



Clinical Study on the Role of Pratimarsha Nasya with Dashamoola Taila in the Management of Khalitya

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ABSTRACT

Khalitya is a symptom of deterioration in the early stages of life. Hairfall affects approximately 1.7 percent of the world's population. It is a progressive disorder in which people who live sedentary lifestyles, stress-induced hectic schedules, and indiscriminate food habits cause numerous disturbances and inadequacies in the body, which are immediately reflected in hair loss. In our lives, beauty plays a critical part. Hair is really important to our appearance. Everyone fantasises about having long, thick, and black hair. Hair has an important function in personality because it is a source of beauty for both women and men. We can reduce and manage this rising problem of hairfall through modifying the lifestyle, purification therapy and medication practicing in Ayurveda.

KEYWORDS: Khalitya, Hairfall, Nasya, Dashamoolataila

INTRODUCTION

“स्वस्थस्य स्वास्थ्य रक्षणं आतुरस्य विकारःप्रशमनं च।“(चरकसंहिता सूत्रस्थान ३०।२६)

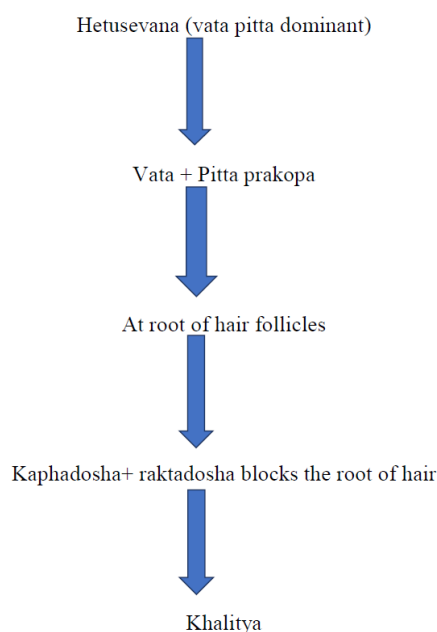
Ayurveda's fundamental goal is to keep healthy people well and to heal ailing people. There are four varieties of Ayu described in Ayurvedic classical texts. Sukhayu is the most prominent of these. Sukhayu is concerned with living a life free of bodily and mental illnesses, and possesses traits such as Bala, Virya, Parakrama, and Soundarya.

The notion of Soundarya is gaining a lot of traction around the world, and hair plays a big part in it, as hair is thought to be a barometer of one's beauty. Hair that is healthy, gorgeous, long, and attractive adds to a person's charm. It offers a lot of aesthetic value and is a person's crowning glory. Not only did that hair serve as a form of protection. Head hair shields the scalp from the sun's rays and aids in the retention of body heat.

Hair is one of the distinguishing features of mammals. Hair follicles, which number roughly 2 million in a human, have both beneficial and bad effects on skin health. It is an essential element of our body that is derived from the skin's ectoderm and serves as a protective appendage for the body. Hair loss is a quiet but devastating problem that can affect even the healthiest of people. It's been classified as a geriatric physiological phenomenon that occurs after the mid-fifties. Early hairfall has been linked to a number of reasons, including hormone imbalance, poor hair care, pollution, and so on.

In Ayurvedic approach, loss of hair is coined out as in term of 'Khalitya' under the broad **heading of shiroroga**.

Hetusevana (vata pitta dominant)



Hairfall is a universal problem, having affected both sexes of all races to different extents for as long as mankind has existed. Various factors contribute to hair fall. Genetic predisposition and hormonal factors predominantly contribute to above. Apart from hormonal factors, other reasons for hairloss in both sexes can be stress, improper nutrition, especially lack of iron and protein, which are essential for maintaining healthy hair growth. Underlying medical conditions like diabetes or lupus, diseases such as typhoid, malaria, jaundice, etc also cause Hairfall. The use of chemotherapeutic agent also cause Hairfall.

Management of Hairfall is extremely complex. For khalitya, Nasya is a choice of treatment because having a prime role in promoting hair growth. If Nasya is given of the taila which is medicated by vatapittahardravayas, then more effective result is desirable. So to fulfill the need of finding out proper and effective management present study has been selected. Therefore for the present study Dashamoola taila was selected which has dravyas possessing vata pitta Hara and keshyaqualities.

AIMS AND OBJECTIVES:

To study effect of pratimarshanasyawith Dashamoola taila.

MATERIALS AND METHOD

30 patients who are fulfilling the criteria for inclusion were selected.

INCLUSION CRITERIA

- Both male and female patients of khalitya were selected for the present study and diagnosis of the patients were done on the basis of detailed performa which was prepared prior the selection of patients.
- Age: 16 to 50 years

EXCLUSION CRITERIA

- Patients who has been diagnosed to have local diseases like – Alopecia areata, scarring Alopecia, Alopecia totalis, Tineacapitis
- Patients suffering from any severe systemic disease was excluded.

