

STUDY OF EFFICACY OF VIRECHANA KARMA BY ABHAYADI MODAKA IN KHALITYA (A PILOT STUDY)

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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 was to observe effect of *Virechana Karma* in *Khalitya* using *Abhyadi Modak*. Even though *Abhayadi Modak* is indicated in *Palitya*; it is used for *Khalitya*, as the *Samprapti* of *Khalitya* and *Palitya* is same. Due to *Adhobhagahara Prabhava*, it facilitates the *Virechana Karma* and the *Virechana Karma* helps *Vatanuloman*, *KaphaShodhan* and reduces *Ushanta* of *Pitta*. Total 10 patients of *Khalitya* were selected from the OPD of *Panchakarma*, BVDU Ayurved hospital Pune. *Khalitya* has '*Pitta Pradhan Samprapti*' with involvement of *Vayu* and *Kapha*. *Virechana Karma* is most suitable for the disease which is elevated by *Pitta*. This process is also useful for elimination of *Vata* along with *Kapha Dosha*. In the present study; *Abhayadi Modak* was given for *Virechana*. A suitable Gradation for *Khalitya* was given and recoded in case paper. The result was assessed on the basis of reduction of Hair fall. The result obtained after treatment was statistically significant by applying Wilcoxon Signed rank Statistic 'W' test. *Virechana Karma* showed reduction in hair fall with reduction in *Darunak*. According to *Khalitya* different doses of *Abhayadi Modak* were applicable in the range of 375 -1000mg.

Keyword:-*Khalitya, Virechana karma, Abhayadimodak.*

INTRODUCTION

There is more super specialty in the modern world; beauty and external appearance take precedence over sober and intellectual achievements. To appear reasonably dignified, beautiful or handsome is the dream of every individual. It is in this regard, the status of hair plays a very important role. To maintain healthy hair is absolutely essential to create a picture of overall health. But Increases industrialization and urbanization has posed greater danger due to pollution, contamination of water, air and due to other intrinsic factors.

Hence there is definite increase in the incidence of *Khalitya*. Stress induced hectic and unhealthy schedules results in many health problems like loss of hair. It also affects the beauty of the person.

Ushna, Tikshna gunas *Vidahi* ahar leads to *Pittaprakopa*. *Ratrijagrana* leads to *Vata prakopa*, *Tejas* (heat) of the body in association with *Prakupita Vayu* and other *Doshas* scorches up the hair root (scalp) giving instantaneous rise to *Khalitya* in people.

Acharya Charak has mentioned many Treatment modalities for cure of the *Khalitya*, first line of Treatment is *Shodhan* Therapy As *Samprapti* of *Khalitya* is *Pitta* Pradhan, *Virechana karma* is most suitable *Shodhan* for the disease which elevates by *Pitta*. This process is useful for elimination of *Pitta Dosha* along with *Kapha* and *Vata*. For the present study *Abhayadi Modak* was selected as a *Virechak Dravya* as it has got *Virechaka* property & direct reference is available for its use in *Palitya* in *Sharangadhara Samhita*.

Khalitya (Hair fall) is one of the major illness of the present generation. There are various external treatments like application of oil are available but There is a need to find out efficient ayurvedic Panchakarma modality for the treatment of *Khalitya* and Prevent its recurrence. Hence clinical study of efficacy of *Virechana karma* by *Abhayadi modak* in *Khalitya* was undertaken.

2. Aim and objectives:-

Aim: - Effect of *Virechana Karma* in *Khalitya* using *Abhayadi Modaka*.

Objectives:

- To analyze the relation between Swarup of *Kesha* and *Khalitya* with *Prakruti*.
- Estimation of dose of *Abhayadi Modaka* according to *Koshtha*.
- To analyze reduction in *Khalitya* (Hair fall) lakshanas.

