ghatak**Table 4: Samprapti Ghatak of Darunaka**

Dosha	<i>Kapha Vata</i>
Dushya	<i>Rasa, Rakta, Mansa, Asthi Dhatu</i>
Updhatu	<i>Twaka</i>
Strotas	<i>Rasavaha, Raktavaha, Asthivaha, Swedavaha</i>
Agni	<i>Mandagni</i>
Udbhav Sthan	<i>Aamashay</i>
Adhistan	<i>Kapal</i>
Stroto Dushti Praka	<i>Sanga</i>

Flow chart diagram no. 1: Sampratpti of Darunaka

MATERIAL & METHODS**Treatment Protocol**

The treatment protocol comprises:

1. *Shamana Aushadhi* (internal)
2. *Sthanika Chikitsa* (local therapeutics)
3. *Pathya-Apathya* for *Nidana Parivarjana*

Plan of Treatment

As *Shaman aushadhies*, the patient was given *Manjisthadi vati*, *Bhringaraja Vati*, for two months and *Haridra khand* tablets for one month on a continuous basis. (Table No. 5). In terms of *Sthanika Chikitsa* for hair - scalp nourishing and complaint relief, *Sthanika Chikitsa* of the scalp was administered in the following order: *Shiro Abhyang*, *Shirolepa*, *Kesha Dhavana*, and *Shirodhara*. First, the patient is instructed to self-apply *Nimb* tail and do *Shiro abhyang* with twice a week.

Shirolepa of *Nimba Churna*, *Yasimadhu Churna*, *Bibhitaki Churna*, and *Vijayasara Churna* was mixed with water and applied over the scalp for 30-45 minutes after the *Shirolepa* began to dry, *Kesha Dhavana* with *Panchavalkala kwath* and *Su. Tankan Churna* were advised twice a week for 15 days. *Kesha Dhavana* was continued for another 15 days. In order to combat the recurrent condition of *Darunaka*, *Shiro Dhara* with *Triphala Kwath*, *Manjisthadi Kwath*, *Panchavalkal Kwath*, and *Su. Tankan Churna* was advised for seven days and *Aamalaki rasayan* tablet given for 15 days after all the symptoms subsided. (Table No. 5)

All *Shaman* and *Sodhan aushadhi* administered based on the severity of the symptoms, with periodic follow-up visits.

Table 5: Treatment Plan

S.No.	Drug	Dose	Route	Duration
1	<i>Manjisthadi Vati</i>	2 Tab. twice a day after meal	Orally	2 months
2	<i>Bhringaraja vati</i>	2 Tab. twice a day after meal	Orally	2 months
3	<i>Haridra khanda</i>	1 Tab. twice a day after meal	Orally	1month
4	<i>Nimb tail</i>	10 ml twice a week	<i>Shio Abhyanga</i>	1 week
5	<i>Nimba Churna + Yasimadhu Churna + Bibhitaki Churna + Vijayasara Churna</i>	10 gm each twice a week	<i>Shiro Lepa</i>	15 days
6	<i>Panchavalkala kwath + Su. Tankan Churna</i>	10gm +500 mg twice a week	<i>Kesha Dhawana</i>	30 Days
7	<i>Triphala Kwath + Manjisthadi Kwath + Panchavalkal Kwath + Su. Tankan Churna</i>	5gm Each + 500 mg	<i>Shiro Dhara</i>	7 Days
8	<i>Aamalaki Rasayan</i>	2 Tab. twice a day after meal	Orally	15 Days

Pathya Apathya

Pathya Apathya chart has been provided to the patient and asked to follow accordingly (Table no.6).

