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# A comparative clinical study to evaluate the efficacy of *Malatyadi Taila Shiro Abhyanga* over *Dhurdhuradi Taila Shiro Abhyanga* in the management of *Darunaka* (Dandruff)

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## ABSTRACT

Great individual cleanliness is critical for both well-being and social reasons. Among maintaining great individual cleanliness, hair cleanliness is most imperative and necessary too. *Darunaka* aka dandruff, also known as Pityriasis Capitis, is one of the foremost common and widely seen dermatological maladies that influences most of the world's populace. The cardinal symptoms for *Darunaka* are *Daruna* (rough/flakes), *Kandu* (scalp itching), *Rukshata* (dry scalp), *Kesha Bhumi Prapatana* (cracking of the scalp), *Kesha Chyuti* (hair fall). A clinical study was conducted to assess the comparative effect of *Malatyadi Taila* over the *Dhurdhuradi Taila Shiro Abhyanga* in *Darunaka* (Dandruff). 40 patients with *Darunaka* were taken and randomly divided into 2 groups consisting of 20 patients in each group such as *Dhurdhuradi Taila* as Group A and *Malatyadi Taila* as Group B. The oil application (*Shiro Abhyanga*) is adopted for both the *Taila* with a duration of 1 month. Grading of severity were given for clinical signs and symptoms based on the before and after treatment. The overall effect of the study showed 25% of complete cure, 65% of mild cure and 10% of them have felt no change in Group A, and in Group B 80% of complete cure, 15% mildly cure, and 5% have felt no change. *Darunaka* management certainly benefited from the usage of *Malatyadi Taila*. There was a substantial improvement in clinical symptoms after just one month, and it was cost effective, adaptable, and safe.

**Key words:** *Darunaka*, *Ksudraroga*, *Shiro Abhyanga*, *Dandruff*, *Malassezia fungus*.

## INTRODUCTION

Nowadays, hygiene has become the most important factor. A cosmetic is a substance or product used to improve or modify the appearance of the face, hair, and body texture. Many cosmetic products are designed for hair, face, and body use. Today, Hair

cosmetics are an important tool to increase patient adherence to hair loss and scalp treatments. How shampoos, conditioners, straighteners, and hair dyes harm hair when used in excess. *Ayurveda* is one of the most ancient systems and holistic health science of life and health. *Tatra Vaa Gati Gandhanayor Iti Vata* which means all the movements in the body is controlled by *Vata*. *Darunaka* in *Ayurveda* refers to *Ksudra Rogas* (minor ailments). The *Dosa* involved in *Darunaka* is *Kapha Vata*. Different *Acharya's* considered *Darunaka* as *Kapala Roga*, *Shiroroga* and also in *Kshudra Roga*. *Shiro Abhyanga* is one of the lines of treatment mentioned by *Acharya Vagbhata* in *Astanga Hridaya* and *Acharya Chakrapani* in *Chakradatta* in the management of *Darunaka*. Hence, an attempt is made to know the effect of *Malatyadi Taila* over *Dhurdhuradi Taila* in *Darunaka*. A clear reference for *Malatyadi Taila* is found in *Bhaishajya Ratnavali* and *Chakradatta*. No clear reference for *Dhurdhuradi Taila* for *Darunaka*

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only in *Kandu* and *Keshachyuti* is mentioned in *Sahasra Yoga Taila Prakarana*. *Dhurduradi Taila* is already considered a traditional medicine for *Darunaka* / *Dandruff*. *Darunaka* is considered under the context of *Ksudra Roga*. The reference of *Ksudra Roga* found in Vedic mythology that *Garuda Purana* contains 15000+ verses known in many versions. In *Samhita Kala Acharya Charaka* has not explained *Ksudra Roga* separately, *Sushruta* elaborated on 44 *Ksudra Rogas*, and *Vagbhatta* mentioned 36 *Kshudrarogas*. *Acharya Vagbhatta*, and *Sharangadhara* explained *Kapala Rogas* and considered *Darunaka* under *Kapala Roga*. In later periods *Yogarajnanakar*, *Bhaishajya Ratnavali*, *Vangasena*, etc. have also explained *Darunaka* under *Ksudrarogas*.

