



MANAGEMENT OF KHALITYA WITH AVAPEEDAK NASYA - A CASE STUDY

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ABSTRACT

Khalitya, a chronic condition characterized by hair loss, is a significant concern in both traditional and modern medicine. This abstract explores the management of Khalitya using Nasya, a traditional Ayurvedic therapy involving the administration of Japapushpa through the nasal passages. The study reviews the therapeutic mechanisms underlying Nasya, its role in balancing the doshas (body energies), and its impact on hair health. Evidence from clinical trials, case studies, and traditional texts indicates that Nasya can effectively address the root causes of Khalitya, including imbalances in Vata and Pitta doshas, by nourishing the hair follicles, enhancing circulation, and detoxifying the body. This management approach offers a holistic alternative to conventional treatments, emphasizing the importance of a multi-faceted therapeutic strategy that integrates Ayurvedic principles with modern clinical practices. The findings suggest that Nasya may improve outcomes for patients with Khalitya by promoting hair regeneration and mitigating further hair loss.

INTRODUCTION-

Today there is no doubt on that, the world is full of glamour and glory. Thus, the concept of beauty is gaining more and more attention globally, which is defined on such factors, among hair is an important one. It has a great aesthetic

value and it is the crowning glory of any person. Healthy, beautiful, long and attractive hair add charm to the personality.

Even thousand years ago, in Ayurvedic literature, so many types of daily regimens for hair care have been described in the chapter of dinacharya and ritucharya, which includes some procedures like Moordha Taila, Nasya, Snana etc.

In Ayurvedic approach, falling of hair is coined out as in term of 'Khalitya' under the broad heading of shiroga by some Acharyas and kshudra roga by some acharyas. Vata, Pitta, Kapha and Rakta doshas are involved as mentioned in texts. Nasya is one of the important treatment mentioned by Acharyas in ayurvedic texts.

METHODOLOGY-

CASE STUDY-

This is a single case study of 23 year old female visited OPD of Panchakarma with

C/O- Hair fall since 2 years and increase in symptom since 6 months

Occupation- Medical student

History of past illness- No associated past history,

Family history- nil

Ashtavidha pariksha:

Nadi- kaphapradhan, vataanubandhi

Mal- samadhankarak

Mutra- prakrut

Jivha- niram,

Shabda- spashta

Druka- prakrut

Aakruti- madhyam

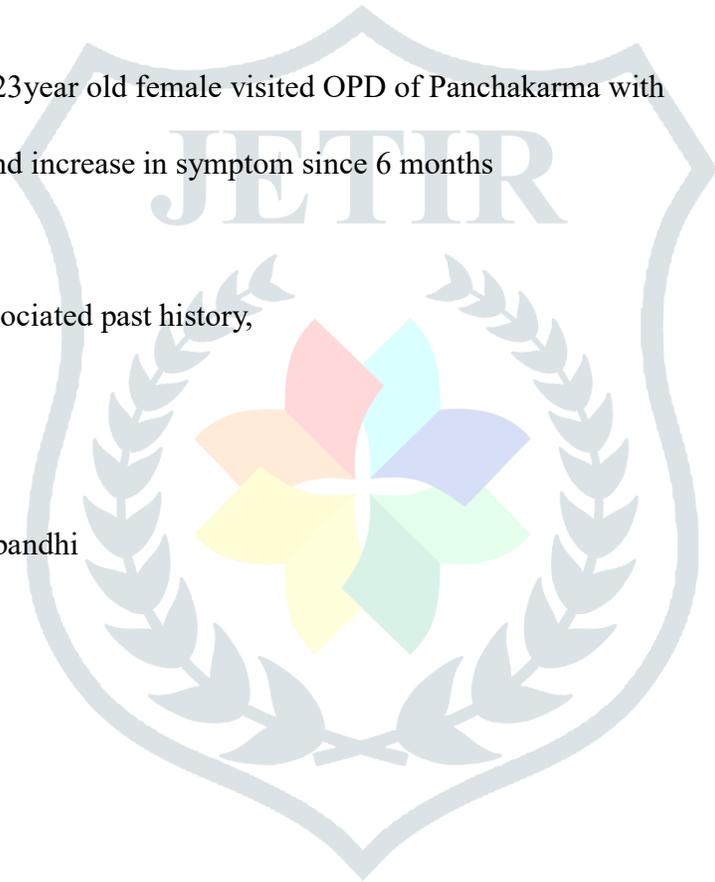
O/E- GC- fair,

T-afeb

Bp-110/70mmg

p-80/min

S/E- CVS/CNS/RS- NAD,



PA- soft and nt

Investigations- Heamatological investigations were within normal limits.

