STUDY ON EFFICACY OF GUNJA TAILA SHIRO ABHYANGA AND NIMBA TWAK CHURNA IN THE MANAGEMENT OF DARUNAKA W.S.R TO PITYRIASIS CAPITITIS

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ABSTRACT

Background: In Ayurveda head is said to be root of the plant for possessing all special senses and Prana, so one has to protect and care the head. In modern era, among diseases related to head due to varying factors lot of people suffering from this faulty lifestyle related disorders, in this context visual perception of individually distinguishable flakes on the scalp, in the hairs, or on the clothing is considered an abnormal condition frequently referred to as Pityriasis capitis i.e., Dandruff (Darunaka). Darunaka is an irritative disease of the scalp, affecting almost half of the population at the pre-pubertal age and of any gender and ethnicity. It occurs in both sexes and persons of all races. The response to treatment is commonly swift, but transient. So there is a need to find a safe and effective remedy in the management of Darunaka, which initiated for the study. Aims of study: To evaluate the efficacy of Gunjatailashiroabhyanga and Nimbatwak churna in the management of Darunaka i.e., Pityriasis Capitis. Materials and Methods: It was an open trial randomised clinical study of 30 patients, was taken for the study with pre and post-test design. The patients were assigned to single group and were administered Gunjataila and Nimbatwak Churna for a duration of 40 days and the results were analysed statistically. Results: Results were assessed in terms of change in subjective parameters taken before and after the treatment. Out of 30 pts, 8pts got Complete relief,15pts got good relief, and 7 pts got moderate relief. Conclusion: The present study reveals that clinically Gunjatailashiroabhyanga with Nimbatwak churna showed better results in treating Darunaka.

KEYWORDS: Pityriasis capittitis, Darunaka, Shiroabhyanga, Gunja Taila, Nimbatwak churna.

INTRODUCTION

Ayurveda is more than a healing system; it is an ultimate science and art for an appropriate life style, which helps us to achieve longevity. Ayurveda advice every individual to select the proper choice of diet (Ahara) and living habits (Vihara) to restore equilibrium of the body and mind. Thus it prevents diseases by gaining a foothold in the health system. Every human being is having lot of consciousness and also alertness towards skin scalp. Among them Darunaka (Dandruff) management is a very challenging problem in spite of all the modern tools in our hand. Many factors are responsible for the specific problem (Darunaka). Dandruff (Pityriasis Capitis) is a common scalp disorder affecting almost half of the population at the pre-pubertal age and of any gender and ethnicity. No population in any geographical region would have passed through freely without being affected by dandruff at some stage in their life. Dandruff affects aesthetic value and often causes itching. It has been well established that keratinocytes play a key role in the expression and generation of immunological reactions during dandruff formation. The severity of dandruff may fluctuate with season as it often worsens in winter.

Prevalence

Dandruff is considered as very frequent, and appears to be more frequent among men than women and more frequent among young people than older people (Misery et al., 2013). The prevalence of dandruff across the world was up to 50% in the general population (Ranganathan, & Mukhopadhyay 2010). Prevalence of Dandruff is high, in India 18.38%. It occurs in both sexes and persons of all races. The peak incidence and severity of dandruff occurs at approximately 20 years of age.

Need for the study

In Darunaka the dead tissue shedding down from scalp, with symptoms like Kandu, Kesha Chyuti Rookshata, Twakspatana, etc. due to the vitiation of Vata and Kaphadosha. Till now with present available treatment and procedures are not much effective and frequent recurrence is noted. So there is a need to find a safe and effective remedy in the management of Darunaka, which initiated for the study.

Ayurvedic classics dealt different procedures and medication to treat the disease Darunaka effectively. Among those Siro-abhyanga procedure with Gunjataila and Nimbatwakchurna are selected for my present study, with the reference from Yogaratnakara, Bhavamishra & Chakradatt, were all the drugs present in this yoga have Kapha-vatahara, Kustghna, Krimighna, Kesha, properties. Latest researches proved that all the ingredients present in Gunjatail are anti-inflammatory, anti-fungal, anti-helminthic, and anti-bacterial activities and Nimbatwak churna worked as an effective immune booster. The treatment is cost effective, easy to adopt for patients, safe, require short term duration for result. Hence Gunjatail and
Nimbatwakchurna can be considered as drug of choice in treating Darunaka the dreadful itching disease.

**Aims & Objectives of the study**
1. To assess the efficacy of Gunja taila Shiroabhyanga and Nimbatwak churna internal in the management of Darunaka w.s.r to Pityriasis Capititis.
2. To evaluate the therapeutic effect of the Gunjataila Shiroabhyanga and Nimbatwak churna in 30 patients.