3. Materials & Methods:

Total 10 patients of *Khalitya* were registered on OPD of Panchakarma Department BVDU Pune. These registered patients were properly informed regarding the procedure they would undergo and were admitted in the hospital indoor ward and were treated under direct supervision. *Abhayadi Modaka* was purchased from Zandu pharmaceuticals company taking

reference of *Sarangdhar samhita* and Authentication certificate was taken. (Batch no- CA0018)

3.1 Inclusion and Exclusion Criteria

a. Inclusion criteria:-

- Patients with the symptom of *Khalitya* i.e. more than 20 hair fall counted in the morning in one time combing.
- Patients between the age group of 18-40 years irrespective of Gender.
- Patients who are indicated for *Virechana Karma*.

b. Exclusion criteria:-

- Patients who have *Khalitya* due to other conditions like genetic disorder, radio therapy, chemo therapy, after pregnancy are excluded.
- Patients who have any abnormality in anal region like *Arsha*, *Parikartika*, *Bhagandar*.

3.2 Standard Operative Procedure of Virechana

Purva Karma (Preoperative Procedure) – *Deepan Pachan-Hingvashtak Churn* 500 mg with luke warm water in before food (Depending on *Koshtha* and *Prakruti* till *Niramvastha*) *Internal oiliness* was done by administration of pure cow's ghee given in a single dose in the morning on empty stomach with warm water for 3 to 7 days depending upon the *Koshtha* & appearance of *Samyak Snigdha Lakshan* with initial dose of 25 ml. after getting *Samyak Snigdha Lakshana*. Patients were subjected to *Abhyanga* with *Till Taila* and *Bashpa Sweda* (fomentation) for two days & in the morning prior to *Virechan Karma*.

Virechana Karma- Abhayadi modak was given with normal water according to *Koshtha*. Number of *Vegas* were counted till the symptoms of *Samyaka Virechana* (symptoms of proper purgation like stopping of purgation on its own, passing

of stool with mucus in the last one or two motions, feeling of lightness in the body, and later improvement in sign and symptoms of the disease) appeared.

Paschat Karma-After getting *Samyaka Virechana Lakshanas* Patients were advised *Samsarjan Krama* depending upon the *Shuddhi*.

4. Assessment criteria: Subjective - occurrence of hair fall. Objective – Feedback of the patient opinion regarding the hair fall before and after the treatment was collected. The assessment of hair fall was counted in the morning while combing.

Hair Fall–

1. Grade 0: Normal or number of hair fall < 20.

2. Grade 1: Mild or number of hair fall 21- 40.

3. Grade 2: Moderate or number of hair fall 41 -60.

4. Grade 3: Severe or number of hair fall > 60

5. Observation & Results : After completion of *Virechan Karma & Samsarjan Krama*, there was no internal medication till 2nd follow up (30 days). *Khalitya Lakshanas* were evaluated only by *Virechan Karma*.

Table 1:-Distribution of Patients according to Gradation of Khalitya before treatment, after treatment and the follow up day

Grade	No. of Patients(BT)	No. of Patients(AT)	1 st Follow up	2 nd Follow up
Grade 0	0	4	6	6
Grade 1	4	6	4	4
Grade 2	4	0	0	0
Grade 3	2	0	0	0

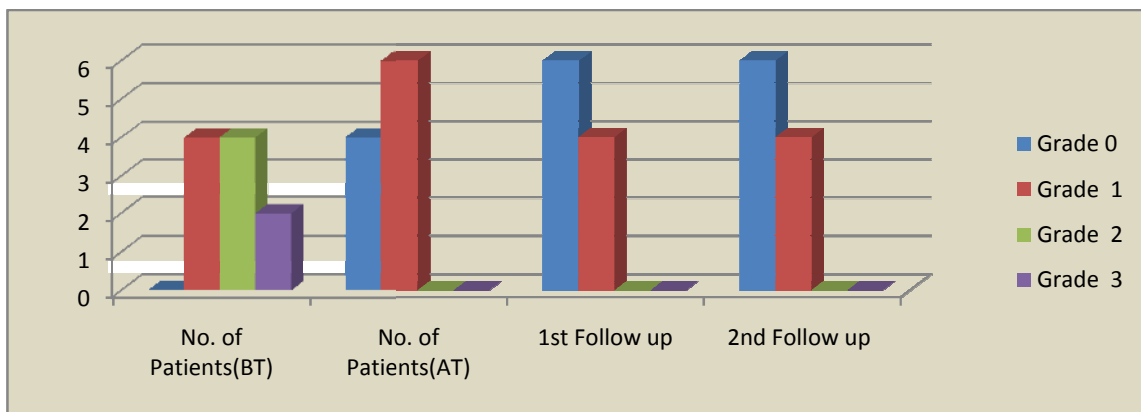


Figure 1:-Distribution of Patients according to Gradation of Khalitya before treatment, after treatment and the follow up day

