



Case Study

ROLE OF NASYA AND SHIROABHYANGA IN THE MANAGEMENT OF ARUNSHIKA (DANDRUFF): A CASE STUDY

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ABSTRACT

Dandruff due to fungus is extremely common, affecting close to 50% of the world's population and it also most prevalent between ages 15 and 50. This study has been conducted to come up With help of Ayurveda, we can give a good result in dandruff with some daily regimen (Dincharya Upakarma) like nasal therapy (Nasya) and massage Abhyanga for reduce symptoms of dandruff and also helps in prevention. Everyone can passionate about good hair texture, but in our modern era, due to varying factors of faulty dietary habits, work pressure, competitive lifestyle, lack of time, big achievement in small time, always being in hurry, fashion trends, all kinds of pollution all contributes to diseases. A number of people are suffering from this faulty lifestyle related hair disorders one of them is Dandruff hence nasal therapy and head massage therapy will be planned for attending OPD of Govt Ayurved College Nanded, Maharashtra, India. Nasal Therapy (Nasya) with Sesame Oil (Til oil) and Head massage with Neem oil (Shiroabhyanga). Therapy will give twice a day. Examination was done before and after therapy. Sample were assessed and evaluated on the basis of subjective parameters at interval of 8 days for 1 month. There were significant changes in symptoms and. We got significant result in symptoms of Dandruff after completion of one month therapy. The finding suggests that both Nasal Therapy (Nasya) and Head massage (Shiroabhyanga) is an effective, easy, safe way for healthy hair and affordable for regular usage.

KEYWORDS: Dandruff, massage, sesame oil, hair fall, scaly skin.

INTRODUCTION

Ayurveda is the ancient system of science in the world. It advocates two main aims. First aim of Ayurveda is to maintain the integrity of health, and another one is to cure the diseases¹.

A special section of Ayurveda, Swasthavritta deals with the sciences of health and the code for a healthy conduct. Swasthavritta which literally means the regimen of abiding in one's own nature is an individual's guide to the path of healthy and long life¹. In Ayurveda, one's body is regarded as a temple and thus several ways are prescribed for keeping it healthy and young life long.

According to ecology approach, disease is nothing but a mal-adjustment of human being to his environment. The disruption in environment brings about lifestyle disorders.

In our modern era, due to varying factors of faulty dietary habits, work pressure, competitive lifestyle, lack of time, big achievement in small time, always being in hurry, fashion trends, all kinds of pollution all contributes to diseases. A number of people are suffering from this faulty lifestyle related disorders.

In present life, everybody can replace home remedies with market preparation. They have no time for own care, they are in hurry to save time can following blindly faulty habits. As a result everybody is suffering from various kinds of skin problems including dandruff; is one of the most serious problems for hair in society.

Dandruff is a common scalp disorder affecting almost half of the population at the post-pubertal age and of any sex and ethnicity. It often causes itching. It has been well established that keratinocytes play a key role in the expression and generation of immunological reactions during dandruff formation. The severity of dandruff may fluctuate with season as it often worsens in winter. Ignorance may lead to

severe hair problems such as Dryness of scalp, Hair fall, premature of hair Greying and so-on². Everybody can used market preparation i.e. shampoos, hair oils for hair care, they get temporary relief but it is not completely cured and suffering from the same complication repeatedly.

With help of Ayurveda, we can give a good result in dandruff with the help of some daily regimen (Dincharya Upakarma) like nasal therapy (Nasya) and massage Abhyanga for reduce symptoms of dandruff and also helps in prevention.

As stated in Astang Sangrah utterkhand treatment of dandruff is Raktamokshan, Nasya, shiroabhyanga etc; and are beneficial for dandruff. Nasya and abhyanga are the Dincharya Upakarma and easy to apply³.

So, to re-establishment of importance of daily regimen (Dincharya Upakarma) related to lifestyle disorder will be the selection of case study.

CASE REPORT

Patient's name- XYZ

Gender - Male

Age – 38 years

Built – Medium built.

Date of First visit -05/03/2013

Chief complains-

1. Falling of Dandruff since 4 years.
2. Itchy scalp since 2 year.

Past history-

H/o took many kinds of medicine has get sometime relief then after relapse again and again.

H/o Hypertension since last 4 years

Family History-

Brother suffering from Diabetes Mellitus

On local examination Clinical Findings-

Type of hair was dry and thin; boils present some area of scalp, scaly skin is present all over head area, dandruff falling present on forehead, shoulder and neck region. Hair fall present in less quantity. Other systemic examinations were within normal limits.

Diagnosis- Dandruff.

Date of attending OPD-05/03/2013

Date of last follow-up - 06/04/2013

Principle of treatment- we can give a good result in dandruff with the help of some daily regimen (Dincharya

Upakarma) like nasal therapy (NASHYA) and massage ABHANGYA for reduce symptoms of dandruff and also helps in prevention.

