

Research Article

**The comparative study of Nasya and Shiroabhyanga in Khalitya with
Yashthimadhu taila**

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ABSTRACT:

A clinical trial was conducted to evaluate the efficacy of different treatment modalities in Khalitya. The study was conducted as a Randomized clinical trial. The study was carried out in the Dept. Of Panchakarma during the year 2013 -2015. Patients with Khalitya, with symptoms of hair fall were included in the study. Their age group was in between 15 – 45 years. 30 patients who fulfilled the inclusion and exclusion criteria were selected for the study. Patients were randomly allocated into three groups. Group A, Group B, Group C. In patients of group 'A' Nasya was given for 14 days. In group 'B' Shiroabhyanga was given for 14 days. In group 'C' both Nasya and Shiroabhyanga was given for 14 days. Three groups received were given follow up for 14 days without any medicine. The data of three groups were analysed using the most appropriate statistical tests. The efficacy is statistically significant in three groups at 0.001 level (P value <0.001) in hair fall. There was significant improvement in Keshabhumi Daha. Pertaining to Keshabhumi kandu, Palitya and Darunaka there was no improvement. On comparison of the three groups there was no significant difference in the results in terms of all the parameters. All the groups had significant improvement in terms of Hair fall and Keshabhumi Daha. Keshabhumi kandu, Palitya and Darunaka showed no improvement.

KEY WORDS: Khalitya, Nasya, Shiroabhyanga, Darunaka, Palitya, Daha and Kandau.

INTRODUCTION:

Hair plays very vital role in our beauty. A human body without hair would be seen just as a tree without leaves. So everyone has an ambition that his/her hair should be long, black and thick. As the hair is a beauty for women as well as men also, hair plays a significant role in personality. From the ancient time, hair has got exceptional place in our poetry especially for describing the beauty of women. It is important to know how we should take care of the hair for its lustrousness, blackness, neat, clean and devoid of various germs and diseases. To maintain the health the causative factors should be mined and due attention should be paid for the care of hair. Ayurveda emphasizes self-knowledge and appropriate self-care to keep body both inwardly and outwardly beautiful and healthy. The conventional practice of Ayurveda gives guideline to educate people about self-healthcare and provides medicines or interventions to bring individuals back to a point from where self-healthcare can be continued. Each and every person has to face through competition in each & every field of life to achieve their goal & position, people work more & more stressfully. Due to this they cannot take

proper sleep and food. Now-a-days, Women also go outside & work. Working women have fast schedule so they eat fast food. Use of synthetic shampoos & other chemical damage the luster of the hair.

Due to exposure to Sunlight, High tds level in water & pollution worsen the health of hair. Due to fast & tight schedule people takes food outside. They take Junk food & mis- combination of food intake –akalabhojan, over eating –adhyashana, Spicy and Oily food –Ushana, Tikshna Ahara etc.

All the above factors, malnutrition, poor hygiene, imbalance of sleep, stress & pollution play major role especially in Khalitya (Hair falling). In the fast world of today, there is a race for cosmetics, changed life style or more specifically westernized culture, indifferent dietary habits has made the hairs either grey at prematurity or to fall down. Different types of oil (chemical oils), shampoos, soaps, pharmaceutical propaganda in the name of 'SAUNDARYA PRASADHANA' to promote the growth of hairs has made the condition worse.

Though hair fall is considered as a physiological phenomenon after the mid forties, but it is considered as a disease if it occurs before this period. In ayurveda falling of hair is termed as Khalitya and the choice of management for this is Nasya and Shiroabhyanga as explained in ayurvedic classics¹. It will be more efficacious if the above treatment modalities are done with an oil having 'Keshya'drugs.

So in this present study Yashtimadhuka taila advocated in Chakradatta for growing of hair has been selected.

While explaining the benefits of Yashtimadhu taila Acharya Chakradatta tells.... *Janayati kasha shmashruni*² - based on this explanation the study aimed to find out the effect of nasya & shiroabhyanga in khalitya.

AIMS & OBJECTIVES

1. To evaluate the effect of Nasya karma with Yashtimadhuka Taila in Khalitya.
2. To evaluate the effect of Shiroabhyanga with Yashtimadhuka Taila in Khalitya.
3. To evaluate the comparative effect of Nasya and Shiro Abhyanga with Yashtimadhuka Taila in Khalitya.

