



**MANAGEMENT OF KHALITYA (HAIR FALL) WITH YASHTIMADHUKAADI TAIL
NASYA (NASAL THERAPY) – A CASE STUDY**

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ABSTRACT

Hair fall is one of the minor diseases which is affecting approximately 1.7% of the world population and is a challenging task for physicians. Hair fall has been described in Ayurveda by the name of *Khalitya Roga* under the heading of *Kshudra Roga* (minor disease) in *Sushruta Samhita* & *Shiroroga* (diseases of head & scalp) in *Vagbhatta Samhita*. It is a progressive disorder. People living in sedentary ways, stress-induced hectic schedules along with indiscriminate dietary habits, hormonal imbalance, etc. suffer from many disturbances, and deficiencies in the body which directly reflect in loss of hair. Faulty hair care, pollution etc. effects hair directly. Nowadays even in Early age, hair fall has been attributed as the result of these various factors. In the present case, a 30-year-old male patient presented with problem of severe hair loss along with roughness and thinning of Hair in the OPD of Panchakarma, Government Ayurvedic College and Hospital, Varanasi. As per Ayurveda, this case was treated with *Nasya Karma* (Nasal Therapy) with *Yashtimadhukaadi Tail* for 42 days in 3 sittings of 7 days with 7-day gap after each sitting. Assessment was done Before and After treatment. The present study of *Nasya Karma* showed marked improvement in *Khalitya* (Hair Fall) with a significant result on associated complaints.

KEYWORDS: Khalitya, Hair Fall, Kshudra Roga, Nasya Karma, Yashtimadhukaadi Tail.

INTRODUCTION

'A long, voluminous, lustrous and healthy hair' is considered one of the most appealing elements in our physical appearance. Hair has its value in sexual and social communications throughout history. Hair is indistinguishably linked with an individual's sense of worth, personal style and self-confidence. It has great aesthetic value and it is a crowning glory of any person.

For thousands of years, men and women of all countries and races have shared the tragedy of pre-mature hair loss. The American Hair Loss Association estimates that approximately 25 percent of men who are affected by the condition begin to see the first symptom of hair loss before age 21. Approximately 40 percent of females are suffering from hair loss. By the time they reach age of 50, roughly half of all women will be dealing with some degree of pattern hair loss.

Khalitya has been described by almost all Acharyas in Ayurvedic text. It has been included in *Shiroroga* (Head Disease) by *Acharya Charaka*, under *Kapalagata Vyadhi* (Disease of Scalp) by *Ashtanga Hridaya*, *Ashtang Sangrah* while *Acharya Sushruta*, *Madhav Nidana* and *Yoga Ratnakar* has included *Khalitya* under *Kshudra Roga* (minor disease) on the basis of less severity and mildness of disease.

While explaining etiopathogenesis of *Khalitya*, *Acharya Charaka* mentioned that *Teja* with the help of *Vatadi Dosha* scorches the scalp and produces *Khalati* in a person. *Chakrapani* interprets the word *Teja* in two ways, while commenting on this topic, one is *Dehoshma* (body temperature) or *Dehagni – Pachaka Pitta* and the other is *Pitta* situated in scalp. Thus, according to *Acharya Charak Dehoshma* along with *Vatadi (Vata, Pitta, and Kapha) Dosha* (Humour) causes *Khalitya*.^[1]

Acharya Sushruta explained following *Samprapati* of *Indralupta/Khalitya* - "The *Pitta*, provoked by its own factors penetrates into the *Romakoopa* (Hair roots) and there it unites with the *Vata* and disturb the hair growing process which led to hair fall. Then the *Shleshma* along with the *Shonita* (blood) creates an obstruction in the *Romakoopa*, so as to prevent the growth of new hair from that place."^[2]

According to all prominent *Acharyas Nasa* is said to be the gateway of *Shira*. It does not mean that any channel connects directly to the brain but they might be connected through blood vessels or through nervous system.