Total Treatment Schedule for One month

Plan of treatment

1. Lifestyle modification plan
2. Plan for Nasya (Nasal therapy)
3. Plan for Shiroabhyanga (head message)

Table 1: Life style modification

Daily Upakarma	Usefulness	Reason
Get up time	The Brahma Muhurtam or a little later	As the air is clear and the cosmos is charged with energy.
Vegoudirana	You need to empty your bowels on time	toxins from the waste products intended for elimination
Dantadhavana	brushing one's teeth with an ayurvedic tooth powder	It brings about freshness, take away bad odour and coating on teeth.
Jivhanirlekhana	Another essential daily activity. This helps get rid of ama deposited on the tongue	This helps get rid of ama deposited on the tongue
Gandusha	Liquids are used	Gargling leads to teastlessness
Nasya(pratimarshya)	Sesame oil (Til Oil)	will keep you free from headaches and sinus problems
Abhyanga	self-massage with Nimba-oil on	nourishes the skin and helps revitalize organs
Exercise		Relief of blood stasis, carrying away morbid products
Bath	Daily with lukewarm water	It is good for heart and purifying all organs.
Diet	A simple prescription being that you do not eat the next meal before the earlier meal has been digested. You eat only enough to half fill your stomach. Your last meal should be between 6:30 pm and 7:00 pm to be followed by light walk.	

Drugs

Nasya – Pratimarshya Nasya with Til Tail (oil).

Abhyanga – Shiroabhyanga with Nimba Tail (oil)

Doses and time of drugs⁴

Nasya

Dose - 2to3 drops of Til oil in both nostrils.

Route – Nasal.

Time -Two times a day.

Before bath, before sleep

Shiroabhyanga (Head message)

Dose – As per area occupied.

Route – external and locally (head area)

Time –Two times a day.

After bath, before sleep

Hair wash

Drugs – Triphala powder with lukewarm water

Duration – Alternate day after starting of process

Diagnosis of Dandruff

Shedding of flakes with increased secretion of oil is enough for self diagnosis. In case of severe flaking, an examination of the scalp condition and nature of flaking can enable physicians to get an insight into the nature of flaking⁵.

OBSERVATION

Subjective parameters

Table 2: Gradation of subjective parameters

Symptoms	Gradation
1) Dryness of scalp	
Normal scalp	00
Feels dryness off and on	01
Feels dryness of scalp during winter	02
Feels dryness of scalp in all seasons	03
2) Itching of scalp	
No itching	00
Feels itching off and on	01
Continuous but specific area	02
Continuous and all over scalp	03
3) Boils on scalp	
NO boil	00
Small one or two on any side	01
Localised pustules/dry	02
All over scalp	03
4) Hair fall	
No Hair fall	00
Mild hair fall in a week	01
Heavy only during combing	02
Heavy during comb, hair wash, on pillow	03
5) Scaly scalp	
Normal scalp	00
Seasonal all over scalp	01
Localised	02
All over scalp in any season	03
6) Greying of hair	
No Greying	00
Less than 5 any side	01
All over gradual greying	02
All over rapid greying	03
7) splitting ends of hair	
No splitting of hair	00
Mild splitting only at ends	01
Splitting off & on seasonal or exposure	02
Splitting in whole hairs.	03

Table 3: Observation of symptoms

Signs and Symptoms	Score Before Treatment	Score After Treatment	% of Relief
Dryness of scalp	3	1	33.34 %
Itching of scalp	3	1	33.34 %
Boils on scalp	1	0	100 %
Hair fall	1	0	100 %
Scaly scalp	3	1	33.34 %
Greying of hair	1	1	0 %
splitting ends of hair	0	0	0 %

Mode of Action of Nasya with Sesame Oil

Vagbhata has mentioned that Nasya is the main line of treatment in the diseases of the organs located above the Jatru (head region). These diseases are alleviated by Nasya. He further describe that these medicines reaches to the Shir (head) through Nasya⁶. These medicines remove the vitiated Doshas responsible for the disease.

If Pratimarsha Nasya is performed in daily routine, one will never suffer from different diseases pertaining to ear, nose, throat, head and eye. Its effects have been observed on hair also.

Mode of action of Shiroabhyanga with Nimba Oil

In different samhitas of Ayurvedic literature there is detailed description of Dinchayra (daily regimen) and Rutucharya (Seasonal regimen). These regimens are given for improving the health of humans as well as maintenance of healthiness. In this case study Shiroabhyanga comes under the sub heading of Abhyanga which is given in Dincharya. Abhyanga has given very much importance and it is given as a daily routine. It is also given that how it works and its effectiveness in increasing the natural power of the body and skin against man infection. According to Acharya Charaka Sparsh Indriya of the body ie. Skin has abundant vayu and sparsha (tectile sensation) is present at the skin. Oil is vaatnashak and hence the message done with the help of oil causes vaatnash and is very useful for skin as well as body. Hence Acharya Charaka has recommended the daily use of Abhyanga⁷.

DISCUSSION

Using the Neem oil is the most effective dandruff treatment and it is ideal for those who want to use occasional therapy for treating dandruff in scalp and hairs. This oil stinks a lot and that is an only drawback⁵. Neem produces antifungal, antibacterial, pain-relieving, and anti-compounds that would treat dandruff⁶. Sesame oil is reputed to penetrate the skin easily and is used in India for oil massage. In Maharashtra, Sesame oil (Til Tel) is specially used for massaging the foot. It is also used for hair and scalp massage. Sesame oil is used in the manufacture of Ayurvedic drugs.

CONCLUSION

Sesame oil nasya and Nimba oil Shiroabhyanga alone with lifestyle modification has given a tremendous result to this patient. The patient was observed on OPD basis for total 1 month period and symptomatically recovered from dandruff. Nasal therapy (Nasya) and head massage (Shiroabhyanga) both are effective for treating Dandruff as explain in Ayurved text Astang Sangraha utterkhand 27/33.

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