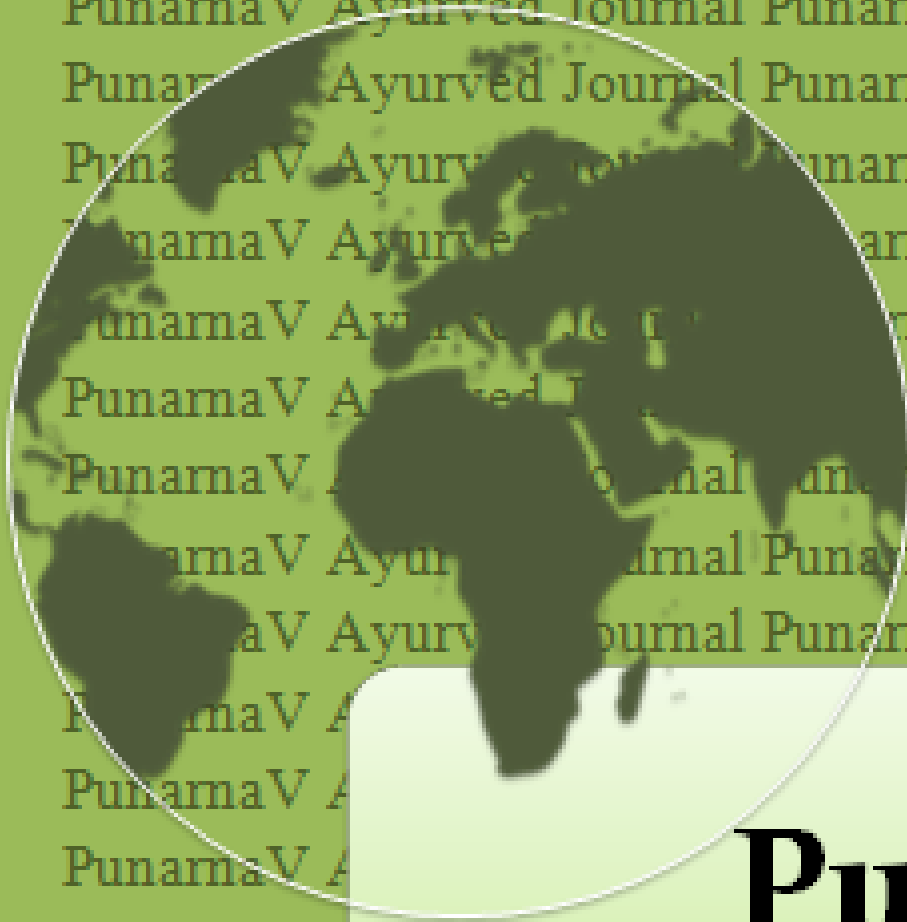


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TITLE

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CLINICAL OBSERVATIONS ON DANDRUFF (KITIBAKUSTAM) AND ALOPECIA (ROMA PATNAM) WSR DIETARY ADVICE AND CHIKISTHA

G.V.KARUNAKAR

Assistant Professor Agada Tantra Department, Sri Jayendra Saraswathi, Ayurveda College, Nazarathpet, Chennai , India

ABSTRACT:

Alopecia areata (Roma Patanam) is a common problem, and a skin Disorder that causes Hair Loss usually in patches, Most often on the Scalp usually. The bald patches appear suddenly and effect only a limited area. The Hair grows back within 12 months or less. For some people, however the problem can last longer and be more severe, causing total baldness. Dandruff is a common scalp condition that is difficult to control and treat, Dandruff can be bad for your Image, and bad for your confidence also. It is not just a health problem; actually it is social problem also. It is Embarrassing and not easily treatable unless tackled in the early stages and Identified early the Relating factors. The Various stages are Discussed and Risk Factors are Explained, The Prevention of Dandruff. And How to get Rid of Dandruff, The treatment the Dietary Recommendation all are Discussed in Detailed aspect and important of Omega Fatty Acids are explained. Omega -3 Fatty Acids are important fats of our Body cannot make itself, and therefore must be obtained through our Diet. Omega -35 are found in the cells that line the scalp and also provide the oils that keep your scalp and Hair Hydrated, Look out for oily fish such as salmon, herrings sardines, Trout and mack Erel and plound sources including avocado, pumpkin seeds and wal nuts. Omega fatty Acids are straight chain Hyohocarbons, Possessing a carboxyl group at one end the Carbon Next at the carboxyl group is known as ALPHA. The next is BETA and so on. Fatty acids can be of variable lengths and the last position is labeled as OMEGA, the last letter in Greek alphabet.

