

COMPARATIVE CLINICAL STUDY OF AMRABEEJ HARITAKI CHURNA LEPA AND NIMBA PATRA CHURNA LEPA IN DARUNAKA

Jadhao Sanjivani¹

Kulkarni Eknath²

Chafle Shilpa³

¹Assistant Professor, Kayachikitsa Dept., A.S.S. Ayurved Mahavidyalaya, Nashik.

²Associate Professor, Kayachikitsa Dept., A.S.S. Ayurved Mahavidyalaya, Nashik.

³P.G.Scholar, Panchakarma Dept., A.S.S. Ayurved Mahavidyalaya, Nashik.

ABSTRACT :

Dandruff is a common scalp disorder affecting almost half of the population of any gender. Those affected by dandruff find that it can cause self – esteem problem. It often causes itching, flakiness. Also damages the face skin. According to Ayurveda dandruff may be correlated with Darunaka. For producing this disease kapha and vata are responsible. Amrabeej – Haritaki churna with godugdha lepa plays a significant role in darunaka, mentioned in Samhitas. Haritaki (*Terminalia chebula*) has vata-kaphaghna and Amrabeej (*Mangifera indica*) has kaphaghna properties. Both drugs also have krumighna property. Godugdha gives snigdhatva by its laghu, sara, snigdha guna. Because of this properties of dravyas got excellent result in patient of darunaka. In clinical study 60 patients of darunaka were selected randomly.

Key words: Darunaka, Dandruff, Amrabeej – Haritaki lepa.

INTRODUCTION: Now a days Dandruff is extremely common disease. Out of 100, 90 people have dandruff problem. In day to day life people find that dandruff can cause social or self esteem problems. It is characterized by fine loosely adherent white or gray flakes that occur either diffusely or in localized patches on the bearing portion of the scalp. According to Ayurveda, it can correlated with Darunaka classified as one among the kshudrarogas. 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. In modern medicine treatment is available for this but that is very expensive. Many remedies are described in Ayurveda in many texts for Darunaka. Amrabeej-Haritaki churna lepa is one of the drugs used in the management of Darunaka. It is described in Sharangadhara samhita. Amrabeej-Haritaki churna lepa is easy for external

application and easily available and very cheap.

MATERIALS AND METHODS: Study Type: Clinical study: Source of Data: 60

patients of Darunaka were selected randomly from OPD and IPD of panchakarma department of Arogyashala Rugnalaya Nashik. Criteria for diagnosis of Darunaka were selected on the basis of sign and symptoms described in Samhita. Out of 60 patients, 30 patients have been given Amrabeej-Haritaki churna lepa and 30 patients have been given Nimba patra churna lepa.

Duration Of Study: Twice a week for two weeks in year 2015 for six months.

Follow-up: D0, D7, D14

Materials:

A] For study group:

- i. Amrabeej churna (*Mangifera indica*)
- ii. Haritaki churna (*Terminalia chebula*)
- iii. Godugdha (Cow Milk)

B] For control group:

i.Nimba Patra churna (Azadiracta indica)

ii.Luke warm water

Method:

Lepa was prepared by taking amrabeej churna and haritaki churna each 5gm and godugdha as per requirement. This lepa was applied on scalp gently with three fingers and left it for 30 minutes and then washed the hairs with luke warm water. This lepa was applied for twice a week for two weeks.

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 Twaka sphutan (scaling of scalp), kandu (itching), kesha chyuti (loss of hair), pitika on scalp.

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):

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

2.Kandu(Itching):

Score	Grade	Features
+++	3	Itching continuous during day.
++	2	Intermittent itching for more than 5 times a day.
+	1	Itching only once or twice a day.
0	0	No itching

3. Kesh chyuti (Hair fall):

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

4. Pitika on scalp:

Score	Grade	Features
+++	3	7 to 10 (numerous)
++	2	4 to 6
+	1	1 to 3
0	0	No pitika

OBSERVATION AND RESULT: 60 patients of Darunaka were randomly selected with fulfillment of all the criteria of assessment. 30 patients were kept in group A and were given

Amrabeej-Haritaki churna lepa, while rest 30 patients were kept in group B and were treated with Nimba patra churna lepa.

1. Twakasphutan (Scaling):

Grade	Group A			Group B		
	D0	D7	D14	D0	D7	D14
0(0)	0	5	19	0	0	1
+(1)	5	15	11	0	8	20
++(2)	13	10	0	13	18	9
+++ (3)	12	0	0	17	4	0

Gr. A vs Gr. B at 5% level of significance

Day	chi ² cal (χ ² cal)	Df	Table value of chi ² (χ ²)	Relation	Result
D7	11.63	2	5.99	χ ² cal > χ ² table value	Highly significant
D14	27.812	2	5.99	χ ² cal > χ ² table value	Highly significant

2. Kandu (Itching):

Grade	Group A			Group B		
	D0	D7	D14	D0	D7	D14
0(0)	0	4	15	0	0	4
+(1)	10	16	12	0	10	19
++(2)	14	10	3	16	18	7
+++ (3)	6	0	0	14	2	0

