

EFFICACY OF HARIDRADI TAILA SHIRO-ABHYANGA IN ARUSHIKA/ SEBORRHEIC DERMATITIS (PILOT STUDY)

Dr. Pankaj¹
M.S. Shalakya (sch.)

Dr. P.P. Diwan² (Guide)
M.D. Shalakya

Dr. G.B. Patil³
M.S. Shalakya, PhD.

Abstract

Ayurveda is a science of life that balances physical, mental, emotional and spiritual components necessary for health. Now a day due to air pollution, industrial hazards, poor hygiene, cold dry weather leads to seborrheic dermatitis. The purpose of the study is to study the effect of haridradi taila in arunshika /seborrheic dermatitis in detail. This pilot study consists of 10 patients. Duration of treatment is 10 days. Higher prevalence is seen in first three months of life and fourth to seventh decade of life. In our study symptoms of patients got significantly relieved by Haridradi taila.

Keywords – Arushika, Haridradi, Shiroabyanga, Ayurveda

Introduction

Ayurveda has eight main branches Shalakyatantra is one of them. Shalakyatantra is a branch which deals with health and disease of Urdhwanga like Netra(eyes), Karna(ears), Mukha (mouth), Nasa (Nose) and shiro-roga. Arushika is one of the disease of Shiro-roga. Acharya Vaghbhatta have mentioned Arushika in kapalgata roga. According to Vaghbhatta Vitiated kapha, Rakta and Pitta goes to Shiropradesh, which leads to kleda utpatti and krumi utpatti, which finally leads to utpatti of Arushika vyadhi. Haridradi Taila have been mention in the management of Arushika in Yogaratnakar (Khsudra Roga Chikitsa).

Aim & objectives:-

Aim:-

To study the Efficacy of “HARIDRADI TAILA” SHIROABHYANGA in ARUSHIKA.

Objectives: -

To study the efficacy of Haridradi taila in Arushika. Study the contents of the drug (Haridra, Daru-haridra, Triphala, Nimba, Rakta-chandan, Kirat-tikta) in detail. To compare the effect of Haridradi taila on Arushika in early and old age group. To study the Seborrheic dermatitis in detail.

Materials and methods

Type of study – the study is single blind randomized clinical trial and entire study is based on the clinical findings and narration of the patients.

Materials: Haridradi taila

Contents

- Haridra (*Curcuma longa*) 1 part, Daaruharidra (*Berberis aristata*) 1 part, Kirat-tikta (*Swertia chirata*) 1 part, Amalaki (*Emblica officinalis*) 1 part, Vibhitaki (*Terminalia Bellirica*) 1 part, Haritaki (*Terminalia chebula*) 1 part, Nimbi (*Azadirachta indica*) 1 part, Raktachandan (*Pterocarpus santalinus*) 1 part

Methodology

Study includes 10 patients. A separate case paper was designed for evaluation of included patients.

Inclusion criteria:

Patients having arunshika were randomly selected. All patients between the age group of 12-70 years of age.

Exclusive criteria:

Immuno-compromised patients, Diabetic, Hypothyroidism, Psoriasis, Zinc deficiency, Patients operated on skull, Pregnant women, Neonates.

Method of preparation of Haridradi taila

Raw drugs are purchased from authentic and licensed shops. →

Authentication of drugs was done in pune university, botany dept. →

Taila was prepared according to snehapak kalpana in sharangdhar samhita at dept. of rsbk, bvp pune →

Kalka 1 part, Taila 4 part, Water 16 part, reduce to 1/8 → Oil is filtered out and standardization was done.

Dose & time of administration of drug

Local Application two times a day (10ml) for 10 days (Dalhana Samhita)

Duration – 10 days

Follow up: examination of patient is done on 0th day.

Follow up will be done on 2nd, 4th, 6th, 8th day and observation will be recorded in tabular form.

Observations

All groups are advised standard proper hygiene of scalp.

Observations were noted in tabular form according to severity of sign and symptom.

