



‘EFFICACY OF GUNJA TAILA SHIROABHNGYA IN THE MANAGEMENT OF KHALITYA-A SINGLE CASE STUDY ‘

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ABSTRACT-

Due to Aharaja, Viharaja and Manasika Nidan seven, Pitta, Vata and Kapha Dosha are provoked. These aggravated Pitta (specially Pachak pitta, which vitiates Dehoshma and Bhrajak Pitta) as well as aggravated Vata (specially Saman Vayu, which create vaigunyata in Jathragni and hamper the function of Vyan Vayu) localised (Sthansamsraya) at Keshbhoomi (Scalp region) with their Vimarggaman in Shiro Pradesh, scrotches the scalp and produce Khalitya. Apart from this, provoked Vata gives rise to more frequent, comparatively and prolonged Sira samkocha by its Ruksha-Khara property and creates obstruction in opening of Roomkopa. Hence, the localized nutrition (Rasa Rakta Samvahana) is deprived. For this reason, further hair growth is arrested that leads to Khalitya. Hair fall is a physiological phenomenon, generally after the mid-forties, but it is considered as a disease if it occurs before this period. For the treatment of the Hairfall, so many drugs are mentioned in Ayurvedic classics, out of them gunja taila is well known medicinal drug formulation as per classics.

KEYWORDS-*Khalitya, Hair-Fall, Asthi Dhatu, Gunja Taila, Khalitya, Shiroabhangya.*

INTRODUCTION-

Concurrently, the Snightva-Picchilitva of Kapha dosha are dried up in the pores of scalp skin by the Ushna-Tikshana properties of provoked Pitta with Ruksha- Khara properties of provoked Vata. Thus, this vitiated Kapha along with vitiated Rasa-Rakta create obstruction in pathway of Roomkopa and seize the new hair growth, eventually also develop into Khalitya. On other hand, provoked Vata directly affects the Asthidhatu on basis of Ashrayaashrayibhava.¹ Furthermore, Manasika nidan produces Ama at Jathragni and Dhatvagni level, here Ama produces at

- Hypoparathyroidism
- Nutritional & Metabolism related factor
- Low serum protein
- Low serum iron
- Zinc deficiency etc.
- Feminine factors
- During pregnancy
- After delivery

- Sebaceous gland related
- Congenital abnormality of hair follicle
- Congenital defect of Hair shaft
- Failure to Hair replacement

Chronic inflammation / injury / destruction of hair follicle

• Hair falls due to local disease of scalp- like dandruff, fungal infection such as Ring worm, alopecia areata etc, lice infection, secondary infection like- kerion, pediculosis, pemphigus etc., seborrheic dermatitis etc.

- Hair falls due to Neoplastic disorders / Carcinoma
- Hair falling after severe systemic disorders- like Hyper-pyrexia (Typhoid, Malaria etc.), Anemia, Thyroid diseases- Hyperthyroidism/Hypothyroidism
- Alopecia
- Due to mechanical damage
- Trichotillo-mania
- Hair styling treatment
- By combing with force or combing in wet hair, rubbing of the hair etc.

Behavioural:

- Oil should be applied only after the hair are properly dried after washing.
- Hair and scalp must be oiled daily.
- Oiling the hair before washing them is a must as washing dry hair is harmful.
- If possible, the tender and warm rays of the sun of early morning should be sought after massaging oil all over the body.
- The massage must be done with the fingertips all over the scalp especially around the hair roots.
- Vigorous massage or rubbing must be avoided.
- The use of artificial chemical hair cream, hair lotion, hair dye etc. must be avoided.

Washing the hair:

- Always a Luke warm water i.e. neither very hot nor very cold must be used to wash the hair according to the season.

- Washing of hair with hard water should be avoid, because contain of water are harmful for hair.
 - If the hairs are greasy and itching is persistent, then the hair should be washed with slightly hot water.
 - While washing the hair, they must be rinsed by the tips of the fingers.
 - For washing the hair keep the head at slight high level or lower level and keep the hair in front side there after pour the water over the scalp.
 - The hair should be dried with the help of a clean towel, with very light hands, in open air.
 - Vigorous throbs, jerks or rubbing must be avoided.
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- The use of shampoo, strong soaps etc. should be ceased for washing the hair and instead of that herbal drugs must be used.
 - Hair must be washed regularly.

