

**A clinical study to evaluate the efficacy of *Sahachar* and *Nimba Taila Shiroabhyanga* in the management of *Darunaka*.**

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**Abstract:**

Dandruff is the shedding of the dead skin cells from the scalp, it is the common scalp disorders affecting among half of the population throughout the globe and in Ayurveda it is correlated with *darunaka*. It produces from vitiated *kapha* and *vata*. In current dermatological practice there is no effective modern remedy for dandruff. Hence the present study is undertaken to find effective and safe alternative to convention topical anti-dandruff agent. *Shiroabyanga* comes under one of the four *murdhni taila*, which are basically used for the management of *Shiroroga* and *Urdhwa Jatrugat roga* while explain the important of *shiroabyanga* it is mentioned that is useful in the management of *ardita*, *Ratrijagarana*, *Nasa-Mukha shosha*, *Timira*, *Shiroroga*, *Darunaka* etc. It is best among the four *murdhni tail* procedure. So there is a need to find a safe and effective remedy in the management of *Darunaka*, which initiated for the study.

## INRODUCTION

Hair fall, dandruff or graying of the hair makes people concerned. Healthy hairs are necessary for self-confidence which can boost the career. The quality and texture of the hairs differ from person to person. Unhygienic conditions and excessive use of cosmetic products, pollution and many more factors can cause hair problems. Likewise *Darunaka* is one of the major hair problems. According to *Ayurveda*, it can be correlated with Dandruff. In *Ayurveda* *Darunaka* is classified as one among the *kshudrarogas*. The disease is considered *Kshudraroga* as per *Acharya Sushruta*<sup>1</sup> *Shiroroga* and according to *Vagbhatacharya*<sup>2</sup>. It causes dryness and itching in *Keshabhumi* (scalp). The dominant *Doshas* are *Vata* and *Kapha*<sup>3</sup>, they cause severe irritation and itching of the scalp skin. This condition is manifested due to vitiation of *vata* and *kapha doshas*, which result in dryness, itching in the scalp which further leads to scaling. Many *remedies* are described in *Ayurveda* in many texts for *Darunaka*. *Abhyanga* has been mentioned as a regular procedure to be performed for maintenance of health and prevention of certain non-manifested and upcoming disorders<sup>4</sup>. The *Shiroabhyanga* is coming under the classification of the *Murdhni taila*. *Sahachar* and *Nimb Taila* is one of the best

drugs used in the management of *Darunaka*. It is easy for external application, easily available and very cost effective.

**Case report:** A 26 years old girl, reported to the CSMSS College of *Ayurveda* and hospital, Aurangabad with the complaints of itching of scalp, hair fall, flakes over the head and shoulder, since six months. Patient was apparently normal before six months. 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, *Shiroabhyanga* treatment with administration of lukewarm *Shachar* and *Nimb taila* for 15 minutes for 21 days.

**Aim:** A clinical study to evaluate the efficacy of *Sahachar* and *Nimba Taila* *Shiroabhyanga* in the management of *Darunaka*.

## MATERIALS AND METHODS:

**Study Type: Clinical study:** Source of Data: patients of *Darunaka* were selected randomly from OPD and IPD of *panchakarma* department in our *Ayurved* college, Hospital, urban and city of Aurangabad. Criteria for diagnosis of

Darunaka were selected on the basis of sign and symptoms described in *Shushrut*, *Vagbhat Samhita*. Patients have been given *Shiroabhyanga* of *Sahachar* and *Nimba* tail up to 15min that is 900 *matra* or 285 sec.

**Duration Of Study:** daily up to 21 day.

**Follow-up:** Baseline, Day 21

**Material:** *Sahachar* and *Nimba taila*

#### Method:

Tail was prepared by taking *Sahachar* and *Nimb Tila*. It taken equal quantity and mix well as per *Ayurvedic* principle. This lukewarm *Taila* was applied on scalp gently with finger tips up to 15 minutes and then washed the hairs with lukewarm water. This tail was applied up to 21 days.

