

# CLINICAL EVALUATION OF ROLE OF *MADHUKADI TAILA NASYA, MADHUKADI CHURNA LEPA AND SHWADANSHTRADI RASAYANAIN THE MANAGEMENT OF KHALITYA (HAIR FALLING)*

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## ABSTRACT

In Ayurveda increased falling of hair is termed as *Khalitya* (hair fall). In modern era due to extremely busy schedule, pollution and unhealthy diet, hair fall is increasing day by day, and the main victims who are facing this problem are youngsters. It affects approximately 1.7% of world population. Susceptibility of hair fall is more in males than in females. Ayurvedic treatment of *Khalitya* includes *Nasya*, *Virechana*, *Leech therapy*, *Rasayana*, *Abhyang*, different type of *Lepa* & *Yoga*. In the present clinical study two groups were taken with 20 patients in each group. *ShwadanshtradiRasayana* and *MadhukadiTailaNasya* in Group A and *ShwadanshtradiRasayana* and *MadhukadiLepa* in Group B was taken. 31.43% relief was seen in Group A and 18.42% relief was seen in Group B. This proves that Ayurveda treatment helps in terminating the *Samprapti* of *Khalitya* and resulting in the alleviation of vitiated *Doshas* by which reduction of hair fall was achieved.

**Keywords:** Ayurveda, *Khalitya*, *Lepa*, *Nasya*, *Rasayana*.

## INTRODUCTION

Increased hair fall is termed as *Khalitya* in Ayurveda and classified under *Shiroroga*<sup>1</sup>. *Acharya Charaka* describes that *Tejas* combining with *Vatadi Doshas* reaches the *Shira Kapala* and causes hair fall by *Dahana* of *Roma Koopa* (hair follicles). This is named as *Khalitya*. According to *Chakrapani* the word *Tejas* denotes *Deha Ushma* as well as *Pitta Dosh*<sup>2</sup>. *Acharya Sushruta* describes that *Vrudda Pitta* along with *Vata* reaches *Roma koopa* and causes hair fall, where *Shleshma* along with *Shonita* causes *Avaroda* (obstruction) to the channel of *Roma koopa* which leads to the stoppage of regeneration of the hair and this condition is known as *Indralupta*, *Khalitya* or *Ruhya*<sup>3</sup>. *Acharya Vagbhata* while defining *Khalitya* opines that the *Khalitya* is a

disorder where hair fall occurs gradually whereas in *Indralupta* the hair fall occurs comparatively faster than in *Khalitya*<sup>4</sup>.

According to survey up to 40% of men & 25% of women in India are victims of hair fall<sup>5</sup>. It is a universal problem, having affected both sexes of all races. The tragedy of premature hair loss was shared by all men and women of all races and countries from thousands of years. Different types of oils (chemical oils), shampoos, soaps and pharmaceutical propaganda for promoting hair growth actually make the condition worse. The present known modalities of treatment don't have any satisfactory answer to this problem. That's why the main aim of this clinical trial is to find out effective management of *Khalitya* in Ayurveda.

**AIMS AND OBJECTIVE**

1. To evaluate and compare the efficacy of *Madhukadi Tail Nasya*, *Madhukadi Churna Lepa* and *Shwadanshtradi Rasayanain* the management of *Khalitya*.

**MATERIALS AND METHODS**

Total 48 patients were registered for the current clinical trial. The selection of patients was done from O.P.D. / I.P.D. wing of P.G. Deptt. Of *Shalaky Tantra*, N.I.A., *ArogyaShala*, Jaipur. 40 patients completed the study (20 in each group). Informed and written consent were taken from all the patients. The study was open labelled randomized comparative clinical trial. The patients were selected by Computerized simple random sampling method and divided into 2 groups.

**Inclusion criteria:-**

Both male and female patient of Age group between 15-40 yrs were registered.

**Exclusion criteria:-**

- i. Patients whose age is less than 15 and above 40 years.
- ii. Patient with symptoms of *Asadhya Khalitya*.
- iii. Patient suffering from any severe systematic disease.
- iv. Any prolonged debilitation associated hair fall.
- v. Necessary step were taken to exclude other condition as per facilities available in the institute.

**Grouping of patient:-****A. Subjective criteria:**

The patients were divided into two groups, Group A and Group B.

**I. Group A:** *Shwadanshtradi Rasayana* and *Madhukadi Tail Nasya* in 20 patients

**Drug dosage and duration:-** *Shwadanshtradi Rasayana*– 4-6 gms 2 times in a day with water for 2 Months

*Madhukadi Tail Nasya* – 8-8 drops in each nostril in morning for 2 Months

**II. Group B:** *Shwadanshtradi Rasayana* and *Madhukadi Lepa* in 20 patients

**Drug dosage and duration:-** *Shwadanshtradi Rasayana*– 4-6 gms 2 times in a day with water for 2 Months

*Madhukadi Lepa* – Local application for 5 days in a week for 2 Months

**Clinical assessment:-****A. Subjective Parameters**

Cessation of hair fall was count as main feature to assess the effect of therapy.

