

¹E. Rachana1,

²S. Pavan kumar,

³K.C. Ragamala

¹PG Scholar, Department of Dravyaguna, S.V.Ayurvedic College and Hospital, T.T.D, Tirupati.

²Assistant Professor M.D.(Ay)., Ph.D., Department of Dravyaguna, S.V. Ayurvedic College, T.T.D, Tirupati.

³Lecturer, M.D.(Ay)., Ph.D., Department of Kaumarabhritya, S.V. Ayurvedic College, T.T.D, Tirupati.

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ABSTRACT

Background: *Darunaka* is *kapala roga*. Although it is not a part of *Siroroga*, *Acharya Vagbhata* and *Sarngadhara* explain it as *kapalaroga*, and *Susruta Samhita*, *Bhavaprakasha*, *Madavanidana*, *Yogaratanakara*, *Bhaishajya Ratnavali* and *Chakradatta*. Every *Acharya* has the same opinion about the site of disease is *kapala*. It occurs more frequently in adolescents, young adults, and again in senior adults over 50 years of age. Approximately 50% of the general adult population worldwide are affected. Despite not causing mortality, it does have an impact on quality of life.

Aim: To assess the effectiveness of *sirisa phala taila* in the treatment of *darunaka*.

Case description: A female patient of 25years age with chief complaints of dryness, itching and scalp scaling with white dusty appearance from past 1 year. After thorough assessment the diagnosis was made to be *Darunaka*. Patient was instructed to external application *Sirisa phala taila* (oil prepared from the fruit of plant *Sirisa*) with sufficient quantity for 30 days and the results were observed to understand the effectiveness of the treatment.

Result: We observed a significant change in the Itching and scaling of scalp when compared between pre and post treatment.

Conclusion: Results of this study indicates *sirisa phala taila* can be a drug of choice in treating *Darunaka*.

Keywords: *Darunaka*, Case study, Pityriasis capitis, *sirisa phala taila*.

INTRODUCTION: *Darunaka lakshana* is miserable. *Darunaka* is *kapala roga*. Although it is not a part of *Siroroga*, *Acharya Vagbhata* and *Sarngadhara* explain it as *kapalaroga*, and *Susruta Samhita*, *Bhavaprakasha*, *Madavanidana*, *Yogaratanakara*, *Bhaishajya Ratnavali* and *Chakradatta*. (1) Approximately 50% of the general adult population worldwide is affected. Despite not causing mortality, it does have an impact on quality of life. (2)

Due to an increase in *kapha* and *vata*, the skin on the scalp becomes affected by *Darunaka* (cracked), which causes *Kandu* (scalp itching), *Ruksata* (dryness), and *Kesabhumiprapatyatha* (hair loss). (3) *Pitta* and *raktha anubandha* are sometimes seen, but *vata* and *kapha prakopa* are typically seen. In pain, *Darunaka* appears to be tearing apart layers of scalp skin. One can observe *krmi utapatti* once it becomes aggravated. While *kapha*

produces itching and heaviness, *vata* produces pain. (4) *Pitta raktha dusti* causes a burning sensation to increase and will cause pain and redness. Here, *pitta* is responsible for the redness and burning sensation, while *raktha* vitiation is the cause of the pain. (5)

Need for the study:

Darunaka is the most common scalp skin condition seen in more than 50% population and the it needs a helpful and more cost-effective drug with less to no side effects which can be incorporated into day-to-day life easily. Whereas *sirisa* plants are more easily available and has no adverse effects are noted till now.

Available treatment:

There are already treatments available for the treatment of *Darunaka*. According to *Susrutha Samhita* the standard treatment procedure is puncturing of Vein followed by *Avapīḍa nasya*, *śirōbasti*, and *abyanga* administration in the fore head and washing the head with a decoction of ash from *kōdrava tr̥ṇa kṣāratoya*. (8) There are few medicines available for treating *Darunaka*. The mainstay of therapy is the use of topical azoles (e.g. ketoconazole), either as shampoos (scalp) or as creams (body). zinc pyrithione, selenium sulfide, and tar shampoos as well as topical calcineurin inhibitors are used to treat *Darunaka*. (9)

Importance of the study:

Darunaka is a scalp skin condition which presents with itching. As *sirisa phala taila* has *kushtagna* and *kandugna* properties which are helpful in treating similar conditions. This case study is done to understand the effect of *sirisa phala taila* in the treatment of *Darunaka*.

Patient information:

OP/IP Registration No: 43953
Date: 4/10/2024

Address: Nashik, Maharashtra

Age: 25yrs

Gender: Female

Date of commencement of Study:
04/10/2024

Date of completion of Study: 04/11/2024

Chief complaints: Patient complained of having Dryness, scalp Scaling and Itching for 1 year.

No H/O of hair fall.

History of Past Illness:

1. No H/O any reactive drug allergies
2. No H/O DM/HTN/Bronchial Asthma
3. No H/O bleeding disorders
4. No H/O addictions
5. Menstrual History: H/O PCOD but irregular periods. (not using medication)
6. No H/O major illnesses or surgeries.