*Kshudraroga* refers to minor skin diseases or minor ailments. *Kshudraroga* comprises two words *Kshudra* and *Roga*.<sup>[1]</sup> *Kshudra* = *Alpa* or short/minor/small *Roga*, *Roga* = illness or ailments.

*Kshudraroga*<sup>[2]</sup> are therefore minor/short/mild diseases. They are named *Kshudraroga* because *Nidana* (etiology), *Lakshana* (clinical features), and *Chikitsa* (treatment) are described in *Kshudra* (briefly). *Kshudraroga* covers a major part of skin diseases. As the name suggests, *Kshudraroga* is a minor and less serious illness.

*Dandruff*<sup>[3]</sup> is a common chronic scalp condition marked by flaking of the skin. Keratinization is the cause of mutation in the gene coding for filaggrin, a key protein involved in skin barrier function. Dryness and scaling of the skin are present; it is a common inherited disorder of keratinization. *Dandruff* is not a contagious or serious issue. But it can be embarrassing and sometimes difficult to treat, but usually controlled. More stubborn cases of *dandruff* often respond to medicated oils and Shampoos. For teens and adults, the aetiology factor for *dandruff* includes dry skin in the winter season, Sensitivity to hair products, itching, and white flakes of dead skin on the scalp, and the shoulders, and a red scaly Scalp. The overgrowth of yeast - like fungus (*Malassezia*) can also cause *dandruff*, *Malassezia* lives on the scalps of most adults. But for some, it irritates the scalp and can cause more

skin cells to grow which leads to severe skin conditions like seborrheic dermatitis, pityriasis capitis, tineacaptitis, etc. *Dandruff* affects self-esteem and confidence; all these factors are neglected by one and carried throughout their day-to-day which makes people feel very awkward and could make sufferers feel self-conscious and embarrassed in public. *Dandruff*, the mildest form of this dermatitis, is probably far more common and is present in an estimated 15-20% of the population. It may increase sharply with rapid urbanization.

### AIM AND OBJECTIVES

To evaluate the efficacy of *Dhurduradi Taila* over *Malatyadi Taila* in the management of *Darunaka*.

### MATERIALS AND METHODS

A total of 40 patients satisfying the analytic standards for *Darunaka* regardless of their sex and religion were selected by random sampling technique for the present study from OPD of the Kayachikitsa Department, later when requesting authorization from the institutional ethics committee the required material was *Dhurduradi Taila*<sup>[4]</sup> and *Malatyadi Taila*.<sup>[5]</sup>

### Inclusion Criteria

1. Patients were selected irrespective of sex, religion, occupation, economic status, food habits, and chronicity.
2. Age group between 15 to 50 years.
3. Only the cases of classical clinical features of *Darunaka*.

### Exclusion Criteria

1. Patients with features other than the *Darunaka*.
2. Any other skin disorders like scalp psoriasis, eczema, urticarial rashes.
3. Any open wound if noted

### Diagnostic Criteria

1. According to the text, the presence of signs and symptoms of *Darunaka* is essential for the diagnosis.

2. Routine haematology tests such as CBC, ESR, and RBS were performed to rule out any other pathology.

### Assessment Criteria

#### Subjective Parameter

- *Kandu*

#### Objective Parameter

- Digital USB Microscope
- *Rukshata*
- *Keshabhumi Prapatana*
- *Keshachyuti*

### Intervention

#### Group A

*Dhurdhuradi Taila* daily (only for the scalp).

Duration: 28 days

Follow Up: Every 15 days

#### Group B

*Malatyadi Taila* daily (only for the scalp).

Duration: 28 days

Follow Up: Every 15 days

### OBSERVATION

Application group of 40 registered patients. Patients were selected randomly and divided into two groups containing every 20 individuals through online randomization software mentioned above in materials and methods.