Acharya Charaka has told *Nasa* as the gateway of *Shira*. The drug administered through nose as *Nasya* reaches

the brain & eliminates only the morbid *Doshas* responsible for producing the disease.^[3] Acharya *Sushruta* has clarified *Shringataka Marma* as a *Sira Marma* formed by the union of *Siras* (blood vessels) supplying to nose, ear, eye & tongue that do *Samtrapana* of these sense organs.^[4]

Keshya properties of *Yashtimadhukaadi Tail* is helpful in the production and nourishment of hair. *Rasayana* (Rejuvenating) properties of this *Tail* support in the promotion of strength and vitality of the body.

CASE REPORT

30-year-old Male patient complaining of progressive hair loss from more than 2 years visited in OPD of Panchakarma of Government Ayurvedic College, Varanasi. He had undergone many home remedies and oils and tried various shampoo but found no relief. He also had history of Mental Stress.

History of past illness

There was no relevant past history of illness.

Family history

Father and elder brother of patient were also affected by Hair Fall disease. His father was affected by male pattern baldness. But they do not have any other lifestyle disorder.

Personal History

Bowel – Regular; Appetite – Medium; Micturition – Normal; Sleep – Sound; Diet – Mixed; Nutritional status – Medium; *Koshtha* – *Madhyama*; Agni – *Manda*;

MATERIAL AND METHODS

Table No. 1: Treatment Plan.

Treatment/medication	Dosage	Time	Duration
<i>Yashtimadhukaadi Tail Nasya</i> (Nasal Therapy)	8 drops/nostril	Once a day	3 sitting of 7 days with 7-day gap
<i>Shiroabhyanga</i> with Nariyal Oil (Head Massage)	Q.S.	Once a day	42 days
<i>Amlaki Churna</i> (Indian Gooseberry)	5gm Empty Stomach	Once a day	42 days
<i>Yashtimadhu Churna</i> (Liquorice)	3gm Before food	Twice a day	42 days
<i>Asthiposhaka Vati</i>	2 Tab	Twice a day	42 days

Total 3 Follow ups were taken on every 15th day.

Nasya Karma (Nasal Therapy) was performed by experts in IPD of *Panchakarma*. Proper *Snehana/Abhyanga* (Oleation) of face was done before *Nasya Karma* with *Tila Tail*. *Nadi Sweda* (Sudation) was performed after *Snehana* with eyes covered by cotton pad. After Proper *Snehana* and *Swedana Nasya Karma* was performed with the help of a dropper. Patient was advised to spit out oil that came in throat. *Dhoompana* (Smoking Therapy) with *Dhoomvarti* (Medicated Cigar) was also performed in *Pashchat Karma* (Post Procedure).

Mansika Prakriti – *Rajasika*; Addiction – Tobacco, Tea; Emotional Status – Tensed.

General Examination

Icterus, Clubbing, Oedema, Cyanosis – Absent
Gait, Joints, Built – Normal
Blood Pressure – 130/80 mmHg; Pulse – 88/min;
Respiration 18/min; Temperature – Afebrile; Height – 164cm; Weight - 68 kg

Ashta Vidha Atura Pariksha

Nadi: *Vata-Pittaja* *Shabda*: *Prakruta*
Mutra: *Prakruta* *Sparsha*: *Khara*
Mala: *Baddha* *Druk*: *Prakruta*
Jihwha: *Nirama* *Akruti*: *Madhyama*

Systemic examination: CNS, CVS, Respiratory System, GIT- NAD.

Srotas Pariksha

Lakshana of *Krishnangata*, *Rukshata*, *Akala Vali Palitya*, *Tama*, *Twaka Parushsya*, *Vivarnata*, *Kesha Shramshu Patana* – *Rasavaha* and *Asthivaha Srotodushti*.