History of Present Illness:

A female patient of 25years was in her usual state of health until approximately one year ago when she began to experience mild itching on the scalp, which was gradually followed by increased dryness and flaking. These symptoms progressively worsened over time. She sought medical advice from a dermatologist and was prescribed allopathic medications, but the response to treatment was unsatisfactory. Due to persistent symptoms, she visited the OPD at S.V. Ayurvedic Hospital, Tirupati, Andhra Pradesh, India for further evaluation and was diagnosed with *Darunaka*.

Past Medical History: No relevant past medical History.

Family History: No one in the family have suffered with similar Signs and symptoms.

Personal History:

Diet: Vegetarian

Bowel habit: Regular

Micturition: Normal (Day:5/ Night: 1)

Sleep: Adequate

Appetite: Normal

Addiction with duration: No

Height: 162cm

General Examination:

Weight: 49kg

Table-1: General health parameters (A-Absent)

Parameter	Visit 1	Visit 2	Visit 3
Pulse	84 BPM	86 BPM	82 BPM
Blood pressure	110/70 mmHg	120/80 mmHg	120/80 mmHg
Body temperature	97C	97C	97C
Respiratory rate	19 BPM	18 BPM	18 BPM
Pallor	A	A	A
Icterus	A	A	A

Astasthan Pariksha:

Nadi: Vata pitta

Mutra: Samyak

Mala: Samyak

Jivha: Saama

Shabda: Prakruta

Sparsha: Ushna

Druk: Prakruta

Akruti: Prakruta

Dashavidha Pariksha:

Prakruti: Sharira prakruti: Vata

Pitta

Manas prakruti: Rajas

Vikruti pariksha:

Anubanda Dosha: Vata

Anubandhya Dosha: Pitta

Dushya: Rasa/ Rakta/ Mamsa

Sara: Rakta

Samhanan: Alpa

Pramana: Alpapramana

Satmya: Madhyama

Satva: Madhyama

Ahara sakti pariksha:

Abhyavahrana shakti: Madhyam

Jaranashakti: Madhyam

Vyayam sakti pariksha: Madhyam

Vaya-pariksha: Madhyamavastha

Sroto Pariksha:

Rasavaha Srotas: Palithya, Angamarda.

Raktavaha Srotas: Shirapradeshi kandu,

Rukshata, Shirotvak Sphutana

Swedavaha Srotas: Shirotvak Rukshata

Nidana Panchaka:

Hetu

Ahara: Amlahara Atisevana

Vihara: Diva Svapna, Jagarana, Abhyangadvesa

Manasika: Manastapa.

Purva rupa: Moderate scalp itching

Rupa: Dryness, itching and scaling of scalp for 1 year.

Samprapthi ghataka:

Dosha: Vata, Kapha

Dusya: Twak, Raktha, Mamsa

Srotodusti: Rasavaha Srotas, Raktavaha

Srotasa, Svedavaha Srotas

Local examination:

About Kesha

Kesha varna: Shyava

Kesha akruti: Straight

Kesha swabhava: Mridu

Kesha suchi: Shampoo

About kesha bhoomi

Kesha bhoomi: Kandu, Rukshata.

Kesha bhoomi varna: Shweta.

Affected kesha bhoomi: All over Scalp.

Taila using for scalp: Coconut.

Diagnosis: After thorough assessment Darunaka is the final diagnosis of the condition.

Consent: A informed written consent was taken from the patient before the treatment.

Treatment: External application of Sirisa Phala Taila in a quantity sufficient depending on the affected scalp area. It is

applied once daily for a duration of 30 days.

Advised to reduce *amla ahara atisevana*
Advised to maintain proper sleep timings
Regular application of oil to scalp.

Pathya and Apathya:

Parameters for Assessment of dandruff: (6)

