



EFFECTIVE AYURVEDIC REMEDIES FOR DARUNAKA (DANDRUFF)

Dr. Sharuti Sarin* and Dr. Sukhpreet Kour

P.G. Scholar, Department of Kayachikitsa, J.I.A.R., Jammu.

*Corresponding Author: Dr. Sharuti Sarin

P.G. Scholar, Department of Kayachikitsa, J.I.A.R., Jammu.

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ABSTRACT

Dandruff, which is known as *Darunaka* in *ayurveda*, is one of the common disorder in today's time. It effects the scalp and causes white, dry flakes of dead skin cells to shed from the scalp. Although dandruff rarely causes baldness and hair loss, the itchiness of this condition may most certainly be a cause of concern. If white flakes persist for a long time, the person may experience symptoms of seborrhea, Psoriasis or eczema. *Darunaka* is a *Kapha Vataja vikara* and is mentioned under *Kshudra roga* in *Ayurvedic* texts. With the help of *Ayurveda*, we can give a good result in dandruff with some daily regimen like *Nasya* and *Abhangya* to reduce the symptoms of dandruff and also helps in prevention. *Ayurveda* also suggests various home remedies for effective management of both wet and dry dandruff.

KEYWORDS: Dandruff, itching, *Ayurveda*, *Darunka*.

INTRODUCTION

According to *Ayurvedic* system of medicine, dry dandruff is caused because of '*Vata Pradhan Kapha dosha*'. On the other hand, wet dandruff is caused because of *kapha Pradhan Vata dosha*. The increase of *Vata* and *Pitta* in the body leads to destruction of *Rakhtadhatu*, this giving rise to impurities in the blood. This in turn leads to poor nourishment of the scalp. In such cases, detoxification of blood is also required to get rid of dandruff. The *Ayurvedic* line of treatment is to generally pacify *Kapha* and *vata* through herbal medicines, as well as a tailor made diet and lifestyle plan, *Darunaka* (Dandruff) could be caused due to prolonged intake of cold water, excessive usage of food that taste salty, chronic rhinitis, irregular sleeping habits, excessive exposure to UV of sun, suppression of natural urges, excessive consumption of alcohol, excessive sweating, improper maintenance of hair and using very less or no hair oil for massaging head and scalp.

DISCUSSION

Ayurvedic Remedies for Darunaka

1. Camphor with coconut oil.
2. Coconut oil with lemon.
3. Gram flour with curd

Mix two spoons of gram flour in a small bowl of curd. Add a half of spoon of lemon juice. Apply this mixture on scalp and leave for 30 minutes and then wash.

4. Curd with lemon.

5. Shikakayee concoction

Mix *Shiakayee* with mint leaves and fenugreek seeds. Soak them in water and apply the mixture on the scalp before sleep. Leave it overnight and rinse off with warm water next morning.

6. Neem Leaves with lemon

Make a paste of *neem* leaves. Add half a lemon to it and apply the paste into the scalp. Leave it for 30 minutes and wash it with shampoo. For best results, use this twice a week.

7. Hot Oil massage.

8. Almond Oil with Olive oil

Mix almond oil with olive oil and apply it on hairs for overnight and then rinse off next morning. After the shampoo, use tea water to rinse at last.

9. Vinegar Ayurvedic Remedy

Mix two table spoons of vinegar in cup of hot water. Use cotton to drab on the scalp. Vinegar not only conditions your hair but also assists in cleaning dandruff.

10. Mint leaves with apple Cider Vinegar

Boil a cup of water mixed with a cup of apple Cider Vinegar. Add few mint leaves. Let the mixture boil for some time and allow it to cool. Gently take the mixture on your finger tips and massage it into your scalp. Rinse after it dries.

11. Sandalwood Oil

Another version of *Ayurvedic* treatment for dandruff comes in the form of sandalwood oil – lime juice mixture. The emulsion should be massaged on to the scalp for a few minutes and then washed out with tepid water. Massage treatment will boost circulation

12. Amla Paste

A sample anti –dandruff hair pack created with *Amla* powder. *Tulsi* leaves and water works wonders to cure this pesky and irritating hair condition. One must rub this paste into the head thoroughly and let it sit for almost 30 minutes and then rinse off with plain water.

13. Aloe Vera

The thick gel extracted from Aloe Vera leaves is a putative remedy for curing dandruff related issues. Spread the gel all over your hair and leave overnight.

14. Eggs

Eggs are the powerhouse of several hair benefitting nutrients and thus are considered extremely useful for the hair. A potion produced with egg and water works like a magic to throw the dandruff away.

15. Wheat Germ Oil

Firstly, get a through head massage with warmed up wheat germ oil and then cover up the head with a clean towel. Don't forget to dip the towel in warm water, so as to warm it slightly. Wait for about an half and then wash your hair with water.

16. Black Pepper Powder

Black pepper Powder, blended with milk and fresh lime juice is known to provide a great solution for dandruff problems. The concoction is supposed to be rubbed on the scalp thoroughly and then left for an hour. Rinse off out finally with plain water.

17. Fenugreek seeds

Fenugreek seeds paste, prepared by soaking the seeds in water overnight and mashing the next morning is found to be highly beneficial in treating dandruff. Apply the paste on hairs for 30 to 45 minutes and then rinse off.

NASAYA FOR DARUNAKA

Vagbhata has mentioned that the *nasaya* is the main line of treatment in the diseases of the organs located above the *jatru* region (head). These diseases are alleviated by *Nasya*. He further described that these medicines reaches to the head through *nasaya* and removes the vitiated *doshas* responsible for these diseases including *dharunaka*. If *Pratimarsha nasya* is performed in daily routine, one will never suffer from different disease pertaining to ear, nose, throat, head and eyes. Its effects have also seen on hairs also whether in case of hairfall or *dharunaka* (dandruff).

CONCLUSION

Dandruff is a common scalp disorder affecting almost half of the population at the post pubertal age and of any sex and ethnicity. Everybody can use market preparation i.e. shampoos, hair oils for hair care, they get temporary relief but it is not completely cured and suffering from the same complication repeatedly. With the help of *Ayurveda*, we can give a good result in dandruff with the help of some remedies and with *ayurvedic Panchkarma* procedure i.e; *Nasya*. So, keeping this in mind one should definitely try *Ayurvedic* remedies over the allopathic medicines for *Darunaka* (Dandruff).

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