6. Statistical Analysis:-

Table 2:- Statistical Analysis between before treatment and after treatment

Khalitya	Median		P-Value	Result
	Before Treatment	After Treatment		
	2	1	0.0039	Significant

Using Wilcoxon Signed Rank Test, P-Value is < 0.05 hence it is concluded that,

effect observed after treatment is significant. Median Value is significantly re-

duced from 2 to 1 after treatment.

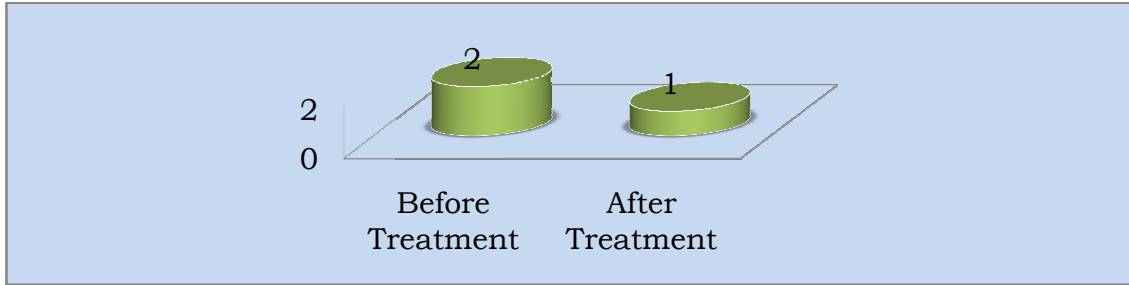


Fig 2:- Statistical Analysis between before treatment and after treatment

Table 3:- Statistical Analysis between before treatment and first follow up

Khalitya	Median		P-Value	Result
	Before Treatment	First Follow Up		
	2	0	0.002	Significant

Using Wilcoxon Signed Rank Test, P-Value is < 0.05 hence it is concluded that, effect observed after treatment is signifi-

cant. Median Value is significantly reduced from 2 to 0 at first follow up.

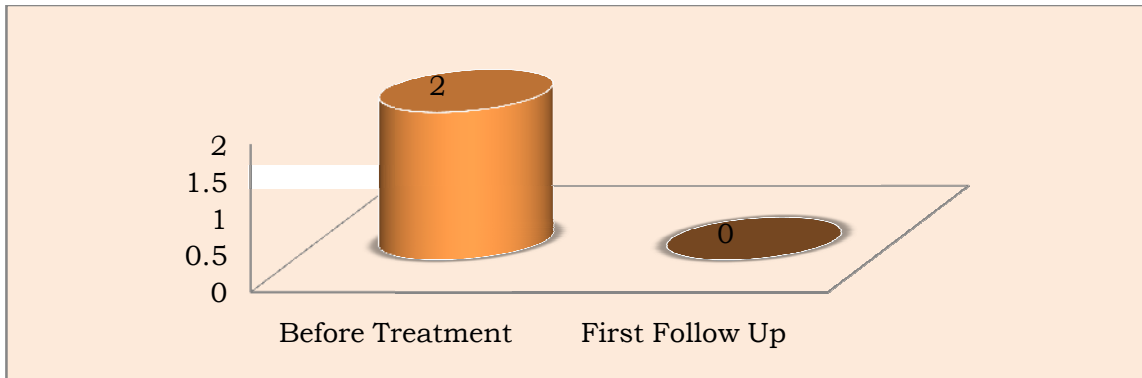


Fig 3:- Statistical Analysis between before treatment and first follow up

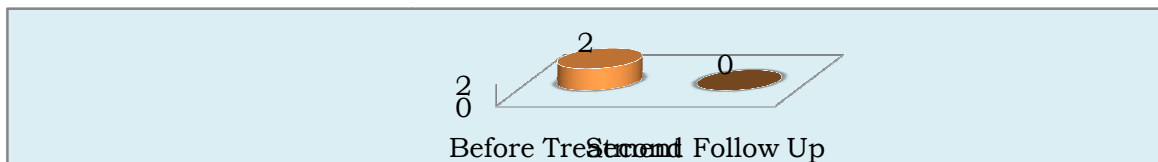
Table 4:- Statistical Analysis between before treatment and second follow up