Gradation of symptoms

Symptoms and Sign	0 th Day	2 nd Day	4 th Day	6 th Day	8 th Day
Dryness(शोष)					
Scalling(त्वक्दरण)					
Itching(कण्डु)					
Pain (शूल)					

Assessment of pain is done according to VAS Scale

Subjective gradation

0 Normal

+ Mild

++ Moderate

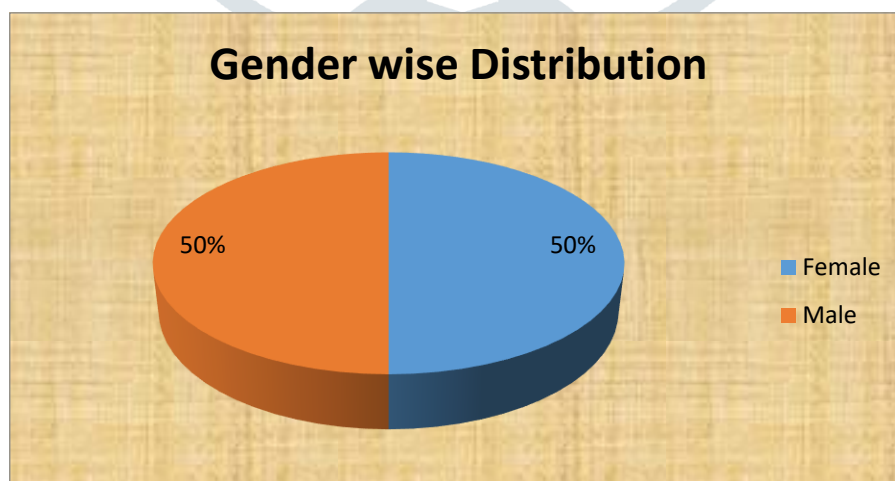
+++ Severe.

ASSESSMENT CRITERIA: -

Signs and symptoms are recorded through observations and the narration of patient. Scalp examination will be done prior to treatment and after the treatment of every patient. Signs and symptoms are taken as parameters for the assessment and gradation. The result will be analysed statistically.

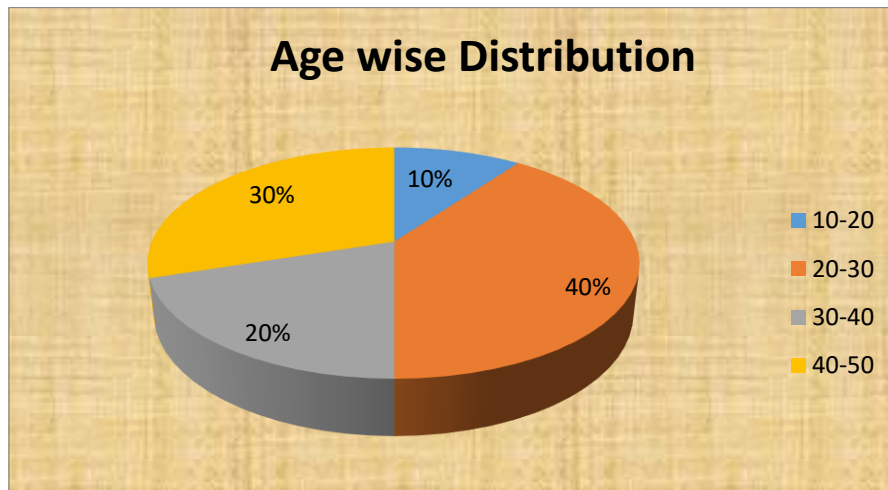
Sex wise distribution

5 males and 5 females there are no evidence of specificity of disease towards a gender.



Age wise distribution

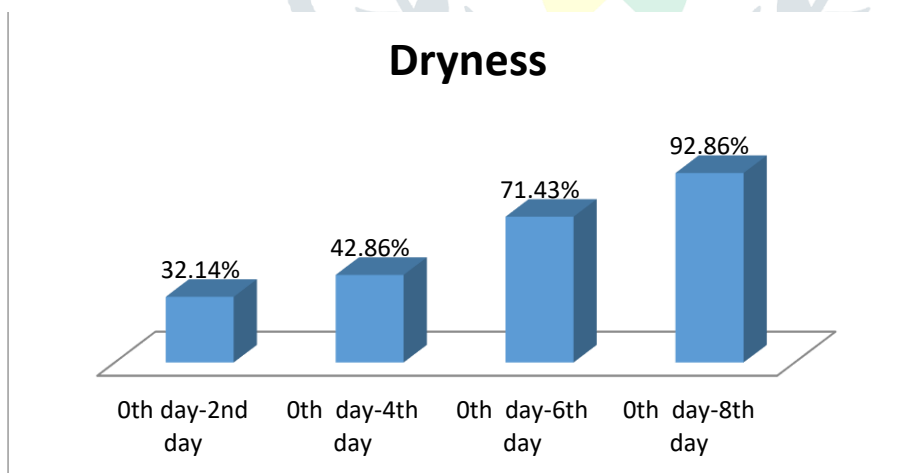
Maximum number of patients are between the age group of 20-30.



