



Ayurveda

STUDY THE EFFICACY OF SHIRO-ABHYANGA, NADISWEDA AND SHIROLEPA IN DARUNAKA.

Dr. Dipali Chavan-Sonawane

Associate Professor, SSAM&H, Nashik

Dr. Ravibhushan Sonawane*

Associate Professor, SST College, Sangamner *Corresponding Author

Dr. Sayali Kharade

PG Scholar, SSAM&H, Nashik

ABSTRACT

Darunaka is common problem of the hairs in all age group, either sex. Many of them feel ashamed of the scalp itching habit and falling of the white scales of the skin on clothes due to Darunaka. Latter on the Darunaka causes falling of hairs many times.

Darunaka develops due to excessive raukshya and dust combining to vitiate kapha & vata dosha in scalp. To counter this, Nidanparivarjan is very important. But owing to busy schedules people hardly have time for nidanparivarjan. Hence, a remedy which acts on vitiated kapha & vata, heals ulcerated scalp and at the same time strengthening of hair is needed to counter Darunaka.

Many market preparations are available but either the effect isn't long lasting or cost of treatment is very high. Shiro-abhyangadi therapies counter Darunaka effectively & are also cost effective. This study is an attempt to specify the action of 'Shiro-abhyanga, Nadisweda and Shirolepa' in 'Darunaka'. 10 patients having symptoms of Darunaka were selected and the study was done.

KEYWORDS : Darunaka, Shiro-abhyanga, Nadisweda, Shirolepa.

INTRODUCTION:

Media, News papers, TV channels have made the world small. Miss universe and Miss World contest programme is seen and enjoyed at every corner of the World. Big branded cosmetics and multinational companies are taking part in sponsoring, participating in the cosmetics, soaps, hair oils, shampoos, face powder, body lotions etc. because they are attracted by great turnover of these products. But question arises that, "Are these synthetic body lotions, hair oils, shampoos are really useful for maintaining the beauty of the body?"

Whereas our ancient Ayurveda has described different herbs, useful oils and different methods like rasayana which are really useful for maintaining beauty of human being. Health care, skincare, growth of the hairs, care of panchdnyanendriya is widely being explained or described in samhitas and that also with different preparation of herbs naturally.

Dandruff is common problem of the hairs in all age group, either sex. Many of them feel ashamed of the scalp itching habit and falling of the white scales of the skin on clothes due to dandruff. Latter on the dandruff causes falling of hairs many times.

Common people get attracted by the different advertisements of the shampoos and they use the shampoos, which are available in market, but use of shampoos is not the ultimate solution for dandruff.

Now a days, people have very hectic schedule which results in ignoring the very basic needs of healthy life. Due to globalization everybody has to face problems like environmental pollution, dust. Today generation is crazy about bouncy hair so they don't apply oil and use various types of colours, shampoos, hair gels. Also faulty travelling habits, taking

fast food, late night working etc. affects scalp and results in recurrent cases of 'Darunaka' on a very large scale.

Darunaka develops due to excessive raukshya and dust combining to vitiate kapha & vata dosha in scalp. To counter this, Nidanparivarjan is very important. But owing to busy schedules people hardly have time for nidanparivarjan. Hence, a remedy which acts on vitiated kapha & vata, heals ulcerated scalp and at the same time strengthening scalp hair is needed to counter Darunaka.

Many market preparations are available but either the effect isn't long lasting or cost of treatment is very high. Shiro-abhyangadi therapies counter Darunaka effectively & are also cost effective. This study is an attempt to specify the action of 'Shiro-abhyanga, Nadisweda and Shirolepa' in 'Darunaka'.

AIM:

To study the efficacy of Shiro-abhyanga, Nadi Sweda and Shirolepa in Darunaka.

OBJECTIVES:

- To study the details of 'Darunaka' in Ayurvedic and Modern literature.
- To study the efficacy of Shiro-abhyanga, Nadi Sweda and Shirolepa in Darunaka.

