

A COMPARATIVE CLINICAL STUDY TO EVALUATE THE EFFICACY OF NASYA KARMA WITH YASHTIMADHUKADYA TAILA AND NIMBA TAILA IN KHALITYA

Supriya Guddad¹, Shanakarling Maidaragi²

¹Assistant Professor Department of *Panchakarma*, ²Associate Professor Department of *Shareera Rachana*, S V M Ayurvedic Medical College, Ilkal - 5871251. Karnataka, India

Email: priyavg88@gmail.com

ABSTRACT

Hair is God's priceless gift and it is as important as other parts of the body. In this most advanced modernized era, the humans are gifted with lot of sophistication, luxuries but at the same time left with sedentary ways of life, stress induced hectic and unhealthy schedules. In Ayurveda hair fall can be correlated to *Khalitya* which is one among the *shiro rogas*. *Nasya* is the best treatment in *urdhwajatrugata rogas*. This clinical study was conducted on 30 patients to compare the efficacy of *Yashtimadhukadya Taila* and *Nimba taila* in *khalitya*. Both the groups shown significant results but *Nasya with Nimba taila* was found to be more effective.

Keywords: *Khalitya*, hairfall, *Nasya*.

INTRODUCTION

God has created human beings and blessed with completeness by granting them external and internal parts of the body. Hair is God's priceless gift and it is as important as other parts of the body. Non existence of even one part of the body becomes obstacle for the body to function correctly. Brahma while creating human being has given aesthetic touch so that, His creation could look beautiful and attractive; to it, He added 'Hairs of the scalp' an additive factor of personality. In this most advanced modernized era, the humans are gifted with lot of sophistication, luxuries but at the same time left with sedentary ways of life, stress induced hectic and unhealthy schedules. These along with indiscriminate dietary habits result in malnutrition, low Hb level, low calcium level, & low amino

acid level causes many problems which directly reflect in loss of hair. In Ayurveda hair fall is correlated to *Khalitya* which is one among the *shiro rogas*. *Nasya* is the best treatment in *urdhwajatrugata rogas*¹. If *nasya* is done with the *taila* which is medicated by *keshya* and *vatapittahara dravyas* then the more efficacies can be desirable. For the treatment of the Hair fall, so many drugs are mentioned in Ayurvedic classics, out of them *Nimba* and *Yasthimadhu* are very well known medicinal drugs, which are easily available and within the reach of common man. The reason for selecting these drugs is its availability in abundance as fresh or dry herb, costs effective and its multiple uses. So, keeping all these conditions in my mind, I have selected the drug

Yashtimadhukadya Taila and *Nimba taila* to prove its efficacy in the management of *Khalitya*.

Aim and Objectives

1. To evaluate the efficacy of *Nasya karma* with *Yashtimadhukadya taila* in *Khalitya*.
2. To evaluate the efficacy of *Nasya karma* with *Nimba taila* in *Khalitya*.
3. To compare the efficacy of both the group.

Source of data:

Patients of Hair fall attending the outpatient and inpatient departments of S.V.M Ayurvedic medical college were being selected for the study randomly.

Methodology:

Diagnostic criteria:

Patients will be diagnosed based on following clinical features:

1. Hair fall.
2. Roughness of hair
3. Thinning of hair

Inclusion criteria:

1. Patients between age group of 17 – 40 years.
2. Patients fit for *Nasya Karma*.
3. Patients fulfilling diagnostic criteria selected for *Nasya Karma* irrespective of sex, occupation and religion.

Exclusion criteria:

1. Patients suffering from any systemic illness and local pathologies like DNS, polyp.
2. Patients unfit for *Nasya Karma*.
3. Patients below the age of 17 and above the age of 40

*Yashtimadhukadya taila*²

Table 1:

Ingredients:	
<i>Yashtimadhu</i>	1 part
<i>Aamalaki</i>	1part
<i>Ksheera</i>	16 parts
<i>Murchita Tila taila</i>	4parts

Method of preparation³.

The one part of *kalka* of each *Aamalaki* and *Yashtimadhu* are taken and 16 parts of water is added and *kwatha* is prepared by reducing it to 1/4th. To this *kwatha* add 16 parts of *ksheera* and 4 parts of

murchita Tila taila and it is heated on *mandagni* till the *taila paka laxanas* appear.

Another drug chosen in this study is *Nimba taila*. We get the reference of *Nimba taila nasya* in *Shiro roga adhyaya* of *Astanga hrudaya*.

*Nimba taila*⁴

Table 2

Ingredients:	
<i>Nimba beeja</i>	1part
<i>Murchitha tila taila</i>	4parts

Method of preparation⁵

Chakradatta mentioned *abhaavita* and *bhavita Nimba taila* for *nasya*. In this study *abhaavita Nimba taila* is prepared. For this 1 part of *Nimba Kalka* is taken and to this 16 parts of water is added and *kwatha* is prepared by reducing it to 1/4th. To this 4 parts of *murchita Tila taia* is added and heated on *mandaagni* till only oil remains.

Design of groups and management:

Patients included in the present study were randomly divided into following two groups

Group A: *Nasya* with *Yashtimadhukadya Taila*

Dose: 8drops

Duration: 7days

Group B: *Nasya* with *Nimba taila*

Dose: 8drops

Duration: 7days

Procedure of *nasya karma*⁶

Mukhabhyanga with *sukhoshna Murchita Tila taila* followed by *mrudu bhashpa sweda*.

Pradhana Karma: Patient was made to lie in a supine position in a room which is devoid of cold breeze. The legs are slightly raised and head is slightly lowered then *Yashtimadhukadya taila* was taken and slightly warmed with the help of hot water, later tip of patient's nose is drawn upward by the *Vama Pradeshni* (left index finger), and with *Dahkshina Hasta* (right hand), lukewarm *taila* is instilled into both nostrils using *pranadi* and instill 8 *bindus* of *taila* into each nostril alternately. After instilling *dravya* patient will turn to sides and spit out the *phlegm*.