KEY WORDS: Alopecia, , Dandruff, Diet, Kitibha Kustham, Remedies, Risk

INTRODUCTION

**CORRESPONDANT:
Dr. G.V.KARUNAKAR**

Assistant Professor
Department of Agada Tantra
Sri Jayendra Saraswathi, Ayurveda
College,
Nazarathpet, Chennai,
India.

Dandruff is a condition of the Scalp accompanied by an abnormal flaking of the scalp. About 50% of the Human population all are going to be suffered from Dandruff may occur when your scalp goes on an overdrive producing new cells. It gets accentuated Due to dry skin and unhygienic scalp.

Medical conditions such as psoriasis, eczema fungal infection due to fungal species and Bacterial inflection due to staphylococcus epidermis also cause a Dandruff scalp.

Although most cases of Dandruff do not need a Doctor's visit incases where Dandruff has affected many parts of the body. It is important to get treated at the Right time.

Clinical observations Risks factors for Dandruff, symptoms, stages, prevention methods Dietary recommendation for Healthy Hair, Remedies, Differential Diagnosis Treatment and Importance of omega oils, Ayurvedic Remedies, The poisonous

plants useful for external applications, Discussion ended with conclusion all are explained Detailed aspect.

2. AIMS AND OBJECTIVES:

In cold countries where winter is severve scalp Dandruff is more severve Due to Indoor Heat and moisture dries the skin. Lack of zinc mineral and vitamins particularly vitamin B Deficiency in Diet could also lead to Dandruff. At present urban life way of style, stressful life leads to contribuites to Dandruff formation more Triggering Factors.

THE SEBORRHEIC DERMATITIS:

The severe form of Dandruff is called *seborrheic dermatitis*, which causes larger and greater flakes, and affects other parts of the Body. Seborrheic Dermatitis occurs in areas Highly concentrated in sebaceous glands like face, scalp, ears, Body folds and chest region.

In Adults the condition usually occurs during puberty when sebaceous glands are more active in that age. Seborrheic Dermatitis occurs due to the increased proliferation of the Scalp Due to some commercial moulasca species. It occurs more in patients infected with HIV and parkinsonism disease. Some patients. Suffer sever itching condition known as purities. Secondary Bacterial infection may worsen the condition leading to

erythema (redness of the skin) and oozing of fluids.

RISK FACTORS FOR DANDRUFF:

Like many other skin problems, Dandruff also has several risk factors, some of which are avoidable.

- a. AGE
- b. SEX
- c. DIET
- d. NEUROLOGICAL DISEASES

Adults with Parkinson's Disease are more likely to get seborrheic Dermatitis and Dandruff. Patients with stress conditions such as Heart attack, stroke and compromised immune systems also welcome Dandruff.

3. MATERIALS AND METHODS:

Clinical Observations: Symptoms and stages:

The common Symptoms of Dandruff in adults are Itching. Oily Flakes in Scalp, Tingly feeling scalp, Red Flaky Dandruff and in rare Cases, crusting and scaling Rash. A severe case of Dandruff leads to facial Dry skin, ear eczema that keeps reoccurring chest Rash with Red Spots and Rash in eyebrows, Nose, and ears.

Differential Diagnosis: Seborrheic Dermatitis is often mistaken for psoriasis Rosacea Dermatitis, atopic eczema, pityriasis versicolor, contact Dermatitis and Tinea Infections.

Seborrheic Dermatitis sometimes resembles Langerhans cell histiocytosis or secondary syphilis.

Candidiasis, Tinea infection and Dermatitis can be ruled out with **Negative Potassium hydroxide test.**

Initial stages of seborrheic Dermatitis show **spongiform appearance** that makes it Different from psoriasis vulgaris.

Based on present knowledge Dandruff can be categorized into two stages, **primary stage** and **secondary stage.**

The Primary stage of Dandruff infestation is **Non- microbial** in origin and multiple host specific factors.