MATERIAL & METHOD:

Drugs used:

- Shiro-abhyanga with Karanja Taila
- Nadi Sweda with Nimba panchang Kwath
- ShiroLepa with Indrajiva+ Widang+ Kapila Churna

Table no.1 : Properties of drugs

Dravya	Rasa	Guna	Virya	Vipaka	Dosh karma	Karma	Rogghnata
Karanja	Tikta Katu	Laghu Tikshna	Ushna	Katu	Vata kaphahar	Kandughna	Kushta, Udavarta, Gulma, Vrana, Krumi
Nimba	Tikta Kashaya	Laghu	Shit	Katu	KaphaPittaghna	Kandughna	Kushta, Krumi, Jwara, kasa
Indrajiva	Tikta	Sangrahi	Shit	Katu	Tridoshaghna	Kandughna	Jwar, Atisar, Krumi, Rakstarsh
Widang	Katu Kashaya	Ruksha Laghu Tikshna	Ushna	Katu	KaphaVataghna	Krumighna Kushtaghna	Shoola, Udar, Adman
Kapila	Katu	Laghu Ruksha Tikshna	Ushna	Katu	KaphaVataghna	Virechaka	Krumi, Gulma Udar

METHODS OF ADMINISTRATION:

- Procedure - Shiro-abhyanga , Nadi Sweda and Shirolepa
- Dose - As per requirement
- Kala - Once in a day (for 20 min) in morning
- Duration of therapy - Shiro-abhyanga and Nadisweda for 7 days and Shirolepa on alternate day
- Follow up - 1st and 7th day

PROCEDURES:

1. Shiro-abhyanga with Karanja Taila¹:

Abhyanga means external application of sneha by creating specific gati(movements) so that it is absorbed and shows it's snehan karma property. For Darunaka patients, 20 min. of shiro-abhyanga will be done. Warmed Karanja taila as per patient's requirement will be used. Abhyanga of scalp will be done to obtain appropriate results.

- **Smearing the Oil-** Luke Warm Oil is first poured on the hands of therapist held just above the head of patient. Then oil is spread all over the head including the neck and ear pinna with the palmar surface of the hand.
- **Massage from Before Backward-** After smearing the oil Therapist then massages the whole head, moving the palmar surface of the hand from before backward by applying gentle as well as firm pressure.
- **Picking Strokes-** Finger of both hands are moved as if picking up tuft of hairs for these fingers are partially approximated and then gently firmly placed on the scalp. This manoeuvre should be producing mild traction and rubbing of scalp.
- **Flat Palm Strokes-** Gentle Strokes are placed with the help of palmar surface on the scalp either simultaneously or alternatively.
- **Rocking Strokes-** Strokes are placed by rocking rapid movement of both the palm simultaneously
- **Finger Strokes-** Therapist placing gentle strokes on patients head by making rocking movement of palms with its finger.
- **Fist Strokes-** Strokes are placed on patients scalp with close fist through the ulnar border initially simultaneously later on alternatively with right and left fist.
- **Squeeze Stroke-** It means grasping of tuft of hair which produce traction.
- **Pressing-** Flat of palm is placed on patients head in to the shape of scalp so that every aspect of palm comes in contact with scalp then gentle and firm pressure is applied on scalp.
- **Ear Massage-** Ear pinna is grasped with thumb anteriorly and with other finger posteriorly and then pinna is rubbed between the fingers.

Each form of stroke should be continued for at least 4-5 minutes.

2. Nadi Sweda with Nimba panchang Kwath²:

Cover body with Blanket, keep Cotton on both eyes, take rubber tube and direct Vapors with Nadisweda yantra, toward oleated area (Scalp), continue till sweat appear on nose, forehead.

3. Shirolepa with Indrajiva+ Widang+ Kapila Churna³:

Make the paste of all above mentioned medicine with water and apply it on scalp gently on alternate day. Covers all scalp with paste and keep it for an hour then wash it with lukewarm water.

SELECTION CRITERIA

Total 10 patients suffering from 'Darunaka' will be selected for Project study.

A) INCLUSION CRITERIA

- 1) Age - 18 to 40 years age group, irrespective of sex
- 2) Patients ready to give written consent only will be selected
- 3) Patients diagnosed as 'Darunaka' having symptoms^[4] of:
 - a. Kandu
 - b. Keshbhoomi Rukshata
 - c. Twaka Sphutana
 - d. Keshchtyuti

B) EXCLUSION CRITERIA

- 1) Psoriasis of scalp
- 2) Eczema of scalp
- 3) Patients not willing for trial

C) ASSESSMENT CRITERIA

Patient will be assessed by following criteria –

- 1) Kandu
- 2) Keshbhoomi Rukshata

- 3) Twaka Sphutana
- 4) Keshchtyuti

Table no.2 : Gradations are as follows:

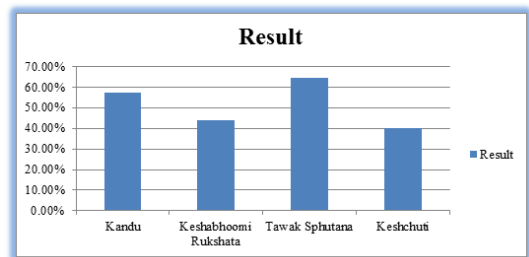
No.	Observation	Grading
1	Kandu	
	• Absent	0
	• Occasionally	1
	• Frequently	2
2	• Constantly	3
	Keshabhoomi Rukshata	
	• Absent	0
	• Negligible	1
3	• Without discomfort on scalp	2
	• With discomfort on scalp	3
	TawakSphutana	
	• Absent	0
4	• Visible inside the hair	1
	• Visible over the hair	2
	• Spread over the shoulder	3
	Keshchtyuti	
5	• Absent	0
	• Occasionally	1
	• Moderate Loss	2
	• Maximum Loss	3

OBSERVATION

All the patients under the treatment will be followed as the protocol and the development and progress with regards to signs and symptoms would be compared, assessed and recorded.

Observation & Result:-

Graph no. 1: Relief in Symptoms



Relief in Symptoms after Treatment is

1. Kandu – 57.14%
2. Keshabhoomi Rukshata – 43.75%
3. TawakSphutana – 64.28%
4. Keshchtyuti – 40.00%

Statistical Analysis:-

1) Kandu :-

- Do the medians of Before Treatment and After Treatment differ significantly?

The two-tailed P value is 0.0153, considered significant.

The P value is an estimate based on a normal approximation.

The 'exact' method would not be exact, due to tied ranks.

• Calculation details

Mann-Whitney U-statistic = 18.000

U' = 82.000

Sum of ranks in Column A = 137.00. Sum of ranks in Column B = 73.000.

2) Keshabhoomi Rukshata

- Do the medians of Before Treatment & After Treatment differ significantly?

The two-tailed P value is 0.0284, considered significant.

The P value is an estimate based on a normal approximation.

The 'exact' method would not be exact, due to tied ranks.

• Calculation details

Mann-Whitney U-statistic = 21.000

U' = 79.000

Sum of ranks in Column A = 134.00. Sum of ranks in Column B = 76.000.

3) TawakSphutana

- Do the medians of Before Treatment & After Treatment differ significantly?

The two-tailed P value is 0.0082, considered very significant.

The P value is an estimate based on a normal approximation.

The 'exact' method would not be exact, due to tied ranks.

Calculation details

Mann-Whitney U-statistic = 15.000

U' = 85.000

Sum of ranks in Column A = 140.00. Sum of ranks in Column B = 70.000.

4) Keshchyuti

- Do the medians of Before Treatment & After Treatment differ significantly?

The two-tailed P value is 0.0351, considered significant.

The P value is an estimate based on a normal approximation.

The 'exact' method would not be exact, due to tied ranks.

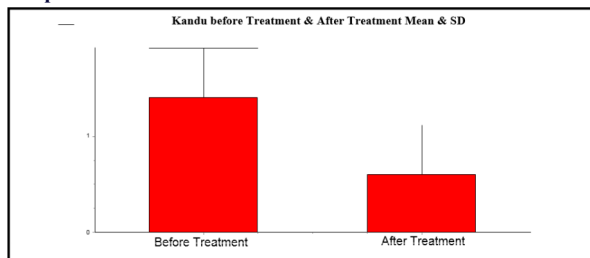
Calculation details

Mann-Whitney U-statistic = 22.500

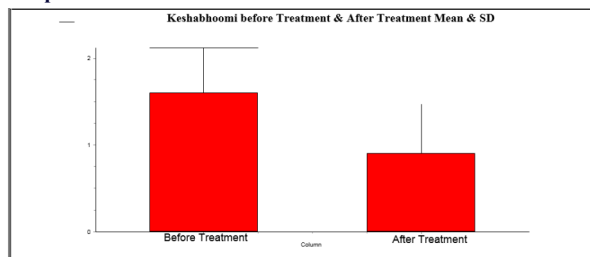
U' = 77.500

Sum of ranks in Column A = 132.50. Sum of ranks in Column B = 77.500.