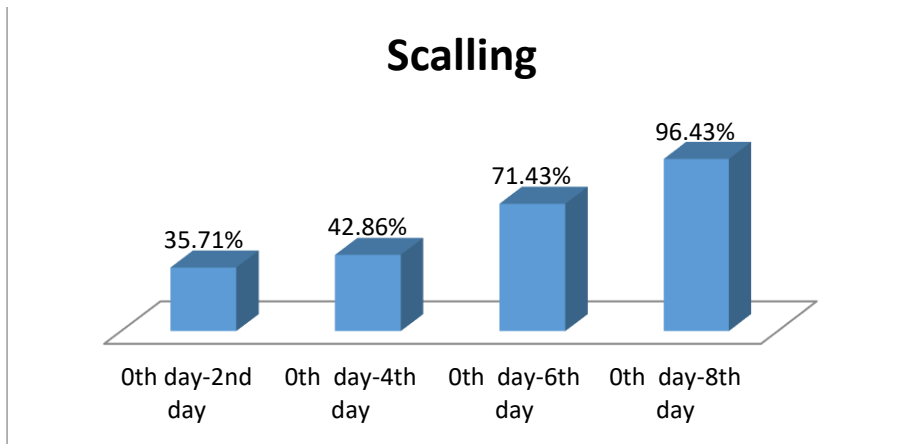
DISCUSSION

- During dissertation study we got 10 patients. It was found that the incidence of Arushika are more common among the lower socio-economic group. It may be due to lack of knowledge about importance of personal hygiene. This provides a probable explanation that the lack of hygiene leads to vitiation of *kapha Dosha* which is the main cause for manifestation of disease. Results are encouraging after the treatment of Haridradi taila.

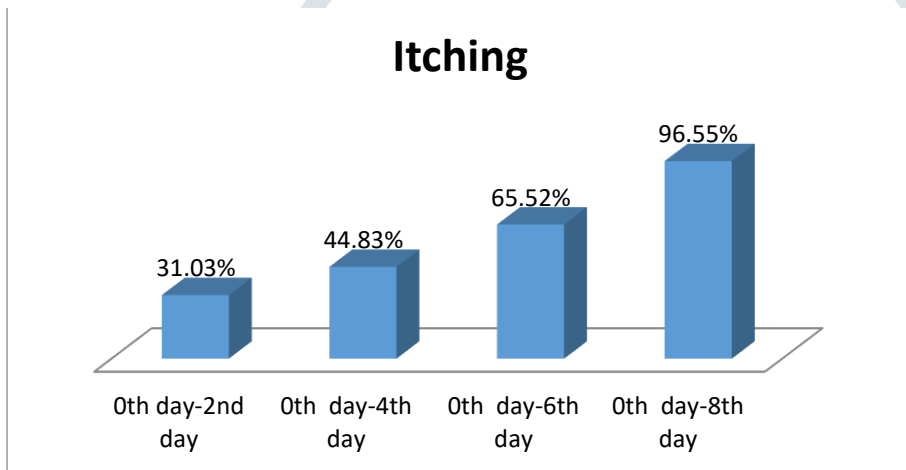
EFFECT OF HARIDRADI TAILA ON DRYNESS IN ARUSHIKA.



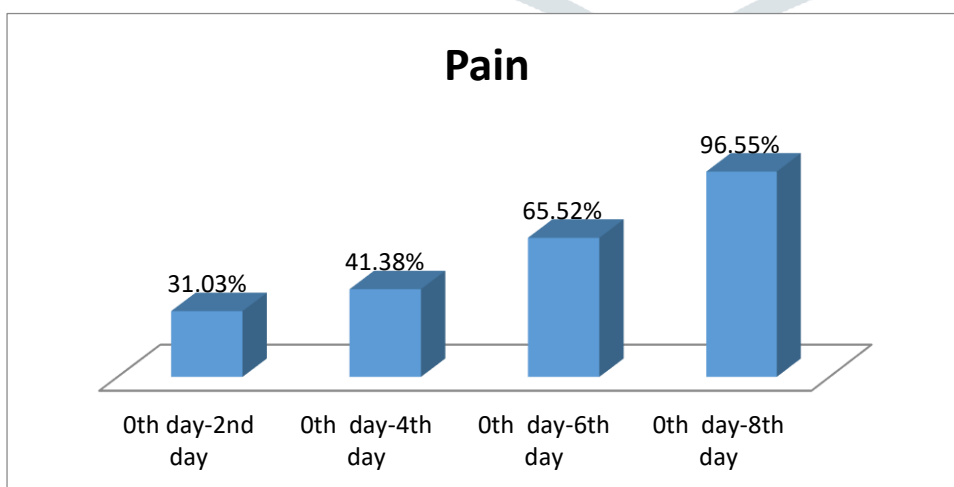
EFFECT OF HARIDRADI TAILA ON SCALLING IN ARUSHIKA



EFFECT OF HARIDRADI TAILA ON ITCHING IN ARUSHIKA



EFFECT OF HARIDRADI TAILA ON PAIN IN ARUSHIKA.