The secondary stage of Dandruff infestation has **Multiple microbial** origins and individual specific response pattern.

THE METHODS OF PREVENTING DANDRUFF:

Dandruff can be prevented as much as possible using the following measures:

i. STRESS MANAGEMENT:

Stress is the Biggest enemy that worsens all kinds of Health conditions including Dandruff. People who have Dealt with Stress Know very well that it is not easy to reduce stress.

Positive attitude, time management, accepting limitation, spending valuable time on Hobbies, friends and relatives,

regular physical activity breathing techniques and meditation and cutting Down caffeine and sugar intake are very important.

ii. **WATCH YOUR HAIR PRODUCTS:**

Our bath Rooms are often filled with Hair styling Products like Hair spray, Mousse, gel, Hair straightening Spray, cream to curl wax etc.

These Products can lead to oiliness of scalp and they can also build up on scalp and flakeoff If you are using un necessary styling products try to avoid them from your beauty routine. If you cannot avoid using them, atleast rinse the Hair very thoroughly at the end of the day.

iii. **WATCH YOUR DIET :**

A good Dietary plan plays a Significant Role in Healthy skin and Hair. To avoid Dandruff it is Advisable to take **foods Rich in Zinc, Omega – 3 Fatty acids, Selenium and Vitamin – B**

Drinking plenty of water and consuming watery fruits like Melon and oranges in ample amount will also prevent Dandruff attack. There is as such no food that you can avoid to prevent Dandruff.

The following food are a must for healthy Hair:

Oysters, whole grains, beans, Dairy products crab Nuts, Red meat and Fortified cereals are rich sources of zinc. Salmon

flax seed, canola oil, Grape leaves, Kidney Beans, spinach Broccoli, Cauliflower, kiwi and cantaloupe, walnut are sources of omega – 3 Fatty acids.

Food rich in vitamin B are cabbage, sweet Potato, white Potato, legumes, Broccoli and lean beef.

MEGA HEALTH BENEFITS OF OMEGA FATS:

Biochemically, a fatty acid in a carboxylic Acid (**-COOH group**) with a long hydro – Carbon chain .

Dietary fat typically contains a mix of saturated fatty acids and unsaturated fatty Acid.

If there Double Bonds between two carbon atoms in this hydrocarbon chain, then it is an **unsaturated fatty Acid**, otherwise it is a saturated fatty acid. Those unsaturated fatty acids that contain a single double Bond are called **Mono Un saturated fatty acids (MUFA)** and those with more than one Double bond are called **poly unsaturated fatty acids (PUFA)**.

Let's visualize a fat family tree, where fats are made of saturated fatty acid and / or unsaturated fatty Acids. The unsaturated fatty acid in turn can be a MUFA or a PUFA. PUFA are Further classified based on the position of the first double bond from the Methyl (-CH₃) end of the carbon chain.

VARIOUS CONTENTS OF COMMON COOKING OILS

SL.NO	COOKING OIL	SFA	MUFA	PUFA	OMEGA-3	OMEGA-6	SMOKE POINT
1	FLAX SEED OIL	9.4%	20.2%	66%	53.3%	12.7%	107°C
2	BUTTER	63.3%	25.9%	3.8%	0.40%	3.4%	121°C
3	COCONUT OIL	86.5%	5.8%	1.8%	0%	1.8%	177°C
4	OLIVE OIL	13.8%	73%	10.5%	0.8%	9.8%	191°C
5	AVOCADO OIL	11.6%	70.6%	13.5%	1%	12.5%	204°C
6	ALMOND OIL	8.2%	69.9%	17.4%	0%	17.4%	216°C
7	CORN OIL	13%	27.6%	54.7%	1.162%	53.5%	232°C
8	MUSTARD OIL	11.6%	59.2%	21.2%	5.9%	15.3%	254°C
9	RICE BRAN OIL	19.7%	39.3%	35%	1.6%	33.4%	254°C

First ,they are structural components of cell membranes where they ensure fluidity, stability and act as gatekeepers in the cell.

Second both omega -6 and omega -3 fatty acids are converted into a number of important biologically active molecules called **prostaglandins**.