**B. Objective Parameters**

All the investigations were conducted before treatment to rule out any systemic diseases.

1. Routine haematological investigations was carried out to assess the present status of patients as well as to exclude any pathological conditions.

2. Routine and microscopic examination of Urine.

**Criteria for assessment**

To facilitate the statistical analysis of the effect of trial, scoring system was adopted. Reduction of hair fall within the normal range was counted as a main feature to assess the effect of therapy.

**Table No. 1: Keshashatan Grading for Subjective Criteria**

<b>Keshashatan(Hair falling)</b>	<b>Grading</b>
Severe (Hair fall on simple stretching)	3
Moderate (hair fall on washing)	2
Mild (Hair fall on combing)	1
Absent	0

**Follow up**

After the completion of therapy the patients were asked to come weekly for two months for review.

**RESULTS****Table No. 2: Showing Result of Group A**

Group	No. of Patients	Mean		Difference	% Relief	SD	SE	w	P	S
		B.T	A.T							
A	20	1.750	1.200	0.5500	31.43	0.5104	0.1141	66.000	<0.001	HS

The result obtained through Wilcoxon matched-pairs signed-ranks test, indicates that 31.43% relief was found which has highly significant effect on reduction of Hair fall.

**Table No. 3: Showing Result of Group B**

Group	No. of Patients	Mean		Difference	% Relief	SD	SE	w	P	S
		B.T	A.T							
B	20	1.900	1.550	0.3500	18.42	0.4894	0.1094	28.000	<0.05	S

The result obtained through Wilcoxon matched-pairs signed-ranks test, indicates that 18.42% relief was found which has significant effect on reduction of Hair fall.

**Table No. 4: Comparison Statistics: A vs. B**

Symptom	Mean		Difference	% of change	SD	SE	U	P	S
	B.T	A.T							
Hair Fall	0.5500	0.3500	0.20	36.37	0.6959	0.1556	160	>0.05	NS

The result of comparison between Group A with Group B obtained through Mann-Whitney Test, shows that there was statistically insignificant difference between the groups. It means both the group were equally effective.

**DISCUSSION**

Inappropriate nutrition or exasperating factors leads to alleviation of function of hair root. As premature hair fall is a sign of early aging process to check the excessive catabolic process *Rasayana* therapy was added. *Shwadanshtradi Rasayana* combination prepared from the drugs *Gokshura*, *Guduchi*, *Amalaki* having *Keshya* and *Rasayana* properties was chosen for oral administration. In the present study *Shwadanshtradi Rasayana* by its *Rasayana* effect, *Tridoshagna Karma* and *Prabhava* subsides the *Tridoshas*. *Agni Deepana* will occur by which *Rasadi Dhatu Poshana* takes place subsequently leading to *Shiro Tarpana*. By the *Prabhava* of *Shwadanshtradi*

*Rasayana* the *Kapha* and *Rakta* which obstruct the roots of hair will get subsided thus leading to the *Romakoopa Vishodhana*. When the obstructed *Srotas* gets cleared the *Ahararasa* nourishes the root of the hair which results in the growth of the hair.

“*Nasa Hi Shiraso Dwaram*” as per this statement nasal pathway is entry for the cranium. The medicine whichever has been administered through the nasal route reaches the head. *Madhukadi Taila Nasya* (*Yashtimadhu*, *Amalaki*, *Til Taila* and *Godugdha*) administered through *Nasya* reaches the root of the hair, by its *Doshagna* property pacify the *Doshas* which cause the *Khalitya*, and does the *Tarpana* of *Shiras* through the properties like *Keshya*,

*Balya*, etc *Madhukadi Taila Nasya* also clears the obstruction of the hair roots by its *Sookshma Srotogaami* property and nourishes the hair root thus leading to regrowth of the hair.

When *Madhukadi Lepa Churna* (*Yashtimadhu*, *Nilotpala*, *Murva*, *Bhringraj*, *Til*, *Goghrita* and *Godugdha*) is applied over the surface of skin through a proper base, the medicaments come into direct contact of hair roots and perform the action like *Keshya*, *Vishaghna*, *Daurgandhyahara*, *Jantughna* and *Kandughna*. By the *Guna* and *Prabhava* of *Madhukadi Lepa Churna*, breaks the pathogenesis cycle of *Khalitya* leading to the alleviation in the symptoms.

### CONCLUSION

The series of the trials showed that there is highly significant reduction in the hair fall in Group A among the patients when data before treatment is compared with the data after treatment ( $p < 0.001$ ). It can be inferred that *Shwadanshtradi Rasayana* and *Madhukadi Taila Nasya* has a pronounced effect on reduction of hair fall than *Shwadanshtradi Rasayana* and *Madhukadi Lepa*. Thus, *Shwadanshtradi Rasayana* and *Madhukadi Taila Nasya* aid in reversing the *Samprapti* of *Khalitya* and resulting in the alleviation of vitiated *Doshas* by which cessation of the hairs fall is achieved.

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