

“Management of *KHALITYA*(hairfall) with natural remedies”-case study

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ABSTRACT- Everyone wants to look beautiful because it gives confidence and mental pleasure.hair plays important role in it but in present scenario maximum peoples are very busy in their day to day life that's why they do not have enough time to take care of their hair.

Now a days hairfall is very common problem.In *ayurvedic* text hair fall described as “*khalitya*”under *kshudra roga*.

A 44 year old male patient come to o.p.d. no.52 department of *dravyaguna* in Govt.auto.Dhanwantari ayurveda college Ujjain m.p.with chief complaints of *khalitya*(hair fall), *shirah kandu*(itching on scalp),*darunaka*(dandruff) and *anindra*(insomnia).in this case study *yashtimadhu* oil is used for *nasya*,*ashthiposhak vati* and *ashwagandha* as oral medication.evaluation of improvement is based on relief in sign and symptoms.

Keywords- *khalitya*, *yashtimadhu taila*(oil), *ashwagandha*, *kasha*.

INTRODUCTION-

Nowadays,*kshudrarogas* are very common in society.and *khalitya* is one of them.due to irregular life style and changes in environment like excessive pollution use of sythetic chemicals and improper diet have increased no.of patients with diseases like *khalitya*.In present *khalitya* is very common in both male and female and almost every age group.description of *khalitya* is available in our classical text of *ayurveda*.There are 44 minor diseases.these diseases are called *kshudra*(minor) as they are of lesser severity in comparision to *mahavyadhis* or *vyadhis*.gayadas says that they are minor because of littleness of their cause,symptoms and treatment.¹According to *vangasena* ,*pitta* present at the root of the hair,getting increased in association with *vata* cause falling of hair.then *kapha* and *rakta* together block the follicles of the hair not allowing fresh ones to grow.this condition is known *indralupta*,*khalitya*,and *ruhya*.²

The etiological factors like *atilavansevan*, *atiksharasevan*, *viruddhahar*, *atiatapsevan*, *avasaad*, auto immune disorders, nutritional deficiency etc.are responsible for *khalitya*.in the *samprapti* the *agnimandhya* , *srootorodha*, *pitta*, *vata* and *kapha prakopa* are important factors,gradual hair loss is cardinal symptoms of

khalitya because of these symptoms *khalitya* should be differentiated from the other diseases like *indralupta*, *ruhya*³

Ayurveda gives safe and effective treatment for *khalitya*. In this case study by the help of *ayurveda* symptoms of patient's disease reduced.

CENTRE OF STUDY-

Govt.auto.Dhanwantari Ayurveda college Ujjain m.p

CASE REPORT-

A 44 years old male patient with registered opd no.14664 came to o.p.d of *dravyaguna vigyan* with chief complaints of *khalitya*(hairfall),*darunaka*(dandruff),*sirah kandu*(itching on scalp),*anindra*(insomnia).

HISTORY OF PRESENT ILLNESS-

Patient was suffering from falling hair approx 6 months back gradually it's increased and patient also experienced occasionally itching on scalp with mild dandruff.

HISTORY OF PAST ILLNESS-

There was no relevant past history

PERSONAL HISTORY-

Nature of work	-	mainly mental
Diet	-	mixed (veg and non veg)
Diet habit	-	irregular
Appetite	-	medium
Micturation	-	normal
Bowel habit	-	irregular , feel constipation
Sleep	-	inadequate and disturbed
Addiction	-	tea

TREATMENT PLAN-

Name of drug	<i>Yashtimadhu oil</i>	<i>Asthiposhak vati</i>	<i>Ashwagandha tablet</i>
For first month			
Dose	Two drops one time in each nostril	Two tablets B.D	Two tablets H.S.
<i>Anupana</i>	-	milk	water
Route	nasal	oral	oral
Time of	In morning	After meal	At time of sleep

administration			
Dose	One month	One month	One month
For second month			
Dose	Two drops one time in each nostril	Two tablet B.D.	One tablet H.S.
Anupana	-	milk	water
Route	nasal	oral	oral
Time of administration	In morning	After meal	At time of sleep
Dose	One month	One month	One month

ADVICE-

- Avoid salty and spicy food.
- Avoid using warm water for hair wash.
- Always use clean cold or lukewarm water to hair wash.
- Don't wash hair daily.
- Use any herbal shampoo.
- Don't apply any chemical hair colour on scalp.
- Regular application of herbal hair oil on the scalp.
- Comb hair only get dried after bath.
- Eat protein rich diet.
- Don't use mobile or any electronic gadget before two hours of sleep.

