



# A Comparative Clinical Study On Nasya With Yastimadhuk Taila And Shadbindu Taila In The Management Of Khalitya

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## **ABSTRACT:**

Hair plays an important role in making body externally beautiful, good looking long hair makes a person mentally enthusiastic and healthy. According to survey up to 40% of men & 25% of women in India are victims of hair fall (*khalitya*). It is a universal and very common problem, having affected both sexes of all races. On a daily basis, the hair falls out of the head, specifically throughout washing and brushing 70-100 hairs loss a day is a very common however, dropping over 100 hairs a day lasting longer than a couple of weeks indicate a serious problem. The present study has been undertaken to manage the condition of *Khalitya* (hair fall) by *Nasya* treatment by comparing the role of *Pratimarsh Nasya* with *Yastimadhuk tailashadbindu taila* in the management of on *Khalitya* (hair fall). Statistically Significant changes were observed after therapy in all the signs and symptoms of Hair fall and while comparing both the groups therapy Group-A (*Yastimadhuk Taila Nasya*) showed good results than Group-B (*Shadbindu Taila Nasya*). In Group-A 19 patients were gained

Moderate response and in Group-B, 17 patients were gained Moderate response, however the problem of *Khalitya* (hairs fall) is chronic in nature but not serious disorders.

**Key words:** Nasya, Yastimadhuk Taila, Shadbindu Taila, Khalitya

## INTRODUCTION:

Hair is among the valuable parts of the physique derived from ectoderm of the skin and is a protective appendage on the physique. Hair plays an important role in making body externally beautiful, good looking long hair makes a person mentally enthusiastic and healthy. According to survey up to 40% of men & 25% of women in India are victims of hair fall (*khalitya*).<sup>1</sup>

On a daily basis, the hair falls out of the head, specifically throughout washing and brushing 70-100 hairs loss a day is a very common<sup>2</sup> however, dropping over 100 hairs a day lasting longer than a couple of weeks indicate a serious problem. Male is more susceptible than female in the case of *khalitya* (hair fall). It usually is due to the presence of an excessive quantity of androgenic hormone testosterone. Patient notices his hair entangled in comb or brush, thinning of the scalp hair subsequently raising his level of worry. *Khalitya* in younger age is increasing rapidly, in this age an effective as well as long lasting treatment is the need of the hour. The etiological factors like *Atilavanseven*, *Atiksharseven*, *Viruddhahara*, *Atiatapseven*, *Aysaad*, auto immune diseases, nutritional deficiency etc. are responsible for *khalitya*. In the samprapti the *Agnimandhya*, *Srotorodha*, *Pitta*, *Vata* and *kapha prakopa* are important factors.<sup>3</sup>

Administration of the medicines through nasal route is known as *nasya*<sup>4</sup>. As this is the nearest root, the diseases related to head is best treated by this procedure. Medicated oil when dropped into the nostril in a small and specific dose is known as *Pratimarsh Nasya*. The present study has been undertaken to manage the condition of *Khalitya* (hair fall) by *Nasya* treatment which is one of the choices of management for its prime role in maintaining hair growth and preventing *Khalitya* (hair fall)<sup>5</sup>.

Considering all above benefits of *Nasya* an attempt was made to evaluate and compare the role of *Pratimarsh Nasya* with *Yastimadhuk tail* and *shadbindu tail* in the management of on *Khalitya* (hair fall).

**AIMS AND OBJECTIVES:**

1. To evaluate the efficacy of *Yastimadhuk Taila Nasya*.
2. To evaluate the efficacy of *Shadbindu Taila Nasya*.
3. To compare the effect of *Yastimadhuk Taila Nasya* and *Shadbindu Taila Nasya* in the management of *Khalitya* (Hair fall).

**DRUG REVIEW****Table 1: Ingredients of *Yastimadhuk Taila*<sup>6</sup>**

Drug	Name	Quantity
<i>Yashtimadhu</i>	Glycerrhiza Glabra Linn.	1/4 Part
<i>Amalaki</i>	Emblica Officinalis Gaertn.	
<i>Tila taila</i>	Sesamum indicum	4 part
<i>Godugdha</i>		4 part

