

TO STUDY THE EFFECTS OF SHIROBHYANGA IN KESHPATAN [HAIRLOSS]**Dr.Bharati S.Kanoj**Associate Professor, Dept. of Sanskrit Samhita , Siddhant, Tilak Ayurved Mahavidyalaya,
Pune, Maharashtra, India**ABSTRACT**

Keshpatan is the symptoms seen in most of healthy and unhealthy people facing today. Improper dietetic and behavioral regimen causes vitiation of *Doshas* thus leading to hair disorders like hairloss. Various lotions, Creams, oils are being tried expecting some benefits but many of them do not work up to the mark and very expensive.

According to our classics, it is clearly stated that *Shirobhyanga* in *keshpatan*. *Charak* also states supremacy of *Tila tail*. So to observe the effects of *shirobhyanga* by *tila tail* in *keshpatan* the title is entitled. And to prove the usefulness of *Ayurveda* is common man. Clinical trial was carried out in 100 people. *Tila tail Shirobhyanga* was advised for 2 months. follow ups was taken after every 15 days and observations and statistics had been made by scoring status of symptoms like Hair fall, Lustre, Brittleness, Oiliness, Bifurcation and test like Hair pull test, Hair count test was done.

Keywords: *Keshpatan* , *Shirobhyanga* , *Tila tail* , *Doshas*.

INTRODUCTION:

Ayurveda is immortal medical science. It written several thousand years ago proves its efficacy also in the modern world. Everyone who wants to like a long and healthy life is expected to follow the rules of conduct which are given as in “*Dincharya*” Upakarma. *Shirobhyanga* is part of *Dincharya* upakarma one should massage oil over head daily. In Ayurvedic texts preventive and curative measures of *Keshpatan*(Hairloss) was described in glance. *Vatadosha* is predominant in tactile sense organs which is located in skin. *Keshpatan* is due to vitiated *vatadosha* along with *pitta* at the site of *Romakupa* giving rise to symptoms of hair loss. Improper food and behavioral habit causes vitiation of

doshas thus leading the symptoms of hair-loss. In *charak samhita* benefits of *shirobhyanga* stated it gives strength to *shir* and *kapal*, *Drudhata* to *keshmula* and *Dirghata* of *kesha*. *Tila tail* having property i.e. *Twacha*, *Keshya*, *Balya*, *vataghna* so *Tila tail* is taken for *Shirobhyanga*.

AIMS AND OBJECTIVES:

1. To study *Shirobhyanga*.
2. To study the symptom *Keshpatan*.
3. To study the effects of *Tila tail Shirobhyanga* in *keshpatan*. (Hair loss).

MATERIAL AND METHOD:

1. Clinical trial was carried out in 100 prakrut persons having symptoms of *keshpatan*.
2. History of all the participants collected in a special proforma.

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3. *Tila tail shirobhyanga* was advised for 2 months and follow up was taken after 15 days interval.
 4. *Tila tail* was purchased from local market and standardization was done.
 5. Quantity of oil for massage is 5-10 ml for each application/day at night.
 6. Duration of head massage -10 min according to *sushrut* time required for oil to penetrate and reach to hair follicles is 300 matra i.e. 95 seconds.
 7. The observations were noted from time to time of every user.
- Inclusive Criteria:** 100 prakrut persons having symptoms of *Keshpatan*. Irrespective of age, sex, occupation, class. Age between 20-40yrs. with following symptoms

Symptom	Mean		S.D.		S.E.		Median	
	B.T.	A.T.	B.T.	A.T.	B.T.	A.T.	B.T.	A.T.
Hairloss	1.74	0.16	1.160	0.465	0.116	0.046	2	0
Hair Pull test	1.79	0.43	1.017	0.624	0.101	0.62	2	0
Hair Count Test	1.91	0.34	1.006	0.607	0.100	0.060	2	0
Oilyness	1.59	1.74	0.740	0.860	0.074	0.086	1	0.5
Brittleness	0.03	0	0.171	0	0.017	0	0	0
Bifurcation	0.47	0.07	0.641	0.256	0.064	0.025	0	0
Lustre	0.06	0.04	0.239	0.197	0.238	0.019	0	0

Observed: hair fall, luster, Brittleness, oiliness, bifurcation, hair pull test, hair count test

Exclusive Criteria:

1. As per *Ashtanghridya* contraindication of *Abhyanga*.
2. The person suffering from other hair diseases.
3. Age below 20yrs. and above 40 yrs.

