



A clinical study to evaluate the efficacy of Priyal Pralep

Bahiparimarjanon Darunak.

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ABSTRACT:

Hairs are the mirror of beauty. In today's era it is very difficult to take good care of hairs. It has been seen due to indiscriminate use of beauty products, hair dyes, color, shampoo, lack of hygiene, cleanliness causes *roukshtwa*, *daranatwa*, *kharatwa* which vitiates *kesh mula twak prsdesh* and leads to *darunak*.

Priyal(charoli in marathi) kalk pralep bahiparimarjan is selected for the study to evaluate its efficacy on *darunak*. As *priyal* possesses *madhur*, *guru*, *snigdh* properties, its *kalk* is applied over *kesh mul twak pradesh* and observations noted.

KEYWORD: *Darunak, Priyal, Bahiparimarjan Upakram, Pralep*

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INTRODUCTION: In *arogyashala rugnalay, nashik* we came across lot of patients of *darunak (kshudra rog)* in opd. *Nashik* district is located in *anup desh* so due to industrial pollution, *sheetadhikyata* (cold climate), *atapsevan* (in summer) , many patients of *darunak* seen in opd. These patients of *darunak* are usually accompanied by *Keshpatan, kesh sphutan, keshmul twak daran, kandroukshatwa* at *kesh mul twak*.

So for local *bahiparimarjan upakram* we selected easily available drug *priyal*. We applied *priyal kalk pralep* all over the scalp (*kesh mul twak Pradesh*) as *bahiparimarjan upakram* and its results studied.

AIM

A clinical study to evaluate the efficacy of *priyal pralep bahiparimarjan* on *darunak*

MATERIAL AND METHODS –

1. SELECTION CRITERIA

A) Inclusion criteria-

- Age group 6- 60 years of age
- Both male and female
- Patients with *darunak drukprachiti*
- Patients with chronic disorders e.g. DM, HTN, Thyroid disorders etc.
- Patients who consume medicine regularly for DM, HTN, Thyroid disorders etc.

- Pregnant women
- Lactating mothers

B) Exclusion criteria-

- Patients of *arishta vyadhi*
- Local burns
- Patients of AIDS, CA
- Patients of *asadhya vikar*
- Patients with *dushta vran* over scalp
- Patients with *indralupt* (alopecia areata)

2. SAMPLING METHOD and RESEARCH DESIGN-

No. of patients-For this study we selected 30 patients by randomize sampling technique.

MATERIAL- *Priyal Kalk*

ROOT OF ADMINISTRATION-

External application over scalp e.g. *pralep* over *kesh mul twak*

MATRA and KAAL-*Priyal pralep* 1/3 *angul* thick, for 60-90 minutes, on alternate day, for three week.

- *Priyal* is dipped in the water for a night. A moist *kalk* is prepared in the morning. Patient is advised to clean and dry the hairs properly.
- Then 1/3 *angul* thick *pralep* is applied all over the scalp including *kesh twak mool*. When *pralep* is started to dry, with the help of

lukewarm water *pralep* is removed slowly and then hairs and scalp is washed away with lukewarm water.

- In this manner patient is advised to do same type of *pralep* over scalp on every alternate day.
- These patients were observed two times in a week in opd. In this way three week observations are noted.

OBSERVATION and RESULT-

Observations of first week-

	1 st day	3 rd day	5 th day	7 th day
कण्डु	++++	+++	+++	++
दारुण	+++	+++	+++	++
रौक्षत्व	++++	+++	+++	++
दारुणक	+++	+++	+++	+++
खरत्व	++++	++++	++++	+++

On the first day on examination we observed severe *roukshatwa*, and *kharatwa* at scalp. Patients were complaining of severe itching. *Matsya shakale / darunak* is also observed. In these patients *priyal kalk* is applied all over the scalp slowly for 20 minutes making it 1/3 angul thick.