She was diagnosed as khalitya on the basis of sign and symptoms and treated as per ayurveda principles

As per Ludwig's scale- Grade 2

Intervention- Nasya karma

DRUG FORMULATION-

Japapushpa swaras

CONTENTS	LATIN NAME	RAS	VEERYA	VIPAKA	MATRA
JAPAPUSHPA	HIBISCUS ROSA SINENSIS	<i>KASHAY,</i> <i>TIKTA</i>	<i>SHEETA</i>	<i>KATU</i>	$\frac{1}{2}$ KARSH
MADHU	APIS MELLIFERA	<i>MADHUR</i>	<i>SHEETA</i>	<i>MADHUR</i>	$\frac{1}{2}$ KARSH

OPERATIONAL STUDY-

Purvakarma:

Sambhar Sangrah

Rogi pariksha- It includes selection of patient, selection of drugs and duration

The nasal therapy administered after all the urges were voided.

1. *Sthanik Abhyanga* – patient was asked to lie in supine position and *sthanik abhyanga* was done with *tila taila*
2. *Mridu Nadi sweda (dashmool kwatha)* for head was done at a safe distance
3. A cloth placed covering the head & eyes before giving *nadi sweda* to protect the eyes.

Pradhana karma:

Patient made to lie in supine position and the head *pralambita*. Patient's eyes covered with cotton pad. Then 1 *karsha* of *japapushpa ras* taken in *nasyapaatra* and then instilled into both nostril. After administration of nasya, patient advised to lie on supine position for about 2 minutes. Patient was instructed to spit out *kaphadi dosha* into the kidney tray placed right and left side of the patient.

Paschatkarma:

1. *Kawalgraha*- *Kawalgraha* is process of holding liquid in the mouth without restriction of movement in side

2. *Dhumapana* (*varti* made by *raal*, *haridra*, *shudhha guggul*, *shigru*, *agru* each in equal quantity) was given to the patient, to be inhaled 3 times by each nostril & exhaled through mouth & then inhaled through mouth & exhaled through mouth only
3. After *dhumapana*, she was advised to take some rest & then can go home by covering head & exposed part of the face & neck.
4. Advised her to avoid Air conditioners, sitting under rotating fan, cold breeze, consuming cold water/drinks, stale food.

CRITERIA OF ASSESEMENT –

One minute comb test – patient was asked to comb hair on a white towel before hair wash for 1 minute and same was repeated after *nasya*. Patient was asked collect each and every hair on towel and comb.

Ludwig s scale- a scale to measure female pattern baldness, it suggests thinning of hair on the crown of scalp.

	BEFORE TREATMENT DAY 0	AFTER TREATMENT DAY 14 TH
ONE MINUTE COMB TEST NUMBER OF HAIR	89	38
LUDWIG S SCALE	GRADE 2	GRADE 1
		

DISCUSSION AND CONCLUSION-

In ayurveda *Khalitya* is mentioned under *Kshudraroga* as well as under *shiroroga*. Acharya charaka describes *Khalitya* as being caused by an imbalance in the body's doshas, particularly Vata and Pitta. It emphasizes that stress,

poor diet, and improper lifestyle can contribute to this imbalance. Acharya Sushruta explained that when the *Vata* along with *Virudha Pitta* reaches *romakoopa* causes *khalitya*, after that *shleshma* hinders the *romakoopa* along with *rakta* which leads to *avrodha* which in turn leads to stoppage of regeneration of hair. As per ashtang hridayama imbalances in Vata and Pitta doshas, as well as nutritional deficiencies and stress causes *khalitya*. Nasya has been mentioned as primary treatment for the *khalitya* in various texts like Sushrut, Vagbhata, bhavprakash etc.

As per Bhavprakash japa pushpa is *keshya*, kapha vataghana. Japapushpa promotes hair growth and prevents premature graying by reducing excessive body heat, stimulating blood circulation to the scalp and increasing the supply of essential nutrients to the hair follicles^[2]. Japa pushpa being sheet in veerya helps in pacifying vitiated pitta and honey being laghu sukhma helps in strotorodh caused by vitiated kapha in romakoopa thus helping in promotion of hair growth. Hence it can be concluded that Japapushpa ras nasya was effective in reducing hairfall. Remarkable improvement in Ludwigs scale was observed as well as in one minute comb test the number of hair reduced from 89 to 38 hair.

Hence nasya shows significant results in managing *khalitya*.

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