**Table 2: Ingredients of *Shadbindu Taila*<sup>7</sup>**

Drug	Name	Quantity
<i>Murcchita Krishna Tila Taila</i>	Sesamum indicum L.	0.768 l
<i>Eranda</i>	Ricinus communis L.	19.0 g
<i>Tagara</i>	Valeriana wallichii DC.	19.0 g
<i>Shatahva</i>	Anethum sowa Roxb.	19.0 g
<i>Jivanti</i>	Leptadenia reticulata (Retz.) Wight and Arn.	19.0 g
<i>Rasna</i>	Alpinia galanga (L.)	19.0 g
<i>Bhringa</i>	Eclipta alba (L.) Hassk.	19.0 g
<i>Vidanga</i>	Embelia ribes Burm.f.	19.0 g
<i>Yashti</i>	Glycyrrhiza glabra L.	19.0 g
<i>Shunthi</i>	Zingiber officinale Roscoe.	19.0 g
<i>Saindhava Lavana</i>	Rock salt	19.0 g
<i>Aja Paya</i>	Goat milk	3.072 l

## MATERIALS AND METHODS

### Source of data

40 patients of *Khalitya* were selected randomly from the OPD, IPD and by conducting the special camps in Department of Post Graduate Studies in Panchakarma, Bhagawan Mahaveer Jain Ayurvedic Medical College, and Hospital & PG Centre Gajendragad.

### Study Design:

A comparative Simple random sampling method clinical study with pre-test and post- test design.

### Methods Of Collection Of Data

Patients of either sex were selected randomly based on the symptoms of *Khalitya*, the screened patients were randomly divided into two groups group A and group B with 20 patients in each group.

### Inclusion Criteria

- Patients having age between 20 to 50 years. Patients having symptoms of *Khalitya* i.e *Keshpatan/Darunka/Kesh-Rukshata* etc. were selected irrespective of caste, gender, religion and occupation.
- Patient who are fit for Nasya karma procedure.
- History of hair falls irrespective of any disease.

### Exclusion Criteria

- Patients whose age was less than 20 and above 50 years
- Patient Having Alopecia Areata, Alopecia Totalis, Tinea Capitis, Traction Alopecia,
- Patients who are unfit for Nasya karma.
- ANC women and lactating mother.
- Patient suffering from malignancy & systemic disease.

## Diagnostic Criteria

The patients with the complaints of *Khalitya* i.e. *Keshpatan*, *Darunka*, *Palitya*, *Shirah Kandukesh*- *Rukshata* etc. were selected for the study. For the purpose of perfect diagnosis and assessment a special research Performa was designed.

## Posology

	Group A	Group B
<b>Drug</b>	<i>Yastimadhuk Taila Nasya</i>	<i>Shadbindu Taila Nasya</i>
<b>Dose</b>	Daily two drop in each nostril.	Daily two drop in each nostril.
<b>Kala</b>	At early morning & evening as per prakruti.	At early morning & evening as per prakruti.
<b>Duration</b>	7 days till 90 days	7 days till 90 days
<b>Follow up</b>	7 Days	7 Days

## Follow up

Patients were asked to give the follow weekly till the 90 days

## Assessment Criteria

Suitable scoring pattern was adopted for the sign and symptoms.

- ☐ Pre test assessment- Before the commencement of treatment (0 day).
- ☐ Post test assessment- After the completion of treatment (16th and 30th day).



**Parameters of the Study:****Table 3: Assessment criteria for Sign and symptoms: Assessment Scoring System**

Sl. No	Signs and symptoms	Criteria	Score
1	<b>Khalitya (Hair Falling)</b>	No hair fall	0
		Mild hair fall (by washing)	1
		Moderate hair fall (by combing)	2
		Severe hair fall (by just stretching)	3
2	<b>Shirah Kandu (Itching on Scalp)</b>	No itching on scalp	0
		Mild itching on scalp (occasionally present but it doesn't disturb normal activities)	1
		Moderate itching on scalp (often present and it disturbs normal activities)	2
		Severe itching on scalp (continuously present and it disturbs normal activities)	3
3	<b>Kesha Rukshata (Dryness of Hair)</b>	No dryness of hair	0
		Mild dryness of hair (dryness can be seen on hair but on touch it feels smooth and to become smooth it required approx. 15-20ml oil)	1
		Moderate dryness of hair (dryness can be seen on hair as well as on touch also it feels dry and to become smooth it required approx. 20-25ml oil)	2
		Severe dryness of hair (hair lost its luster as well as on touch it feels so dry and it doesn't become smooth with 25-30ml oil)	3
4	<b>Kesha Kathinya (Harshness of Hair)</b>	No harshness of hair	0
		Mild harshness of hair (it feels harsh on touch and it required only 15-20ml oil to become gentle)	1
		Moderate harshness of hair (harshness can be seen on hair as well as it feels on touch also and to become smooth it required only 20-25ml oil)	2

