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Conceptual Study of *Kantakari Siddha Taila Shiroabhyanga* in the Management of *Darunaka*

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ABSTRACT

Ayurveda is an ultimate science and art for an appropriate life style which helps us to achieve healthy life. But in the new era of industrialization, it is very difficult for every individual to follow proper choice of diet (*Ahara*) and living habits (*Vihara*) which help to restore equilibrium of body and mind. Scaling of skin/ *Darunaka* is a concerned problem among them. Management of *Darunaka* is very challenging in spite of all modern tools in our hand. *Darunaka* is also a root cause of hairfall and acne. There is a need to find safe and effective treatment for dandruff and as *Ayurveda* is known for its least to no side effects, hence for treating *Darunaka* cases, we have chosen *Kantakari Siddha Taila shiroabhyanga* which is described by *Rasratnasamuchhaya* in chapter *Shiroroga*. The ingredients are easily available, non-controversial and this medicine is cost-effective and easily available throughout India.

KEYWORDS

Darunaka, Shiroabhyanga, Kantakari Siddha Taila



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INTRODUCTION

Darunaka is an aggravation of *Kapha* and *Vata Dosha*, causes itching, falling of the hairs, dryness & small cracks in the skin of the scalp. It can be correlated to Dandruff. According to modern science, dandruff is an irritative disease of the scalp, in which shedding of dead tissue from the scalp with itching sensation is the cardinal feature. In infants, scalp dandruff is commonly known as “Cradle Cap” & in teens & adults it called just “Druff” or “Pytiriasis capitis” and it is also a type of “Seborrhoeic dermatitis”. *Ayurveda* is a science which not only treats symptoms, but it cures the disease from the root. *Pathyaaahar* and *vihar* is also advised according to the patients to cure the disease completely. The prevalence & severity of dandruff are highest in men (especially in youngsters), less frequently in women and rarely in children and elder people. Modern science has given many anti-dandruff treatments viz. ketacanazole, zinc

pyrithione, SLS (sodium laurylsulfate), but according to the national institute of health they may hold several potentially negative side effects viz. skin irritation, dryness of hair, hair loss, itching.

Darunaka in the classical texts is placed in two major groups (*Kshudra Roga* and *Shiro Roga*). According to *Vagbhatta* & *Sharangdhara*, the *Darunaka* is a *Shiroroga* but according to *Shusruta* & other *acharyas* explained this disease under *Shudraroga*. *Rasa* and *Rakta* are the *dushya* and also present *Swedavahastrotas dhushti*. As per our classics, rejection of *keshya taila*, improper cleaning, exposure to dust, effect of weather, fungal or bacterial infections, sweating, mental stress, chronic illness are causative factors of *Darunaka* with symptoms like *kandu*, *rukshata*, *daha*, *twaksphutana*, *keshachyuti* and *Shiroabhyanga* is the best on *darunaka* as per it's definition-

तत्राभ्यंगः प्रयोक्तव्योरौक्ष्यकण्डूमलादिषु॥
(अ. द्द. २२/२४)¹

Disease Review

Table1 Hetu of *Darunaka*

Sr.no	Nidanas	Cha ²	Vag ³
<i>Aharajnidana</i>			
1.	<i>Amlaaharaatisevana</i> (Excessive intake of sour food)	+	-
2.	<i>Atisheetaambusevana</i> (Excessive intake or use of cold water)	+	+
3.	<i>Dushtama</i> (Indigestion)	+	+
4.	<i>Guru ahara</i> (Intake of heavy food)	+	-
5.	<i>Harithaaharaatisevana</i> (Excessive intake of green leafy vegetables)	+	-
6.	<i>Himaahara</i> (Intake of cold food)	+	-
<i>Viharajnidana</i>			
7.	<i>Atapaathisevana</i> (Exposure to hot weather)	+	-