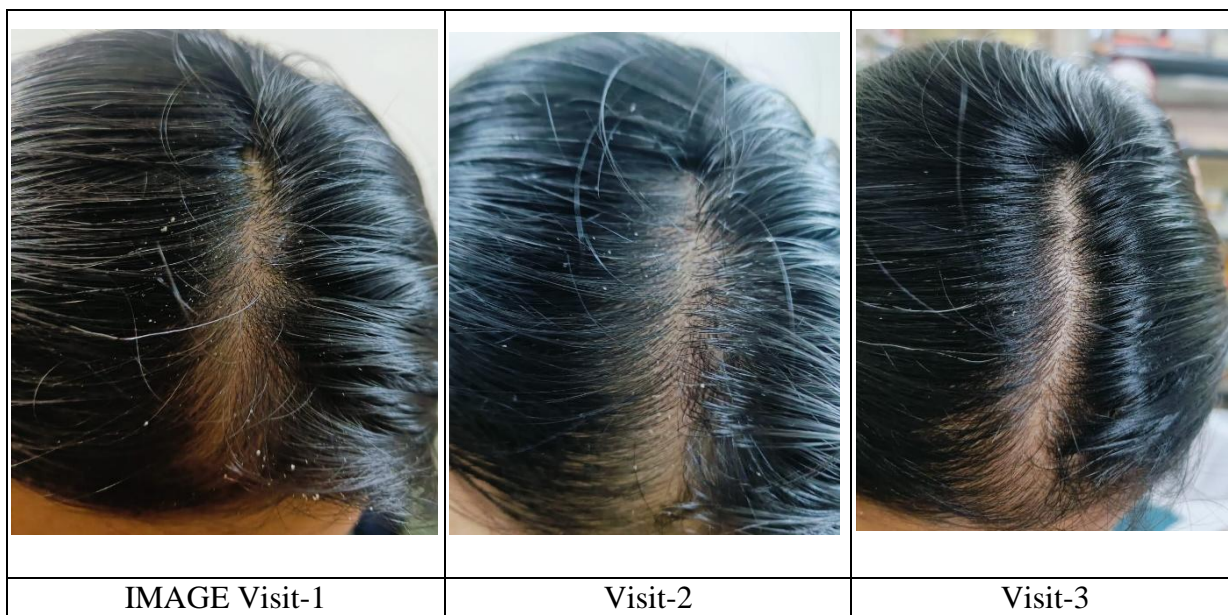
Table no-2: Severity scale of Darunaka

Parameters	Assessment	Score
Kandu (Itching)	No itching	0
	Mild (Doesn't disturbs daily routine)	1
	Moderate (Frequently, Tolerable, Disturbs daily routine)	2
	Severe (Constantly, Intolerable, Disturbs daily routine)	3
Kesacyuti (Falling of hair)	1 to 5 hairs fall on combing/washing	0
	Mild (less than 20 hair falls on combing/washing)	1
	Moderate (more than 20 hair falls on combing/washing)	2
	Severe (less than 20 hair falls on simple hand strength)	3
Ruksata (Dryness)	No dryness	0
	Mild; Dryness with rough skin	1
	Moderate; Dryness with scaling	2
	Severe; Dryness with cracking skin	3
Tvakspatana (Scaling/Cracking of skin)	No scaling	0
	Mild; Scraping presented	1
	Moderate; Scaling visible over hair	2
	Severe; Scaling visible over hair with oozing of blood	3

Table-3: Progression of the condition between the visits

S.No	Parameters	Visit 1	Visit 2	Visit 3
1.	Kandu (Itching)	3	0	0
2.	Kesacyuti (Falling of hair)	0	0	0
3.	Ruksata (Dryness of scalp)	2	0	0
4.	Tvakspatana (Scaling/Cracking of skin)	2	1	0

Result: After applying the *taila* for seven days, the patient reported an evident reduction in itching. By the fifteenth day of consistent use, the scalp's dryness and itching had completely resolved. Additionally, at the 15-day mark, a slight improvement in scalp scaling was noted. By the 30th day of treatment, all scaling had been completely resolved.



DISCUSSION: Selection of a drug is primarily based on the its *Kusthaghna* and *Kandughna* properties of the plant, which indicate its effectiveness in treating skin disorders and itching-related conditions. *Albizia lebeck* has been widely recognized for its therapeutic values. (7)

Tikta rasa reduces *kapha* and *pitta* which detoxifies the skin, reduces inflammation and itching, controls microbial growth. *Kasaya rasa* reduces *kapha* and *pitta* contracts tissues, reducing excessive sebum secretion, aids wound healing and prevents further scalp damage. *Madhura* balances *vata* and *pitta*, slightly increases *kapha* nourishes and moisturizes the scalp, promotes healthy hair growth, reduces excessive dryness and irritation. *Katu* reduces *kapha* and *vata* increases circulation and removes toxins acts as a scalp stimulant. *Laghu guna sodhana* due to its quick penetrating property, promotes *kapha-kledaka sosana* excess moisture and reducing the excessive sebum accumulation on the scalp. *Darunaka* is a *kapha-vata* predominant condition, worsened by extremes of heat or cold. *Anusna virya* maintenance moderation.

CONCLUSION: It can be concluded that *Sirisa Phala Taila* demonstrated clinical efficacy in the management of *Darunaka* (pityriasis capitis). Although direct references in classical Ayurvedic texts are lacking, the formulation exhibited significant therapeutic outcomes, likely due to its inherent *Kusthaghna* and *Kandughna* properties. No adverse drug reactions were reported during the treatment period, indicating a favourable safety profile. Given the recurrent nature of dandruff, long-term remission can be supported through regular scalp hygiene, appropriate diet, and adherence to a preventive hair care regimen, thereby minimizing the likelihood of relapse.

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Corresponding Author:

Dr.E. Rachana,PG Scholar, Department of Dravyaguna, S.V.Ayurvedic College and Hospital, T.T.D, Tirupati.

Email: rachana807@gmail.com

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