**Materials and Methods**
Patients has been selected from OPD of Kayachikitsa Dept from Dr.BRKR Govt Ayurvedic College and Hospital, were thoroughly assessed on the basis of various subjective parameters after every 10 days till the completion of trial period i.e. 40 days.

**Study design: Prospective Randomized open clinical study**

**Inclusive Criteria**
1. Patients only of Darunaka are included in the trial
2. Age group between 16 to 50 years will be included
3. Both genders.
4. Trust and accepts the rules of clinical trial.

**Exclusive Criteria**
1. Patients below 16 year and above 50 years
2. Any serious life threatening diseases
3. Associated with other dermatological conditions like psoriasis etc.

**Selection of patients**
A total of 30 patients were selected randomly irrespective of their sex, caste, creed, religion, economic status, profession or marital status. All the cases were recorded with the help of a proforma prepared for this purpose. All the patients had given informed consent for clinical examination.

During the period of study patients were asked to come for every 10 days and changes were recorded. During this period of treatment the patients were advised to follow the Pathyaaharaviharas as per Ayurvedic classics explained especially for the disease Darunaka.

**Criteria for assessment of treatment**
Assessment of treatment were made before and after the treatment based on symptoms
1. Kandu (Itching)
2. Kesha Chyuti (Falling of hair)
3. Rookshata (Dryness)
4. Twaksputana (Scaling/flaking of the scalp skin)

**Method of preparation of Gunja taila**

**Ingredients**
1. Gunja Taila
   1. Gunjabeeja 1 part (To prepare Kalka)
   2. Tilataila 4parts
   3. Bhrungaraja 16 parts (Swarasa)

Subjected to Snehapaka as per the Yogaratnakara

All the above drugs are to be taken in the above mentioned quantities to prepare Taila.

**Dose:** Quantity sufficient (QS)

**II. Nimbatwak churna: (Anubhootayogam)**
1. Nimbatwak (stem bark) Churna is prepared in the form of capsules

**Dose:** 2 cap Tid.
Gunja Beeja/Seeds

Bhrungaraja

Tila Taila

Gunja Taila

Nimba Twak Churna
INVESTIGATIONS

Routine hematological and urine examinations will be carried out to access the general condition

Statistical analysis: The data generated in this study was expressed in terms of mean, standard deviation. Paired 't' test was applied to test the significance of comparative mean values of before and after treatment by using statistical software – SPSS and Graph pad.

Assessment Criteria

1. Grades to be taken for all subjective parameters.
2. Changes in that grades i.e., before and after treatment. values are to be taken for results assessment.

Criteria For Overall Results Assessment

- Good relief - 75%-100% relieved
- Moderate relief - 50-74% were relieved
- Mild relief - 25-49% were relieved
- No relief - 0-24% no reduction in symptoms

Duration of treatment

- 1 Mandala (40days).
- Review once in every 10 days.
- Follow up after 1 month.

Observations and Results

As per the prepared proforma, observations were made on the demographic profile like incidence of Age, sex, occupation, religion, work stress, Nature of hair, Personal hygiene of the patient like Hair wash, Oiling to hair, Pillow wash, affected area of Scalp, Prakruti.

- Analysis of age incidence of 30 patients suffering from Darunaka showed 10% patients between the age group of 17 to 20years, 63% were between 21-30 years, 23% were 31-40 years and 3% were 41-50.
- Gender wise distribution of patients shows that male was 46% female were 54%.
- Matrual status wise distribution of patients shows that Un-Married was 63%, Married were 11%.
- The religion of the patients is dominantly Hindu. 25 out of 30 making 83% Patients were Hindu, where as 13% patients were Muslims and 4% were Christian.
- Most of the patients were students i.e. 70% while professionals like doctor (1), software (1), nurse (2), compounder (1), lecturer (2) total 7 i.e. 23% and 1 patient is house wife i.e. 3%, 1 patient is business i.e. 3%
- Maximum number of patients are with mental stress i.e.25 patients- 83% and 5 patients-17% are with physical stress.
- Maximum numbers of patients are with Straight & Rough natured hair i.e., 25 patients -83% and 3 patients are with Curly & Rough natured hair i.e 10% and 2 patients are with Soft & Straight natured hair i.e 7%.
- Maximum numbers of patients are not using any hair colour i.e., out of 30 patients 27 patients(90%) are not using any colour and 3 patients (10%) are using hair colours.
- In this present study maximum numbers of patients are non-vegetarians i.e. out of 30 patients 20 patients (67%) are Non-vegetarians and 10 patient’s i.e. 33% are Vegetarians.
- In this present study maximum numbers of patients who take Danatisevana 15Pts (50%) and Shaakaatisevana 10 Pts (33%) were effected more with Darunaka than Amlaatisevana 5 Pts (17%).
- In this present study out of 30 Patients who exposed to sun are 14 Pts (46.6%), wind are 8Pts (26.6%) and fog are 8Pts (26.6%).
- The incidence of washing of hair in the patients with Darunaka was more in users of Shampoos (80%) in the present study. The incidence of Hair wash per week in the patients of Darunaka was more in the Pts who take hair wash once in a week (73%).
- In the present study maximum patients24(80%) those using coconut oil for hair are more effected with Darunaka than the patients using castor 4 (13%) and seasum oil 2 (7%).
- In the present study maximum patients 22 (73%) those who apply oil to the hair per week are more effected with Darunaka than those who apply oil 2,3,4 times /wk.
- In the present study maximum patients 15 (50%) not washing pillow covers regularly are more affected with Darunaka than the patients washing pillow covers once in a month 9 (30%) & once in 10-15 days 6 (20%).
- In the present study maximum patients 17 (57%) frontal area is more affected with Darunaka than other areas like occipital 8 (27%), all over scalp 4 (13%), Parietal 1 (3%).
- In the present study maximum Vata pitta patients 20 (67%) are affected with Darunaka than other Prakruti’s like Pitta kapha 6 (20%), Vatakapha are 4 (13%).

