

A clinical study on *Sendruff* shampoo (aqueous extract of *Biophytum sensitivum*) on dandruff

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The loss of skin cells from the scalp is a normal part of the life cycle of skin cells. However, excessive flaking of the scalp or dandruff is a common cosmetic problem experienced by millions of people. Dandruff is believed to be related to a fungus known as *Malassezia* (formerly termed *Pityrosporum*) that lives on the scalp of most people. *Lajjalu* is a medicinal herb which has been categorized under *Priyangwadi* and *Ambhastadi gana* in *Sushruta samhita*. However, identification of plant *Lajjalu* is an important fact because some texts introduce two different plants under the name of *Lajjalu* and those plants are scientifically named as *Mimosa pudica* and *Biophytum sensitivum*. Usually leaves, flowers, stems, roots and fruits of *mimosa pudica* are used as medicines. Although it is scientifically proven that *Mimosa pudica* has anti-dandruff effect. There is no any scientific evidences regarding anti dandruff effect of *Biophytum sensitivum*. However, in Sri Lankan indigenous medicine, it is used as a treatment for dandruff. Therefore, scientific researches are needed for identifying the anti-dandruff effect of *Biophytum sensitivum*. In this study, a shampoo was prepared using a traditional recipe in which *Lajjalu* is a main ingredient. *Biophytum sensitivum* type of the plant is used for this study and the anti dandruff effect was tested. Data was collected during the period from march 2011 to may 2011 using a pre-test questionnaire. 35 patients were enrolled in to the study. According to the results after the treatment, as early as the 2nd week, 11.42% of patients had good to excellent improvement. 40% of patients enter the grade 1, 34.3% in grade 2 and 14.3% in grade 3. There were no patients in grade 4 and 5. No adverse effects had been reported. Anti-dandruff effect of *Biophytum sensitivum* and patient acceptability of the prescribed treatment was in satisfactory level and further research should be needed to clear identification of Anti-dandruff effect of *Biophytum sensitivum*

Keywords: Scalp, Dandruff, *Lajjalu*, *Biophytum sensitivum*, *Mimosa pudica*

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