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MANAGEMENT OF KHALITYA IN AYURVEDA- A CASE STUDY

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ABSTRACT-

Purpose- Khalitya is mainly a Pitta dominant Tridoshaja Vyadhi. In Ayurveda Khalitya means hair fall and it closely resembles to baldness or alopecia in modern science. In present era millions of people are suffering from hair fall. Prevalence of hair fall was found to be 60.3%, prevalence of dandruff was found to be 17.1% and the prevalence of baldness was found to be 50.4%. It is a universal problem affecting both sexes of all races. Khalitya has been described in Ayurveda under the heading of Kshudra Roga (minor disease) or Shiroroga (diseases of head & scalp). It is progressing disorder people living in sedentary life, stress induced hectic schedules along with indiscriminate dietary habits result in many disturbance and deficiencies in the body which directly reflect in loss of hair.

Method- This is single case study of 35 year old female suffering from excessive scalp hair fall along with itching on scalp and constipation (associated complaint) visited the OPD (Registration No- 1711022018) of Panchkarma, NIA, Jaipur. As per Ayurveda, this case was treated in the line of Khalitya. The whole treatment includes Takradhara, Nasya Karma with Madhuyashtyadi Taila for 14 days, along with Shamana Chikitsa. Assessment was done on the basis of symptoms.

Result- The therapy provided marked changes in the hair fall. The present study showed significant reduction in hair fall, itching on scalp etc. There were no adverse reactions, either reported or observed during the treatment period.

Conclusion- Based on the case study it can be concluded that Takradhara, Nasya Karma along with Shamana Chikitsa is effective in the management of Khalitya (hair fall).

Keywords - Khalitya, Takradhara, Nasya

INTRODUCTION-

Concept of beauty (*Saundarya*) is gaining more and more attention globally and hair plays an important role in and it has been said that hair is a barometer of one's beauty¹. In this advanced modernized era, the human are gifted with lot of sophistication, luxuries but at the same time left with sedentary life style, stress induced hectic schedules along with faulty dietary habits. These all habits influences the homeostasis of the body and many other health problems, hair fall is one of them. Problem of falling of hair is progressively increasing in society affecting the quality of life. In

Ayurveda Khalitya means hair fall and it closely resembles to baldness or alopecia in modern science. Millions of people are suffering from hair fall and the prevalence of hair fall found to be 60.3%, prevalence of dandruff was found to be 17.1% and the prevalence of baldness was found to be 50.4%². It is a universal problem affecting both sexes of all races³. Hair fall has been described in almost all the *Ayurvedic* literatures as *Khalitya*. It has been included in *Shiroroga* by *Acharya Charaka* and *Ashtanga hridaya*⁴. *Khalitya* is mainly a *Pitta* dominant *Tridoshaja Vyadhi*⁵ where *Tejas Mahabhoota* combining with *Vatadi Dosha* reaches the *Shira Kapala* and cause hair fall by

Dahana of *Roma Koopa* (hair follicles)⁶. *Indralupta* and *Ruhyam* these are 2 words which is also described in *Ayurveda* as a symptom of Hair fall⁷. According to *Acharya Charaka*, the *Tejas Dhatu* (heat) of the body in association with *Vayu* and other *Dosha*, scorches up the hair-root (scalp) giving instantaneous rise to *Indralupta* (alopecia). According to *Acharya Kartika*, falling of hair from all over the body is called *Ruhyam*. There are some differences between *Khalitya* & *Indralupta*. In *Khalitya*, hair loss is gradual and generalised over the scalp but hair is lost suddenly and patch by patch in *Indralupta*⁸.

According to modern science hair fall is one of the main symptoms which indicate many pathological conditions. It may occur due to hormonal disturbance. In *Ayurveda* there is no clear description about the causative factors of *Khalitya* except *Acharya Charaka* and *Vagbhata* who has mentioned the major factors as follows- *Pitta Prakarti*, *Ksharaatisevan*, *Lavanrasa Atisevan*, *Ushar Bhoomi*, *Viruddha Aharasevan*⁹, ignorance of *Pratishyaya*¹⁰, take of *Lavan* during pregnancy would be result in congenital hair loss (*Khalitya*)¹¹. *Acharya Vagbhata* has mentioned *Shiroroga* under the caption of *Urdhvajatrugata Vyadhi* and these are further divided into 9 *Kapalagata Vyadhi*, *Khalitya* being one of them¹². There is no separate description about causative factor of *Khalitya* but the general etiological factor of *Shiroroga* can be considered as that *Khalitya Nidana*.