MATERIALS AND METHODS:

Source of Data: Patients suffering from Khalitya were selected from the dept. of panchakarma O.P.D. of S. J.G. ayurvedic medical college and hospital, Koppal, Karnataka. by pre set inclusion and exclusion criteria.

Therapy:

1. Shiroabhyanga: With yashtimadhuka taila everyday for 15 minutes
2. Nasya karma:

Purva karma: Abhyanga with tila taila followed by bhashpa sweda

Pradhan karma: Nasya with yashtimadhuk taila.

Paschat karma: kavala with sukshosha jala

Methodology

Preparation of medicine: All the ingredients were well identified and collected from local areas. Good manufacturing practice was followed as per Taila paka vidhi in the department of R.S. & B.K of S J G Ayurvedic medical college and hospital, Koppal.

Method of collection of data:

(a) Study design: Comparative clinical trial

(b) Sample size and grouping: A minimum of 30 patients, divided in three groups, 10 patients in each group.

Group A: 10 patients will receive classical shiro abhyanga

Group B: 10 patients will receive classical Nasya

Group C: 10 patients will receive both shiro abhyanga followed by Nasya.

(c) Inclusion Criteria

1. Patients who have classical signs and symptoms of khalitya
2. Patients within age group of 15 to 45 years of either sex.
3. Patients will be randomly selected irrespective of sex, race, and status.

(d) Exclusion Criteria

1. Patients less than 15 and above 45 years.
2. Patients who have diseases like Alopecia totalis, Tinea capitis and in ayurvedic terms patients of Arunshinka, Indralupta.
3. Patient suffering from any systemic diseases.
4. Patients who are unfit for nasya karma in the group B & C
5. Patients who are unfit for shiro abhyanga in the group A & C.

Patients were selected on the basis of number of hair fall per day. To achieve these patients were asked to collect fallen hairs from the pillow while getting up in the morning, while combing, and while head wash patients were asked to wash their head in the sink keeping a tissue to the outlet and so on. Fallen hairs were collected for 3 consecutive days and the average of the same was taken into account.

(e) Posology:

Shiroabhyanga - Q.S. yashtimadhuka taila is used once daily.

Nasya - 8 drops of yashtimadhuka taila in each nostril once daily.

(f) Total study duration: 28 days,
Treatment duration 14 days

(g) Follow up duration: 14 days
Readings were assessed on day 0, 14th, 28th day.

Yashtimadhuka Taila:

1. YASHTHIMADHU *Glycyrrhiza glabra* 1 part
2. AMALAKI *Embilica officinalis* 1 part
3. TILA TAILA *Sesamum indicum* 4 part
4. KSHEERA Cow milk 16 part

Criteria for assessment:

Subjective:

1. Shiro Kandū,
2. Shiro bhumi daha

Objective:

1. Number of Hair fall/day
2. Palitya
3. Darunaka

Statistical analysis:

The observed data were analyzed statistically. Anova test was used to compare the between three groups.

All the three groups showed highly significant response in reducing hair fall, however the incidence of darunaka (Dandruff) increased along with itching of the scalp.

DISCUSSION:

Age: The incidence of Khalitya was prevalent in the age group of 20-35. People at this age tend to get more stress and changed lifestyle.

Gender: During the current research trial 15 patients (50%) were reported to be females and 15 (50%) patients were males. Which suggests the prevalence is now a days has become equal in both the gender.

Aharaja- Viharaja Nidana: Out of 30 patients 3.33% having Tikta rasa sevana, 3.33% having Kashaya rasa sevana , 70% were having Katurasa sevana, 63.33% were having Ruksha bhojana, 73.33% were having amayukta bhojana, 50% were having vegadharana, 70 % were having Nishajagarana as nidana. More pointing towards vataja –pittaja causative factors.