Paschath Karma: As described by *Charaka* patient was asked to lie in supine (*Uttana*) position for 2 minutes. *Mriduswedan* for few minutes on head, cheeks. *Abhyanga* is done on head, cheeks and neck. *Dhumapana* was done with *Haridradi varti* and

Gandusha is done with *ushna jala*.

Assessment criteria:

Detail proforma adopting standard methods of scoring subjective and objective parameters will be analyzed statistically.

Subjective parameters

Hair fall
0-No hair fall
1-Mild(hair fall on washing)
2-Moderate(hair fall on combing)
3-Severe(hair fall without combing)

Thinning of hair
0-Absent
1-Mild
2-Moderate
3-Severe

Roughness of hair
0-Smooth hair surface
1-Occasionally rough hair surface
2-Slight rough hair surface
3-Roughness of Hair

Objective parameters

1. Hair pull test

No. of pulled hair
0 -1-3 hair
1 -4-6 hair
2 -> 6 hair

2. Daily hair count test

No. of hair fall/day
0 -≤100
1 -101-150
2 -151-200
3 ->200

Table 3: COMPARATIVE RESULTS OF GROUP A V/S GROUP B

Sl.No	Symptoms	Follow Up	Group A Mean ±SD (Mean Rank)	Group B Mean ±SD (Mean Rank)	Mann-Whitney Test	P value	Remarks
1	Hair fall	FU 1	1.60±0.737 (17.57)	1.20±0.775 (13.43)	U=81.500	0.150	NS
		FU 2	1.33±0.724 (17.93)	0.87±0.990 (13.07)	U=76.000	0.108	NS
		FU 3	1.00±0.845 (17.17)	0.67±0.816 (13.83)	U=87.500	0.267	NS
2	Kesha Rukshatva	FU 1	1.60±0.986 (15.67)	1.60±0.737 (15.33)	U=110.000	0.904	NS
		FU 2	1.33±1.113 (16.13)	1.20±0.676 (14.87)	U=103.000	0.678	NS
		FU 3	1.13±1.060 (17.87)	0.53±0.640 (13.13)	U=77.000	0.114	NS
3	Kesha Tanutwa	FU 1	1.13±0.516 (16.30)	1.00±0.655 (14.70)	U=100.500	0.550	NS
		FU 2	0.47±0.516 (15.50)	0.47±0.516 (15.50)	U=112.500	1.000	NS
		FU 3	0.00±0.000 (15.00)	0.07±0.258 (16.00)	U=105.000	0.317	NS
4	Hair Pull test	FU 1	1.00±0.655 (15.10)	1.00±0.655 (15.90)	U=106.500	0.758	NS
		FU 2	0.67±0.488 (15.83)	0.67±0.488 (15.17)	U=107.500	0.815	NS
		FU 3	0.20±0.414 (14.50)	0.20±0.414 (16.50)	U=97.500	0.417	NS
5	Daily hair count	FU 1	1.60±0.737 (18.43)	1.20±0.775 (12.57)	U=68.500	0.034	NS
		FU 2	1.33±0.724 (19.57)	0.87±0.990 (11.43)	U=51.500	0.006	S
		FU 3	1.00±0.845 (19.17)	0.67±0.816 (11.83)	U=57.500	0.011	NS

To compare the mean effect of two groups the statistical analysis is done by using Mann- Whitney test.

Data Related to Overall Responses to the Treatment

Table 4: showing distributions of patients by different grades to over all Response

Response	Group A	%	Group B	%	Total	%
No response	0	0	0	0	0	0
Poor	5	33.33	1	6.66	6	20
Moderate	5	33.33	2	13.33	7	23.33
Good	5	33.33	12	80	17	56.66

DISCUSSION

Acharya Charaka and Vagbhata described Nasya in the Chikitsa Sutra of Khalitya. Hence Nasya was se-

lected for the present study. According to Sushruta Vrudda Pitta along with Vata reaches romakoopa and causes hair fall, where Shleshma along with Shonita

causes *avarodha* to the channels of *Romakoopa* which leads to the stoppage of the regeneration of the hair and this condition is known as *Khalitya*⁷. As *Yashtimadhukadya Taila* & *NimbaTaila* act as *Snehana Nasya* and both *Taila Paka* are done with *Sheeta Dravyas* hence *Sneha Guna* of *Taila* does *Shamana* of *Vata* and *Sheeta Guna* does *Shamana* of *Pitta Dosha*. *Kapha shamak guna* of *taila* is also maintained during *taila paka*. As *Khalitya* is one of the *urdwajatrugata vikara* and *Nasya* is the best *chikitsa* in *Khalitya*. In the present study *Nasya* with *Nimba taila* was more effective as is it is proved by the statistical data.

CONCLUSION

At the end of this study, following conclusions are drawn on the basis of observations and results obtained.

Although *Khalitya* is most common problem among all age groups yet age group of 15-30years is likely to be more affected. Females get more affected with *Khalitya* and more conscious regarding hair fall.

As per results discussed above it can be concluded that in Group A there is good improvement in 5 patients; moderate improvement in 5 patients, and 5 patients had poor improvement.

In Group B it found that 12 patients had good improvement, 2 patients had moderate improvement and 1 patient had poor improvement. Comparative effect of *Nasya Karma* with *Nimba Taila* was found to be more effective in reducing *khalitya* than *Nasya Karma* with *Yashtimadhukadya Taila*. In addition to *Nasya Karma*, it's also necessary to stay away from the causes of hair fall regarding *Ahara-Vihara*, *Mansika Nidana*.

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