8.	<i>Atiswapna</i> (Excessive sleeping)	-	+
9.	<i>Diva Swapna</i> (sleeping during day time)	+	-
10.	<i>Jagarana</i> (Night vigil)	+	-
11.	<i>Praagvata</i> (Exposure to east wind)	+	+
12.	<i>Rajahasevana</i> (Exposure to dust)	+	-
<i>Adharaniyavegas</i>			
13.	<i>Athimaithuna</i> (Excessive sexual indulgence)	+	-
14.	<i>Bhaspanigraha</i> (Suppression of tears)	+	+
15.	<i>Rodrna</i> (Excessive weeping)	+	+
16.	<i>Vegadharana</i> (Suppression of urges)	+	+
<i>Mityaacharanas</i>			
17.	<i>Abhyangadvesa</i> (Absence of Oiling)	-	+
18.	<i>Mrjadvesa</i> (Improper cleaning)	-	+
<i>Manasikanidanas</i>			
19.	<i>Manastapa</i> (Mental agony)	+	+

POORVA RUPA:

Poorvarupa denotes the symptoms that manifest incompletely before (*praaguthpathi lakshnam vyaadhe*) the *Vyaktavastha*. No reference is available regarding poorvarupa of *Darunaka* in the classics.

RUPA:

कण्डुकेशच्युतिस्वापरौक्ष्यकृत्स्फुटनत्वचः

सुसूक्ष्मंकफवाताभ्यांविद्याद्वारुणकंतुतत् ॥

(अ. ह. उ. २३/२३)⁴

Kandu (Itching), *Keshachyuti* (hair fall), *Swapa* (abnormalities of touch sensation), *Rukshata* (roughness or dryness of the skin) and *Twak Sphutana* (breaking or cracking of the skin) are the cardinal symptoms of the disease *Darunaka*. Different *Acharyas* opinions are shown in table no. 2

Table 2 Symptoms of *Darunaka* according to different acharyas

<i>Lakshanas</i>	A.Hr ⁵	A.S ⁶	Shar ⁷	SU ⁸	Y.R ⁹	M.N ¹⁰	BP ¹¹
<i>Kandu</i>	+	+	+	+	+	+	+
<i>Keshachyuti</i>	+	+	+	+	+	+	+
<i>Svapa</i>	+	+	+	-	-	-	-
<i>Rukshata</i>	+	+	+	+	+	+	+
<i>Tvaksphutana</i>	+	+	+	-	-	-	-
<i>Daruna</i>	-	-	-	+	+	+	+
<i>Daha</i>	-	-	-	-	-	-	-
<i>Raga</i>	-	-	-	-	-	-	-
<i>Gaurava</i>	-	-	-	-	-	-	-
<i>Toda</i>	-	-	-	-	-	-	-

UPASHAYA AND ANUPASHAYA:

No particular description is available in the classics about the *Upashaya* and *Anupashaya*. As per the *Samprapti Vata-kaphahara chikitsa* is *Upashaya*. And

indulgence of hot and cold things is the *anupashaya*.

SADHYASADHYATA:

In *Vagbhata*, nine *kapalagata rogas* are mentioned. *Darunaka* is one of the

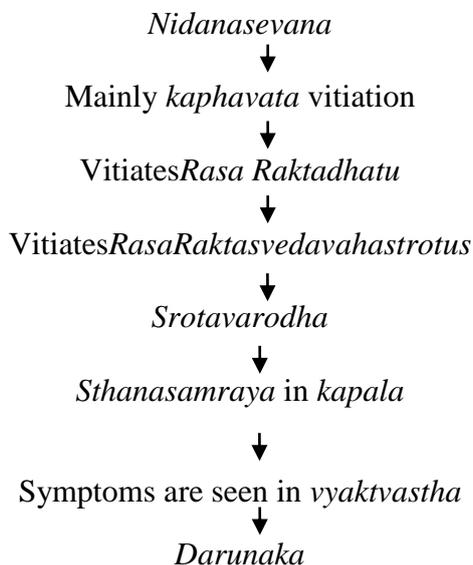


Kapalagata rogas. The prognosis of *Darunaka* is said as *sadhya*.