Oil applying frequency: 23.33% patients used to

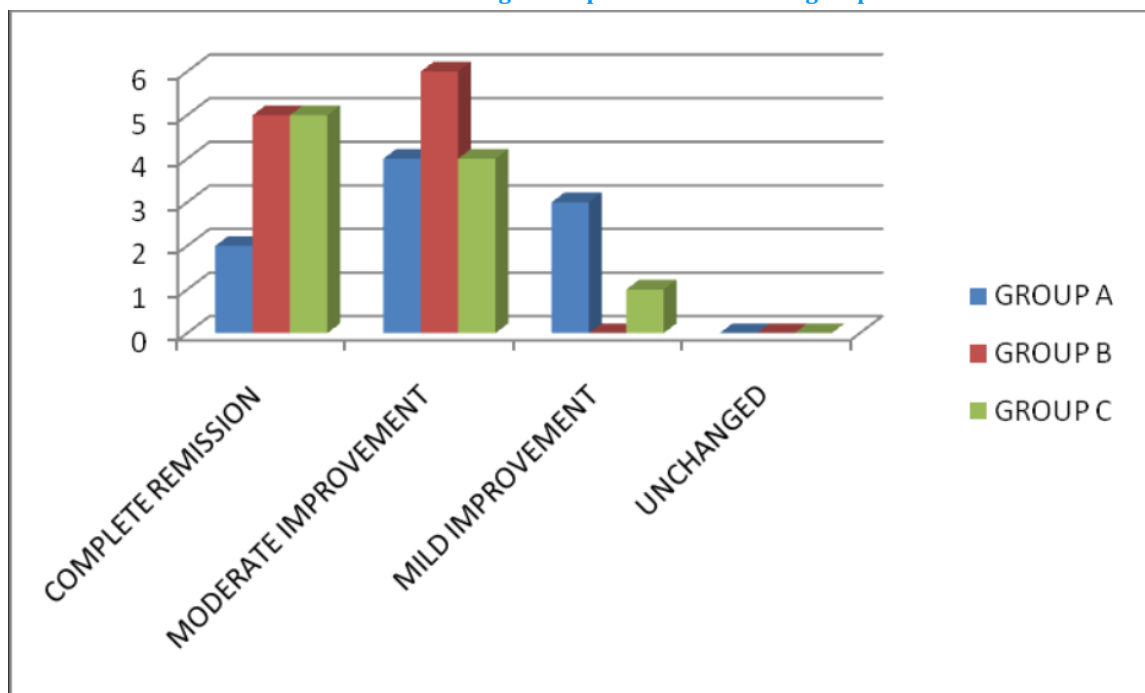
apply oil once in a week. 70% patient’s were oiling their hair twice in a week. 3.3% patients were oiling their hair everyday and 3.33% were applying occasionally. In Ayurveda advised to apply hair oil per day. If patient’s cannot follow the dinacharya they will suffer from Khalitya.

Type of water used: 83.33% were using hard water, 16.66% were using soft water. And all the patients were using hot water for washing their hair. Shiras is considered as uttamanga and it should always be cared properly. Usage of very hot water for head bath is harmful to the shiras.

Results: The results obtained indicate no significant difference in the groups studied. Nasya, Shiroabhyanga, and both have provided significant results in terms of Khalitya, and Shirobhumi Daha.

But there was no difference in the outcome pertaining to Shirobhumi Kandu, Palitya and Darunaka. The drugs used in the oil provided *santarpna* (Nourishment) to the scalp thereby prevented Khalitya.

Table No. 1: Showing the improvement in three groups



CONCLUSION:

After studying 30 patients of keshashatan and their response to drug Yashthimadhu taila which were administered by Nasya Karma, and Shiroabhyanga and both, the following conclusion are drawn-

Keshashatan is a mainly Pitta & Vata Pradhana Vyadhi. Some of observations obtained during the study of aetiological factors found i.e. lavan yukta Aahara, Shita bhojan, amayukta bhojana, Tikta, Amla, Ruksha, and vata Pradhana ahar Vihar were found in maximum patients, which are already mentioned in classics elaborately. They may lead to vitiation of pitta.

Maximum numbers of patient were from 20-29 yrs of age group. This is the age when a person is most busy and most anxious in his life. Completion of study and starting of professional life are the chief features of this life year both of these create anxiety as well as hard work and irregularity in life style. Moreover an eating habit of a normal person gets changed in this particular age. Because of all these factors pitta and vata gets aggravated which further manifests Khalitya and Palitya.

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