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 Abhayadi Modak Even though Abhayadi Modak is indicated in Paliitya; it is used for Khalitya, as the Samprapti of Khalitya and Paliitya is same. Due to Adhobhagahara Prabhava, it facilitates the Virechana Karma and the Virechana Karma helps Vatamuloman, KapahaShodhan 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 Kha-
litya, 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 Ka-
pha and Vata. For the present study Ab-
hayadi 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 ill-
ness 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 Pan-
chakarma 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:-
Objectives:
- To analyze the relation between Swa-
rup of Kesha and Khalitya with Pra-
kruti.
- Estimation of dose of Abhayadi Mod-
aka 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 De-
partment 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 Autohentication certificate was taken. (Batch no- CA0018)

3.1 Inclusion and Exclusion Criteria
a. Inclusion criteria:-
- Patients with the symptom of Khalitya i.e. more then 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 Vire-
chana 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(Instead of 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 Lakshana 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 Virechana Karma.

Virechana Karma- Abhyadi modak was given with normal water according to Koshtha. Number of Vegas were counted till the symptoms of Samyaka Virechna(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

<table>
<thead>
<tr>
<th>Grade</th>
<th>No. of Patients(BT)</th>
<th>No. of Patients(AT)</th>
<th>1st Follow up</th>
<th>2nd Follow up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grade 0</td>
<td>0</td>
<td>4</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>Grade 1</td>
<td>4</td>
<td>6</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>Grade 2</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Grade 3</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Khalitya</th>
<th>Median Before Treatment</th>
<th>Median After Treatment</th>
<th>P-Value</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>1</td>
<td>0.0039</td>
<td>Significant</td>
</tr>
</tbody>
</table>

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 reduced 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

<table>
<thead>
<tr>
<th>Khalitya</th>
<th>Median</th>
<th>P-Value</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before Treatment</td>
<td>2</td>
<td>0</td>
<td>0.002</td>
</tr>
</tbody>
</table>

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 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

<table>
<thead>
<tr>
<th>Khalitya</th>
<th>Median</th>
<th>P-Value</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before Treatment</td>
<td>2</td>
<td>0</td>
<td>0.0039</td>
</tr>
</tbody>
</table>

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 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 Khaliya. The Ushna & Teekshna Gun of Pitta increases, While the Ruksha Gun of Vata leads to Dryness in the scalp, Vikshepana Gun of Vaat leads to Kesh Bhangal Chyuti. Later the Ghana, Guru, Sthira Gunas of Kapha influences the Rakta & leads to Avarodha or Sanga in the Romakupas. Manas Heta plays very important role in arising Khaliya, because of Chinta Shok, Krodha, Bhaya all these are responcible to increase Vata and Pitta Doshas. In Khaliya mainly Rasa, Rakta, Mamsa, Asthi Dushyas are involved. In present study we can use Virechan Karma as a Shodhan procedure for Khaliya. 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 Pancakarma. Virechana by eliminating Pitta of Amsashay 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 prasadana takes place. Hence this process can helpful in Khaliya 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 Palita, it can be used in Khaliya also, as the Sampripti of Khaliya and Palita is same. Virya of Abhayadi Modak goes to Hridaya and Spreads through Dhamani into the whole body. In Abhayadi Modak Haritaki, Amlaki is Anulomak, Danti is Tikshna Virechak, Trivrut has Virechak Prabhav, Pipli is Pitta Virechak and Marich has Pramathi property. Along with Pitta Reichan , Kapha Samshodhan and Vatanuloman take place. Abhayadi Modak is Katu Rasa, Teekshna Gun and Ushna Virya with Katu vipak. Doshas go towards Koshtha from the Shakha because of Visyandan and Vichhedana of the Doshas, Dosa expel out through anal route (Gu-damarga) as Virechak Dravyas have Jala, Pruthvi Mahabhat Pradhanya and have Adhobaghara prabhav. After expelition of Doshas Ushnata and Rukshata Decreases, Kapha Avrodha decreases and Correction of Rasa, Rakta, Asthi vaha Srotas results Decreases in Hair fall Srotas also.

CONCLUSION:

- Reduction in Khaliya 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 Khaliya has no correlation between Swarup of Kesha and Khaliya with Prakruti.
- With the reduction of Khaliya associated Symptoms were also relieved promisingly.
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