Table 6: *Pathya-apathya*

	<u><i>Pathya</i></u>	<u><i>Apathya</i></u>
<u><i>Aahar</i></u>	<ul style="list-style-type: none"> ● Grains: One year old grains, red rice (<i>Shali – Shathi</i>), wheat, juwar, Bajari. ● Pulses: Mung bean, soybean. ● Vegetables: Parval, Sargava, Karela, Lauki ● Green Vegetables: Palak, Methi, Tandalaja, Suwa, Matla. ● Fruits: Coconut, pomegranate, almond, banana, Mosambi, <i>Amla</i>, lemon, raisin. ● Milk items: Cow ghee – milk, chaas, <i>Puran Ghrita</i> ● Others: <i>Yoosh</i> (soup), etc. 	<ul style="list-style-type: none"> ● Excessive cold-water consumption, curd, lassi, alcohol consumption. ● Impure milk – water ● Consuming more spicy – salty – fried foods ● Contraindicated food items - Like all sour fruits with milk – meat- onion – garlic – radish-carrot – jaggery – tulsi, ginger <p>With curd - radish, sesame seeds, garlic, urad, milk</p> <p>With Jaggery – sesame, banana.</p> <p>Equal parts of honey with ghee etc.</p>

	<u>Pathya</u>	<u>Apathya</u>
Vihar	<ul style="list-style-type: none"> Oil massage on head Gargling <i>Shiro Pichu</i>: Dip a cotton in sesame oil and keep it on the head. 	<ul style="list-style-type: none"> Stopping the urge of toilet, urine, sneezing, sleep, yawning, tears Sleeping during the day, staying up late at night, intake of heat-dust-smoke. Wind intake from opposite direction Excessive anxiety, anger, grief, fear Eat again after eating Wash the head with warm water Not putting oil in hair and keeping hair dry.

Follow-Up

The patient came regularly at an interval of 7 days for two months. After completion of treatment there was no recurrence.

Assessment Criteria

The patient's progress has been noted throughout the treatment with specially designed gradation pattern (Table No.7).

RESULT

A single study was conducted in the management of *Darunaka* with symptoms such as *Shirotwaka Sphutanam/Keshabhumi Prapatana* (cracking of the scalp skin with fine flakes), *Shirah Kandu* (itching on the scalp), *Rukshata* (dryness on the scalp), and *Keshachyuti* (hair fall) with the treatment

protocol of - *Shamana Aushadhis* (internally), *Sthanika Chikitsa*, *Pathya-Apathya* for *Nidana Parivarjana* for 2 months. After completion of the treatment the patient visited OPD two times in interval of 15 days and there was no recurrence. Assessment of classical signs and symptoms in each follow up for two months during treatment and 1 month after treatment was noted in table format as mentioned in Table No 8.

The results of the present study suggested that *Darunaka* entire treatment protocol can be used as an effective treatment for *Darunaka* with associated symptoms. However, further research on a large scale is needed to authenticate the findings of the present study.

Table 7: Symptom Gradation

Symptoms	Grade	Parameters
<i>Shirah Kandu</i> (itching on scalp)	0	Absent
	1	Occasionally present - Disturbs daily routine
	2	Frequently present - Disturbs daily routine
	3	Constantly present - Disturbs daily routine
<i>Shirotwaka Sphutanam</i> or <i>Keshabhumi Prapatana</i> (cracking of the scalp skin with fine flakes)	0	Absent
	1	Visible inside the hair
	2	Visible over the hair
	3	Visible even over the shoulder
<i>Rukshata</i> (Dryness on scalp)	0	Absent
	1	Negligible
	2	Without discomfort over the scalp
	3	With discomfort over the scalp
<i>Keshachyuti</i> (hairfall)	0	Absent
	1	Hair-fall once in the morning while washing or combing
	2	Hair-fall on every time of combing
	3	Hair-fall even without combing and raised hairline in frontal region (mild baldness)

Table 8: Result

Sr.	Sign & Symptoms	B.T.	During Treatment				AT
		Day 1	15 Days	30 Days	45 Days	60 days	1 Month
1	<i>Shirah Kandu</i>	3	2	1	0	0	0
2	<i>Shirotwaka Sphutanam</i> or <i>Keshabhumi Prapatana</i>	3	2	2	1	0	0
3	<i>Rukshata</i>	3	2	1	1	0	0
4	<i>Keshachyuti</i>	2	2	2	1	1	1