### RESULTS

The age group selected for the study is between 15-50 years. The observations of the present study in the age category reveal that 75% of the age group is between 15-30 years, and 25% of the age group is between 30-50 years. About 35% are male and about 65% are female. In terms of habitat, 97.5% are found in urban

areas. Almost all the symptoms were observed in all the patients, but the rate of the *Daruna* (flakes) was observed at about 100%. Aggravating factors about 71.11% were exposed to cold weather, and about 28.88% were exposed to wind exposure, it is observed that most of the *Darunaka* are seen in cold weather. The overall effect of the symptoms in Group B shows that the *Taila* is highly significant in the improvement in *Darunaka*.

In both groups, all of the patients with *Darunaka* selected for the trial demonstrated improvement in all of the measures. On the other hand, *Malatyadi Taila* exhibited a more significant result than *Dhurdhuradi Taila*. The changes between the groups were also found to be significant in both groups.

### DISCUSSION

*Darunaka* is explained under the context of *Kshudra Roga & Kapalgata Rogas*. There are 44 *Kshudra Rogas* explained by *Sushruta* and under 9 *Kapala Gata Rogas* by *Vagbhatta*. In Vedic mythology, we come across the word *Darunaka* or *Kshudra Roga* in *Garuda Purana*.

In *Garuda Purana*, under the section of *Dhanvantari Samhita* in the 179<sup>th</sup> chapter that is *Ksudraoga Darunaka* is elaborated illustrating that the scalp becomes "rough and encrusted". Another well-known *Purana*, which is one of the main books of Hindu philosophy, is *Srimad Bhagavatam*. We come across the word *Daruna* in this text, which is "*Daruna Cestasa*," which means "very hard-hearted," and thus the word *Daruna* means "hard, rough, and dreadful." So, in this context, *Darunaka* (minor ailment) is rough, hard/harsh relating to the scalp. Considering *Nidanas*, *Pragvata* (exposed to wind), *Dhooma* (exposed to smoke), *Atapa* (exposed to sun), and *Raja* (exposed to dust) among the *Nidanas* mentioned, as well as the related *Darunaka* ailment. *Darunaka* is primarily *Kapha-Vata* vitiation but is also associated with *Pitta* and *Rakta*. *Daruna*, *Kandu*, *Keshabhumi Prapatana*, *Kesha Chyuti*, and *Rukshata* are the *Lakshnas* considered for the present study by *Sushruta*. *Daruna* here means *Kathina*, harsh, here it is related to flakes of *Darunaka*, *Kandu* is related to itching, *Keshabhumi Prapatana* is related to cracking of the scalp, *Kesha*

*Chyuti* is related to hair fall and *Rukshata* is related to dryness of the scalp. Other *Lakshnas* include *Swapa* and *Twak Sphutana*. As *Darunaka* is *Kapha-Vata* vitiation and *Pitta* and *Rakta* as associated with *Doshas* and present *Lakshnas* like *Daha* (burning), and *Raga* (redness). *Murdhni Taila*<sup>[6]</sup> plays an important role in the present study. It is known as the application of the *Taila* on the head, *Shiro Abhyanga* is a part of *Murdhni Taila*. We find the reference in classics about the qualities of *Shiro Abhyanga* as it removes *Kandu*, *Rukshata*, and *Mala*, and about 2.4 minutes is explained for absorption of *Sneha* in conditions like *Ruksha*. Because 300 *Matrakala* oil enters into the hair follicles and 400 *Matra Kala* enters the skin, which aids in medication absorption, patients were instructed to massage for at least 2-5 minutes approximately.<sup>[7]</sup>

#### Probable mode of action

The contents of *Dhurdhuradi Taila* are predominantly of *Tikta*, *Kashaya Rasa*, *Ushna Veerya*, *Katu Vipaka*, *Laghu*, *Mridu Gunas*, and *Tridosahara* also helpful in all skin disorders. Similarly, *Malatyadi Taila* is predominantly of *Kashaya*, *Tikta Rasatmaka*, *Ushna Veerya*, *Katu Vipaka*, and *Laghu*, *Teekshna Gunas*. Which are beneficial in lowering *Vata* and *Kapha* imbalance. They also have qualities like *Kandughna*, *Twachya*, and *Kustaghna*, which are very effective in alleviating the symptoms of *Darunaka*. A soft and gentle massage improves blood circulation in the *Kapala Pradesha*. *Snigdhatata*, which is found in the *Taila*, relieves dryness and therefore reduces shedding. The *Gunas* of components in *Tailas* deal with microbicidal and other aspects of the ailment.