Gr. A vs Gr. B at 5% level of significance

Day	chi ² cal (χ ² cal)	Df	Table value of chi ² (χ ²)	Relation	Result
D7	8.72	2	5.99	χ ² cal > χ ² table value	Significant
D14	9.54	2	5.99	χ ² cal > χ ² table value	Significant

3. Keshchyuti (Hair Fall):

Grade	Group A			Group B		
	D0	D7	D14	D0	D7	D14
0(0)	3	8	11	0	1	3
+(1)	5	11	18	8	14	19
++(2)	12	11	1	18	13	8
+++ (3)	10	0	0	4	2	0

Gr. A vs Gr. B at 5% level of significance

Day	chi ² cal (χ ² cal)	Df	Table value of chi ² (χ ²)	Relation	Result
D7	6.414	2	5.99	χ ² cal > χ ² table value	Significant
D14	10.027	2	5.99	χ ² cal > χ ² table value	Significant

4. Pitika:

Grade	Group A			Group B		
	D0	D7	D14	D0	D7	D14
0(0)	5	10	20	0	1	12
+(1)	6	11	10	10	24	17
++(2)	1	9	0	18	5	1
+++ (3)	8	0	0	2	0	0

Gr. A vs Gr. B at 5% level of significance

Day	chi ² cal (χ ² cal)	Df	Table value of chi ² (χ ²)	Relation	Result
D7	6.414	2	5.99	χ ² cal > χ ² table value	Significant
D14	5.284	1	3.84	χ ² cal > χ ² table value	Significant

DISCUSSION: The aim of this study was to evaluate the efficacy of Amrabeej-Haritaki churna lepa in Darunaka, assessed by the reduction in the symptoms Twakasphutan(Scaling), Kandu(Itching), Keshchyuti(Hair fall), Pitika. These are the cardinal symptoms of Darunaka mentioned in samhitas. Thus the symptoms in total were selected for the diagnosis and for assessment of patients of Darunaka. Every patient was examined on first day and on seventh and fourteenth day. Statistical analysis of the efficacy of study group Amrabeej-Haritaki churna lepa and control group Nimba patra churna lepa in Darunaka was done by applying **chi square test (χ² test)**. The qualitative data subjected to **chi-square test (χ² test)** compared the efficacy of Amrabeej-Haritaki churna lepa with that of Nimba patra churna lepa. All the patient of study group and control group showed improvement in symptoms of Darunaka. The **chi-square (χ² value)** on fourteenth day were found to be greater than **chi-square χ² table value**, hence rejecting the H₀ (Null Hypothesis), there was highly significant difference in Twakasphutan (Scaling) and Kandu (Itching) more in study group. Reduction in Keshchyuti(Hair fall) and Pitika was found to be significant on day fourteenth .

The drug used for trial group was Amrabeej-Haritaki churna lepa. Haritaki by pancharasatmaka, madhur vipak and ushna virya has tridoshaghna property. Specially Vataghna. Due to this it helps to reduce Twakasphutan(Scaling) and Rukshata(Dryness). Amrabeej by kashay ras, katu vipak and sheet viryas Kapha-pittaghna property, which helps in reducing kandu(Itching), Keshchyuti(Hair fall) and Pitika. Also both have krumighna

property. Godugdha gives snigdhatva to scalp which helps to reduce rukshata.

Haritaki with its pancharasatmak, madhur vipak and ushna virya and Godugdha with madhur ras, madhur vipak and snigdha, sara property causes vata shaman. And Amrabeej with its kashay ras, katu vipak causes kapha shaman. Combination of all these drugs with their combined action helps to break down the pathology of disease. According to modern science Haritaki has anti-microbial, anti-oxidant action, and it strengthens the immunity. Amrabeej have anti-microbial, anti-helminthic, prohealing, and analgesic effect. Milk gives smoothness hence reduces dryness. Because of these properties results were obtained in Darunaka (Dandruff) with Amrabeej-Haritaki lepa.

CONCLUSION: Conclusion were drawn from The Clinical Trial Conducted Under Study "Comparative Clinical Study Of Amrabeej-Haritaki Churna Lepa And Nimba Patra Churna Lepa In Darunaka." Both Amrabeej-Haritaki churna lepa and Nimba patra churna lepa are effective in reducing the symptoms like Twakasphutan(Scaling), Kandu(Itching), Keshchyuti (Hair fall) and Pitika. But Amrabeej-Haritaki churna lepa is better than Nimba patra churna lepa in reducing Twakasphutan, Kandu and Pitika. Also help in reducing rukshata. So, it can be concluded that Amrabeej-Haritaki churna lepa is more effective in Darunaka.

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Corresponding Author: Dr. Sanjivani Jadhao, ¹Assistant Professor, Kayachikitsa Dept., A.S.S. Ayurved Mahavidyalaya, Nashik

E-mail - rnitin848@gmail.com

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