Probable action of drug

- The Stratum corneum is primarily composed of lipophilic cholesterol and other chemical compounds. Thus lipid-soluble chemicals make it through the layer and into the circulation faster.
- sesame oil contains various lipid soluble antioxidants such as sesaminol, sesamolin and pinoresinol which can easily pass through the skin.

Why oil as a base ?

Ayurveda describes various herbs to prevent, rejuvenate, and cure. These herbs can be taken internally or infused with base oils. It is important to consider the properties of the base oils used. For example, coconut base oils are very cold in potency so they are used in hot and humid places, whereas sesame base oil is hot in potency and therefore used in colder climates. Also, sesame oil contains various lipid soluble antioxidants such as sesaminol, sesamolin and pinoresinol which can easily pass through the skin. Hence it is chosen as base oil for the drug by also keeping ayurvedic perspective in mind.

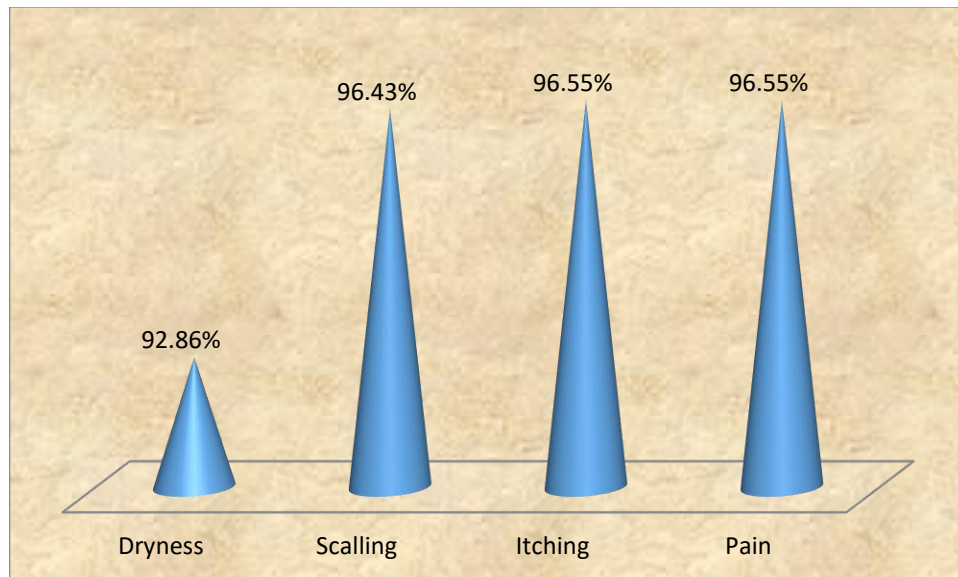
How does shiro-abhyanga works

Shiro-abhyanga treatment is a synchronized combination of two distinct ayurvedic treatments Shirodhara and Abhyanga. Shirodhara is performed by pouring a relaxing and gentle flow of herbal massage oil formulations on the scalp, forehead, and neck. Abhyanga is a gentle massage on the forehead, head, neck, and shoulders so the oil formulation on these parts of the body take effect. Hence, Shiro-abhyanga is an ayurvedic massage therapy that works in two different processes following one another consecutively.

Benefits of shiroabhyanga

- Prevents premature graying, hair fall, dandruff, and stimulates hair growth.
- Calms the mind and rejuvenates the body.
- Calms the Vata to prevent degenerative diseases.
- Calms the Pitta to prevent inflammatory diseases.
- Increases blood and oxygen circulation in the brain.
- Anti-aging and helps in relaxing facial and eye muscles.
- Shiro-roga – Different types of headaches and diseases related to the head.
- Vata roga – Degenerative diseases.
- Pitta Roga – Inflammatory diseases.
- Shiro Rukshata – Dryness of the scalp.
- Shiro Kandu – Itching in the scalp.

Conclusion



percentage of improvement

From above diagram we can say that Haridradi Taila was effective on all parameters compared in ARUSHIKA.