DISCUSSION

The ancient Acharyas stated that 'Shira' is one of the '*Dashapranayatana*'.^[9] So, head protection is critical since all of the *Indriyas* or sensory organs are placed in the '*Shira*' and their appropriate functioning is controlled by the '*Shira*'.^[10] Therefore, head diseases should be treated as soon as feasible. *Kapala*, or scalp, is the exterior covering of the head, and *Darunaka* is a scalp ailment that disrupts daily activities. The most prevalent scalp problem is dandruff. It is a natural process involving the removal of dead skin from the scalp. Although this is a small issue, excessive shedding can cause complications.^[11]

The patient is exhibiting signs of *Rukshata*, *Keshachyuti*, *Shirah Kandu*, *Shirotwaka Sphutanam*, or *Keshabhumi Prapatana* and diagnosed with *Darunaka*. *Kandu* plays a significant part in the pathophysiology of *Darunaka* and is a sign of vitiated *Kapha dosha*. This is brought on by things like profuse perspiration and the buildup of malas on the scalp. Vitiated *Pitta* combined with *Vata* is the cause of *Keshachyuti*. In *Darunaka*, vitiated *Vata* may produce a lack of *Snigdhatva*, which causes the hairs to become rough and lifeless. Due to their extraordinary dryness, they become friable, short, and thin, and readily fall out. *Swapa*, also known as anomalous touch sensation, refers to a transient or partial loss of sensation caused by *Vata* vitiation. *Rukshatha* becomes worsened while combined with *Vata dosa*. *Abhyanga Dvesha* and other *Vata*-vitiating *Nidanas* can cause roughness of the scalp. Acharya Susrutha referred to *Darunaka* as *Kathina* and *Karkasha*. *Sphutana*, or breaking or splitting of the scalp, is one of the symptoms of *Darunaka*. It is caused by scratching and aberrant keratinisation of the epidermis. It is also owing to a vitiated *Vatadosha*.

The therapy plan was proposed in terms of *Shamana Aushadhis*, *Sthanika Chikitsa*, and *Nidana Parivarjana*. *Shamana Aushadhis* were administered internally in order to obtain *Raktaprasadana* and eliminate dryness. Along with *Shamana Aushadhis*, *Sthanika Chikitsa* was administered in the form of *Shiro Abhyang*, *Shirolepa*, *Kesha Dhavana*, and *Shirodhara* as an external application to relieve scalp dryness and

irritation and to nourish the scalp and hair respectively.

Nidana Parivarjana was closely followed throughout the treatment. There was significant alleviation in symptoms of scalp dryness and irritation. *Shirah Kandu* (scalp itching), *Shirotwaka Sphutanam* or *Keshabhumi Prapatana* (scalp skin cracking with small flakes), *Rukshata* (scalp dryness), and *Keshachyuti* (hair fall) were all significantly relieved after two months. By this point, the skin on the scalp had returned to its original texture and had healed, and the health of the hair had improved.

Probable mode of action of the drugs

Manjishthadi Ghanavati ^[12] contains *Manjishtha*, *Haritaki*, *Amalaki*, *Bibhitaki*, *Katuki*, *Vacha*, *Daruharidra*, *Guduchi* and *Nimba*. And having properties like *Rakta Shodhaka Kandughna* (anti-itching) *Krimighna* (antimicrobial) *Vranaropana* (healing), *Vatakapha Doshanashi*. *Darunaka* is linked with *Ama* and the *Rakta dushti*. *Manjishthadi Ghana Vati* cleanses the blood and detoxifies the body. *Darunaka* is linked to *Vata-Kapha* imbalances. *Vata* causes dryness and flakiness. *Kapha* contributes to excess sebum production, fostering fungal overgrowth. *Manjishthadi Ghana Vati* harmonizes these *Doshas*, preventing *Darunaka* recurrence. The *Kandughna* (anti-itch) property relieves itching, while its anti-inflammatory properties soothe the scalp. It nourishes the hair roots by improving blood circulation and detoxifying the scalp tissues, consequently preventing from dandruff and hair fall.

