

**STUDY ON EFFICACY OF HARIDRADI TAILA LOCAL APPLICATION IN
SEBORRHEIC DERMATITIS**

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ABSTRACT

Ayurveda is a science of life that balances physical, mental, emotional and spiritual components necessary for health. Now a days due to air pollution, industrial hazards, poor hygiene, cold dry weather leads to seborrheic dermatitis. The purpose of the research study is to study the effect of haridradi taila in seborrheic dermatitis in detail. This study consists of 50 patients. Duration of treatment is 10 days. Higher prevalence is seen in first three months of life and fourth to seventh decade of life. Conclusion of present study after statistical analysis there are significant improvement in the symptoms of patients treated with haridradi taila which is effective in early as well as old age group in seborrheic dermatitis

KEYWORDS: Seborrheic dermatitis, Haridradi, 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 (seborrheic dermatitis) in kapalgata roga. According to Vaghbhatta Vitiated kapha, Rakta and Pitta goes to Shiropradesh, which leads to kledautpatti and krumiutpatti, which finally leads to utpatti of Arushikavyadhi. HaridradiTaila have been mention in the management of Arushika in Yogaratnakar (Khsudra Roga Chikitsa).

AIM & OBJECTIVES

AIM

To study the Efficacy of "HARIDRADI TAILA" local application in Seborrheic dermatitis

OBJECTIVES

To study the efficacy of Haridradi taila in Seborrheic dermatitis. Study the contents of the drug (Haridra, Daruharidra, Triphala, Nimba, Raktachandan, Kiratikta) in detail. To compare the effect of Haridradi taila on Seborrheic dermatitis 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, Kiratikta (*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 50 patients. A separate case paper was designed for evaluation of included patients.

INCLUSION CRITERIA

Patients having seborrheic dermatitis 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 were 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 department of Rasa-sashtra by pune Kalka 1, Taila 4, Water 16, 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 (Dhalana Samhita)

DURATION – 10 days

GRADATION OF SYMPTOMS

Symptoms and Sign	2th Day	4nd Day	6th Day	8th Day	10th Day
Dryness(शोष)					
Scalling(त्वक्दरण)					
Itching(कण्डु)					
Pain (shool)					

Subjective gradation

0 Normal

+ Mild

++ Moderate

+++ Severe.

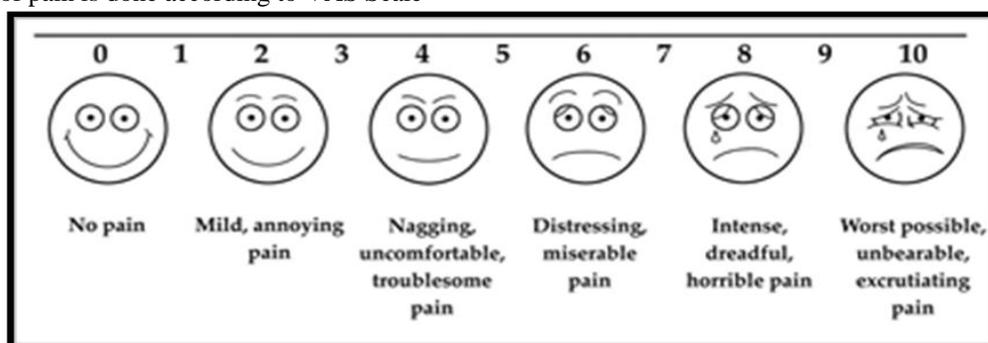
GRADATION FOR ASSESSMENT OF DRYNESS

0	Normal	Absent
+	Mild	Occasionally Present
++	Moderate	Frequently Present
+++	Severe	Continuously Present

GRADATION FOR ASSESSMENT OF ITCHING

0	Normal	Not Present
+	Mild	Present but no urge for scratching
++	Moderate	Urge of Scratching
+++	Severe	Uncontrolled. Need medication

Assessment of pain is done according to VAS Scale

**ASSESSMENT CRITERIA**

Signs and symptoms are recorded through observations and the narration of patient. Scalp examination will be

FOLLOW UP: examination of patient is done on 0th day

Follow up was done on 2nd, 4th, 6th, 8th, 10th day and observation was recorded in tabular form.

OBSERVATIONS

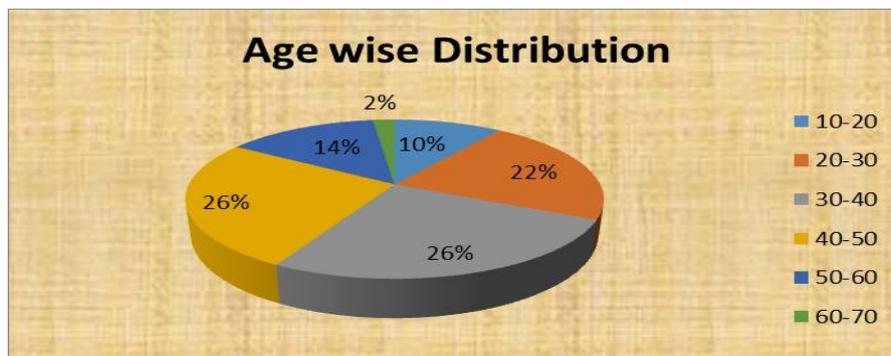
- All groups were advised standard proper hygiene of scalp.
- Observations were noted in tabular form according to severity of sign and symptom.

the assessment and gradation. The result will be analysed statistically.