		Severe harshness of hair (hair lost its curvature as well as on touch it feels so harsh and it doesn't become smooth with 25-30ml oil)	3
5	<b>Kesha Tanutva (Thinness of Hair)</b>	No thinness of hair (general growth is not decreased)	0
		Mild thinness (general growth is found around 1.5 each)	1
		Moderate thinness (general growth is found around 1 each)	2
		Severe thinness (general growth is found around 0.5 each)	3
6	<b>Keshaboomi Daha (Burning sensation in Scalp)</b>	No burning sensation in scalp	0
		Mild burning sensation (occasionally little burning sensation in scalp, but it do not disturbed normal activities )	1
		Moderate burning sensation (often little burning sensation in scalp, that disturb normal activities)	2
		Severe burning sensation (continue burning sensation in scalp, that disturb normal activities)	3

## OBSERVATIONS AND RESULTS

**Table 4: Overall effect of the treatment on the symptoms**

Symptom	Relief % after Treatment	
	Group A	Group B
Khalitya	54%	47%
Shirah Kandu	55%	50%
Kesha Rukshata	63%	56%
Kesha Kathinya	58%	54%
Kesha Tanutva	54%	50%
Keshaboomi Daha	56%	54%

**Table 5: Overall effect of the treatment**

Parameter	Criteria	No. of Patients	
		Group A	Group B
Good response	More than 75% relief	1	0
Moderate response	51 – 75% relief	19	17
Mild response	26 – 50% relief	0	3
Poor response	Below 25% relief	0	0

**DISCUSSION :****Mode Of Action Of Yastimadhuk Taila**

- Yastimadhu being main constituent which having madhura vipaka and sheetha veerya & due to this property it is vatapittahara.
- Aamalaki having amla rasa, madhura vipaka & sheeta veerya so it acts as tridosha shamaka. Til tail is madhur ushna and tridoshshamak.
- Godughdha & Aamalaki both possess the properties of rasayana.
- So the ingredient of Yashtimadhuk tail are having madhur rasa, guru, Laghu, Snigdha, guna whereas madhur vipak, tridosha shamak specially pitta vata shamak properties.
- The drugs are also having the other properties like keshya, rasayana and keshavardhan. The laghu & snigdha properties would act on the vitiation of the kapha & vata dosha respectively whereas sheet veerya & madhur vipak would act on pitta dosha, the ushna veerya would act on the vitiation of kapha.
- Sheetha & madhura vipaka would act on pittadosha.
- The ushna veerya & snigdhatha would act in liquefying the dried kapha in the pores of the scalp locally to remove the obstruction.



### Mode Of Action Of Shadbindu Taila

- The taila has Laghu, Sukshma, Tikshna, Snigdha properties and it was prepared with Keshya durg.
- It would act on Pitta dosha, which is main causative factor of Khalitya.
- The obstruction of Srotas will clear by the Sukshmaguna, which affects the growth of new hair.

### Discussion On Nasya In Khalitya

- Administration of Nasya in proper time with proper method keeps eyes, ears and nose of the person healthy.
- The hair of that person does not turn grey and one does not suffer from hair falling problem, instead hair growth is also accelerated.
- Acharya Vagbhatta has mentioned that Shamana Nasya is useful for Kesha Roga (Hair Fall and Greying of Hair)
- Acharya Charak and Vagbhatta has considered nose as a route for drug administration to Shirah Pradesh (Head). And that in all Urdhwajatrugata Roga (Head and Neck diseases) Nasya Karma is the choice of management.
- Excess of Pitta in the sebaceous gland at the root of the hairs may cause hair fall.
- Yashtimadhukaadi Tail contains mainly Pitta Shamaka drugs (Yashtimadhuka and Amalaki) which helps in breaking Samprapti (pathophysiology) of Khalitya (Hair Fall). Ksheera used during Taila Paaka would help in further nourishment of hair follicles and helps in their regrowth

**CONCLUSION:**

- *Yastimadhuk Taila Nasya & Shadbindu Taila Nasya* is safe and effective treatment in *Khalitya* where majority of the drugs mentioned are having *Keshya, Rasayana, Keshavardhana* property and the drugs are specially indicated in *Khalitya*.
- The study showed significant results and long term effects in the signs and symptoms of *Khalitya* in both groups.
- Statistically Significant changes were observed after therapy in all the signs and symptoms of Hair fall and while comparing both the groups therapy Group-A (*Yastimadhuk Taila Nasya*) showed good results than Group-B (*Shadbindu Taila Nasya*).
- In Group-A 19 patients were gained Moderate response and in Group-B, 17 patients were gained Moderate response, however the problem of *Khalitya* (hairs fall) is chronic in nature but not serious disorders.

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