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

Kularathna DPDN\textsuperscript{1}, Dassanayaka HMLB\textsuperscript{1}, Fernando KPMWDAMA\textsuperscript{1} and Sewandhi UDS\textsuperscript{2}

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 sanhita. 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

1. Gampaha Wicaramarachchi Ayurveda Institute, University of Kelaniya, Yakkala, Sri Lanka.
2. Bandaranayeka Memorial Ayurveda Research Institute, Navinna, Sri Lanka.

Research and Publication Division, GWAI