Lab Investigations

Hb – 12.4 gm/dL
TLC – 7600 cells/cu.mm
DLC – N – 60%; Eos. – 24%; M – 2%; Bas – 0%;
ESR – 21mm/hr; RBS – 138 mg/dL

Ingredients of Yashtimadhukaadi Tail

Yashtimadhu (Liquorice) : 1 part
Amlaki (Indian Gooseberry) : 1 part
Til Tail (Sesamum oil) : 4 parts
Kshira (Cow Milk) : 16 parts

Criteria for assessment**Table No. 2: Hair Fall During Hair Wash.**

Nil (<10)	0
Mild (10 - 50)	1
Moderate (51 -100)	2
Severe (>100)	3

Table No. 3: Hair Fall During Combing Hair.

Nil (<10)	0
Mild (10 - 30)	1
Moderate (31 - 100)	2
Severe (>100)	3

Table No. 4: Hair Pull Test.

Nil (<6)	0
Mild (6-10)	1
Moderate (11-15)	2
Severe (>15)	3

Subjective Assessment**Table No. 5: Khalitya (Hair loss - localised or overall).**

Keshbhoomi could not be seen by naked eye	0
Keshbhoomi can be seen slightly by naked eye	1
Keshbhoomi more appropriately seen by naked eye	2
Keshbhoomi can be seen by naked eye	3

Table No. 6: Shirokandu (Itching in Scalp).

Absent	0
Mild (1-2 episodes occurs in a day)	1
Moderate (3-4 episodes occurs in a day)	2
Severe (more than 5 episodes occurs in a day)	3

Table No. 7: Darunaka (Dandruff).

Absent	0
Mild (occasionally seen)	1
Moderate (seen after 2-3 days of hair wash)	2
Severe (Seen Permanently)	3

Table No. 8: Kesh Tanutva (Thinning of hair).

Absent	0
Mild (thinning of hair on crown i.e. perceivable)	1
Moderate (Thinning of hair on crown Pronounced/markable)	2
Severe (Excessive Thinning of Hair on crown)	3

Table No. 9: Kesha Rukshta (Roughness).

Smooth hair surface	0
Occasional rough hair surface	1
Slight rough hair surface	2
Rough hair surface	3

Table No. 10: Observation & Results.

SIGN & SYMPTOMS	BEFORE TRIAL	DURING TRIAL		After Trial
		1 st FU(15 th day)	2 nd FU(28 th day)	3 rd FU (42 nd Day)
Hair Fall During Hair Wash:	2	1	1	0
Hair Fall During Combing Hair:	3	2	1	0
Hair Pull Test:	3	2	1	1
Khalitya (Hair loss - localised or overall):	2	2	1	1

Shirokandu (Itching in Scalp):	0	0	0	0
Darunaka (Dandruff):	2	2	1	2
Kesh Tanutva (Thinning of hair):	3	2	2	1
Kesha Rukshta (Roughness):	1	1	0	0



