

**EVALUTION OF EFFICACY OF BRUHATYADI TAIL NASYA WITH SHIROABHANGA
IN THE MANAGEMENT OF KHALITYA****Vd. Supriya Ashok Shelke^{*1}, Dr. Yeshwant Rajpal Patil² and Vd. Suhas Sakhare³**¹PG Scholar, Swasthavritta and Yoga Department, Government Ayurvedic College, Nanded -431601, Maharashtra, India.²Guide and HOD, Swasthavritta and Yoga Department, Government Ayurvedic College, Nanded -431601, Maharashtra, India.³PG Scholar, Swasthavritta and Yoga Department, Government Ayurvedic College, Nanded -431601, Maharashtra, India.***Corresponding Author: Vd. Supriya Ashok Shelke**

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ABSTRACT

Hair plays an important role in making body externally beautiful, healthy and good looking long hair a person enthusiastic and healthy. For most people the hair loss is nothing more than a few patches, through in some case it can be more extreme. This common but very challenging and capricious disease affects approximately 1.7% of the world population and can have a profound effect on physical and emotional state. It occurs in males and females of all age. Aim of treatment is hair fall to minimize the symptoms as these is no permeant cure in contemporary medicine. Ayurvedic texts in the context of khalitya explained is primary a pitta predominant tridoshajanya vyadhi. In the present study was on the management of khalitya (Alopecia), who were being managed through Ayurvedic approach that includes shiroabhangya and bruhatyadi tail nasya. nasya is one of the choices of management of prime role in maintaining hair growth and preventing khalitya.

KEYWORDS: Khalitya, alopecia, shiroabhyang, bruhtyadi tail nasya.**INTRODUCTION**

Increased hair fall in Ayurveda is termed as khalitya and classified under shiroroga. ayurveda uses three terms to describe the symptoms of hair loss which are Indralupata, khalitya and Ruhyam. Acharya charaka describe that tejas combining with aniladi doshas reaches the shira kapala and cause hair fall by dahana of roma kooopa (hair follicle) this is named as khalitya. Excessive pitta dosha as main reason for hair loss. Romakupagata (hair follicles) contain brajaka pitta. It is increases root of hair and associates itself with vata dosha it results in the falling of hair. Kapha and raktha then together block the follicle not allowing further fresh hair growth. khalitya is primary a pitta predominant tridoshajanya vyadhi.

The word 'alopecia' comes forms Ancient Greek and roughly translates as "fox disease" on account of foxes changing their fur twice a year. The word "areata" means "occurring in patches or circumscribed areas". Alopecia areata usually starts with one or more small, round, smooth bald patches on the scalp and can progress to total scalp hair loss (alopecia totalis) or complete body hair loss (alopecia universalis). Bruhatyadi taila pratimashya (daily oil Nasya) is performed by dipping the clean little finger in bruhatyadi tail and inserting into each nostril, lubricating the nasal passage. it prevents the

early greying of hair and beard, prevent the falling of hair. it will ensure growth of hair.

AIM AND OBJECTIVES

To study the effects of Bruhatyadi tail in the management of khalitya. (alopecia).

MATERIAL AND METHODS

Preparation of bruhyadi tail: All the ingredients were well identified and collected from local areas. Good manufacturing practice was followed as per taila paka vidhi (procedure for medicated oil preparation), in the department of R.S. & B.K of ayurvedic medical college.

Ratio of Dravyas in Snehapaka

To prepare a Sneha three main basic dravyas are needed they are kalka dravya (paste), Sneha dravya (oil) and drava dravya (liquid). Kalka – 1 part, here kalka mentioned for bruhatyadi taila was taken in choorna (powder) form and converted into kalka (paste) form adding water. Sneha – 4 times of kalka dravya. Here moorchitha tila taila was taken for preparation. Drava- 16 times of kalka. Jala (water) was taken as drava dravya in this preparation.

Method of preparation

1/5th part of Aegle Marmelos (bilva), premna serratifolia (prema mucronata & prema integrifolia) Agnimantha (Arani), Oroxylum indicum (shyonaka), stereospermum suaveolens-Patala, Gmelina arborea Gambhari (beech wood/kasmari) each were taken. Above mentioned drugs were pounded into choorna form, mixed properly and kalka was prepared. 4 parts of moorchita tila taila was taken in a vessel. 16 parts of jala and prepared kalka was added into the taila. Heating was done in manganic tila Sneha siddhi lakshanas appeared.

After that vessel was taken out from the fire and the oil thus prepared was filtered through a cloth and was collected in a clean air tight container.

For this case study 30 patient of both sexes in age group of 20 to 50 of khalitya are selected. These patients are advised with

- 1) Sthanik shiroabhyang of tila taila for 15 min.
- 2) Bruhyadi tail of pratimarshya –2-2 droups.

Duration of treatment: The patients were given Nasya with Bruhatyadi taila for a period of 60 days.

Inclusive Criteria

1. All patients in the age of 20 to 50 years.
2. Patients who signed the consent to participate in the study.

Exclusive Criteria

1. Patients having with alopecia areata, alopecia totalis, tinea capitis, traction alopecia.
2. Patients suffering from neurological disorders like epilepsy, haemorrhagic stroke, meningitis.
3. Patients having Psychological disorder.
4. Patient suffering from any systemic illness.