Khalitya	Median		P-Value	Result
	Before Treatment	Second Follow Up		
	2	0	0.0039	Significant

Using Wilcoxon Signed Rank Test, P-Value is < 0.05 hence it is concluded that, effect observed after treatment is signifi-

cant. Median Value is significantly reduced from 2 to 0 after treatment.

Fig 4:- Statistical Analysis between before treatment and second follow up



DISCUSSION

The *Amshamsha 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, *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* Dosas. In *Khalitya* mainly *Rasa, Rakta, Mamsa, Asthi Dushyas* are involved. In present study we can use *Virechan Karma* as a *Shodhan* procedure for *Khalitya*. *Virechana Karma* is a specific process for elimination of *Pitta Dosha* and is specially indicated for *Pitta Doshas, Pitta predominant Doshas, Pitta* connected with *Kapha & Vata & Kapha Dosha* which is situated in *Pitta Sthana*. Thus the scope of *Virechana* Therapy is wider amongst all the Therapies of *Panchakarma*. *Virechana* by eliminating *Pitta* of *Amashay* eradicates vitiated *Pittas* and by the subsidence of *Amashayastha Pitta* all the *Pittas* get themselves subsided. *Pitta* and *Rakta* have *Aashray-aashrayi bhava* hence *Virechana* is also effective treatment in *Rakta dushti avastha*. According to *Acharyas* by *Virechana Karma* *bala of Indriyas* increases & *Buddhi prasdana* takes place. Hence this process can be helpful in *Khalitya* present due to *Mansik hetus*. *Virechana Karma* can help for *Vatanuloman, Pitta & Kapha Shodhan*. *Virechana* is mentioned as a *Shodhana* in *Dushti of Rasa, Rakta, Mamsa, Asthi, Majja* and *Shukra Dhatu*. Hence in majority of

the *Dhatupradoshaja Vikaras, Virechana* is the better option.

Abhayadi Modak is used as a *Virechak dravya* in present study. Even though *Abhayadi Modak* is prescribed in *Palitya*, it can be used in *Khalitya* also, as the *Samprapti* of *Khalitya* and *Palitya* is same. *Virya* of *Abhayadi Modak* goes to *Hridya* and Spreads through *Dhamani* into the whole body. In *Abhayadi Modak Haritaki, Amlaki* is *Anulomak*, *Danti* is *Tikshna Virechak*, *Trivrut* has *Virechak Prabhav*, *Pippli* is *Pitta Virechak* and *Marich* has *Pramathi* property. Along with *Pitta Rechan*, *Kapha Samshodhan* and *Vatanuloman* take place. *Abhayadi Modak* is *Katu Rasa, Teekshna Guna* and *Ushna Virya* with *Katu vipak*. *Doshas* go towards *Koshtha* from the *Shakha* because of *Vishyandan* and *Vichhedana* of the *Doshas*, *Dosha* expel out through anal route (*Gudamarga*) as *Virechak Dravyas* have *Jala, Pruthvi Mahabhut Pradhanya* and have *Adhobhaghara prabhav*. After expelment of *Doshas Ushnata* and *Rukshta* Decreases, *Kapha Avrodha* decreases and Correction of *Rasa, Rakta, Asthi vaha Srotas* results Decreases in Hair fall Lakshanas.

CONCLUSION:

- Reduction in *Khalitya* was found by *Virechana* along with *Abhayadi modak*
- According to *Koshtha* different doses of *Abhayadi Modaka* can be suggested as for *Mrudu Koshtha* 541.66 mg, *Madhyam Koshtha* 750 mg, *Krura Koshtha* 812.5 mg.
- It was observed that gradation of *Khalitya* has no correlation between *Swarup* of *Kesha* and *Khalitya* with *Prakruti*.
- With the reduction of *Khalitya* associated Symptoms were also relieved promisingly.

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