

AYURVEDIC MANAGEMENT OF KHALITYA: A CASE REPORT

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<https://doi.org/10.46607/iamj4010042022>

(Published Online: April 2022)

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Article Received: 28/03//2022 - Peer Reviewed: 01/04/2022 - Accepted for Publication: 02/04/2022



ABSTRACT

Khalitya is mainly *Pitta* dominant *Tridoshaja Vyadhi*. Vitiated *Doshas* along with the body's heat destroy the *Snehan* of hair and its roots leading to *Khalitya* or hair loss. In *Ayurveda* *Khalitya* is mentioned in *Kshudra Roga*. *Khalitya* is primary a *Pitta* predominant *Tridoshaja Vyadhi*. *Romkupgata* vitiated *Pitta* (*Bhrajaka Pitta* mainly) along with vitiated *Vata* lead to dislodgement of the hair from the hair roots. Further vitiated *Kapha* along with *Rakta* will cover and obstruct the hair roots, which results in the arrest of the growth of hair. The present study reported a case of *Khalitya*. This is a single case study of a 32year old female suffering from scalp hair fall since 4 months, who visited the OPD for treatment. Which was treated for 21 days. The patient was treated with *Snehan* with *Tila Tail*, *Mrudu Nadi Swedan*, and *Tiladi Tail Pratimarsh Nasya*. The therapy provided significant changes in the hair fall. The study showed a marked reduction in hair fall. There was no adverse effect.

Keywords: *Khalitya*, *Snehansh*, *Snehan*, *Swedan*, *Nasya*.

INTRODUCTION

The concept of beauty (*Soundarya*) is gaining more and more attention globally and hair plays an im-

portant role in it, as it has been said that hair is a barometer of one's beauty. Healthy, beautiful, long, and attractive hairs add charm to the personality. It adds a

great aesthetic value, and it is the crowning glory of any person. Not only has that hair had a protective function also. Head hair protects the scalp against the burning sun and helps hold in body heat. Hair gives insulation, protection from external factors friction buffer, differentiation, and beautification and redirects sweat and water. Therefore, to keep the healthy hairs in a healthy state is entirely the duty of human beings, because just like the face, hair is also a mirror of a healthy state of the body. The incidence of Hair fall is increasing alarmingly now a day's due to lifestyle changes and increased stress. Hair plays an important role not only as a protective appendage of the body but also enhances the beauty of the individual. Hair is one of the defining characteristics of human beings. Unfortunately, hair fall has become a common issue worldwide. According to *Acharya Charak*, vitiated *Doshas* along with the body's heat destroy the *Snehansh* of hair and its roots leading to *Khalitya* or Hair loss. *Acharaya Sushrut* has mentioned *Khalitya* in *Kshudra Rog*. *Khalitya* is primarily a *Pitta* predominant *Tridoshaja Vyadhi*. *Romakupagata vitiated Pitta (Bhrajaka Pitta mainly)* along with vitiated *Vata* lead to dislodgement of the hair from hair roots. Further vitiated *Kapha* along with *Rakta* will cover and obstruct the hair roots, which results in the arrest of the growth of hair. *Acharya Vagbhatt* has mentioned. *Khalitya* amongst *Shiroroga* and *Nasya* is the treatment of choice for the diseases situated in this area.

Nasya is the best treatment for the disease situated in *Urdhwajatrugata Pradesh*. As the nose is the gateway to the head, medicine instilled through the nose reaches the head and cures such diseases. The action

of *Nasya* is not only limited to above the neck but also to the whole body as it stimulates the whole nervous system, and cranial nerves and also maintains the function of the endocrine gland. *Pratimarsh Nasya* with *Tiladi Tail* has been selected as contents of drugs are easily available and it is without any adverse effects.

Materials and Methods

Case Report

A 32-year-old female patient visited *Panchakarma OPD* of Y.M.T. Ayurvedic hospital Kharghar, Navi Mumbai.

1. She was having the following complaint
2. Hair falls for 4 months.
3. History of past illness-there was not any past illness.
4. History of surgery-there was not any major surgery done.
5. Family history –matruja- DM, Pitruja- HTN,DM.
6. Diet-Nonvegetarian
7. Addiction- Nil
8. Appetite- Good
9. Sleep-disturbed
10. *ASTHAVIDH PARIKSHAN- Nadi –Prakrita, Mala- Samadhankarak Malapravrutti, Mootra-Prakrita, Jihva –Niraam, Shabda- Prakrita, Sparsha- Anushna Sheetha, Drik –Spashta, Aakruti- Madhyam*
11. Systemic examination-
Blood pressure-120/70 mm hg, Temperature- A febrile, Pulse-82/min., Respiratory rate-18/min., Weight-64kg., Height -5'4 ft., Sleep- slightly disturbed, Gait-normal

Drug formulation:

a) Contents of *Tiladi Tail*

Sr. No	CONTENT	LATIN NAME	PART USED	Proportions
1.	<i>Yashtimadhu</i>	<i>Glycyrrhiza glabra</i>	Root	1part
2.	<i>Krishna til</i>	<i>Sesamum indicum Linn.</i>	Seeds	1part
3.	<i>Til tail</i>	<i>Sesamum oil</i>	-	4part
4.	<i>Mahishksheer</i>	<i>Milk</i>	-	8part

Operational study-

Purvakarma: The nasal therapy was administered after all the urges were voided.