CLINICAL ASSESMENT: All the symptoms were assessed using scoring pattern.

Score	Status
1.	Severe degree
2.	Moderate
3.	Mild
4.	Absence of symptom.

OBSERVATION, ANALYSIS:

DISCUSSION:

In present era due to improper regimen and environmental pollution many hair disorders are outbreaking. *Keshpatan* is the commonest symptom now-a-days the young generation faces. Hence, to find out wonderful relief from *Keshpatan* is the need of time, which inspires the selection of topic. *Vayu* is predominant in tactile sense organ which is located in skin and oil application

is most beneficial for skin hence it should be used regularly. In *Keshpatan vata dosha* aggravates alongwith *pitta dosha*. Therefore, *Ruksha, Parusha, Khar, Chal gunas of vata* increases so hairfall, brittleness, bifurcation, dry hair these symptoms are seen in *Kesha*. *Tila Tail* is *Snigdha, Mrudhu, Picchil, Ropana, Vataghna* these *gunas* cures *Keshpatan*. *Tila Tail* is *Twak Prasadana, Keshya, Balya* properties so it is beneficial

for *Shirobhyanga* in *Keshpatan* and associated symptoms of hair. *Tila Tail* has *Madhur, Kashaya, Tikta rasa, Madhur vipak* and *Ushna Veerya*. It is *Snighdha, Guru, Sookshma, Teekshna* possessing the properties like penetrating deep into the tissues and spreads throughout fast i.e. *Vyavai* and *Vikashi*. It suppresses *Vata* and *Pitta* that cleans and promotes *Dhatu*s. For specifying increased *Vata Shirobhyanga* is very useful. According to clinical observation the effect of *Tila Tail Shirobhyanga* are found as follows:

- In age group of 30-35 years *Keshpatan* was more.
- People from middle class were more prone to *Keshpatan* as they have more mental and physical work load.
- Hairloss: - In 88% people absence of symptom was observed. Absence of symptom was seen in 37% people after the first follow up only. In 34% of severe people absence of symptoms was observed after fourth follow up. In 34% people severity was decreased by one grade. In 31% people severity was decreased by two grades. In 1% people it remains the same.
- Hair Pull Test:- Absence of symptoms was seen in 37% after first follow up. 9% of severe cases got complete relief. In 41% people severity was decreased by two grades. In 46% people severity was decreased by one grade.
- Oiliness:- In oiliness of hair 77% people got positive result. In 50% people *Rukshata* not seen. In 8% people it was decreased by two grades. In 69% people severity was decreased by one grade.
- Brittleness:- All the three people of brittleness got total relief.

- Bifurcation:- Absence of symptoms was seen in 74% of people. In 18% of people severity was decreased by two grades. In 85% people severity was decreased by one grade.
- Lustre:- No significant result was got.
- Hair Count Test:- In *Keshpatan* 98% positive result was observed. In 68% people absence *Keshpatan* was seen after first follow up. In 45% people severity was decreased by two grades.

CONCLUSION:

It is confirmed that if *shirobhyanga upkarma* described in *dincharya* is done regularly *it will* definitely help people in reducing hair loss. It is also effective in bifurcation, brittleness, *rukshta*, of *kesh shirobhyanga* can be practiced daily. It is cost effective and needs no fancier equipment just a pair of hands and some oil. Moreover it is the quickest, simplest, most pleasurable and in inexpensive way to make someone healthier and happier.

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