

A Comparative Clinical study of *Nasya Karma* and *Shirodhara* with *Yashtimadhwadi tail* for the management of *Khalitya* with special reference to “Telogen effluvium”

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Abstract

Ayurveda is the way of life as it is easily available, toxicity free and eco-friendly due to its holistic approach. In Classical Ayurveda forty three types of Kshudra Rogas has been described and khalitya is one of them. It is a disease of scalp related with hair fall. When vitiated Pitta Dosha along with Vat Dosha reaches in the Rom Kupa i.e. hair follicles, hair fall occurs and simultaneously Rakta and Kapha Dosha block the hair follicles, so that new hair does not grow this is called as Indralupta, Khalitya or Rujya. Telogen effluvium (TE) is a condition where more than normal amounts of hair fall out. At any time on a healthy human scalp, about 80% to 90% of the hair follicles are in growing stage. These active follicles are in what is called the Anagen phase. That leaves up to 10% to 20% percent of scalp hair follicles in a resting state called Telogen, when they don't produce any hair fiber. Yashtimadhwadi tail (Bhaishajya ratnavli) was used for shirodhara and Nasya karma on sixty patients in two groups for two months. The assessment was done on the criteria like hair fall, roughness, kasha sphutan, dandruff and microscopic examination of Hair root by KOH done. There was excellent result in both group and overall result of shirodhara was fine.

Keywords: KOH (Potassium hydroxide), Ayurveda, clinical, patient

INTRODUCTION

Ayurveda, the ancient system of medicine is not only a system of medicine rather the way of life as it is easily available, toxicity free and eco-friendly due to its holistic approach. It is one of the most comprehensive healing systems in the world, dealing integrally with body, mind and spirit. The concept of beauty (Soundarya) is gaining more and more attention globally and hair plays an important role in it. While, in 21st century with modernization in each and every walk of life, a person has neither time to think and act for healthy life nor to follow the proper Dinacharya especially (Moordha

Taila) nor Ritucharya. Hair loss is silent but devastating problem which may occur to a healthy person also. In Classical text of Ayurveda forty four types of Kshudra Rogas [1] has been described and khalitya [2] is one of them. It is a disease of scalp related with hair fall. In Ayurveda loss of hair is correlated with Indralupta [3] in Ksudra Roga mentioned in Sushruta Samhita. When vitiated Pitta Dosha along with Vat Dosha reaches in the Rom Kupa i.e. hair follicles, hair fall occurs and simultaneously Rakta and Kapha Dosha block the hair follicles, so that new hair does not grow this is called as Indralupta, Khalitya or Rujya. In Charak Samhita

Chikitsasthan Khalityas are mentioned along with *Palitya* and *Harikeshtsa*. When vitiated *Vata Dosha* along with *Tejodhatu* i.e. *Pitta Dosha* reach the place of hair, *Keshabhumi* and burns the root of hair it is called as *Khalitya* [4].

Telogen effluvium [5] (TE) is a condition where more than normal amounts of hair fall out. There is a general 'thinning' of the hair. Unlike some other hair and scalp conditions, the name "effluvium", this means an outflow. Effluvioms characteristically affect different phases of the hair growth cycle. At any time on a healthy human scalp, about 80% to 90% of the hair follicles are in growing stage. These active follicles are in what is called the Anagen phase. That leaves up to 10% to 20% percent of scalp hair follicles in a resting state called Telogen, when they don't produce any hair fiber. TE may begin at any age with a sudden increase in hair loss. In *Charka Samhita Nasya Karmas* [6] are said to have the property of treatment for hair fall if it is used properly. According to *Vagbhata Murdha Tail* have four varieties i.e. *Abhyang, Seka, Pichu and Basti* and they are told *Uttarotara Gun Prada* [7]. *Shirodhara* is the modification of *Seka* and it is usual method to be used today in the *Panchkarma*.

In *Bhaijaya Ratnavli Yastimadhwadi Tail* has been described for hair loss [8]. According to reference of *Bhaishajya ratnavali hindi tika* by of *Dr. Siddhi nandan Mishra. Yasashtimadhwadi tail* was prepared in *Rasa Shastra* department of Shubhdeep Ayurved Medical college and hospital (P.G.Institute).

This oil was prepared in cow milk and *Til taila* with the help of *Yashtimadhu and Amaalki*. All these drugs have *Kesyas* (beneficial to hair) properties that are why *Nasya Karma* as internal procedure and *Shirodhara* as an External procedure with *Yastimadhwadi tail* proved very helpful in hair fall.

