



A CONCEPTUAL STUDY OF *SNUHAYADI TAILAM* IN *KHALITYA*: REVIEW

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Article Received on 21/04/2019

Article Revised on 11/05/2019

Article Accepted on 01/06/2019

ABSTRACT

Hair is very crucial part of our body with huge cosmetic importance. Healthy hairs not only attract everyone but also improve personality. Nowadays hair fall is very common ailment in any age and any sex. Unfortunately, no reliable or successful curative treatment is available. For better treatment of hair fall many studies and researches are in process in every field of medicine. In *Ayurvedic* medical science, continue fall of hair is termed as *Khalitya*. As per health point of view Today's life style comprising of junk food, low nutritional value, improper sleep, chemical rich cosmetics, environmental pollution besides genetic factor exaggerate hair fall. The aim of this study is "a conceptual study of efficacy of *snuhayaditailam* in *khalitya*". *Snuhayaditailam* is indicated in *Khalitya* (hairs fall) as local application on scalp. The contents of *SnuhayadiTailam* have *laghu*, *ruksha*, *tiksha*, *ushnagunas*, *katu rasa*, *kushthaghna*, *krimighana* properties that can help to breakdown the pathogenesis of *Khalitya*. This conceptual study is based on *Ayurvedic* properties of drug of *Snuhayadi Tailam* and study of *khalitya* in *Ayurvedic* text. The basic principle behind the pathogenesis of *Khalitya* is *dushti* of *chaturdosha*, elevated *pitta* along *vatadosha* and *raktakaphadushti*.

KEYWORDS: *Khalitya*, *SnuhayadiTailam*, *chaturdosha*.

INTRODUCTION

After gaining a good health, every person wants to become smart having attractive look, where hairs play main role in his personality. Hairs are very different than other organ of body in various aspects. Today's life style are very poor in health point of view because lack of nutritional diet, unhealthy food and manner of diet, improper sleep and polluted environment also. Worldwide hair fall is a very common complaint in both sex and all the races. The normal cycle of hair growth lasts for 2 to 6 years and each hair grows approximately one centimeter (less than half an inch) per month during this phase. About 90 percent of the hair on your scalp is growing at same time, About 10 percent of the hair on your scalp at any one time is in a resting phase. After 2 to 3 months, the resting hair falls out and new hair starts to grow in its place. It is normal to shed some hair each day as a part of this cycle. *Khalitya* is a nonspecific classified disease in the heredity point of view in *ayurved*, but it doesn't mean that it is not affecting women. It is observed that sometimes hair falls as a side effect of other disease, medicine may be due to mental illness or sometimes with unknown etiopathogenesis.

AIM & OBJECTIVES

1. To Study the efficacy of *SnuhayadiTaila* in *Khalitya*.

2. To study *Khalitya* disease.

MATERIALS AND METHODS

Materials

All *Ayurvedic* references regarding *Khalitya* are collected from *Ayurvedic* fundamental books, various textbooks, research article and internet information. *SnuhayadiTailam* is reviewed (study) from *chakradatta*.

Methods

All aspect of *Khalitya* and *SnuhayadiTailam* is studied in detail.

As per requirement collection of all logical references are done for correlation and explanation.

REVIEW OF DISEASE

In *Ayurved* some work on *Khalitya* was done by *Charak* in *aaragvadhya adhayaya*^[1], *Sushrut* in *Kshudraroga*^[2], *Ashtanga Samgrah* in *Shirokapalgat vyadhi*^[3]. *Acharyachakrapani* also described *khalitya* as *kshudrarogain Chakradatta*. The most acceptable *Samprapti* (pathogenesis) of *khalitya* is described by *Susruta* and other pioneer of *Ayurved* which is turn as it is narrated by preceding authors of *Madhavnidan*, *Sharangdhar* and *Vagabhata*.

Nidans (etiology) for *khalitya* is not rated clearly but various references like *Lavanrasatisevan* (excessive intake of salt), *rasadhatupradoshajvikar* etc in *CharakSamhita*, and detail explanation were done by *Vagabhatta*.

*Purvaroop*a (Premonitory signs) and *Rupa* (Symptoms) are not mentioned in classical texts but common symptom of *khalitya* includes a gradual fall of hair.

Samprapti (Pathogenesis) of *khalitya* is well defined by *Aacharya Sushruta* in *Kshudraroga* in *NidanSthan* stated that "Pitta situated in hair follicles and associated with *vata* falls hairs, there after *kapha* mixed with *rakta* creates obstruction there is resulting in non-appearance of others.^[4] This is known as *Khalitya* (Alopecia).

PROCEDURE REVIEW

The *MurdhaTaila* is direct application of medicated oil on scalp which is type of *Shiroabhyanga*.^[5] Thus, the medicaments come into direct contact with hairs and hair roots as the *Khalitya* is a disease where hairs and hair roots are affected. For the breakdown of pathogenesis of *khalitya* on side area, local application was chosen.

1. *Charak, Sushrut, Chakrapani* also mentioned many single preparations for *khalitya* as local application

in form of oil, *lepa. Kwath* etc. local application view were oil preferred for study.

2. In view of local application we preferred to choose oil for study.
3. As medicines present in oil comes direct contact with hair follicle root and scalp where the pathogenesis resides which may be helpful for breakdown of pathogenesis.
4. *Murdha tail* is a procedure for application of oil based medicine on scalp. *Murdhatail* includes four types of application respectively *abhyang, pichu, shirobasti, and parishek*.
5. For this study we have chosen the procedure of *shirobhyanga*.