Bhringaraja vati contains *Bhringaraja*, *Triphala* and *Guduchi* having properties like *Keshya* (promotes hair health), *Kandughna* (anti-itching), *Krimighna* (antimicrobial), *Raktashodhaka* (blood purifier) and *Vata-Kaphahara*. Its unctuous and warming properties counteract *Vata*-induced dryness and *Kapha*-related oiliness. *Ushna* (hot potency) promotes blood flow, ensuring better delivery of nutrients to the scalp. The *Krimighna* property helps eliminate fungi and bacteria, which contribute to dandruff. As a *Raktashodhaka*, it clears toxins from the blood, addressing the systemic causes of scalp conditions. Its *Snigdha guna* helps

restore the scalp's moisture balance, reducing dryness and flaking.

Haridra khanda^[13] contains *Haridra*, *Goghrita*, *Godugdha*, *Sharkara* and *Prakshepaka Dravyas* are *Shunthi*, *Maricha*, *Pippali*, *Patra*, *Twak*, *Ela*, *Vidanga*, *Triphala*, *Trivrit*, *Nagakeshara*, *Loha Bhasma*. And properties like *Raktashodhaka* (blood purifier), *Kandughna* (anti-itching) *Krimighna* (antimicrobial) *Varnya* (improves skin and scalp health) and *Pitta-Kaphahara*. Its *Kandughna* action relieves the persistent itching associated with *Darunaka*. *Haridra khanda* prevents *Darunaka* recurrence by nourishing and strengthening the scalp tissue (*Varnya karma*).

Nimb Tails^[14] having *Tikta - Kashaya Rasa*, *Laghu - Ruksha Guna*, *Sheeta Virya* *Katu Vipaka* and *Krimighna* (antimicrobial), *Kandughna* (anti-itching), *Shothahara* (anti-inflammatory), *Tvachya* (skin protector) and *Vranaropaka* (wound healing) properties. Its astringent properties reduce excessive oiliness caused by *Kapha* imbalance, restoring scalp health. Neem oil's *Kandughna* (anti-itching) action soothes irritated scalp tissues and provides relief from persistent itching. Neem's *Vranaropaka* and *Tvachya* actions promote the healing of the scalp and prevent further damage caused by dryness and scratching. Neem oil relieves *Kapha* (excess sebum) and *Vata* (dryness), addressing the underlying cause of *Darunaka*.

Panchavalka Kwath^[15] is a combination of five astringent plants, primarily acts on *Kapha* and *Pitta doshas*, which are often responsible for skin conditions, itching, and excessive scalp flaking seen in *Darunaka*. Having *Kashaya* (astringent) *rasa* which dries excessive secretions and strengthens the skin barrier. *Shodhana* (cleansing) property helps in detoxifying the skin. *Stambhana* (styptic) can reduce exudation and controls excessive oil secretion.

Su. Tankan Churna^[16] primarily pacifies *Kapha* and *Vata doshas*. It helps in conditions caused by excessive *Kapha*, such as excessive sebum production, itching, and fungal growth on the scalp. Its *Kshara* (alkaline) property acts as a mild cleanser, helping to remove dirt, oils, and impurities from the skin and scalp. *Shodhana* (detoxification) property cleanses and clears blockages in channels (*Srotas*). *Kandughna* (anti-itching) property relieves itching caused by skin and scalp conditions. *Krimighna* (antimicrobial) property effectively combats microbial infections, including fungal and bacterial growth. *Lekhana* (scraping) property helps in removing excess oiliness and dead skin cells from the scalp.

Combination of *Panchavalka Kwatha* and *Su. Tankan churna* as *Keshadhavana*, where *Panchavalka*'s cleansing action removes impurities, while *Tankan's*

alkaline property dissolves oil and dirt, ensuring a thoroughly clean scalp. *Su. Tankan's Krimighna* and *Panchavalka's Shodhana* properties work together to clean the scalp. *Panchavalka* reduces excessive *Kapha* (oiliness), while *Tankan* scrapes away sebum and prevents buildup, reducing the recurrence of *Darunaka*. The soothing properties of *Panchavalka* (anti-inflammatory) combined with *Tankan's kandughna* property provide relief from itching and irritation. *Panchavalka* supports healing of dry and damaged scalp tissues, while *Tankan* detoxifies the area, ensuring long-term scalp health.