In some patients it started to dry after 1 ½ hrs, in others after 2 hrs. Patients felt pulling sensation when *pralep* is started to dry. At that time when *pralep* started to dry, *pralep* is washed away with lukewarm water. In this way four times *pralep upakram* is repeated. On 3rd day *kandu* and *kharatwa* was started to decrease. On 7th day *kandu*, *daran*, *roukshatwa*, *kharatwa* was seen to be slightly decreased.

Observations of second week-

	1 st day	3 rd day	5 th day	7 th day
कण्डु	++	++	++	+
दारुण	++	++	++	+
रौक्षत्व	++	++	++	+
दारुणक	+++	+++	+++	++
खरत्व	++	++	++	+

During 2nd week on 9th day *kandu*, *daran*, *roukshatwa*, *kharatwa* was seen to be slightly decreased. On 15th day *daran*, *roukshatwa*, *kharatwa* was seen to be significantly reduced and slight *snigdhatwa* is observed. Though *kandu* was seen sparingly. *Darunak* was also slightly reduced. Whenever patient felt *kandu*, slight *darunak* was seen intermittently.

Observations of third week-

	1 st day	3 rd day	5 th day	7 th day
कण्डु	+	-	+	-
दारुण	-	+	-	-
रौक्षत्व	+	-	-	-
दारुणक	+	-	-	-
खरत्व	-	+	-	-

In the initial days of third week due to the effect of *madhur ras*, *madhur veepak*, *snigdha*, and *guru prperties* of *priyal*, *vaatpradhan* symptoms like *kharatwa*, *roukshatwa*, *daaran*, *atikandu* were decreased significantly.

Total scalp and hair roots (*keshmul*) became moist (*snigdha*). And *darunak* was significantly (80 %) cured at the end of third week.

Discussion

Etiological factors seen in patients-

- Over exposure to dust, fumes
- Working at dusty work places (near grinding machines etc.)
- Sweepers
- Females who let their hairs free
- No use of hair oil
- Application of hair dyes

- Application of various gel or other aromatic , chemical substances
- Lack of hygiene (no or rarely washing of hair)
- Over use of chemical or irritants for hair washing (shampoo etc.)

Samprapti- Sushrut samhita

सु. नि. १३/३५- क्षुद्र विकार

दारुणा कंडुरा रुक्षा केशभूमिः प्रपाट्यते।

कफ मारुत कोपेन विद्यादारुणकं तु तत॥

hetu sevan → kaph –vaat
prakop → kesh bhoomi/
avabhasini twak becomes ruksh, kathin
kandu → twak daran
twak gat shwet varneey shalkalotpatti
(scales) → darunak (sushrut)

Samprapti- Madhavnidaan

मा.नि. - मधुकोष टिका- क्षुद्ररोग -३०

दारुणेत्यादी दारुणेत कठिणा कफ मारुत

कोपादिनि।

यद्यप्युक्तं तथापि पितरक्तानुबन्धोप्यत्र

द्रष्टव्यः॥

kaph –vaat prakop → rakta
dhatu dushti → kesh mul
twak roukshatwa → kathin,

utsedhyukta , ruksh, astravi, pidika utpatti kandu , todvat pida (in vaataj anubandh) darunak

CONCLUSION

Priyal possesses *madhur ras, madhur vipak, snigdha* and *guru* properties. It is observed that after doing *pralep upakram* on the scalp, 80% of *darunak* is decreased by curing scalp *roukshatwa, kharatwa, daran,* and *kandu*.

Reasons for 20 % failure in treatment in remaining patients,

- 5% patients failed to continue *pralep upakram* as advised.
- 15% patients continued there *hetu sevan* which were advised to avoid.
- Some patients washed the *pralep* immediately.
- Some patients did the *pratisaran* for a longer period.
- Some patients let the *pralep* for whole day.

Priyal is *snigdha dravya*, so it needs some time to act on *avabhasini twak*. So it is necessary to hold the *pralep* for 60 to 90 min., then only we get expected results. Those 80% patients who follow these instructions got significant results in

darunaka.

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