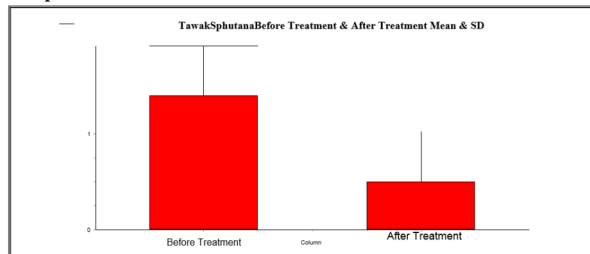
Graph no.2



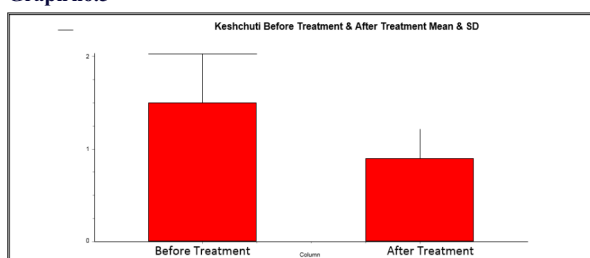
Graph no.3



Graph no.4



Graph no.5



DISCUSSION:

Darunaka is a disease which occurs due to vitiation of Vata and Kapha Dosh. Samprapti vighatana is said to be the treatment. Therefore the action of the drug means to dismantle the sampraptighatakas of the disease. Hence to explain the mode of action of the drug means to establish a relationship between the sampraptighatakas of Darunaka and principles of rasa, guna, virya, vipaka of trial drugs.

The samprapti ghataka of Darunaka are as

- Dosha : Vata, Kapha
- Dushya : Rasa, Rakta, Mansa
- Adhistan : Twaka (Keshbhumi)

For the treatment of Darunaka tikta, katu rasa, ushana virya, vatakaphanashaka, raktashodhaka, kandughna, kushthaghna dravyas should be used.

Dravyas used are having laghu, ruksha guna, tikata, katu rasa, katu vipaka, and ushna virya, and having vatakaphanashaka property. These properties do the pachana karma of Kapha dosha by which margavarodha of romakupas is removed. After that, the snighdha guna of taila do the work of vatashamana. The tikta rasa is also raktashodhaka. Taila is best vatashamaka drug and regular use it reduces dryness of the skin. It also helps curing Darunaka by varashodhaka property. All the dravyas are Kandughna so it reduces the most embarrassing symptom of Darunaka. Therefore with the mentioned properties, when applied externally on the scalp acts as vatakaphanashaka, vrana shodhaka, kandughna, rukshatanashaka resulting in cure of Darunaka.

According to symptoms:

- Kandu :** Kandu symptom is reduced up to 57.14%
- Keshbhoomi Rukshata :** Keshbhumi Rukshata symptom is reduced up to 43.75%
- Tawaksphutana :** TwakaSphutan symptom is reduced up to 64.28%
- Keshchyuti:** Keshchyuti symptom is reduced up to 40.00%

Out of above symptoms 'Kandu' and 'TawakSphutana' get more relief in study.

Mode of action of Drugs:

Darunaka is a disease which occurs due to vitiation of Vata and Kapha Dosh^[5]. According to Ayurveda, Karanja has the properties of Tikta Katu Rasa, Laghu tikshna Guna, Ushna Virya and Katu Vipaka so it is Vata kaphahar. Therefore it act on vitiated vata kapha dosha and we are using the oil which is of snighdha guna also Karanja has and Kandughna property which are reduces the symptoms like kandu, rukshata of scalp.

The Nimba is of tikta rasa and katu vipaka which act on vitiated kapha dosha. Nimba also has the property of Kandughna. By these properties it helps in Darunaka.

The lepa of Indrajava, Widang, Kapila all are vatakaphagna property^[6] so pacifies both the doshas which are main in the samprapati of Darunaka. By these actions these drugs give relief in Darunaka.

Mode of action of Shiroabhyanga:

Shiroabhyanga means the Abhyanga of Shiropradesh. Abhyanga is the procedure which has to be done on daily as per told in Dincharya particularly it is done on Shira, Karna and Pad Pradesh^[7], Acharya Charaka has described that Vayu dominates in the sparshanendriya i.e. tactile sensory organ and this sensory organ is lodged in the skin. The Abhyanga is exceedingly beneficial to the skin, so one should practice it regularly.^[8]

Shiroabhyanga cures all the diseases of shirpradesh and helps to strengthen hair density and hair roots as per told in Yogratnakar.^[9] So Shiroabhyanga with tikta katu and ushna gune Karanja Taila helps to reduce all lakshanas of Darunaka.