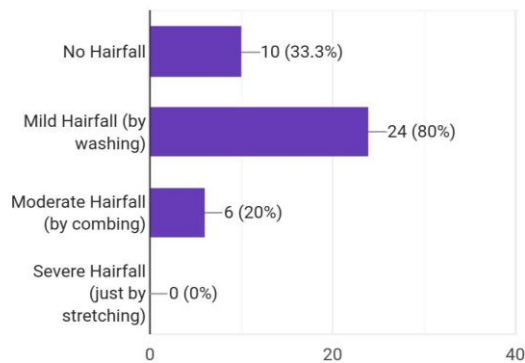
DASHAMOOLA TAILA

- Madhur, tikta, kashaya rasa
- Guru, snigdha guna
- Madhur, katuvipaka
- Vata pitta hara
- Indriyabalakar
- Tridoshashamaka
- Rasayan

OBSERVATIONS AND RESULTS

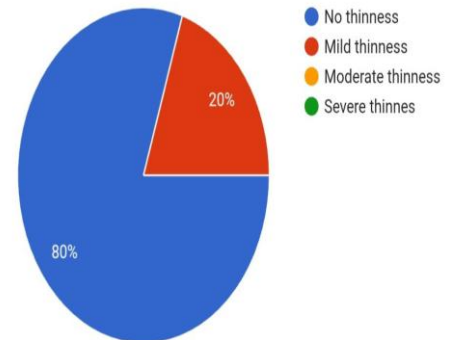
Efficacy of Nasya on hairfall

30 responses



Thinness of Hair

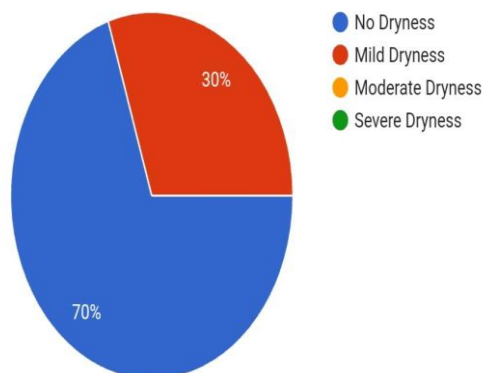
30 responses



In Hairfall Pitta and vataare main Dosha. Dashamoola taila has mainly madhur, tikta, kashayarasa, maximum dravya has sheetavirya and madhurvipaka properties. The Nasya karma is indicated in all urdwajatrugatavikara. Shaman type of Nasya which were indicated especially in Khalitya. By Dashamoola taila which have Indriyabalakar, Tridoshashamaka, Rasayan properties respectively.

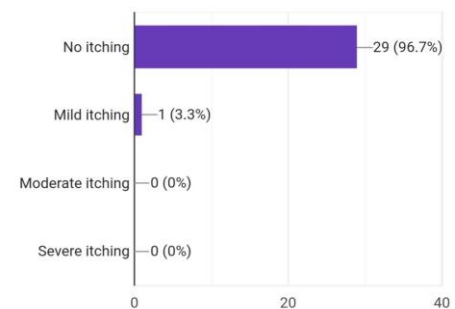
Dryness of Hair

30 responses



Itching of scalp

30 responses



Dashamoola taila helps break the pathology of srotosanga and Tridoshashamaka properties.

Due to excessive indulgence of rukshadiaaharvihar, vata is provoked with its rukshadiproperties and manifested with the symptoms like KeshaRukshata, KeshaTanutva and KeshaKathinya. Therefore when vata pacifying therapy, taila with vatashamaka was performed, it relieved these symptoms in the patients of Khalitya.

DISCUSSION

Nasya is beneficial in the management of Hairfall.

Only liquid medium can cross the blood brain barrier.

Nasya is the effect and cross the efficacy.

Mode of Action of Nasya:

“नासाहिशिरसो द्वारं।“

Nasyaoushadhireaches to brain via nasal route and acts on higher centers of brain controlling different neurological, endocrinal and circulatory functions and thus showing local as well as systemic effects.

CONCLUSION

- Thus it may be concluded that Nasya is beneficial in the management of Khalitya.
- Reduction in dryness and thinness of Hair was also noted.
- Premature Hairfallis a sign of early ageing and Ayurvedicetiopathogenesis of Khalitya stresses more on vata and pitta doshaand asthi, rasa and raktadhatu as main dushya.Nasya possessing keshya property with ability to improve vitiated doshaand dushyato disintegrate entire pathophysiology.
- Plus point of Ayurvedic management is absence of any hazardous effect, which is a great benefit to the patient in the view of acceptance of Ayurveda, globally to lead a healthy life.

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