REVIEW OF DRUG

The study drug *SnuhayadiTailam*^[6] was selected from *chakradatta* which is indicated in *Kshudraroga Chikitsa*. *Chakradatta* is famous practical book of *Ayurved* which include clinical experience of *Acharyachakrapani* in eleventh century. Ingredients of *SnuhayadiTailam* are *Snuhi, Arka, Bhringaraj, Langali, Vatsanabh, Gunja, Indravaruni, Sarsup Tail, Gomut and Ajamutra*. It is multi herbal preparation having *Ayurvedic* properties such as *Usna, Tikshna, Laghu, Sukshma, Vikashiguna, katu rasa* and may have potency to breakdown the pathogenesis of *khalitya*.

Table No. 1: Descriptions of Ingredient of *SnuharayadiTailam*.

S.N.	DRUGS	BOTANICAL NAME	PARTS USE	RATIO OF DRUGS
1.	<i>Snuhiksheer</i>	<i>Euphorbia nerifolia</i>	Latex	1 kg
2.	<i>Arkaksheer</i>	<i>Calotropis procera</i>	Latex	1 kg
3.	<i>Bhringraj</i>	<i>Eclipta alba</i>	Panchang	50 gm
4.	<i>Langali</i>	<i>Gloriosa superba</i>	Root	50 gm
5.	<i>Vatsnabh</i>	<i>Aconitum ferrox</i>	Root	50 gm
6.	<i>Gunja</i>	<i>Abrus prectorius</i>	Seeds	50 gm
7.	<i>Indravaruni</i>	<i>Citrullus colocynthis</i>	Root	50 gm
8.	<i>Sarsup tail</i>	<i>Brassica compestris</i>	Oil	1 kg
9.	<i>Gomutra</i>	cow urine		3 kg
10.	<i>Ajamutra</i>	Goat urine	-	3 kg

Table No. 2: *Raspanchak* (Pharmacology) Properties of Ingredient of *SnuhayadiTailam*^[7].

S.N.	NAME OF DRUG	Rasa	Guna	Virya	Vipaka	Dosha-Prabhava
1.	<i>Snuhiksheer</i>	<i>Katu</i>	<i>Laghu, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-VataShamak</i>
2.	<i>Arkaksheer</i>	<i>Katu</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-VataShamak</i>
3.	<i>Bhringraj</i>	<i>Katu, Tikta</i>	<i>Ruksha, Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-VataShamak</i>
4.	<i>Langali</i>	<i>Katu, Tikta</i>	<i>Laghu, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-VataShamak</i>
5.	<i>Vatsnabh</i>	<i>Madhur</i>	<i>Laghu, Tikshana, Ruksha, Vyawayi, Vikasi</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Kapha-VataShamak</i>
6.	<i>Gunja</i>	<i>Tikta, Kashaya</i>	<i>Tikshna, Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Vatashamaka</i>
7.	<i>Indravaruni</i>	<i>Tikta</i>	<i>Tikshna, Laghu,</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-</i>

			<i>Ruksha</i>			<i>Vatashamaka</i>
8.	<i>Sarsup tail</i>	<i>Katu, Tikta</i>	<i>Snigdha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Vatashamaka</i>
9.	<i>Gomutra</i>	<i>Katu, Lavana, Tikta, Kashaya, Madhura, Kshar Yukta</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Shamaka, Vatanolomak</i>
10.	<i>Ajamutra</i>	<i>Tikta, Katu</i>	<i>Tikshna, Ushna, Laghu</i>	----	----	<i>Kapha-Vatashamaka</i>

Table No. 3: Ayurvedic (Medicinal) Properties of Ingredient of *SnuhayadiTailam*^[8].

S.N.	NAME OF DRUG	Opposite Properties to the <i>khalitya</i> Pathogenesis
1.	<i>Snuhiksheer</i>	<i>Vishaghna, Raktashodhak, Twagadoshahar</i>
2.	<i>Arkaksheer</i>	<i>Kushtaghna, Jantughna, Keshya,</i>
3.	<i>Bhringraj</i>	<i>Sweadjanan, Twachya, Kshudraroganashak, Keshya</i>
4.	<i>Langali</i>	<i>Krimighna, Kshobhak, Raktotkleshak, Raktashodhaka</i>
5.	<i>Vatsnabh</i>	<i>Sweadajanan, Kushtaghna</i>
6.	<i>Gunja</i>	<i>Kushtaghna, Keshya, Twachya, Vishaghna</i>
7.	<i>Indravaruni</i>	<i>Keshya, Vishaghna, Khalityanashak</i>
8.	<i>Sarsup tail</i>	<i>Kushtaghna, Jantughna, Kandughna, Varnya</i>
9.	<i>Gomutra</i>	<i>Kushtaghna, Krimighna, twagadoshaghna</i>
10.	<i>Ajamutra</i>	<i>Twagadoshaghna</i>

DISCUSSION

As we have seen above that the contents of *snuhayadi tail* having properties like *Vishaghna, Raktashodhak, Twagadoshahar, Kushtaghna, Jantughna, Keshya, Kandughna, Krimighna, Doshaghna*. There are so many *vishadravya* also present in this formulation, so it may work very fast due its *vyavai* and *vikasiguna*. It's a strong possibility that *snuhayadi tail* may definitely breakdown the pathogenesis of *Khalitya* and also subside the other symptoms liked and ruff, itching, redness, premature greying of hair.

CONCLUSIONS

As we seen above that *Khalitya* which is not only a genetic or autoimmune disease but also many consiquenes of many more disease and reason has no time tested treatment in modern system of medicine, but *Snuhayaditail* will become a good answer for this extensive disease.

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