There are *three types of prostaglandins* PG₁ PG₂ and PG₃ Respectively.

4. REMEDIES TO GET RID OF DANDRUFF AND ITS MANAGEMENT

During Diagnosis it is important to Differentiate Seborrheic Dermatitis from Psoriasis vulgaris.

- **Yogurt** : Take about half a cup of fermented YOGURT and apply it on to your scalp thoroughly let the Yogurt stay for at least an Hour, Before rinsing it off with water and a mild shampoo.
- **Vinegar** : Add about 2 table spoons of cosmetic vinegar to 6

tablespoons of Hot water and apply the mixture on to your scalp. Cover your head with a piece of cloth and leave the solution on overnight. Wash your hair with warm water and shampoo the next morning.

- **Aloe vera gel** : Extract some fresh gel from an Aloe vera leaf and apply it on to your scalp. Leave the gel on for as long as possible Preferable over night before rinsing it off.
- **Ginger** : Mix some ginger Root in warm olive oil and apply it on to your hand. This is one of the most effective Dry scalp Home remedies, which not only gets Rid of Dandruff But also Nourishes your Hair.

Some Essential oils for curing Dandruff:

- i) Tea Tree Oil ii) Lavender Oil
- iii) Rose Mary Oil iv) Eucalyptus Oil
- v) Clary Sage oil vi) Cypress Oil
- vii) Basil Oil viii) Thyme Oil
- ix) Birch oil

Make sure that your dilute these essential oils in some plain water before applying it on to your scalp.

5. TREATMENT OF DANDRUFF:

The Severity of Dandruff is rated visually and a two week washout period is important before starting and clinical trail.

Although most cases of Dandruff Do not need a Doctor's Visit in cases where Dandruff has affected many parts of the Body. It is Important to get treated at the Right time.

i. Use of Humidifier

Usually Dry Skin leads to Dandruff, But winter weather also leads to cause of Dandruff, In General if humidity reduces in air during winter it increases the Dry skin leading to Dandruff.

To maintain Humidity in winter months it is recommended to buy a Humidifier.

Humidifier also kept and maintained carefully otherwise chances for causing Bacterial and fungal infections.

ii. Personal care:

- Rubbing with salt and Rinsing the Hair thoroughly
- Rinsing the Scalp with apple Juice, Cider along with water after regular shampoo helps control Dandruff
- Extreme cases of Dandruff can be treated by giving a massage with mouth wash after regular shampoo.
- Massage of Both hair and scalp with lemon Juice following a gentle wash
- Massage of the Scalp with Baking soda without mixing with shampoo.
- Keeping Hair Healthy and clean would add to the inner and outer beauty and gives self confidence.

- Black pepper, Neemoil and egg are also very good to treat Danruff scalp.

iii. Treatment of Non – Scalp seborrheic Dermatitis

Basically it is of two types

- Non – Scalp
- Scalp varieties

Since it occur due to increase in infection for seborrheic Dermatitis on the face, a 2 % Ketoconazole application will help. ORALLY Itracona zole 200 mg/Day. For a week Hydrocortisone and other mild cortico sterods are also useful. Serta conazole, metrinidazole, Itraconozole,

Lithium succinate – all are Antifungal that can be used, for Non – Scalp dermatitis. Another approach is the combination of Antifungal and Anti Inflammatory Drugs.

Ex: promiseb

iv. Treatment of scalp seborrheic Dermatitis:

It is most easily treated with keratolytic agents, corticosteroids or Anti fungal shampoo. A study compared ketoconazole with selenium sulfide in a four week Random Trial

S.No	MEDICINES	No of Patients	Duration	Result
1	SERTACONAZOLE + METRINIDAZOLE	350	1 week	Positive
2	PROMISEB (DUAL COMBINATION)	350	1 Week	Positive
3	CORTICOSTEROIDS	350	1 week	Positive
4	CICLOPIROX + KETOCONAZOLE	350	Once in Week	Positive
5	CICLOPIROX	350	Once in Week	Positive
6	KETO CONAZOLE + SELENIUM SULFIDE	350	4weeks	Positive
7	DoubleBlind (combination)	949	Once in Week	Positive

