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# Study the effect of *Darun Lepa* in *Darunaka*

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## ABSTRACT

*Darunaka* is a *Kapha Vataja* (due to *Kapha* and *Vata*) condition featured with itching, dryness, and scaling of skin over the scalp with an itching sensation is considered a cardinal feature. It has become the most common cause of hair fall. Dandruff is a common scalp disorder, the cause may vary among individuals like fungal, bacterial, dry scalp, oil or irritated skin. In this study a cost effective and simple topical application of *Lepa* using *Haritaki Churna*, *Amra Beeja Churna* and *Godugdha* as a combination has been evaluated in *Darunaka*.

**Key words:** *Haritaki* (*Terminalia chebula*), *Amra* (*Mangifera indica*), *Godugdha* (*Cow's milk*), *Darunaka* (*Dandruff*), *Churna* (*powder*), *Lepa* (*Topical application*)

## INTRODUCTION

There are 44 diseases considered as *Kshudraroga* [minor diseases]. *Darunaka* is one of 44 minor diseases according to *Acharya Sushruta*.<sup>[1]</sup> Dandruff is a skin condition mainly affecting the scalp and is classified under seborrheic dermatitis.<sup>[2]</sup> It is the most common scalp disorder in adolescence and adulthood. It is a *Kapha Vataja* (due to *Kapha* and *Vata Doshas*) condition featured with itching, dryness, and scaling of skin over the scalp region along with shedding off dead tissue from the scalp with an itching sensation is considered a cardinal feature. It has become the most common cause of hair fall. *Darun Lepa* contains two main ingredients *Haritaki* and *Amra Beeja*, *Haritaki* is *Kashaya Pradhana Lavana Varjit Pancha Rasa, Usna*

*Virya, Madhura Vipaka, Tridosha Hara, Kustha Krimi* and *Kandu Nashaka. Amrabeeja Kashaya Ruksha, Vata Pitta Shamaka. Godugdha Sheeta Virya, Madhura Vipaka, Vata Pitta Shamaka.*

In this study *Lepa* of *Amra, Haritaki*, and *Godugdha* as the combination after one hour followed by hair wash with Luke warm water.<sup>[3]</sup>

## OBJECTIVES OF THE STUDY

The current study is to get relief from *Darunaka* using *Haritaki* and *Amra Beeja Churna* in the form of *Lepa* for topical application on the scalp. To assess the effect of *Darun Lepa* in *Darunaka* (*Dandruff*).

## MATERIALS AND METHODS

### Study Design - Single arm clinical study

### Source of data

The subjects were selected from OPD and IPD of SGV Ayurvedic Medical College, Hospital and Research Centre, Bailhongal.

### Sample size - 10

### Inclusion Criteria

1. Diagnosed case of *Darunaka* between 18 to 60 years.
2. Subjects which are having the *Lakshanas* of *Darunaka*.

### Exclusion Criteria

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1. Patients having head injury
2. Any scalp infections or psoriasis
3. Patients having *Darunaka* due to other complications
4. Subjects with other systemic diseases like T.B., HIV

#### Intervention

Application of *Darun Lepa* over the scalp after one hour followed by hair wash with Luke warm water

**Mode of administration:** *Lepa* with *Godugdha* (Topical application)

**Duration:** 1 Hour

**Duration of Study:** 10 days

Follow-up after 10 days of treatment

#### Assessment Criteria

##### Subjective Parameters

1. *Shira Kandu* (Itching on scalp)
2. *Twak Sphutana* (Cracking of the skin)
3. *Keshabhoomi Rukshata* (Dryness of scalp)
4. *Keshachyuti* (Falling of hair)

**Gradings:** 0 - Absent, 1 - Occasion, 2 - Moderate, 3 - Severe

#### OBSERVATIONS AND RESULTS

The study was single arm clinical study conducted on 10 subjects, 9 (90%) patients were male and 1 (10%) patient was female, All the subjects were students in occupation, 8 (80%) subjects were Hindu and 2 (20%) were Muslim. 9 (90%) subjects consumed mixed diet while 1 (10%) subject consumed vegetarian diet. 7 (70%) subjects were of Vata Pitta Prakruti while 3 (30%) were of Kapha Pitta Prakruti.