**Procedure of *Shiroabhyanga*** The *Shiroabhyanga* is one among the *Bahrparimarjana chikitsa*<sup>5</sup> which is done in following methods<sup>6</sup> Patient is sit in comfortable position by using *Sukoshna Shachar taila* and *Nimba taila shiroabhyanga* done for the duration of 15 Minutes. It is carried out by using tip of the fingers gently massage over the Scalp.

#### Criteria for Inclusion:

1. Age- 15 to 50 years
2. Sex- either
3. Economical status- All Class

4. Patient having classical sign and symptoms of *darunaka* and mentioned in *samhita* like *kandu* (itching), *Twaka sphutan* (scaling of scalp), *kesha chyuti* (hair fall), *Rukshata* (dryness)

#### Criteria for Exclusion:

1. Age below 15 years and above 50 years
2. Secondary infected scalp/Psoriatic Scalp
3. Any other skin diseases related to the scalp.

#### Criteria for assessment:

##### 1. *Twaka sphutan* (Scaling):

Features	Grade
Scaling seen at the time of combing and also at other time.	3
Scaling seen only at the time of combing.	2
Scaling absent during combing of hairs but seen over the scalp only after thorough examination of hairs.	1
No scaling	0

##### 2 *Kandu* (Itching):

Features	Grade
Itching continuous during day.	3
Intermittent itching for more than 5 times a day.	2

Itching only once or twice a day.	1
No itching	0

### 3. *Kesh chyuti* (Hair fall):

Features	Grade
Hair fall at any time also on touch (Numerous)	3
Hair fall during combing of hairs (20 to 30)	2
Hair fall after washing hairs (10 to 20)	1
No hair fall	0

### Scoring:

Absent	0
Mild Dandruff	1-3
Moderate Dandruff	4-6
Severe Dandruff	7-9
Very Severe Dandruff	10-12

### Overall effect of Therapy *snehan*

**Severity of *Darunaka*:** For assessing the severity of *Darunaka* in each patient the above adopted scores and assessed as follows.

### Showing overall effect of therapy

#### GRADE score

- Absent 0 (0)
- Mild 1 (1-4 score)

- Moderate 2 (5-8 score)
- Severe 3 (>8 score)

### *Sahachar* Properties<sup>7</sup>:

*GUNA: Laghu*

*RASA: Tikta, Madhur*

*VIPAKA: Katu*

*VIRYA: Ushna*

*DOSHAKARMA: Kapha-Vata Shamaka*

### *Nimba* Preoperty<sup>8</sup>:

- *GUNA: Laghu, Ruksha*
- *RASA: Tikta, Katu, Kashaya*
- *VIPAKA: Katu*
- *VIRYA: Sheet*
- *DOSHAKARMATA: Kaphaghna, pittaghna, vatkar*
- *PROPERTIES: Kandughna*

Symptoms	Before treatment	After treatment
<i>Twaka sphutan</i> (Scaling)	Grade – 2	Grade – 1
<i>Kandu</i> (Itching)	Grade – 2	Grade – 0
<i>Kesh chyuti</i> (Hair fall)	Grade – 3	Grade – 1
Dandruff	Grade – 7	Grade – 1
Total	14	3

## RESULTS:

Before starting the treatment his score was 7 which came under the severe dandruff, but after taking of treatment and 21 days follow up score was reduced to 1.

After treatment patient got relief from his complains, but hair fall was present in the patients with grade. And after follow up of 21 day, the score was the remains same that which was after the treatment by applying the *Sahachar and Nimba Taila* as local application with light massage at night time once in whole day before going to bed.

## DISCUSSION:

As *Darunaka*<sup>9</sup> is one among the *Ksudra Rogas* in classics with *Vata-Kapha*<sup>10</sup> predominance and *Shiroabyanga* is mentioned as the treatment for curing the disease. And *Sahachar and Nimba taila properties* is *Kapha-vata hara* and *Kapha vatakr Pitaghna*, *Nimba* is *krumighna*. So it was advised for the patient in *Shiroabhyanga*.

## CONCLUSION:

This study it reveals that *Shiroabyanga* is an effective treatment for its management. It also proves that *Sahachar and Nimba Taila* is effective for used as *Shiroabyanga* 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 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 *Sahachar and Nimba Taila* is very good choice of treatment.

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