Distribution of Subjective Parameters

The symptom like Kandu, Keshachyuti, Rookshata, Twaksputana was observed in all of patients (100%) incidence of symptomatology are given in the table below.

<table>
<thead>
<tr>
<th>S.No</th>
<th>Lakshana</th>
<th>No. of patients</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Kandu</td>
<td>28</td>
<td>93</td>
</tr>
<tr>
<td>2</td>
<td>Kesha Chyuti</td>
<td>28</td>
<td>93</td>
</tr>
<tr>
<td>3</td>
<td>Rookshata</td>
<td>30</td>
<td>100</td>
</tr>
<tr>
<td>4</td>
<td>Twaksputana</td>
<td>30</td>
<td>100</td>
</tr>
</tbody>
</table>
Observations of Parameters B.T And A.T

Statistical analysis of the Subjective parameters

Overall Results

<table>
<thead>
<tr>
<th>Subjective Parameters</th>
<th>Before Treatment</th>
<th>After Treatment</th>
<th>Net diff in Scores</th>
<th>% of Improvement</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Kandu</strong></td>
<td>50</td>
<td>5</td>
<td>45</td>
<td>90%</td>
<td>Good</td>
</tr>
<tr>
<td><strong>Kesha chyuti</strong></td>
<td>43</td>
<td>13</td>
<td>30</td>
<td>70%</td>
<td>Moderate</td>
</tr>
<tr>
<td><strong>Rookshata</strong></td>
<td>56</td>
<td>8</td>
<td>48</td>
<td>86%</td>
<td>Good</td>
</tr>
<tr>
<td><strong>Twaksputana</strong></td>
<td>62</td>
<td>6</td>
<td>56</td>
<td>90%</td>
<td>Good</td>
</tr>
</tbody>
</table>

Out of 30 pts, 8pts (26%) got Complete relief (100%), 15 pts (50%) got good relief, and 7 pts (24%) got moderate relief.

SUM OF ALL B.T & A.T VALUES

Mean, SD, & SE Values for Total B.T and A.T Values

Paired Samples Statistics

<table>
<thead>
<tr>
<th></th>
<th>Mean</th>
<th>N</th>
<th>Std. Deviation</th>
<th>Std. Error Mean</th>
</tr>
</thead>
<tbody>
<tr>
<td>B.T</td>
<td>7.0333</td>
<td>30</td>
<td>1.37674</td>
<td>0.25136</td>
</tr>
<tr>
<td>A.T</td>
<td>1.0667</td>
<td>30</td>
<td>0.82768</td>
<td>0.15111</td>
</tr>
</tbody>
</table>

Test Statistics for total B.T & A.T Values

<table>
<thead>
<tr>
<th></th>
<th>A.T – B.T</th>
<th>P value</th>
<th>Percentage of relief</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Z</strong></td>
<td>-4.824b</td>
<td>.000</td>
<td>&lt;0.0001</td>
</tr>
</tbody>
</table>

P value shows extremely statistically significant.

Before Treatment

After Treatment
CONCLUSION

- Statistically **Gunja taila** with **Nimbawak churna** showed significant effect with P<0.001
- Hence clinically **Gunja taila** with **Nimbawak churna** showed better results in treating **Darunaka**.

- No adverse effect occurred during and after the treatment.

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