**Table 1: Comparison of different treatment times by status of *Shira Kandu* by Wilcoxon matched pairs test.**

Times	Min	Max	Median	IQR	of change from 0th to	Z-value	p-value	Friedman's ANOVA	
								Value	p-value
0th	1.00	3.00	2.00	1.00	-	-	-	15.1250	0.0017*
5th	0.00	1.00	1.00	1.00	71.43	2.0225	0.0431*		
10th	0.00	1.00	0.00	0.50	85.71	2.0226	0.0431*		
20th	0.00	0.00	0.00	0.00	100.00	2.3664	0.0180*		

\*p<0.05

Significant result in *Shira Kandu* symptom and p value is 0.0017\*

**Table 2: Comparison of different treatment times by status of *Twak Sphutana* by Wilcoxon matched pairs test.**

Times	Min	Max	Median	IQR	% of change from 0th to	Z-value	p-value	Friedman's ANOVA	
								Value	p-value
0th	1.00	3.00	2.00	0.50	-	-	-		
5th	0.00	0.00	0.00	0.00	100.00	1.8257	0.0679	12.0000	0.0070*
10th	0.00	0.00	0.00	0.00	100.00	1.8257	0.0679		
20th	0.00	0.00	0.00	0.00	100.00	1.8257	0.0679		

\*p&lt;0.05

Significant result in *Twak Sphutana* symptom and p value is 0.0070**Table 3: Comparison of different treatment times by status of *Keshabhoomi Rukshata* by Wilcoxon matched pairs test.**

Times	Min	Max	Median	IQR	% of change from 0th to	Z-value	p-value	Friedman's ANOVA	
								Value	p-value
0th	1.00	2.00	2.00	0.00	-	-	-		
5th	0.00	1.00	1.00	0.00	53.85	2.3660	0.0180*	18.9000	0.0003*
10th	0.00	1.00	0.00	0.50	84.62	2.3664	0.0180*		
20th	0.00	0.00	0.00	0.00	100.00	2.3664	0.0180*		

\*p&lt;0.05

Highly Significant result in *Keshabhoomi Rukshata* symptoms and p value is 0.0003**Table 4: Comparison of different treatment times by status of *Keshachyuti* by Wilcoxon matched pairs test.**

Times	Min	Max	Median	IQR	% of change from 0th to	Z-value	p-value	Friedman's ANOVA	
								Value	p-value
0th	1.00	3.00	2.00	1.75	-	-	-		
5th	0.00	2.00	1.00	0.00	47.62	2.5202	0.0117*	25.8434	0.0001*
10th	0.00	1.00	1.00	0.00	61.90	2.5205	0.0117*		
20th	0.00	0.00	0.00	0.00	100.00	2.8031	0.0051*		

\*p&lt;0.05

Highly Significant result in *Keshachyuti* symptoms and p value is 0.0001\*

## DISCUSSION

Reference of the *Daruna Lepa* formulation is available in *Sharangadhara Samhita* in *Uttarkhanda*.<sup>[4]</sup> The cause of Dandruff Varies among Individuals, depending on their susceptibility. It may be caused by *Aharaja Nidana*, *Viharaja Nidana* or both.

In Ayurveda all these signs and symptoms are termed as of *Darunaka Vyadhi*. *Kandu* is a symptom of vitiated *Kaphadosha* and it has an important role in the pathogenesis of *Darunaka*. This is due to the factors like accumulation of *Malas* on the scalp and the

excessive secretion of sweat etc. *Keshachyuti* is caused by vitiated *Pitta* in association with *Vata*.

The hair fall in *Darunaka* may occur due to lack of *Snigdghata* because of vitiated *Vata*, thereby hairs become dull and rough. Highly significant results in these symptoms *Keshabhoomi Rukshata* (Dryness of scalp) *Keshachyuti* (Falling of hair) and other symptoms also reduced after the treatment procedure of 10 days.

### Probable mode of drug action

As selected drugs are having action on *Doshas* like *Tridosahara* (*Haritaki*) and *Vata Pitta Shamaka*

(Amra, Godugdha) reduces the vitiated Vata, Pitta and Kapha which further prevents from itching, dryness of scalp and falling of hair. As the drug has anthraquinone type of glycosides and Triterpenoids which are very much responsible for the anti-inflammatory, anti-microbial activity which helps in Reducing the production of sebum and controlling the hair fall by controlling the dry scaly skin.

## CONCLUSION

The prognosis of *Darunaka* is included in *Sadhya* stage according to *Vagbhata*.<sup>[5]</sup> This literature review includes pathogenesis, causative factors, and management of *Darunaka* as per Ayurveda. By this treatment procedure there was relief from signs and symptoms of *Darunaka*. Significantly reduced symptoms. Patients feeling better after 5 days of treatment have reduced hair fall and dandruff. Before treatment when patients comb their hairs, so many hairs will be on comb after comb, after the 5 days of treatment this has been reduced significantly. Dryness and dandruff significantly reduced, before the treatment when patients touch their head the dandruff will be on hand but after the treatment it has been reduced significantly.

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