#### Digital USB Microscopic Images

Figure 1: *Dhurdhuradi Taila*

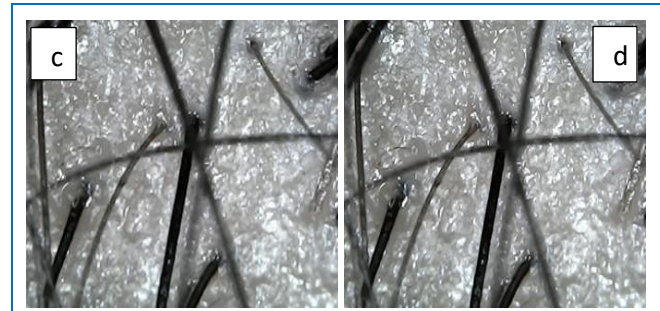


Fig. 1: a & b – Before treatment microscopic images of the scalp, c & d - After treatment microscopic images of the scalp

Figure 2: *Malatyadi Taila*

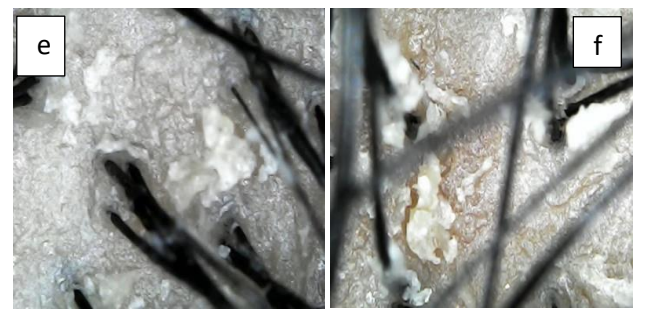


Fig. 2: e & f – Before treatment microscopic images of the scalp, g & h - After treatment microscopic images of the scalp

#### Discussion on overall results

The use of *Malatyadi* and *Dhurdhuradi Taila* showed a significant impact on *Darunaka* management. In just one month, there was a significant improvement in clinical symptoms.

As a result of the aforesaid research, we may deduce that

**Group A** - In this 25% are completely cured, 65% are mild cured, and 10% of them have no change in the treatment.

**Group B** - In this 80% are completely cured, 15% have a mild change, and 5% have no change in the treatment.

However, statistical data shows that group B (*Malatyadi Taila*) had a greater mean reduction in all the 5 symptoms (*Daruna*, *Kandu*, *Keshabhumi Prapatana*, *Keshachyuti* and *Rukshata*) than group A (*Dhurdhuradi Taila*). As a result, we may conclude that the *Malatyadi Taila* is more important than *Dhurdhuradi Taila* among the two groups.

## CONCLUSION

*Snehana*, in any form, is beneficial and equally nourishes the body and has been used as a primary treatment in all *Doshaja Vikaras* since the *Samhita* time. *Darunaka* is a condition described in *Kapala Gata Rogas*, and in today's science, it can be co-related to Dandruff. Many therapeutic options for *Darunaka* have been listed in *Samhitas* because of the intensity and frequency of recurrence. *Shiro Abhyanga* is one of these modalities. In the current study, application of oil to the afflicted scalp, i.e., a type of *Snehana* in the *Kapha-Vataja Vikara*, both the *Taila Dhurdhuradi* and *Malatyadi Taila* possess *Tikshna* and *Ushna* properties, hence it helps to alleviate *Kapha* and equally provides *Snehamsha Guna* for *Vata* and it is also simple, cost-effective, and OPD-based treatment, as well as universally accepted.

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## ETHICS APPROVAL AND INFORMED CONSENT

The Ethical Clearance was taken from the Institutional Ethical Committee and Patient Informed Consent was taken from the patients.

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