V. EXPOSURE TO SUN AND PHOTO THERAPHY

- Exposure to sunlight as a remedy for Dandruff

- Sunlight is helpful in so many skin problems
- Over exposure also could lead to skin cancer
- Sun protective clothing also helpful.
- Coal-tar shampoo can increase scalp sensitivity to UV light, sun exposure should be avoided
- Photo-therapy inhibits the growth of Malasseia species and also reduces the inflammation in seborrhc dermatitis,

VI. AYURVEDIC TREATMENT FOR SEBORRHEIC DERMATITIS (KITIBHA KUSTHAM)

Dandruff it is another kind of Dermatitis mostly found in on the Scalp. Thin Mica like scaling (**Exfoliation**) on scratching with acute burning and itching sensation are found. Papules are Rough and itching having no Discharge.

- i. An emulsion prepared with the oil of *chandana* along with *Nimbu Juice* is very effective. 1 Part chandanam + 3 Parts lemon Juice and briskly shaked in a clean gloss Bottle and then applied. 2 to 3 time in a week followed by head bath with Herbal shampoo.
- ii. A Paste prepared from *Haritaki choornom* and *Amlaphala Asthi* with ksheeram equal parts should be applied. It is also an effective formation prescribed by **Bhavamisra.**

iii. Treatment

Purification by *Pancha karma* is the chief Treatment unless the vitiated Doshes are Removed from the Body the Disease Does not respond to Medicines. The purificatory procedures like medicated purgation and *Raktha Mookshanam* should be done with Proper sneha karma.

For *sneha karma* it is better to use oushada yuktha Ghrutham with TIKTA Rasam like *Guduchi, Nimba, Katuka* or *Vasa, Amalaki, shatavari, Yastimadhu* and *sariva* are also very effective.

Popular preparation like *Mahatikta ghrutam*, or *pancha tikta Ghutam* can be used. This can be given one TSF,two times per Day for one month with *guggulu* combination also given the results is better. *Tab panch Tikta Guggulu* 250 mg three times a Day for the month.

For external application *Maha -Masha Tailam, pinda Tailam* and *Paribadra Tailam* is beneficial. Apply mixture of equal parts of *chandanam choornam, Amalaki Choornam, vacha choornam* with ksheeram. *Khadira Aristham* or *Sarivadyasava* can be used 15ml, three times a Day for one month. Application of *Kasisadi Tailam* or *chandana Balolakshadi Tailam* Twice every day to the effected skin is helpful.

iv. **Do's and Don'ts:** Do not use any soap other than Neutral quality. Avoid all clothes that do not absorb sweat. Do not work near heat. Furnaces, colors,

Dyes, Petrol etc. Avoid all causes of *Pitta* and blood vitiation like excessive salt, *Amla Dravyas* and *Katu Rasa* and *sneha dravyas*.

DISCUSSION

Hair is an important part of our Body, Healthy Hair enhances beauty of the Body. People may not be aware that the visible Hair called **Hair shaft or cuticle** is **non – living part** and the living part lies under the skin.

To ensure healthy Hair production scalp skin must be kept healthy. There are glands in the Human skin called sebaceous glands and that produce an oily substance called **sebum**. This sebum protects Hair and skin from Micro organisms as it inhibits the growth of Micro organisms on the skin of the scalp. This oily substance gives moisture and shine to the Hairs and is

Distributed mechanically by brushing and combing. Brushing the scalp also stimulates the sebaceous glands which in turn produce more sebum. Washing of Hair removes excess of sweat and oil.

So the Shampoo should contain the following ingredients like **zinc pyrithione** (antifungal, thus helps in reducing the fungal population), selenium sulfide (reduces the cell turn over and may also control the fungal growth) salicylic acid (scrubs the Dead cells) or Ketoconazole (a broad spectrum Antifungal)

CONCLUSION

Eat the correct balance of the vitamins and minerals to supply Hair with all that it needs to remain shiny, lustrous and strong Hair

Protein, Iron, Vitamin –C, Omega – 3, Omega – 6 oils, vitamin –A, zinc and selenium, Vitamin E, Biotin etc all are

essential for good Hair growth and Reduce scalp Dandruff, it is Difficult to control, But with Precautions taken for to maintain scalp Hygenic condition is very important and finding the stages very early is very important.

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