Hair fall changes the outer look of a person, which becomes embarrassing and more conscious and is being forced to undergo various and more expensive treatment like hair transplant in modern science. Different types of steroids are being prescribed for the

Personal history- [Table no.1]

Diet	Vegetarian
Appetite	Good
Micturition	5-6 times/day and 0-1 time/night
Sleep	Sound rarely disturbed
Bowel habit	irregular
addiction	Not any

Astavidha Pariksha - [Table no.2]

management of hair fall continuous and long term of which is having various adverse effects. In such a scenario there is a need for the efficient management of hair fall in a natural way without leading to further adverse effects. *Ayurveda* classics explain different modality for the management of *Khalitya* (hair fall). *Pitta* is the *Pradhana Doshas* contributing to *Khalitya* (hair fall). *Ayurveda* advocates some fruitful *Panchakarma* therapies like *Takradhara* and *Nasya Karma*. Hence an effort has been made to evaluate the efficacy of *Takradhara* and *Nasya Karma* along with *Shamana Chikitsa* (Internal medicine) in the management of the *Khalitya* (hair fall).

CASE REPORT

This is single case study of 35 year old female suffering from excessive scalp hair fall along with itching on scalp) since 1year, visited the OPD (Registration No- 1711022018) of *Panchakarma*, NIA, Jaipur.

History of present illness- A 35 year old female experienced itching of scalp 13 year back. After few months, she suffered from hair fall. Gradually she developed excessive hair loss of scalp like baldness. She was under mental stress due to hair loss. She had undergone allopathic treatment but that provide her only temporary relief. With this complains, patient approached the NIA, jaipur.

History of past illness- there was no relevant past history.

Family history- No member of the family had history of such illness.

<i>Nadi</i>	74bpm
<i>Mutra</i>	<i>Samyaka</i>
<i>Mala</i>	<i>Sama</i>
<i>Jivha</i>	<i>Nirama</i>
<i>Shabda</i>	<i>Spasta</i>
<i>Sparsha</i>	<i>Samshitoshna</i>
<i>Drik</i>	<i>Spasta</i>
<i>Akriti</i>	<i>Madhyam</i>

Systemic examination- [Table no.3]

Blood Pressure	126/80
Temperature	A febrile
Pulse	74/bpm
Respiratory Rate	18/min.
Weight	62 kg
Height	5'3''
Sleep	Sound
Gait	Normal
Oedema	Absent

Investigation-Hematological investigation of the patient was within normal limits. The case was diagnosed *Khalitya* (Hair fall) on the basis of sign and symptoms. Patient was treated at OPD level of *Panchkarma* department of NIA. The treatment was given according to *Ayurveda* principles.

Intervention- *Takradhara* and *Nasya Karma* along with the *Shamana Chikitsa* was given to the patient.

Shodhana Chikitsa- [Table no.4]

S.No	Procedure	Drug	Dose	Time
1.	<i>Takradhara</i>	<i>Takra+</i> <i>Churna+</i> <i>Churna</i>	<i>Amalaki</i> <i>Vidanga</i>	1-1.5 litre For 14 days at the morning time
2.	<i>Nasya</i>	<i>Madhuyashtyadi Taila</i>	4 drop each nostril	For 14 days at the morning time

Shamana Chikitsa- [Table no.5]

S. No.	Date of start	Drug	Dose	Frequency
1.	11/2/2019	<i>Amalaki Churna</i>	2gm	BD after meal
		<i>Bhrangaraj Churna</i>	2gm	
		<i>Yastimadhu Churna</i>	2gm	
2.		<i>Bhrangaraj Asava</i>	1 tsf	BD after meal
3.		<i>Neelibrangyadi Taila</i>		For local application
4.		Rich Health Nutra	1cap	OD after meal

Follow up of the patient was done after 1 month of completion of procedure.

