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

Karika Vilas Pande¹, Ramesh Dnyanoba Sonwane²

1. P. G. (Scholar Panchakarma)
2. P. G. Guide and Associate Professor, Panchakarma Dept.,
   Email ID: ramesh10673@rediffmail.com
   CSMSS Ayurved Mahavidyalay, Kanchanwadi, Aurangabad, Maharashtra

*Corresponding author:
Email: karika.21pkv@gmail.com

How to Cite this article:
A clinical study to evaluate the efficacy of Sahachar and Nimba Taila Shiroabhyanga in the management of Darunaka./
Karika Vilas Pande, Ramesh Dnyanoba Sonwane

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 Jatragat roga while explain the important of shiroabhyanga 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 correlated with Dandruff. In Ayurveda Darunaka classified as one among the kshudrarogas. The disease is considered Kshudraroga as per Acharya Sushrut\(^1\) Shiroraga and according to Vagbhatacharya 2. It causes dryness and itching in Keshabhumi (scalp). The dominant Doshas are Vata and Kapha 3, they causes the 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 reme-dies 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 disorders4. The Shiroabhyanga is coming under the classification of the Murdhni tail. 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 coast 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 month. Patient was apparently normal before six month. 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 which is done in following methods. 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 above50 years
2. Secondary infected scalp/Psoriatic Scalp
3. Any other skin diseases related to the scalp.

**Criteria for assessment:**

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

<table>
<thead>
<tr>
<th>Features</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scaling seen at the time of combing and also at other time.</td>
<td>3</td>
</tr>
<tr>
<td>Scaling seen only at the time of combing.</td>
<td>2</td>
</tr>
<tr>
<td>Scaling absent during combing of hairs but seen over the scalp only after thorough examination of hairs.</td>
<td>1</td>
</tr>
<tr>
<td>No scaling</td>
<td>0</td>
</tr>
</tbody>
</table>

2 **Kandu (Itching):**

<table>
<thead>
<tr>
<th>Features</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Itching continuous during day.</td>
<td>3</td>
</tr>
<tr>
<td>Intermittent itching for more than 5 times a day.</td>
<td>2</td>
</tr>
</tbody>
</table>
Itching only once or twice a day. 1
No itching 0

3. Kesh chyuti (Hair fall):

<table>
<thead>
<tr>
<th>Features</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hair fall at any time also on touch(Numerous)</td>
<td>3</td>
</tr>
<tr>
<td>Hair fall during combing of hairs (20 to 30)</td>
<td>2</td>
</tr>
<tr>
<td>Hair fall after washing hairs (10 to 20)</td>
<td>1</td>
</tr>
<tr>
<td>No hair fall</td>
<td>0</td>
</tr>
</tbody>
</table>

Scoring:

<table>
<thead>
<tr>
<th></th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Absent</td>
<td>0</td>
</tr>
<tr>
<td>Mild Dandruff</td>
<td>1-3</td>
</tr>
<tr>
<td>Moderate Dandruff</td>
<td>4-6</td>
</tr>
<tr>
<td>Severe Dandruff</td>
<td>7-9</td>
</tr>
<tr>
<td>Very Severe Dandruff</td>
<td>10-12</td>
</tr>
</tbody>
</table>

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:

GUNA: Laghu
RASA: Tikta, Madhur
VIPAKA: Katu
VIRYA: Ushna

DOSHA KARMA: Kapha-Vata Shamaka

Nimba Preoperty:
- GUNA: Laghu, Ruksha
- RASA: Tikta, Katu, Kashaya
- VIPAKA: Katu
- VIRYA: Sheet
- DOSHAKARMA: Kaphaghna, Pittaghna, vatkar

PROPERTIES: Kandughna

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Before treatment</th>
<th>After treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Twaka sphutan</td>
<td>Grade – 2</td>
<td>Grade – 1</td>
</tr>
<tr>
<td>Kandu (Itching)</td>
<td>Grade – 2</td>
<td>Grade – 0</td>
</tr>
<tr>
<td>Kesh chyuti (Hair fall)</td>
<td>Grade – 3</td>
<td>Grade – 1</td>
</tr>
<tr>
<td>Dandruff</td>
<td>Grade – 7</td>
<td>Grade – 1</td>
</tr>
<tr>
<td>Total</td>
<td>14</td>
<td>3</td>
</tr>
</tbody>
</table>
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 is one among the Ksudra Rogas in classics with Vata-Kapha 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.

REFERENCES:
5. Acharya Yadava Sharma, Charaka Samhita, Sutrasthana, Reprint edition 2011, Chapter no 11, Shloka
6. Dr. Brahmanandtripathi, 
Astagahrudayam by Shrimadvaghbhata, Uttarasthana, Reprint Edition 2013, Chapter no 22, Shloka no 24, Nirmala Hindi commentary, Delhi: Chaukambha Sanskrit Prathisthan, Page no 1038.