Combination of *Nimba Churna*^[17], *Yastimadhu Churna*^[18], *Bibhitaki Churna*^[19] and *Vijayasara Churna*^[20] for *Shirolepa*. Whereas *Nimba* and *Bibhitaki* pacify *Kapha*, addressing excess sebum and microbial growth. *Yastimadhu* calms *Vata* aggravation, reducing dryness and itching.

Vijayasara acts as a coolant, calming *Pitta*-related inflammation. *Nimba* and *Bibhitaki* eliminate fungi and prevent bacterial infections. *Vijayasara* and *Nimba* protect the scalp from recurrent microbial infestations. *Bibhitaki* and *Nimba* remove accumulated toxins (*Ama*) and unclog scalp pores. The combination purifies the scalp and restores its natural balance. *Yastimadhu* and *Vijayasara* relieve itching and calm irritation. The paste provides immediate relief from *Darunaka* induced discomfort. *Yastimadhu* and *Vijayasara* hydrate and nourish the scalp, helping tissue restoration while preventing excessive dryness or flaking. *Bibhitaki* and *Nimba* regulate oil production, preventing both dryness and greasiness, which are common in dandruff conditions.

Triphala Kwath^[21], *Manjisthadi Kwath*^[22], *Panchavalka Kwath* and *Su. Tankan Churna* combination as *Shirodhara*. Where *Triphala Kwath* and *Panchavalka Kwath* balance *Vata* and *Kapha*. *Manjisthadi Kwath* calms *Pitta*, reducing inflammation. The combination of *Triphala* and *Manjistha* clears the scalp tissues, improving scalp health. The composition relieves excessive dryness by regulating *Vata* and moisturises the scalp. *Shirodhara* with this combination cools and relaxes the scalp and mind, reducing stress.

Aamalaki Rasayan^[23] having *Amla Rasa*, *Laghu - Snigdha Guna*, *Ushna Virya* and *Katu Vipaka* (pungent) and *Tridosahara*, *Raktaprasadana* (blood purification), *Tvachya* (skin rejuvenator), *Krimighna* (antimicrobial), *Shothahara* (anti-inflammatory) properties. Through its *Raktaprasadana* (blood-purifying) action helps in detoxifying the body, which in turn can promote a healthier scalp and reduce the recurrence of *Darunaka*. It's *Tvachya* (skin rejuvenating) property improves the texture of the

scalp skin, hydrating and preventing excessive dryness. It improves the general health of the scalp, nourishing the hair follicles, strengthening the hair, and stimulating hair growth. The high vitamin C content in *Amlaki Rasayana* enhances collagen production, which is crucial for healthy hair growth. This supports stronger, shinier hair, reducing hair loss associated with *Darunaka*.

CONCLUSION

The current study on *Darunaka* management using treatment protocols of *Shamana Aushadhi* (internal), *Sthanika Chikitsa* (local therapeutics), and *Pathya-Apathya* for *Nidana Parivarjana* has yielded exceptionally favourable findings. The study found that the full therapy protocol is beneficial for the treatment of *Darunaka*. Furthermore, it is simple to use and does not require any complicated setup. Considering all components of *Darunaka*, external topical methods and internal formulations aid in its management. It has been observed to help reduce the symptoms *Shirah Kandu*, *Shirotwaka Sphutanam* or *Keshabhumi Prapatana*, *Rukshata*, and *Keshachyuti*. It was also discovered to be beneficial in boosting overall hair and scalp quality.

The results also suggested that *Darunaka* should be managed using the whole therapy protocol as an adjuvant treatment. During the therapeutic period, the *Pathya* and *Apathya* (dietary regimes) must be properly observed. *Pathya* and *Apathya* are essential in the treatment of any illnesses, and adhering to these principles is key for maintaining health and avoiding emerging issues.

With all of the aforementioned information, it is easy to conclude that Ayurveda provides a high-quality treatment for *Darunaka* through oral drugs and topical procedures. The forms of treatment were shown to be cost-effective, safe, and simple to administer. Thus, it can be prescribed as a safe and effective Ayurvedic treatment for *Darunaka*.

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