A clinical study to evaluate the efficacy of Priyal Pralep Bahiparimaranjon Darunak.

P. D. Ingale*¹, Anagha Unavekar², Amol Ashokrao Deshmukh³, Dr. S. L. Dasari⁴

1. Associate Professor, Shalakyantantra Dept., A.S.S. AyurvedMahavidyalay, panchvati, nashik, Maharashtra. E-mail: unavekarar@gmail.com, Contact no.- 9422259436
2. Associate Professor, Samhita Dept., A.S.S. Ayurved Mahavidyalay, panchvati, nashik, Maharashtra.
3. Assistant Professor, Shalakyantantra Dept., A.S.S. Ayurved Mahavidyalay, panchvati, nashik, Maharashtra., E-mail: dramoldeshmukh007@gmail.com, Contact no. – 9860865140
4. Professor, HOD Dravyaguna department, A.S.S. Ayurved Mahavidyalay, panchvati, nashik, Maharashtra.

*Corresponding Author: E-mail: pdingaledr@gmail.com, Contact no. – 8983595169

ABSTRACT:

Hairs are the mirror of beauty. In today’s era it is very difficult to take good care of hairs. It has been seen due to indiscriminate use of beauty products, hair dyes, color, shampoo, lack of hygiene, cleanliness causes roukshtwa, daranatwa, kharatwa which vitiates kesh mula twak prsdesh and leads to darunak.

Priyal(charoli in marathi) kalk pralep bahiparimarjan is selected for the study to evaluate its efficacy on darunak. As priyal possesses madhur, guru, snigdh properties, its kalk is applied over kesh mul twak pradeshand observations noted.

KEYWORD: Darunak, Priyal, Bahiparimarjan Upakram, Pralep

Cite this article: A clinical study to evaluate the efficacy of Priyal Pralep Bahiparimarjanon Darunak. P. D. Ingale, Anagha Unavekar, Amol Ashokrao Deshmukh, S. L. Dasari

Ayurlog: National Journal of Research in Ayurved Science-2017; (5)(5); 1-5

http://www.ayurlog.com
INTRODUCTION: In arogyashala rugnalay, nashik we came across lot of patients of darunak (kshudra rog) in opd. Nashik district is located in amup desh so due to industrial pollution, sheetadhikyata (cold climate), atapsevan (in summer) , many patients of darunak seen in opd. These patients of darunak are usually accompanied by Keshpatan, kesh sphutan, keshmul twak daran, kandroukshatwa at kesh mul twak.

So for local bahiparimarjan upakram we selected easily available drug priyal. We applied priyal kalk pralep all over the scalp (kesk mul twak Pradesh) as bahiparimarjan upakram and its results studied.

AIM

A clinical study to evaluate the efficacy of priyal pralep bahiparimarjan on darunak

MATERIAL AND METHODS –

1. SELECTION CRITERIA

A) Inclusion criteria-
- Age group 6-60 years of age
- Both male and female
- Patients with darunak drukprachiti
- Patients with chronic disorders e.g. DM, HTN, Thyroid disorders etc.
- Patients who consume medicine regularly for DM, HTN, Thyroid disorders etc.
- Pregnant women
- Lactating mothers

B) Exclusion criteria-
- Patients of arishta vyadhi
- Local burns
- Patients of AIDS, CA
- Patients of asadhya vikar
- Patients with dushta vran over scalp
- Patients with indralupt (alopecia areata)

2. SAMPLING METHOD and RESEARCH DESIGN-

No, of patients-For this study we selected 30 patients by randomize sampling technique.

MATERIAL- Priyal Kalk

ROOT OF ADMINISTRATION-
External application over scalp e.g. pralep over kesh mul twak

MATRA and KAAL- Priyal pralep 1/3 angul thick, for 60-90 minutes, on alternate day, for three week.

- Priyal is dipped in the water for a night. A moist kalk is prepared in the morning. Patient is advised to clean and dry the hairs properly.
- Then 1/3 angul thick pralep is applied all over the scalp including kesh twak mool. When pralep is started to dry, with the help of
lukewarm water *pralep* is removed slowly and then hairs and scalp is washed away with lukewarm water.

- In this manner patient is advised to do same type of *pralep* over scalp on every alternate day.
- These patients were observed two times in a week in opd. In this way three week observations are noted.

**OBSERVATION and RESULT**

**Observations of first week**

<table>
<thead>
<tr>
<th></th>
<th>1st day</th>
<th>3rd day</th>
<th>5th day</th>
<th>7th day</th>
</tr>
</thead>
<tbody>
<tr>
<td>कंणु</td>
<td>+++</td>
<td>+++</td>
<td>+++</td>
<td>++</td>
</tr>
<tr>
<td>दारण</td>
<td>+++</td>
<td>+++</td>
<td>+++</td>
<td>++</td>
</tr>
<tr>
<td>रौक्षत्व</td>
<td>+++</td>
<td>+++</td>
<td>+++</td>
<td>++</td>
</tr>
<tr>
<td>दारुणक</td>
<td>+++</td>
<td>+++</td>
<td>+++</td>
<td>+++</td>
</tr>
<tr>
<td>खरत्व</td>
<td>+++</td>
<td>+++</td>
<td>+++</td>
<td>+</td>
</tr>
</tbody>
</table>

On the first day on examination we observed severe *roukshatwa*, and *kharatwa* at scalp. Patients were complaining of severe itching. *Matsya shakale / darunak* is also observed. In these patients *priyal kalk* is applied all over the scalp slowly for 20 minutes making it 1/3 angul thick.