Shiroabhangha (Massage)⁴ :

Application of oil on head is called Shiroabhyahga. Acarya Charaka stated that who oleates his head daily, does not get headache, baldness, gray and hair fall. The strength of his cranial bones is greatly increased and his hair becomes firmly rooted, flowing and very black. (Ca. Su. 5/81) So the massage is very important for hair. For thick, strong glossy hair the roots must be firm and the scalp healthy and well nourished. Too much sunlight exposure dries the hair and heats the head scalp and hair roots. In this case Massage is particularly beneficial for hair roots and scalps. When oil is applied to the head, it gets absorbed deep into the scalp through the roots of the hair. This nourishes, lubricates and strengthens the hair roots and the skin of the scalp, preventing hair loss and premature greying. This helps to refresh both the mind and the body relieving tension and fatigue and improving the complexion. This happens because massaging the head will increase fresh oxygen and glucose supply to the brain and improve the circulation of the spinal fluid around the brain and spinal cord. Massage to the head increases the prana, the subtle aspect of the vata dosha energy to the body. Nutrients are key to the healthy hair, but to be effective they must reach the roots. Often tension in the scalp or fatty deposits block circulation, drying the sebum and thus literally starving the hair roots.

DRUG USED FOR PATIENT-

1) Gunja Taila (Y. T/T-73) Ingredients⁵:

Drugs	Latin name	Parts used	Proportions
Gunja	Abrus pricatorius	Seed	1 part
Bhringaraja	Eclipta elba	Panchanga	1 part
Ela	Elattaria cardamom	Seed	1 part
Jatamansi	Nardostachys Jatamansi	Root	1 part
Shati	Hedychiam spicatum	Root	1 part

Kustha	Saussurea lappa	Root	1 part
Tila Taila	Sesamum indicum	-	4 parts
Bhringaraja Swarasa	Eclipta elba	Patra	16 parts

Method :

The Bhavana of Bhringaraj swarasa was given to the Gunja Churna, then the Kalka was prepared from Bhringaraj swarasa bhavita Gunja, Ela, Jatamansi, Shati, Kushtha and Bhringaraj panchanga each equal part, total Kalka 1 part, Tila taila 4 part and Bhringaraj Swarasa 16 parts, The oil was prepared by Tailapaka Vidhi as quoted by Sharangadhara.

A 28-year-old male patient with registration number 14568 came to the OPD of department of Panchakarma, L. R. P.A.M.C. **Islampur** college and research institute Islampur ,Keshashatan (hair fall), Shira Kandu (scalp itching), Rukshatava (hair dryness), and Darunaka (dandruff) were the main complaints of the patient.

▪ History of Past Illness -

There was no relevant past history, nor was there any history of chronic or major illness.

▪ Family History -

There was no family history found in this case.

▪ History of Present Illness

The patient experienced dandruff, scalp irritation, and hair loss in less than a year. He was experienced significant hair loss with dandruff and scalp irritation in the past 1-2 months. he was under some additional stress as well.

• Asthavidha pariksha-

- Nadi - pittapradhan vata
- Mala - malavashtambha
- Mutra- prakrut
- Jihva – shushka
- Shabda-prakrut
- Sparsh- ushna
- Druk-prakrut
- Akrti –madhyam

Srotodushti	Rasavaha
	Raktvaha
	Medovaha

	Asthivaha
	Manovaha

Chikista given to patient-

- Madhuyashti Churna – Dose 3 gm BD Oral -Anupana Dugdha
- Gunja taila as per requirement - Route of Administration- Local application
- Time of Administration Morning – evening Twice a week -. Duration 45 days

Before treatment

After treatment



▪ Management of hair:⁶

The cogs of the combs and the bristles of the brushes must not be very hard and sharp and round ended. They must be blunt at the tips.

Hairs should be combed or managed with soft and light hands.