INCIDENCE OF SYMOTOMS

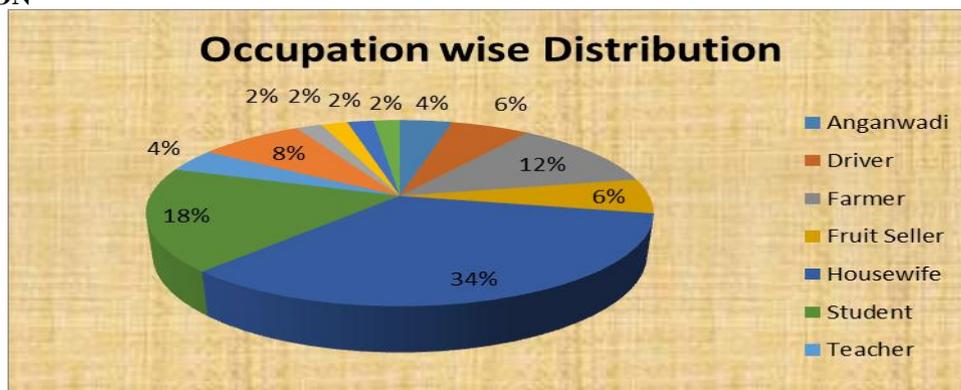
Prevalence rate of Seborrheic Dermatitis is about 2.1. So the Sample Size is determined by formula (Prevalence was done from B.V.M.F. Ayurveda Hospital's Shalaky OPD).

AGE



A higher incidence of the condition of Arushika was found in the age group of 30-50 years (52% of all patients are from this age group).

OCCUPATION



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.

PROBABLE ACTION OF DRUG

Skin is a topical route of absorption through which drugs can enter in blood stream. Absorption of drugs through skin depends on various factors such as duration of application, concentration, solubility of drug and physical condition of the skin.

To be absorbed through the skin, every drug must pass through the epidermis, glands, and hair follicles. Sweat glands and hair follicles make up about 0.1 to 1.0 percent of the total skin surface. Drugs can also enter the blood stream in small amounts through the glands and hair

DISCUSSION

During dissertation we got 50 patients.

follicles. Primarily drugs have to pass through the layers of epidermis before entering the dermis where they can enter the blood stream. 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.

RATE OF SKIN ABSORPTION

Drugs may be directly applied to the skin followed by blood and urine measurements, at set time points after the application, to assess the amount of drug that entered the body. The concentration in the blood or urine at particular time points can be graphed to show an area under the curve and the extent and duration of absorption and distribution to provide a measure of systemic absorption.

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, sesamol and pinoselinol 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

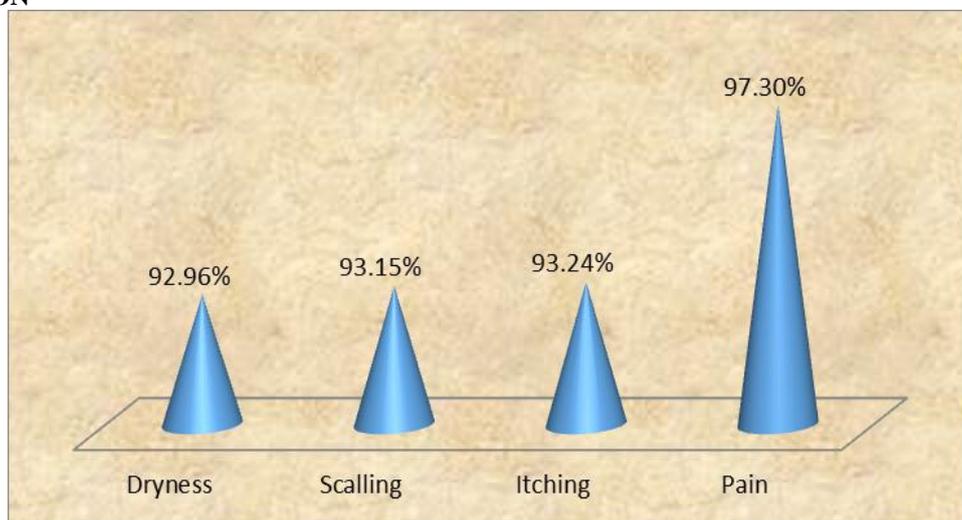
Shiro-abhyanga treatment is a synchronized combination of two distinct ayurvedic treatments Shirodhara and Abhyanga. Shirodhara is performed by pouring a relaxing and gentle flow of herbal massage oil formulations on the scalp, forehead, and neck. Abhyanga

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 SHIRO-ABHYANGA

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



From the study and statistical analysis it observed that there is significant improvement in the symptoms of patients treated with haridradi taila. Hence we can say

that haridradi taila is effective in arushika/seborrheic dermatitis

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