



## ORIGINAL RESEARCH PAPER

Healthcare

### EFFECT OF NIMB TAILA (LOCAL APPLICATION) IN THE MANAGEMENT OF ARUNSHIKA WITH SPECIAL REFERENCE TO HAIR DANDRUFF - A CASE STUDY

**KEY WORDS:** Scaly skin, dermatitis, hair fall, neem oil, massage, and dandruff.

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#### ABSTRACT

Fungus-caused dandruff is incredibly common, impacting about 50% of the global population and being most common between the ages of 15 and 50. The purpose of this study is to determine whether, with the use of Ayurveda, we can effectively treat dandruff through a daily routine (Dincharya Upakarma), such as massaging Abhangya to lessen symptoms and aid in prevention. Although having nice hair texture is something that everyone is enthusiastic about, in our day and age, bad eating habits, stress at work, a competitive lifestyle, a lack of time, making significant decisions quickly, following fashion trends, and other forms of pollution all play a part in the rise in illnesses. Numerous people have hair issues connected to this unhealthy lifestyle. A head massage therapy with Neem oil (Shiroabhyanga) is scheduled for patients who suffer from dandruff. Twice a day will be therapy. There was an examination both before and after treatment. For 21 days, the sample was examined and rated every 7 days based on subjective parameters. After the 21-day course of therapy, there were notable improvements in the symptoms, including a notable reduction in dandruff symptoms. Shiroabhyanga, or head massage, is a reasonably priced method for maintaining good hair that is simple, safe, and effective.

#### INTRODUCTION

In India, Ayurveda is the oldest and most conventional medical system. Maintaining health integrity is the primary goal of Ayurveda, followed by curing illness. Swasthavritta, a distinct branch of Ayurveda, addresses health sciences and a code of behavior for well-being. One of the principle is "Swasthasya swasth Rakshanam", which is based on the preventive measures to prevent a healthy person to become unhealthy or sick<sup>[10]</sup>

Approximately 50% of adults globally suffer from hair dandruff. Even though it is not a fatal illness, in the second and third decades of life, it could become an aesthetic issue. Since the scalp constantly produces new skin cells, the process of dead skin cell shedding is also normal. Dandruff causes a quicker rate of skin cell shedding. Generally speaking, a person with dandruff will have scales from their scalp that fall like snowflakes and land on their garments, shoulders, and eyebrows as they brush or comb their hair.[9]

The current day is plagued with a number of ailments as a result of bad eating habits, stress from the workplace, a competitive lifestyle, a lack of time, large accomplishments made quickly, fashion fads, and other forms of pollution. Nowadays, market preparations can take the place of homemade treatments for everyone. They are rushing to save time, don't have time for self-care, and can fall victim to careless habits. Because of this, everyone has different skin issues, including HAIR DANDRUFF, which is one of the most significant hair issues in society.[2]

With the the aid of Ayurveda We can effectively treat dandruff, and NIMBTAILA is one of the several herbal formulas that are touted as successful treatments for it.[11,12]

Because of the physiological effects of heat on skin, local application operates more quickly. Today's society requires fast living, thus bahirparimarjan in the form of Taila was chosen since it is simple to implement and serves as sthanikchikitsa for a fast life [3,4,5]. The current case study in the hopes of providing secure, long-lasting relief that won't return.

#### Aims and Objectives:

Effect of Nimb Taila (local application) in the treatment of Arunshika i.e. Hair Dandruff

#### MATERIAL & METHODS:

##### Case Report

Patient name – XYZ

Gendre-female

Age-38

Prakruti- kapha Pradhan pitta prakruti

Date of first visit-09/08/2021

**Chief complaints** - dryness of scalp, itching of scalp, boils on scalp hair fall, scalying of scalp (twaksputan).

**History of Past** – not any HTN, DM, surgical, illness.

**Family History** – not any found

**General Examination** - GC - Fair, Afeb.

pulse – 74/min.

BP - 120/80 mm of Hg

RR – 20/min.

Tempt. – 98.2 F

Weight – 53 Kg

No Pallor, No icterus

Examination Of Scalp- Dryness in scalp, itching of scalp, small boils on scalp, hair fall, scalying of scalp (twaksputan).

Diagnosis - Dandruff(arunshika)

#### Plan of Treatment- Table No. 1. Showing treatment plan of patient

Therapy	Nimba tail Application
Drug for therapy	Nimba taila
Route of administration	External (Scalp Application)
Duration	21 days
Follow up	0 <sup>th</sup> , 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup>
Dose	Only apply to affected area of scalp (to pitika, itching, dryness), with finger tips
Time of drug Application	After Bath and, before sleep
Hair wash	Drug: Triphala churna & Luekwarm Water Duration- after starting the process alternate day

#### Table 2: Assessment Criteria for gradation of symptoms: 1) Scaling of scalp: (Twaka sputan)

Grade	Symptoms	0	7	14	21
0	No scalying				
1	Scaling during combing				
2	Scaling is not visible when combing hair; it becomes visible on the scalp only after careful inspection of the hair.				
3	Scaling observed during combing as well as at other times				