Assessment-

Assessment was done after the completion of procedure and after the follow up. Both subjective as well as clinical improvements were employed for the assessment of the impact of the procedure. All symptoms which were selected for assessment, their improvements were thoroughly examined and the severity of each of them was rated before and after the trial of the procedure. Grading was done for the assessment [Table no. 6], [Table no 7]

Subjective criteria-*Keshpata* (hairfall)- [Table no. 6]

1.	No hair fall	0
2.	Hair fall once in the morning while washing/ combing	1
3.	Hair fall on every time of morning	2
4.	Hair fall even without combing and raised hairline in frontal region (mild baldness)	3

Keshbhoomi Rukshata (Roughness)- [Table no. 7]

1.	Smooth hair surface	0
2.	Occasional rough hair surface	1
3.	Slight rough hair surface	2
4.	Rough hair surface	3

Keshbhoomi Kandu (itching)- [Table no. 8]

1.	Absent	0
2.	Mild itching	1
3.	Moderate itching	2
4.	Severe itching	3

Darunaka (Dandruff)- [Table no. 9]

1.	Absent	0
2.	Mild	1
3.	Moderate	2
4.	Severe	3

Simple pull test- [Table no 10]

<2 hair	0
2-4 hair	1
4-6 hair	2
6-8 hair	3

Overall assessment- [Table no 11]

S.No	Symptoms	BT	AT	After follow up
1.	<i>Keshpata</i> (hairfall)	3	1	2
2.	<i>Keshbhoomi Rukshata</i> (Roughness)	3	2	2
3.	<i>Keshbhoomi Kandu</i> (itching)	2	1	1
4.	<i>Darunaka</i> (Dandruff)	0	0	0
5.	Pull test	3	1	1

Figure No.1



Before treatment



After treatment

DISCUSSION-

Following treatment of *Khalitya* are described by different *Acharya* in our text. *Acharya Charaka*

mentioned that the patient of *Khalitya* should be treated by *Nasya*, *Shiroabhyanga* and *Pralepa* on the head and face along with *Shodhana Chikitsa*¹³. *Acharya Sushruta* has also mentioned about *Pradhamana Nasya* in the management of *Khalitya*¹⁴. *Acharya Vagbhata* mentioned that after the *Shodhana* of *Dosha*, the treatment which is mentioned in *Indralupta* and *Palitya*, should be done in *Khalitya*. In present study *Takradhara* and *Nasya Karma* with *Madhuyashtyadi Taila* along with *Shamana Chikitsa* was a good choice of treatment modality for *Khalitya*.

Probable mode of action of Takradhara- Shirodhara is a form of *Ayurveda* therapy that involves gently pouring warm liquids over the forehead. There are various form of *Shirodhara* such as *Tailadhara*, *Takradhara*, *Ksheeradhara*, *Jaladhara* and *Kvathadhara*. The aim of this study was to treat *Khalitya* (hair fall) in natural way with administration of medicine with some special modification. Here we have been used *Takra* as a main content for *Shirodhara* in place of oil hence we called as *Takradhara*. The drugs used along with *Takradhara* (*Amalaki*, *Vidanga*) have *Vata*, *Pitta Shamaka* property which are not only reduces mental stress and tension but also enhance the circulation of brain, improves memory, nourishes the hair on scalp and help to reduce hair fall. When *Takra* is poured in a continuous stream over forehead it might communicate with the deepest recesses of the brain soothing the *Marma*. *Takradhara* stimulates some *Marma* like *Shankha*, *Sthapni*, *Apanga* etc. and improves blood circulation in the brain.

Probable mode of action of Nasya Karma- *Nasya* is mainly indicated to cure the diseases affecting as well as strengthen the supra-clavicle part of the body such as head and sense organs because nostril is considered as route of head “*Nasa hi sirso dwaram*”. *Yashtimadhu*, *Amalki*, *Godugdha* and *Tila Taila* are the contained of *Madhuyashtyadi Taila* which having the *Rasayana*, *Keshavridhikara*, *Kriminashaka*, *Balya Varnya*, *Kandughhna*, and *Vyasthapana* properties.

Probable mode of action of Shamana Chikitsa- *Neelibrangyadi Tail* used as a local application over head which has *Keshya* and *Rasayana* properties. This oil also enhances the nutritive beneficial effect on the

hair. The *Neelibrangyadi Taila* is likely to stimulate the anagen phase (growth phase) and re-growth of hairs and this purpose is achieved by local application of oil over head due to deeper absorption. The combination of *Amalaki*, *Bhrangaraj* and *Yashtimadhu* work as a *Rasayana* which help in *Keshavridhhi* and rejuvenation. These drugs are possessing *Tridoshhara* property, *Agnideepana*, *Krimihara* action. There by promoting hair growth along with overall wellness of the body.

CONCLUSION

On the basis of single case study it can be conclude that *Takradhara* and *Nasya* along with *Shamana Chikitsa* are effective in the management of *Khalitya* (hair fall).

Conflicts of Interest: Not any

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