CONCEPTUAL STUDY OF PANCHATIKTAKSHEERBASTI IN MANAGEMENT OF KHALITYA
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ABSTRACT
Hair plays an important role in making body externally beautiful. Healthy and good looking long hair makes a person mentally enthusiastic and healthy. But in modern era due to extremely busy schedule, pollution and unhealthy diet, hair fall i.e. “Khalitya” (Hair fall) is increasing day by day, and main victims who are facing this problem are youngsters. Aim of this study is “study of efficacy of Panchatiktaksheerbasti in Khalitya”. Tikta Rasa is dominantly made by Aakash and Vayu Mahabhuta. Which is similar to Asthi Dhatu. It has tendency to get Basti up to the Strotasas made by Aakash and Vayu Mahabhum. Ksheera and Ghrita are known to have Balya and Rasayna effect on the body.
KEY WORD: Khalitya, Basti, Panchatiktaksheerbasti, hair loss

INTRODUCTION
Ayurveda is one of the most ancient sciences of the world. It describes the basic and applied aspect of life process, health, disease and its management of in term of its own principles and approaches. There is no doubt that, the world of now a days is full of glamour and glory. Thus the concept of beauty is gaining more and more attention globally, among which hair is an important one. Beautiful, healthy and attractive hairs of the scalp add plus factor to the personality. In the fast world of today there is a race for cosmetics, changed life style or more specifically westernized culture. Indifferent dietary habits have made the hairs either grey at prematurity or to fall down. Allopathy has no appropriate answer to this problem. Different types of oils, shampoo, soaps, pharmaceutical propaganda to promote growth of hairs had made the condition worse. But when we look at ayurveda, it has explained various treatment modalities. In ayurveda falling of hair is termed as Khalitya. And kesha is Mala of asthi dhatu according to Charak¹. And updhatu of Mjja dhatu. As vayu and asthi complies with Ashraya-aashrayi sambhandha ². Vitiated vata diminishes the function of Asthi. In khalitya there is dushti of Vata and Pitta dosha..As Basti mainly works on vata .It breaks down the samprapti by diminishing symptoms occurred due to vata.

Based on this background Panchatiktaksheerbasti was evaluated in management of Khalitya with the objectives of :-
• To study the concept of Panchatiktaksheerbasti in management of Khalitya
To study in detail about the lakshanas of Khalitya from various Samhitas,

To study in details about Panchatiktaksheerbasti.

MATERIALS & METHODS –

All the references regarding Khalitya and Panchatiktaksheerbasti are collected from Bruhattrayee and Laghutrayee and various text books and compilation is done.

Concept of Basti Khalitya and Panchatiktaksheerbasti studied in details.

Collection of all the references is done and correlation between the data is done logically i.e. by using Yukti Praman.

Review of disease: Khalitya is taken under Shiroroga, Shirokapala gata vyadhi, Kshudraroga.

Nidan (Etiology): used in excess Lavana rasa, it leads to vitiation of Pitta and aggravation of Rakta, leading to Khalitya and other diseases.3 Hair fall may occurrence due to kshya of Asthi Dhatu.4 In Pitta Prakruti people due to Ushna Guna of Pitta.5 Adulterated oils, local oils are used for head massage.6 Anemic condition7 Purva Rupa (Premonitory signs): No specific Purvarupa has been mentioned for Khalitya in the classical texts.

Rupa (Symptoms): There are no definite lakshanas mentioned as regards to the disease Khalitya in the classical treatises. The cardinal symptom of Khalitya is gradual loss of hair.

Samprapti (Pathogenesis): Charaka stated regarding the Samprapthi of the disease Khalitya that it occurs when tejas or vrudha Pitta along with vrudha Vatadi Dosha’s move to the Kesha bhumi (hair root) and burns out the hair follicle.5 This condition is termed as Khalitya. Whereas Acharya Sushruta opines regarding Samprapti of Khalitya that the Roma kupa gata / Keshamulagata viirates Pitta along with vitiated Vata leads to dislodgement or withering of the hair from the hair roots. Further in the Samprapti, vitated Sleshma along with Rakta will cover the hair root area and creates Avaroda to the hair root, which results in no further hair growth from that place. The author of Ashtanga hrudaya and Madhav Nidan describe the Samprapti of Khalitya in similar words as Acharya Sushruta.

DISCUSSION:
The Amshamsa kalpana of Doshas responsible for the formation of the Disease are because of the Nidanas responsible for the causation of Khalitya. The Ushna & Teekshna Guna of Pitta increases, While the Ruksha Guna of Vata leads to Dryness in the scalp, Vikshepna Guna of Vata leads to Kesh Bhangal Chyuti. Later the Ghana, Guru, Sthira Gunas of Kapha influences the Rakta & leads to Avarodha or Sanga in the Romakupas. Manas Hetu plays very important role in arising Khalitya, because of Chinta Shok, Krodha, Bhaya all these are responsible to increase Vata and Pitta Dosas. In Khalitya mainly Rasa, Rakta, Mamsa, Asthi Dushyas are involved. In present study we can use panchatiktaksheera basti for Khalitya.

CONCLUSION:

- Effect of Panchatiktaksheer Vasti having Samshodhan effect.
- Panchatiktaksheer Vasti provide result in Khalitya.
- Thus Panchatiktaksheer Vasti can be effectively used in Khalitya.

REFERENCES

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