AIM AND OBJECTIVE

1. To evaluate the efficacy of *Nasyakarma* in the management of *Khalitya* w.s.r. Telogen Effluvium.
2. To evaluate the efficacy of *Shirodhara* in the management of *Khalitya* w.s.r. Telogen Effluvium.
3. To compare the result of both the groups.

MATERIALS AND METHODS

60 patients of hair fall suffering from *Khalitya* attending the O. P. D & I. P. D, Department of *Panchkarma S. A. M. C & H*, Indore enrolled and examined clinically and pathologically and data of selected patients recorded in C.R.F.

INCLUSION CRITERIA

- 1) Patients of 16 to 50 year age group.
- 2) Patient of all sex, religion and occupation with complain of hair fall

EXCLUSION CRITERIA

- 1- Patient less than 16 and more than 50 year age.
- 2- Patient having hereditary history of baldness.
- 3-Patient having hair loss due to injury.
- 4-Patient suffering from systemic illness likes HIV, Diabetes Mellitus and taking Radiotherapy etc.
- 5-Drug induced hair fall.

GROUP A

Nasya with Yastimadhwadi Taila

Dose and duration of therapy As per *Ayurvedic text Snehan Nasya Madhyam matra 16* drops in each Nostril for 8 Weeks [9]

GROUP B

Shirodhara with yastimadhwadi taila

Dose and route of Administration -As per text and *dharayogam* [10]

RESEARCH METHODOLOGY

Study type: Interventional
Masking: Open comparative study
No of groups: 2

CRITERIA FOR ASSESSMENT

Hair fall	
No hair fall or absent	0
Mild hair fall(Hair fall on combing)	1
Moderate hair fall(Hair fall on washing)	2
Severe hair fall (Hair fall on mild pulling)	3
Roughness:	
Smooth Hair surface	0
Occasional Rough surface	1
Slight Rough surface	2
Very Rough surface	3
Splitting of hair ends	
No visible	0
Splitting ends visible with difficulty	1
Splitting ends visible easily	2
Fragility	
Absent	0
Fragile hair on slight pressure	1
Fragile hair on moderate pressure	2
Dandruff	
No dandruff or Absent	0
Dandruff seen on scalp only	1
Dandruff visible on scalp and hair	2

INVESTIGATIONS

1) Routine Hematological Investigation available in institute carried out to assess the patient and to exclude other

pathological conditions.

2) Microscopic examination (KOH test) of hair root and shaft done.

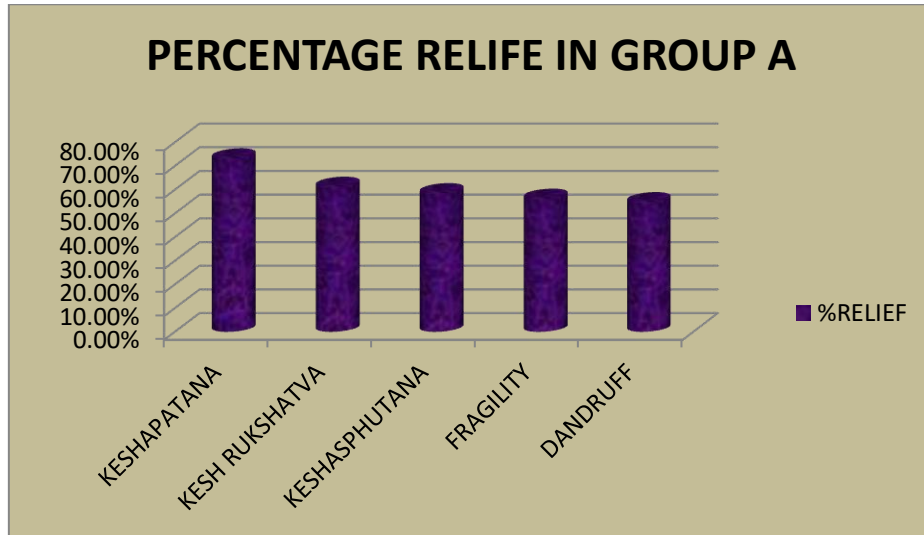
RESULT

Table 1: Showing the Effect of Therapy in Group A Patients (Nasya Karma)

SYMPTOMS	%RELIEF GROUP A	%RELIEF GROUP B
KESHAPATANA	72.97%	77.14%
KESH RUKSHATVA	61.03%	75.75%
KESHASPHU TANA	58.33%	70.83%
FRAGILITY	56%	70.83%
DANDRUFF	54.54%	66.66%
AVG.SCORE	60.54%	72.24%