Darunaka is a curable disease as it limits itself in *Twak*. Even though it is curable the

rate of recurrence is high owing to the negligence of proper hygiene, indulging in *nidanasevana* and such other factors.

Samprapti of Darunaka:



SAMPRAPTI GHATAKA

Dosha: *Kaphavata*.

Dushya: *Twak, Rakta*.

Srotas: *Swedavaha*.

Adhistana: *Shira*.

Vyakhastana: *Shira*.

Drug review:

Kantakari siddha Taila will be prepared as per literature as described in texts (*Rasratnasamucchaya*).

कण्टकारीफलरसैस्तैलंतुल्यंविपाचयेत्।

रसरत्नसमुच्चय (२४/८)¹²

Table 3 Drug review

Drug Name	Botanical Name	Rasa	Viraya	Vipaka	Guna	Dosh Karma	Upyuktang
1 <i>Kantakari</i> ¹³	Solanum Xanthocarpum	Tikta, Katu	<i>Ushna</i>	<i>Katu</i>	<i>Laghu,</i> <i>Ruksha</i>	<i>Kaphavata</i> <i>Shamak</i>	<i>Fal</i>
2 <i>Tila Taila</i> ¹⁴	Sesamum Indicum	<i>Madhur,</i> <i>Kashaya</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Sukshma</i> <i>Ushna</i> <i>Vyavahi</i>	<i>Vata</i> <i>Shamak</i>	<i>Taila</i>



Kantakari siddha taila ingredients:

Kantakarifalras and tilataila.

Kantakari: It has *tiktakatu rasa, laghu, ruksha, thikshna guna, ushna veerya, katu vipaka* and *kaphavatahara* property. *Roga: krimi, charmavikara.*

Tila: It has *madhura, kashaya, tikta rasa, guru, snigda guna, uhna veerya, madhura vipaka, thridhoshagna* property. It is one of the best *vatahara dravya*. Best media for

exhibition of effect drugs and itself is an antioxidant.

The combined effect of these two drugs over the *doshas* is *vatakaphashamana* leading to *samprapti vighatana* of *Darunaka*. Hence according to conceptual study from various *samhitas* it can be concluded that *kantakari siddha taila shiroabhyanga* can be effective in the management of *Darunaka*.

Table 4 Method of preparation:

Sr.no.	Drugs	Quantity
1)	<i>Kantakariphalakalka (kalkadravya)</i>	¼ th part
2)	<i>Tilataila (snehadravya)</i>	1 part
3)	<i>Kantakariphalasvarasa (dravadravya)</i>	1 part

SHIROABHYANGA REVIEW:

तत्राभ्यंगः प्रयोक्तव्योरौक्ष्यकण्डूमलादिषु॥

(अ. ह. २२/२४)¹⁵

Application of medicated or simple *Taila, Ghrita* to the head is said to be *Shiroabhyanga*.

MODE OF ACTION:

Dalhan has explained the absorption of *sneha* used in *abhyanga*, accordingly the oil used in *abhyanga* reaches upto the different *dhatu*s if it is applied for specific time.

Charak has also explained that *vayu* dominates in *sparshanendriya* and its *adhithan* is *twak* i.e. skin.

The soft and gentle massage over head improves blood circulation. The *snigdha guna* of *taila* pacifies the *rukshatva* thereby preventing shedding of scales and hairfall. The *gunas* of *taila* and its chemical composition show microbicidal, antibacterial, skin dermatosis. Thus *shiroabhyanga* counteracts different aspect of disease process hence achieving *samprapti vighatana* and thus pacifies the disease.



CONCLUSION

Even though *Darunaka* is not a life threatening disease, but importance of beauty and personality is increasing and *Darunaka* causes social disturbance in both male and female with untidy look by producing irritation, itching, shedding of the scales and hair fall. Hence *Ayurveda* classics dealt different procedures and medications to treat the disease *Darunaka*. One such treatment is *Shiroabhyanga* which is a simple and easy procedure which does not have complications.



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