## 2.itching of scalp:(Kandu)

Grade	Symptoms	0	7	14	21
0	No itching				
1	Feels on and off				
2	Continuous but specific area				
3	All over scalp				

## 3)Dryness of scalp:(Twaka ruksha)

Grade	Symptoms	0	7	14	21
0	normal				
1	Dryness on off				
2	Dyness during winter				
3	Dryness in all season				

## 4)Boils on Scalp:(Twaka pidika)

Grade	Symptoms	0	7	14	21
0	No boil				
1	Small one or two				
2	Localized dry pustules				
3	All over scalp				

### Observation :

#### Subjective parameter:

**Table 3: gradation of symptoms After 21 days of Treatment Course -**

Sign & Symptoms	0 <sup>th</sup> day	7 <sup>th</sup> day	14 <sup>th</sup> day	21 <sup>st</sup> day
Scaling of the scalp: (Twaka sputan)	3	3	2	1
Itching of scalp: (Kandu)	3	2	1	1
Dryness of scalp: (Twaka ruksha)	3	1	1	1
Boils on Scalp	2	2	1	0

## DISCUSSION-

This is a case of Dandruff or Pityriasis capitis it is comparable to Among the Kshudraroga that can appear in Arunshika Scalp region . Arunshika is the disease of scalp. Sushruta includes it in the kshudraroga while ashtang samgraha includes in the kapalagat roga.

Dushti of Kapha, along with Pitta and Rakta dhatu, are seen in this case study. With all of this in mind, the treatment plan aims to relieve Pitta dosha, Rakta dhatu, and Kapha dosha, or Kapaha-Pittashamak and Raktashodhak..

### Properties of Nimba[6]-

**Latin Name** – Melia azadirachta

**Family** - Meliaceae

Gana - Kandughna, Tiktakanda (Ch.), Aragvadhadi, Guduchyadi, Lakshadi (Su.)

**Synonyms** - Pichumarda, Tiktka, Arishta, Paribhadra, Hinguniryasa

Hindi - Neema English - Margosa tree

**Part used** - flowers, leaves, seeds, oil, bark, root, fruits  
**Pharmacodynamics** - Rasa - Tikta, Kashaya Guna-Laghu virya - Sheeta vipaka - katu doshghnata - Kapha Pittaghna  
**Chemical constituent** -Bark contains bitter alkaloid margosine, nimbidin (0.5%), Nimbin (C28H40O8, 0.03%), Nimbinin (C27H30O9), Nimbosterol with volatileoil & 6% tannin, seeds contains about 31% of yellow bitter fixed oil. It contains 2% of bitter substance, which has nimbin, nimbinin, nimbidin & nimbidol.

**Action** - Paushtika, Jvarapratibandhaka, Grahi, Tvaka doshahara, Krimighna & Rasayana

Clinico pharmacological studies -Nimbidin, Nimbin & neem oil were discovered to have anti-inflammatory qualities. Leaf extracts prepared with alcohol showed promise in treating acute eczema, ringworm, and scabies. Dried leaves extracted with 70% alcohol are useful in various fungal-infected skin illnesses after being dried and soaked in propylene glycol

(4:6). It also had a healing effect on weeping acute and chronic eczema.

### Mode Of Action of Nimb taila-

Local application of oil or Abhyanga is an external oleation therapy. Skin or scalp is a route of administration of drugs according to Ayurveda, and it is considered equally important.

According to Acharya Charaka, Abhyanga is very beneficial for skin as it is having Vatahara properties; and Tvacha as Sparshanendriya mention as a Sthana of Vata. It is mentioned in classical Ayurvedic texts that Abhyanga is Twak Dardhyakara, Mruja Varna Balaprada (effective for cleansing of skin and it increases complexion of skin oil is absorbed from the scalp & gives the results to local diseases.

Bhrajaka Pitta has situated in the skin. Vitiation of Bhrajaka Pitta[7,8] present in kandu & ruksha skin. When a tila taila or nimba Abhyanga is applied to the face, the active components of the taila substance are released into the base. Following that, it passes through the Romakupa and is then absorbed by the Swedavahi Strotas and Shiramukha. There after it helps to pacifies and liquefy Pitta Dosha in blood and skin, and also supported to moisturizing function, so that extra heat of Pitta couldn't dry out the Rakta Dhatu more.

Nimba has Paushtika, Jvarapratibandhaka, Grahi, Tvaka doshahara, Krimighna & Rasayana properties. So used in the Arunshika, & gives good results. Also in many clinical studies it proves as a krimighna properties.

So in skin diseases like Arunshika application in the form of tail gives a significant results.

## CONCLUSION –

As described in Samhita Bhavprakash nighantu Nimba Have antimicrobial activity & good for skin. Removes all the dosha from the body. After clinical observation of 21 days with Nimba Oil application to scalp patient got relief Symptomatically relief upto 90 percent. So this case study proves that Nimba tail is effective for hair Dandruff (arunshika). No any adverse effects found during and after the treatment.

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