

## A clinical study to evaluate the efficacy of *Elaeocarpus serratus* and *Psidium guajava* leaves paste in the management of Dandruff

Pramodani MPN, Wickramarachchi WJ

Department of Cikitsa, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Yakkala.

### Abstract

*Darunaka* is a disease concerned with hair root which can correlate with Dandruff, which is the most common cause for hair loss. It is more of a social problem and affects aesthetic value as a person with Dandruff is quite likely to feel down on the social ring. *Acharya Sushruta* has mentioned *Darunaka* under *Kshudraroga*'s with symptoms like *rukshata*, *kandu*, *twak sphutana* etc. Dandruff can occur due to air pollution, water pollution, changed life style, irregular daily regimen, poor hygiene and immune system, sweating, mental stress etc which can lead to several bacterial and fungal infections. It is a common scalp disorder affecting almost half of the population at the pre-pubertal age and of any gender and ethnicity. No population in any geographical region would have passed through freely without being affected by dandruff at some stage in their life. *Shiroabhyanga*, *Nasya*, *Shirodhara*, *Shirobasti*, *Shirolepa* and *Siravyadha* is the line of treatment for *Darunaka* in the classics. In traditional medicine, paste of leaves of *Elaeocarpus serratus* and *Psidium guajava* have been used for thousand years as a home remedy for dandruff. In spite of the present medical solutions, Dandruff relapses quite often. A permanent and holistic solution is the need of the hour. Hence, this work is intended to study the efficacy of *Elaeocarpus serratus* and *Psidium guajava* leaves paste for dandruff. Thirty patients were selected who were advised to apply the paste covering whole scalp area for one hour and rinse it, for a period of one month every alternative day. Signs and symptoms were assessed by using grading system and the significant reduction of symptoms was observed. Accordingly, more than 40% patients gained marked improvement. No adverse reaction was reported in this study period. It is concluded that *Elaeocarpus serratus* and *Psidium guajava* leaves paste is effective in the management of Dandruff.

**Key words:** *Darunaka*, Dandruff, *Elaeocarpus serratus*, *Psidium guajava*

**Corresponding E-mail:** pramodani@ayu.lk