

A Case Study of Tankan Bhasma (Anubhutyoga) in the Management of Darunaka (Dandruff)

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Abstract: Dandruff, also known as Darunaka in Ayurvedic texts, is a widespread issue causing scalp desquamation and itching sensation. It is the mildest form of Seborrheic dermatitis and can cause aesthetic issues like itching, noticeable flakes, hair loss, and loss of confidence and socialization. A 19 - year - old female patient from Kurukshetra experienced scalp issues like itching, dryness, skin cracks, and hairfall. She was treated with Tankan Bhasma mixed with coconut oil twice a week, evaluating the improvement after therapy. A grading scale was developed to assess signs and symptoms of a drug, which was proven to be secure and efficient in reducing symptoms and enhancing scalp health.

Keywords: Darunaka, Dandruff, Anubhutyoga, Kshudraroga

1. Introduction

Dandruff, a prevalent condition affecting half of adults globally, can be emotionally challenging due to its impact on social interactions, particularly in the post - pubertal age group aged 18 - 60.

It has been observed that everyone experiences dandruff at some point in their lives. Dandruff, a common scalp condition, can lead to hair loss and itchiness, making it a significant issue in Ayurveda. The life science aims to establish a causal relationship between causative variables and disease outcomes. Ayurveda suggests using local remedies and pharmaceutical formulations to maintain health balance. It also correlates dandruff with Darunaka, a scalp condition affecting the scalp, which includes symptoms like itchiness, dryness, changes in the natural structure of the scalp, and scaling. This study aimed to evaluate the efficacy of Tankan Bhasma (Anubhutyoga) in managing Darunaka compared to dandruff. The study was conducted on a female patient aged 19 with chief complaints of shira kandu, Kesh chyuti, Kesh bhoomi rukshata, and Twak sphutana. The patient was diagnosed as a case of Darunaka based on the symptoms.

Assessment Criteria

The efficacy of the procedure on *Darunaka* was assessed before treatment and after treatment based on criteria.

Selection of Drug and Dose of drug: Tankan bhasma (Anubhutyoga) was given in quantity as per need (Shirolepa) mixed with coconut oil. Advised to apply on hair root and leave for 10 - 15 minutes before head wash. (Twice a week)

Scalp care -

- Use of normal water (not hot water) for hair wash.
- Do not use chemically strong shampoos and conditioners.
- Do not use hair gel.
- Do not comb wet hair.

Grading of the Assessment Criteria [Table 1]

Kesha bhoomi rukshata (Dryness)	
Absent (No dryness)	0
Mild (Dryness with rough skin)	1
Moderate (Dryness with scaling)	2
Severe (Dryness with cracking skin)	3
Shira Kandu (Itching on scalp)	
Absent	0
Occasionally (Doesn't disturbs daily routine)	1
Frequently (Disturbs daily routine)	2
Constantly (Disturbs daily routine)	3
Twaka Sphutana (Cracking of the Skin)	
Absent	0
Visible inside the hair	1
Visible over the hair (Serous oozing)	2
Visible over the hair (with oozing of blood)	3
Keshchyuti (Falling of hair)	
Absent	0
Occasional loss (on washing)	1
Moderate loss (on combing)	2
Severe loss (on mild stretching)	3

2. Results

After 15th. 30th days of treatment, there was a noticeable change in each symptom of patient associated with *Darunaka*. Patient's condition improved gradually. Effect of treatment on patient of *Darunaka* are presented below:

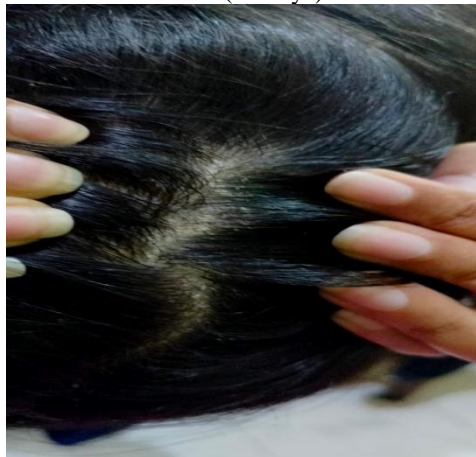
Assessment on considering symptoms of Darunaka

Sr. No.	Sign and symptoms	1 st Day (B. T)	A. T	
			15 th day	30 th day
1.	Shira Kandu (Itching)	3	1	0
2.	Keshbhoomi Rukshata (Dryness of scalp)	3	2	1
3.	Twaka Sphutana (Cracking of skin)	2	1	0
4.	Keshachyuti (Falling of hair)	3	3	2

Before (0 day)



After (15 days)



After (30 days)



Figure 1: Effect of treatment on Darunaka

3. Discussion

Ayurvedic texts describe hair disorders like Darunaka, which cause hard, itchy, rough, and scaly scalps. These disorders are common and uncomfortable for adults. Ayurvedic classics offer various procedures and medications to manage Darunaka, including Shiroabhyanga with taila and Tankan with Katurasa, Ruksha, Teekshna Guna, Ushna virya, Katuvipaka, Krimighna, Vranashamak, Vishahara, Kandughana, Kledanashaka, Vatashamaka. A combination of Tankan bhasma and coconut oil was prescribed for local

application before headwash twice a week for one month, effectively relieving symptoms like Kesh chyuti, Shira kandu, Twak sphutana, and Kesh bhoomi rukshata.

4. Conclusion

The case study reveals that Ayurvedic management of Darunaka using Shuddha Tankan mixed with coconut oil effectively reduces dandruff symptoms. Tankan bhasma, a trail drug, minimizes Keshbhoomi rukshta, Twaka sphutana, and Shira kandu, but doesn't significantly affect Keshchyuti. The treatment has the potential to unravel the disease's pathophysiology.

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