

A CASE REPORT OF SHIROBASTI IN THE MANAGEMENT OF DARUNAKA WITH SPECIAL REFERENCE TO DANDRUFF

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ABSTRACT :

Shirobasti comes under one of the four *Murdhani taila*, which are basically used for the management of *Shiro roga* and *Urdhwa jatrugata roga*. While explain the importance of *shiro basti* it is mentioned that it is useful in the management of *Ardita*, *Ratri jagarana*, *Nasa-Mukha shosha*, *Timira*, *Shirogora*, *Darunaka* etc. It is best among the four *Murdhani taila* procedures. As dandruff is the shedding of the dead skin cells from the scalp, it is the common scalp disorder affecting almost half of the population at the post-pubertal age and of any sex and ethnicity. It affects half of the adult population throughout the globe. And in Ayurveda it is correlated with *Darunaka*. Here is a case report of dandruff where a male patient aged about 23 years c/o itching of scalp, hair fall, flakes over the head and shoulder. He approached SDM college of Ayurveda & hospital Hassan and got OPD base treatment. After the course of treatment there was marked improvement on symptoms like itching of scalp, hair fall, flakes.

Keywords : *shirobasti*, dandruff, *darunaka*

INTRODUCTION: *Darunaka* is mentioned as disease in which there is hard, itchy, dry scalp; which is correlated with Dandruff. It affects half of the adult population throughout the globe; those affected by Dandruff find that it can cause social or self-esteem problems, indicating treatment for both psychological and physiological reasons. In modern science Dandruff is caused by fungal infection and it reoccurs again and again with or without medications¹. So considering these all facts *moordhini tailas*² are best treatment especially *Shirobasti*. *Shirobasti* is best treatment modality as it act both psychological and physiologically.

Case report: A 23 years old boy, reported to the SDM College of Ayurveda and hospital, Hassan with the complaints of itching of scalp, hairfall, flakes over the head and shoulder, since two year. Patient was apparently normal before two years. Gradually he developed itching in his scalp along with hair fall. For that he approached contemporary medical sciences for treatment. But his complaints did not subside and which were aggravated in cold climate. So he came to our hospital, *Shirobasti* treatment with administration of luke warm *Dhurdhurpatradi taila*³ for 48 minutes for 7 days⁴ at evening time⁵ between 4-6 with help of *shirobasti yantra* was planned and given to patient.

Grading of Dandruff

Itching	Grade
Absent	0
Occasional	1
Frequent	2
Constant	3
Uncontrolled constant	4

Hair fall	Grade
Absent	0
5-10 strands while combing	1
10- 20 strands while combing	2
More than 20 strands while combing	3
Hair fall without combing hairs	4

Flaking	Grade
Absent	0
Visible inside the hairs	1
Visible outside the hairs	2
Spread over the shoulder	3
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 of scalp 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:

Requirements:

Two pieces of thin cotton cloth, one of which is 3 inches wide and 1 ½ feet long and other is approximately of the size of large handkerchief.

Black gram flour ½ kg

Clean water

Dhurdhurapatradi taila 400ml

Shirobasti yantra

Shirobasti procedure was done to the patient continue for seven days in evening

time from 5-6 pm upto 48 minutes, till the attainment of *samyaka lakshans*. Patient was advised to take *shiro abhyanga* with *dhurdhurapatradi taila* for 5 minutes before going to bed for one month.

Dhurdhurapatraadi Taila Ingredients:

Each 10ml is prepared out of (Nagarjun Pharmacy)

Dhurdhoora bheejam – 0.575gm

Dhurdhoora patra swarasa – 13.800ml

Tila taila – 10.000ml

Datura Properties⁶:

GUNA: *Laghu, Ruksha, Vyavayi, Vikasi*

RASA: *Tikta, Katu*

VIPAKA: *Katu*

VIRYA: *Ushna*

PRABHAVA: *Madaka*

DOSHAKARMA: Kapha-Vata Shamaka

Tila Preoperty⁷:

GUNA: Guru, Snigdh

RASA: Madhura (Anurasa-Kashaya Tikta)

VIPAKA: Madhura

VIRYA: Ushna

Symptoms	Before treatment	After treatment
Itching	grade 2	grade 0
Hair fall	grade 3	grade 1
Flaking	grade 2	grade 0
Total score	7	1

After treatment patient got relief from his complains, but hair fall was present in the patients with grade. And after follow up of 6 months the score was the remains same that which was after the treatment by applying the *Dhurdhoorpatraadi taila* as local application with light massage at night time once in whole day before going to bed.

DISCUSSION: As *Darunaka*⁸ is one among the *Ksudra Rogas* in classics with *Vata-Kapha*⁹ predominance and *Shirobasti*¹⁰ is mentioned as the treatment for curing the disease. And *Dhurdhuradi taila* is formed only with *datura patra* and *tila taila*. *Datura* having *rookshana, teekshana, vyavayi, vikasi* and *sukshma* properties along with *Kapha-vata hara*⁶ properties. So it was advised for the patient in *Shirobasti* and *abhyanga*.

CONCLUSION: *Darunaka* is very common disease and irrespective of country and race. Hence from this study it reveals that *Shirobasti* is an effective and promising treatment for its management. It also proves that *Dhurdhoorpatraadi Taila* is effective for used as *Shirobasti* along with local application for scalp. As it was said to the patient to apply the *taila* during night hour before going to bed shows the time of contact of oil with the scalp, which gives the *Snehana* effect for long time. By

DOSHAKARMATA: Tridosha Shamaka

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

virtue of *Snigdha, Sukshma, Vyavayi, Vikasi* and *Tikshna* property of *Taila* it penetrates the scalp and pacifies the *Vata* and *Kapha dosha*. Hence use of *Dhurdhoorpatraadi Taila* is very good choice of treatment.

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