RESULTS- Here relief in sign and symptoms assessed through grading pattern

<i>KHALITYA</i> (hair fall)	SCORES
No hair fall	0
Mild(by washing)	1
Moderate(by combing and washing)	2
Severe(hair fall on simple pulling)	3

<i>SIRAH KANDU</i> (itching on scalp)	SCORES
No itching	0
Mild tolerable(1 to 2 time in a day)	1
Moderate(often present but not disturbed normal activity)	2

Severe intolerable (continuously present)	3
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<i>DARUNAKA</i> (dandruff)	SCORES
No dandruff	0
Seen on slight scraping	1
Easily seen on parting of hair	2
Scattered over the hair	3

<i>ANINDRA</i> (insomnia)	SCORES
Sleep at night for 6-8 hrs.	0
Sleep at night for 4-5hrs.	1
Sleep at night for 2-3hrs.	2
Sleep at night below 2 hrs.	3

FOLLOW UP-

S.N.	Sign and symptoms	1 st day (B.T.)	A.T	
			30 th Day	60 th Day
1	<i>Khalitya</i>	3	2	1
2	<i>Sirah kandu</i>	2	1	0
3	<i>Darunaka</i>	3	2	1
4	<i>Anindra</i>	2	1	0

1st Day of OPD before TreatmentAfter 2nd Month of Treatment**DISCUSSION-**

Khalitya is a disease with *vata* –*pitta* dominancy. increased *pitta dosha* along with *vata dosha* at the root of hair follicle causes hair fall and at the same time *kapha dosha* with *Rakta dosha* blocks the root of hair follicle which results in to *khalitya*.⁴

As per *ayurveda* human body mainly built from *saptadhatus* these are *rasa, rakta, mansa, meda, asthi, majja, shukra*.⁵ *kesha* are developed as a *mala* (waste products) of *asthi dhatu* in the process of *dhatu nirman* and *poshan karma*.⁶

Nasya is a nasal administration of medicated oil or powder or *swarasa*. according to *acharya sushruta nasya* is gentle procedure for *urdhvajatrugata rogas* he also says proper use of *nasya* stop falling of hair.⁷ *Nasya* is very useful procedure to prevent hair.⁸ and *Acharya sushruta* mentioned 14 *kala* of *pratimarsha nasya* and we can administer *paratimarsha nasya* any of these mentioned *kala*.⁹ *yashtimadhu* having *madhur rasa, sheeta veerya, sheeta vipaka, and guru, snigdha guna*. due to its *guru snigdha guna* and *madhura rasa* its pacify *vata* and due to *madhu vipaka, sheeta veerya* its pacify *pitta*.¹⁰ according to *Bhavaprakash* it is *keshya* so the *nasya* of *yashtimadhu taila* is very helpful to treat *khalitya*.¹¹

In oral medication patient was administered with with *Asthiposhak vati* the main ingredients of *asthiposhak vati* are *kukkutandatwak bhasma*, and other are *shodhit laksha, shodhit guggul, amalaki, guduchi, ashwagandha, bala, baboola*. *asthiposhak vati* is rich source of calcium it gives bone density and promotes healthy bone. As per *ayurveda*, *kasha* is *mala* of *asthidhatu*¹² so the *asthiposhak vati* supports for healthy hair and prevent the hair fall. second one is tablet *Ashwagandha* having *tikta, katu, madhura rasa* it pacify *kapha* and *vata dosha* and also purify blood it is also act as *rasayan*.¹³ so it is reduces negative effect of stress and anxiety promotes restorative sleep. disturbed sleep and stress are very important cause of hairfall. In this case study insomnia is also chief complaint of patient so tablet *ashwagandha* were administered at time of sleep. after successful completion of two months treatment, patient got significant improvement in his chief complaints.

CONCLUSION-

Nasya is effective remedy for *khalitya* with oral medication all these procedure are very cost effective easy and time saver. *Ayurvedic* drugs and therapy have *balya,rasayan,and keshya* properties so they shows excellent results on *khalitya*.In this case study patient get relief in symptoms of *khalitya*.

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