Overall Assisment of Therapy

On the basis of percentage relief in sign, symptoms report further scores have been allotted. To establish the results statistically each sign and symptoms may be given a specific score.

Subjective criteria**Kesha pata (hair fall)**

1	No hair fall	0
2	Hairs fall once in the morning while washing/combing	1
3	Hairs fall on every time of combing	2
4	Hair fall even without combing and raised hairline in frontal region (mild baldness)	3
5	Visible or significant baldness in frontal or vertex region	4

Simple pull test

<2 hair	0
2-4 hair	1
4-6 hair	2
6-8 hair	3

Texture of hair: assessed by Card Diagnosis

If hair falls flat and limp (thin hair)	0
If hair sticks up straight or if it poufs up (normal hair)	1
Anything in between is (slightly thin)	2

Scalp moisture content

>100 us	0
50-100 us	1
<50 us	2

Statistical Analysis**Table 1: Effects of treatment on Texture of hair.**

	Mean	S.D	S.E	T value	P value
BT	1.233	0.5683	0.1038	2.014	0.0486
AT	0.8333	0.8193	0.1496		

P <0.05 is significant

Table 2: Effects of therapy on Rate of Hair fall.

	Mean	S.D	S.E	T value	P value
BT	2.233	0.5683	0.1038	7.119	0.8268
AT	1.167	0.5921	0.1081		

P <0.05 is significant

Table 3: Effect of therapy on simple pull test.

	Mean	S.D	S.E	T value	P value
BT	2.133	0.7303	0.1333	2.112	0.434
AT	2.000	0.6948	0.1269		

P <0.05 is significant

Table 4: Effect of therapy on scalp moisture content.

	Mean	S.D	S.E	T value	P value
BT	1.167	0.5921	0.1081	3.247	0.0029
AT	0.9000	0.7589	0.1385		

P <0.05 is significant

RESULT AND OBSERVATION

The results were assessed based on the subjective criteria, Hair fall, texture of hair, simple pull test. Statically analysis was carried out by student t test.

Effect of treatment in hair fall on 60th day showed significant value at (p=0.8268). Texture of hair (p=0.0486) showed extremely significant value. Simple pull test (p=0.434) showed statistically significant value. Scalp moisture content (p= 0.0029) showed statistically significant value.

DISCUSSION

There is no clear description regarding the causative factors of Khalitya in samhitas, but by collecting the scattered references from Ayurvedic texts and by analysing the explanation of the pathogenesis of the disease, an indirect knowledge of etiological factors of khalitya was acquired. Acharya Charaka has said that “Teja along with Vatadi Dosha, burn the Keshbhoomi to produce Khalitya” Chakrapani, while commenting on this, points out that Deshoshma is to be understood by the word Teja and Dehoshma is directly proportional to pitta.

Acharya Sushruta has encapsulated the pathogenesis in following way that pitta along with vata enters into the romakoopa (hair roots) and produces Khalitya whereas the augmented Kapha along with Rakta Obstructs the romakoopa thus preventing the production of new hair. Thus, observing the pathogenesis described by various Acharyas, it can be said that the vata, pitta and kapha dosa and rakta Dushya are main internal causative factors of khalitya. In addition to this, Acharya Charaka has mentioned various factors which vitiate vatadi dosha by which shiroroga Rakta also gets vitiated and gives rise to different shiroroga.

According to Vagbhata Khalitya comes under the roof of shiroroga. In vimanasthana, while describing the disorders occurring due to the over intake of kshara, lavana and viruddha Ahara, Acharya Charaka had mentioned the occurrence of khalitya as a consequence of it. It has been mentioned that the Viruddha Ahara like, intake of Lavana (salt) with milk in the diet induces khalitya. Thus, it can be said that a person habituated to excessive lavana or Kshara intake and taking viruddha Ahara in routine is prone for khalitya.

Ashtanga Samgrahakara has enumerated Shiroroga under the caption of Urdhvajatrugata Roga and these are further subdivided into nine kapala Vyadhi, Khalitya being one of them. There is no separate mentioning about the specific causative factor for Khalitya but the general etiological factors of shiroroga can be considered as that of Khalitya which are stated as follows: In addition to this Acharya Charaka, in Chikitsa sthana has mentioned that by ignorance of Pratishtaya, Khalitya occurs as a complication.

The line of treatment of Khalitya mentioned by different Acharyas are as follows, Acharya Charaka opines that the patient of Khalitya should be treated by Nasya, Tailabhyanga on head & face and Pralepa on the head along with Shodana Chikitsa. Acharya Vagbhata mentioned that after the Shodhana of Doshas, the treatments which are mentioned in Indralupta and Palitya, should be done in Khalitya.

In the present study nasya karma with Bruhtyadi taila was a good choice of treatment modality for Khalithya. The drugs in Bruhtyadi taila possess vatagna and pittagna qualities which reduces the prakupita vata-pitta avastha in Khalitya. Statistically significant improvements are seen in hair fall, texture of hair, simple pull test, moisture scalp content in the present study.

CONCLUSION

This study was designed with a sample size of 30, each scaling 4 classical parameters of Khalitya. The results showed that maximum of the cases was between the age group of 18-29 years. It can be concluded here that the medicines installed through the procedure of nasya karma has marked effects of drug transportation. By analysing the results drawn through clinical trials, it could be concluded that statistically significant improvements are seen in Hair fall, texture of hair, simple pull test and moisture scalp content.

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