

## 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 Mahabhut*. *Ksheera* and *Ghritha* 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 Charak<sup>1</sup>. And updhatu of Mjja dhatu. As vayu and asthi complies with Ashraya-aashrayi sambhandha<sup>2</sup>. Vitiated vata diminishes the function of Asthi. In *khalitya* there is dush-ti of Vata and Pitta dosha..As *Basti* mainly works on vata .It breaks down the sam-prapti 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 *Bruhatrayee* 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 Pramaana*.

**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.<sup>3</sup> Hair fall may occur due to *kshya* of *Asthi Dhatu*.<sup>4</sup> In *Pitta Prakruti* people due to *Ushna Guna* of *Pitta*.<sup>5</sup> Adulterated oils, local oils are used for head massage.<sup>6</sup> Anemic condition<sup>7</sup>

**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 Doshas* move to the *Kesha bhumi* (hair root) and burns out the hair follicle.<sup>8</sup> This condition is termed as *Khalitya*. Whereas *Acharya Sushruta* opines regarding *Sam-*

*prapti* of *Khalitya* that the *Roma kupa gata / Keshamulagata* vitiated *Pitta* along with vitiated *Vata* leads to dislodgement or withering of the hair from the hair roots. Further in the *Samprapti*, vitiated *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 *Amshamsha kalpana* of *Doshas* responsible for the formation of the Disease are because of the *Nidan* 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, *Vikshepana Guna* of *Vaat* leads to *Kesh Bhanga/ 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 Doshas*. 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*.

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