The hair must be combed and managed properly before going to bed at night.

The Brushes, Combs etc. must be kept separate for each individual and they must be washed with the help of germicide at least once in week in hot water.

The Brushes, Clips, Combs etc. should not be borrowed from others.

The use of Clips, Curling the hairs and the use of hot and dryers is harmful to hairs.

PATHYAPATHYA ^{7,8,9}:

Pathya Ahara : Dhanya – Gehu, Yava, Shali Chaval, Mudga

Shaka Varga – Jivanti, Kasmard, Patol, Tomato, Lauki, Patrashaka, Carrots, Cucumber, Cauliflower, Cabbage etc.

Taila Varga – Tila Taila and Coconut oil for external and internal use.

Fruits – Amlaki, Dadim, Matulanga, Amaraphala, Narikele, Draksha

etc Others – Milk, Sugar, Honey etc.

Pathya Vihara :

Shirorakska, Nasya, Ushnishadharana, Shirasana, Chhatradharana, Sarvangasana, Padaraksha, Shiro Abhyana and Best hygiene of hair.

Apathya Ahara : High quantity of Lavan, Amla and Kshara seven. Excess oily, starchy and fat rich stuff, breads, cakes, chocolates & other bakery items, pickles, curd, tea etc. Mashahara, Virudhahara, Vegetable ghee, Vidahiahara.

Apathya Vihara : Atapasevan, Divaswapna, Krodha, Vegavarodha, Bhaya, Atimaitun, Ratrijagrana, Smoking, Tobacco, Alcohol etc. Excessive use of shampoo, hardye, hair-cram, hair-lotion and other cosmetic items.

Discussion ^{10,11}-

Dhoompana, Nasya, Taila Abhyanga on Shira i.e. Shiroabhyang etc. are essential part of daily routine. All these procedures do Snehana of Shira, Indriya as well as Kesha. Snehana help in anchoring the Keshamoola more strongly. These all procedures increase the bala of Shira and Kapala and prevent from

Urdhavajatrugata Roga as well as maintain the balance of Dosha. If one used to do these procedures, he will likely not get affected by Khalitya and Palitya and many other Urdhavajatrugata Roga.

Relation of Keshapatan with Shiroabhyanga-

Twaka is Adhistan of Sparshan indriya. Vayu is dominant in Sparshan indriya. Sparshan is Twagashrita. Hence it is advised to do Abhyanga regularly. Ashtanga Hridya 2/8 there is very clear indication of routine Shiroabhyanga, Padaabhyanga, and Shrotraabhyanga. All these are sthana of Vayu. Hence to keep Vayu in normal condition, Abhyanga is necessary for uninterrupted functions of all Dosha.

In the present era no one is aware about importance of Abhyanga. No one like to do Shiroabhyanga hence Hair fall is a leading problem of the new generation. As described by Sushruta in (Su.Sha.9/9) external therapies like Abhyanga, Parisheka etc. assimilate through Romakoopas and assimilation of Rasa also occur through these romakoopas.

This clearly shows the relation between Shiroabhyanga and Kesha, also Rasavaha and Kesha. Samyaka Rasa circulation and Shiroabhyanga done daily are pre-requisites for prevention or treatment of hair fall.

In Khalitya, Jatharagni, Rasagni and Vayu Mahabhootagni are involved. Due to breaching the rules of Swasthavruta Vayu get increased due to Rukshata it will lead to decrease in Sneha ansha of Pitta and increase in Ushna Guna of pitta.

Bhrajak Pitta and increased Dehoshma will lead to Keshabhoomi Dagdha and hence hairfall.

Conclusion-

Main reason for these results was, 'In the management of Khalitya haircare and local application are most important things.' Faulty hair care was found main reason for Khalitya. In THIS clinical study, Shiro-abhyanga of Gunja Taila is effective in liquefying the dried Kapha in the pores of the scalp locally carrying up the obstruction offered to the growth of new hair and it removes the local infection and help in checking the hair fall and thus helps in caseation of the future process of Khalitya. shiroabhangya with Gunja taila gives more result.

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