In some patients it started to dry after 1 ½ hrs, in others after 2 hrs. Patients felt pulling sensation when *pralep* is started to dry. At that time when *pralep* started to dry, *pralep* is washed away with lukewarm water. In this way four times *pralep upakram* is repeated. On 3rd day *kandu* and *kharatwa* was started to decrease. On 7th day *kandu, daran, roukshatwa, kharatwa* was seen to be slightly decreased.

**Observations of second week**

<table>
<thead>
<tr>
<th></th>
<th>1st day</th>
<th>3rd day</th>
<th>5th day</th>
<th>7th day</th>
</tr>
</thead>
<tbody>
<tr>
<td>कंणु</td>
<td>++</td>
<td>++</td>
<td>++</td>
<td>+</td>
</tr>
<tr>
<td>दारण</td>
<td>++</td>
<td>++</td>
<td>++</td>
<td>+</td>
</tr>
<tr>
<td>रौक्षत्व</td>
<td>++</td>
<td>++</td>
<td>++</td>
<td>+</td>
</tr>
<tr>
<td>दारुणक</td>
<td>+++</td>
<td>+++</td>
<td>+++</td>
<td>++</td>
</tr>
<tr>
<td>खरत्व</td>
<td>++</td>
<td>++</td>
<td>++</td>
<td>+</td>
</tr>
</tbody>
</table>

During 2nd week on 9th day *kandu, daran, roukshatwa, kharatwa* was seen to be slightly decreased. On 15th day *daran, roukshatwa, kharatwa* was seen to be significantly reduced and slight *snigdhatwa* is observed. Though *kandu* was seen sparingly. *Darunak* was also slightly reduced. Whenever patient felt *kandu*, slight *darunak* was seen intermittently.
Observations of third week:

<table>
<thead>
<tr>
<th></th>
<th>1st day</th>
<th>2nd day</th>
<th>3rd day</th>
<th>4th day</th>
<th>5th day</th>
<th>6th day</th>
<th>7th day</th>
</tr>
</thead>
<tbody>
<tr>
<td>कंठु</td>
<td>+</td>
<td>-</td>
<td>+</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>दारण</td>
<td>-</td>
<td>+</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>रौक्षत्व</td>
<td>+</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>दारुणक</td>
<td>+</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>खरत्व</td>
<td>-</td>
<td>+</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

In the initial days of third week due to the effect of madhur ras, madhur veepak, snigdh, and guru properties of priyal, vaatpradhan symptoms like kharatwa, roukshatwa, daaran, atikandu were decreased significantly.

Total scalp and hair roots (keshmul) became moist (snigdh). And darunak was significantly (80 %) cured at the end of third week.

Discussion

Etiological factors seen in patients:
- Over exposure to dust, fumes
- Working at dusty work places (near grinding machines etc.)
- Sweepers
- Females who let their hairs free
- No use of hair oil
- Application of hair dyes

- Application of various gel or other aromatic, chemical substances
- Lack of hygiene (no or rarely washing of hair)
- Over use of chemical or irritants for hair washing (shampoo etc.)

Samprapti- Sushrut samhita

चुं नि. १३/३५- क्षुद्र विकार

dारुणा कंडुरा रूक्षा केशभूमि: प्रपाद्यते।

cफ मार्श कोपेन विद्यादारुणकं तु तत॥

hetu sevan → kaph –vaat
prakop → kesh bhoomi/
avabhasini twak becomes ruksh, kathin
kandu → twak daran
twak gat shwet varneey shalkalotpatti
(scales) → darunak (sushrut)

Samprapti- Madhavnidaan

मा.नि. - मधुकोष टिका- क्षुद्रोग -३०

dार्षणेत्यादि दार्षणिति कठिणा कफ मार्श
कोपादिति।

यद्यप्युक्तं तथापि पितरक्ततावृक्तौऽयः

दृष्टव्यः॥

kaph –vaat prakop → rakta
dhatu dushti → kesh mul
twak roukshatwa → kathin,
utsedhyukta, ruksh, astravi, pidika utpatti kandu, todvat pida (in vaataj anubandh) darunak

CONCLUSION

Priyal possesses madhur ras, madhur vipak, snigdh and guru properties. It is observed that after doing pralep upakram on the scalp, 80% of darunak is decreased by curing scalp roukhatwa, kharatwa, daran, and kandu.

Reasons for 20 % failure in treatment in remaining patients,

- 5% patients failed to continue pralep upakram as advised.
- 15% patients continued there hetu sevan which were advised to avoid.
- Some patients washed the pralep immediately.
- Some patients did the pratisaran for a longer period.
- Some patients let the pralep for whole day.

Priyal is snigdh dravya, so it needs some time to act on avabhasini twak. So it is necessary to hold the pralep for 60 to 90 min., then only we get expected results. Those 80% patients who follow these instructions got significant results in darunaka.

REFERENCES:

1. Bhavprakash nighantu, Bhishakratna bramhashankar shastri, Choukamba Sanskrit sandhan 8th 1993, p-576
2. Charak (sutrasthan), ravidutta tripathi, Choukamba Sanskrit pratishthan Reprint 2010, p-418
3. Sushrut (sutrasthan), Kaviraj ambikadutta shastri, Choukamba ssanskrit bhavan, 9th 1995, p-202
4. Charak (chikitsasthan), Bramhanand tripathi, Choukamba subharati prakashan, Reprint 2011, p-725
5. Sushrut (nidansthan), Kaviraj ambika datta shastri, Choukamba sanskrut bhavan, 9th 1995, p-265