Mode of action of Nadisweda:

Nadi sweda is unique procedure applied over a particular local area. In Darunaka the main doshas are Vata and kapha, while sweda is indicated in vatag and vatakaphaj vyadies,^[10] so it helps to cure

Darunaka. For nadi sweda nimba kwath is used which is also enhances the action of sweda in Darunaka.

Mode of action of Shirolepa:

Indication and benefits of takradhara holds good for shirolepa^[11].

Takradhara is useful in greying of hairs, gives strength to hairs and also useful in all shirovikaras. Takradhara pacifies all doshas^[12]. So it helps to reduce all lakshanas of Darunaka.

CONCLUSION:

According to the results, which is refer in this article, it can be concluded as Shiro-Abhyanga, Nadisweda and Shirolepa gives significant relief in the Darunaka, especially in lakshanas of Kandu (itching of the scalp), Twaksputan (scaling of scalp).

Scope of Research:

Study has its limitations due to small sample size; the duration of study is also so small. This study has limitations related nonrandomized sample, participant's selection bias. So in future the study will be done on this topic with greater number of sample size and also by improving the duration and by minimising the bias and by proper randomization also. Here in this study the combination of therapies was used which is single group study limits the internal validity of this study, but in future study with combination and with single groups studies will be done and comparison should be done. These therapies also have effects on scalp related diseases like Arunshikha. So it states that the further research can be carried out on such diseases.

REFERENCES:

- [1] Dr. G. Shrinivasa Acharya. Panchakarma Illustrated, Chaukhamba Sanskrit Pratishthan, Delhi, 2006 1st Edition; Shiroabhyanga pg no. 76-82
- [2] Dr. G. Shrinivasa Acharya. Panchakarma Illustrated, Chaukhamba Sanskrit Pratishthan, Delhi, 2006 1st Edition; Nadisweda, pg no. 225-229
- [3] Dr. G. Shrinivasa Acharya. Panchakarma Illustrated, Chaukhamba Sanskrit Pratishthan, Delhi, 2006 1st Edition; Shirolepa pg no. 276
- [4] Dr. Anna Moreswar Kunte, Krishna Ramchandra Sastri Navre. Ashtangahridayam, Chaukhamba Surbharati Prakashan, 2010 reprint edition; Uttarsthanam 23/23-24
- [5] Vaidya Yadavji Trikamji Acharya, Narayan Ram Acharya 'KAVYATIRTHA'. Sushrut Samhita of Acharya Sushruta with the Nibandasangraha commentary of Sri Dalhanacharya, Caukhamba Surbharati prakashan, Varanasi; Uttartantra 13/35
- [6] Prof. P.V. Sharma. Drvayaguna Vijnana vol.II, Varanasi: Chaukhamba Bharati Academy, 2003 Reprint Edition
- [7] Dr. Anna Moreswar Kunte, Krishna Ramchandra Sastri Navre. Ashtangahridayam, Varanasi: Chaukhamba Surbharati Prakashan, 2010 reprint edition; Sutrasthan 2/8-9
- [8] Vaidya Yadavji Trikamji Acharya. Charak Samhita with the Ayurvedadipika commentary by Sri Chakrapanidatta, Caukhamba Surbharati prakashan, Varanasi, 2013 1st edition; Sutrasthan 5/87
- [9] Vaidya Lakshampati Shastri. Yogratnakara, with Vidyotini hindi commentri, Chaukhamba Sanskrit Pratishthan, Varanasi, 2002 7th edition; Nityapravruttiprakar-Abhyangadividhi 57-58
- [10] Vaidya Yadavji Trikamji Acharya. Charak Samhita with the Ayurvedadipika commentary by Sri Chakrapanidatta, Caukhamba Surbharati prakashan, Varanasi, 2013 1st edition; Sutrasthan 14/3
- [11] Sahasrayoga by Dr. Vivekananda, Dr. S.K. Mishra and Pandeya. published by Kendriya Ayurveda and Siddha Anusandhana Parishad; New Delhi: 1990, Dhara Kalpa 13
- [12] Sahasrayoga by Dr. Vivekananda, Dr. S.K. Mishra and Pandeya. published by Kendriya Ayurveda and Siddha Anusandhana Parishad; New Delhi: 1990, Dhara Kalpa