1. *Sthanik Abhyanga* – patient asked to lie down in a supine position on the massage table. Then the *Tila Taila* (30 to 40ml) with which massage was done, was taken into hand and applied over the forehead, cheeks, jaw, chin, neck, and upper chest. The massage was done gently with fingers directing from the sinuses towards its opening. Similarly, gently massage the neck and upper chest for up to 10 min.
2. *Mridu Nadi Sweda (Dashmool Kwatha)* for the head was done for 5- 10 minutes was given which is to be kept at a safe distance so that patient does not feel intense heat.
3. A cloth was placed covering the head & eyes before giving *Nadi Sweda* to protect the eyes.

Pradhana Karma:

The patient was made to lie in the supine position and the head was *Pralambita*. The patient's eyes were covered with a cotton pad. Then 2 *Bindu* of lukewarm *Tiladi Taila* was taken in *Nasyapaatra* and then instilled into each nostril in a continuous stream (*Anavachina*).

After administration of *Nasya*, the patient was advised to lie in the supine position for about 2 minutes. Then the region of the ears, forehead, skin of the scalp, cheeks, nape of the neck, shoulder, palms, and soles was massaged. The patient was instructed to spit out *Kaphadi Dosha* into the kidney tray placed right and left sides of the patient.

Paschatkarma:

1. *Kawalgraha- Kawalgraha* is the process of holding the liquid in the mouth without the restriction of movement inside. Lukewarm water was used for *Kawal*. *Dhumapana (Varti made by Raal, Haridra, Shudha Guggula, Shigru, Aguru* each in equal quantity with applying *Panchtikta Ghrita*) was given to the patient which is to be inhaled 3 times by each nostril & exhaled through mouth & then inhaled through mouth & exhaled through the mouth only.
2. After *Dhumapana*, the patient was advised to take some rest & then can go home by covering the head & exposed part of the face & neck.

It was advised to avoid Air-conditioner, sitting under a rotating fan, cold breeze, consuming cold water/drinks, and stale food.

11)Methods of measurements:

Table 1: Subjective Assessment Criteria

	Symptoms	Gradation
	Hair fall	
1.	Severe (hair fall on simple stretching)	3
2.	Moderate (hair fall on washing)	2
3.	Mild (hair fall on combing)	1
4.	Absent	0

Objective Assessment Criteria

One Minute Comb Test:

1. Before shampooing, comb your hair for 60 s over a pillow or sheet of contrasting color to your hair, starting with the comb at the back top of the scalp and moving the comb forward to the front of the scalp.
2. Repeat the procedure before three consecutive shampooing (e.g., if you shampoo every other day, then repeat the procedure every other day) and always use the same comb or brush.
3. Count the number of hair in the comb or brush and on the pillow after each hair count and record.

Tug test: during a tug test grasps a section of hair and hold it with two hands, one near the root and one near the tip, then tug to see if any of the strands break in the middle. The test is positive.

RESULTS: The patient had started recovering during hospital stay and at the end of the treatment i.e.,

21 days there was a significant reduction of hair fall. Now we concluded that subjective and objective symptoms got better with the help of ayurvedic treatment.

Table 2: Showing changes in Objective criteria:

ASSESSMENT	1MIN COMB TEST	PULL TEST	TUG TEST
DAY 0	78 hair	13hair	2 hair
DAY 21st	69 hair	9hair	2hair
DAY 42nd	62 hair	4hair	0 hair
DAY 90 TH	51 hair	0hair	0 hair

Table 3: Showing changes in subjective criteria

HAIRFALL	DAY 0	DAY 21	DAY 42	DAY 90
GRADE	++++	+++	+	-

DISCUSSION

Following treatment of *Khalitya* is described by different acharyas. *Acharya sahasrayoga* mentioned that patients of *Khalitya* should be treated by *Nasya*. When the *Vata Dosha* gets vitiated along with *Pitta Dosha* it goes into the *Romakupa* ie the hair follicles and which results in hair fall. The next pathology that occurs is that the *Rakta Dosha* along with the *Kapha Dosha* goes into the *Romakupa* which causes the *Romakupa* to close which ultimately results in non-growth of hair from that respective follicle. this disease is known as *Indralupta*, *Khalitya*, or *Rujya*. *Tiladi Taila*, mentioned in *Sahasrayogam (Taila Prakarana)* is one such formulation. Especially *Taila Kalpana* is important in the treatment of *Khalitya*. *Tiladi Taila* is one such formulation, which mainly consists of *Kalka* of *Yastimadhu* and *Krisna Tila*, *Mahisha Kshira* as *Drava Dravya*, and *Tila Taila* as a base. For *Khalitya*, *Nasya* is one of the choices of management for its prime role in maintaining hair growth and preventing *Khalitya*. If *Nasya* is done with the *Taila* which is medicated by hair growing drugs and *Vatapittahara* then more efficacies can be desirable. So, in this present study *Tiladi Tail* which is having *Keshya* property was selected for *Nasya* in *Khalitya*.

CONCLUSION

Ayurvedic drugs and therapy possess *Keshya*, *Balya*, *Keshya Vardhan*, and anti-aging properties suggestive of they will show a significant result in *Khalitya*. The Ayurvedic management of *Khalitya* has a strong possibility of breakdown the pathogenesis of this disease. *Panchakarma* is the best for the reversing aging process. Based on the single case study, it can be concluded that *Tiladi Tail Pratimarsh Nasya* is effective in the management of *Khalitya*. Concluded that *Khalitya* can be effectively treated using *Panchakarma* therapy without any adverse effects.

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Akshata Sagar Satpute & Kalpana Gholap: Ayurvedic Management Of Khalitya: A Case Report. International Ayurvedic Medical Journal {online} 2022 {cited April 2022} Available from: http://www.iamj.in/posts/images/upload/1083_1087.pdf