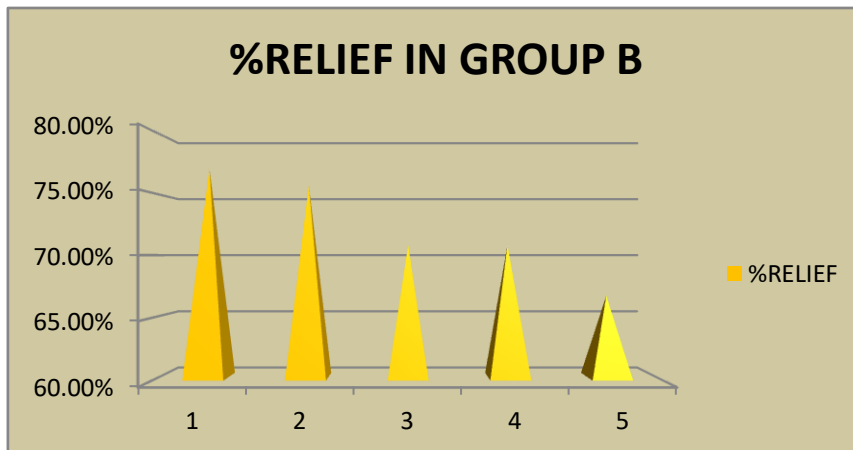
In group A, It was observed that overall percentage of relief was 60.54% .Effect on *Keshapatana* (hair fall), *keshrukshatva* (roughness of hair), *Keshasphutana* (Splitting of hair ends) fragility and dandruff was 72.97%, 61.03%, 58.33%,

56%, 54.54% respectively. Thus we can say that the effect of *Yashtimadhwadi tail nasya* on *Keshapatana* (hair fall), *keshrukshatva* (roughness of hair), fragility was fine while it was less effective on *Keshasphutana* and dandruff.



In group , It was observed that overall percentage of relief was 72.24% Effect on *Keshapatana* (hair fall), *keshrukshatva* (roughness of hair), *Keshasphutana* (Splitting of hair ends.) fragility and dandruff was 77.14% ,75.75%, 70.83%

,70.83%, 66.66% respectively. Thus we can say that the effect of *Yashtimadhwadi tail Shirodhara* on *Keshapatana* (hair fall), *keshrukshatva* (roughness of hair), fragility was very good while it was also very effective on *Keshasphutana* and dandruff.



DISCUSSION

Hair growth is complex phenomena and various endogenous substances like basic fibroblast growth factor, platelet derived growth factor, insulin like growth factor and parathyroid hormone and estrogen interact and hence for affect growth of hair .Recently a gene [11] named DSG4, which encodes protein for hair, has been discovered and it bears great impact on hair growth. Proper care should be taken in those months of pregnancy when hair growth initiates. Hormonal imbalance plays important role in hair fall. Stress induced by diseases, surgery

or emotional crisis disturbs the protein synthesis in hair follicle and as a result of it large numbers of hairs of Anagen phase enters in Telogen (dying) phase. Consequently massive hair loss is evident. In etiopathological study *Lavana, Katu* and *Kshara Pradhana Dravya, Guru, Snigdha* and *Ushna Guna, Raja* and *Atapa Sevana, Prajagarana, Divaswapa, chinta* and *Krodha* are the responsible etiopathological factors for the development of *Samprapti* of *Khalitya* [12].

In clinical study, *Shirodhara* of *Yastimadhwadi Taila* is effective in

subsiding the Vitiated *vata* and aggravated *pitta dosha*, Since *Yashtimadhwadi* oil contains *Aamalki* [13] which is *tridosha shamaka sheet virya* and *rasayana* in nature so it controls increased *pitta* and *vata dosha*. In the Same way *Yashtimadhu* [14] *Yashtimadhu* is *madhur rasa sheet verya* and *keshya* in nature. This oil also contains cow milk [15] which is *ojavardhaka*, *rasayana* in nature. In *Charak Samhita* is clearly indicated that oil is best thing to pacify *vata dosha* [16] so it is helpful in *vata saman*. When this oil is administrated by *nasya karma* procedure it reaches to *shringataka marma* it stops *kesha patna* (Hair fall), *kesharukshata*, *keshasphutana*. But it has less effect on symptoms like fragility and Dandruff (*darunaka*). On the other hand when this oil is given by *shirodhara* procedure it reduces hair fall, splitting of hairs, fragility, dandruff etc., it relieves stress and other mental conditions that disturbs the normal life of people. Though *shirodhara* is superficial procedure but due to covering larger area, and convenience it has better result than *nasya karma* with same drug.

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