Fig.1 Before Treatment



Fig. 2 After Treatment

DISCUSSION

Probable Mode of action: *Yashtimadhukaadi Tail*

- ❖ The *Rasa* (Taste) of the drug had the dominance of *Madhura* (Sweet) and *Tikta* (Bitter) *Rasa*, which is said to be *Pitta* (humour) *Shamaka* (Mitigates). *Tikta Rasa* has antagonistic properties to that of *Kapha* (humour) and *Ama* (Undigested products). *Madhur Rasa* has *Vata- Pitta Shamaka* properties. In *Keshashatan* (Hair Fall), there are *Rasavaha* along with *Swedavaha Srotas Dusti* (vitiation of micro-channels). In *Srotas Chikitsa*, *Charakacharya* mentions that *Swedavaha Srotodushti* should be treated like *Jwara* (Fever). In *Jwara Chikitsa Tikta Rasa* is mainly used.
- ❖ As per *Virya Pradhanta* (Potency), there are *Sheet Virya Pradhanata* (cold potency) in this drug. *Sheet Virya* removes the *Pitta* and *Rakta Dusti*.
- ❖ The *Guna* (properties) of the drug is *Ruksha* (Dry), *Guru* (Heavy) and *Snigdha* (Unctuous). *Snigdha Guna* is a *Parthiva* (Earthen element) and *Apya* (Water element). *Charaka* said that *Kesha* (Hair) is a *Parthiva Bhava*, so *Snigdha Guna* increases *Kesha* because of *Samanyavishesha Siddhanta*⁵ (Principle of Homologous and Heterologous). *Guru Guna* has *Vata Shamaka* properties & *Ruksha Guna* stated the *Kapha Dusti*.
- ❖ The *Prabhava* (Action) of the *Tail* ingredients includes *Keshya* (Hair tonic), *Balya* (Strengthening) and *Rasayana* (Rejuvenating).
- ❖ *Keshya* properties of *Tail* ingredients suggest that it is helpful in the production and nourishment of hair.

Rasayana therapy aims especially at the promotion of strength and vitality in the body. It has been stated as a measure to contribute excellency of the body and maintaining the integrity of *Saptadhatus* (Seven basic Tissues) of the body and thus increasing the longevity. One of the effects of the *Rasayana* drugs is said to be *Vishaghna* (Antivenomous) also.

- ❖ As *Amavisha* plays a role in the production of *Khalitya* because of their *Agnivridhikar* (Digestive) property of *Rasayana* drugs increase digestive power, which digests *Amarasa* (Undigested food). Thus, the proper production of *Rasadi Dhatus* takes place which in turn helps a sound production of the successive *Dhatus* and as such, the *Malas* (Waste Product) of that *Dhatus* are also produced properly. *Kesha* is said as *Mala* of *Asthi Dhatu* by most Acharyas.^[6]
- ❖ All these effects join together to act in the cessation of hair fall and ultimately of *Keshashatan* (Hair Fall).

Probable Mode of action: *NASYA*

- ❖ *Tail* when administered as *Nasya*, would act as a *Shirovyadhishamaka*, which is the *Prabhava* of *Nasya* as described in the effects of *Nasya*.
- ❖ *Nasya* with *Yashtimadhukaadi Tail* improves local blood circulation, so the hairs are nourished too.
- ❖ *Nasya* would help in the internal correction of the dosha working locally, as *Nasa* is the nearest

gateway from the scalp. Also, helps in nourishing the roots of the hair would avert hair fall.

- ❖ When the tail is prepared by the *Tail Paka Vidhi* according to “*Sanskaro Hi Gunantaradhanam*” their individual properties emerged into each other and emerge some new properties.
- ❖ This *Tail* has *Laghu* (Light), *Sukshma* (Micro), *Tikshna* (Sharp), and *Snigdha* (Unctuous) properties and it was prepared with *Keshya* drug.^[7] It would act on *Pitta Dosha*, which is a main causative factor of *Khalitya*. The obstruction of the *Srotas* (Micro-channels) will also be clear by its *Sukshma* and *Srotogami* properties, which leads to regrowth of hairs.
- ❖ Before *Nasya Karma*, we had done *Purvakarma* (*Shiroabhyang* and *Mrudu Swedana*) (Massage and Sudation). Both *Purvakarma* (Pre-procedure) would decrease *Rukshata* (Dryness) of the scalp, improves local blood circulation & does *Srotomukha Vishodana* and excoriate the *Prakupita Dosha* (Vitiated Humour).
- ❖ In modern science, it is known that a person who possesses excessive androgen receptors in the hair follicle is more prone to get hair fall by androgen DHT. DHT gets attached to the receptors situated in hair follicles and causes hair to fall. This hormone can be correlated with *Pitta Dosha* which is described by Acharya *Sushruta* in the pathogenesis of *Khalitya*. He said that *Pitta* penetrates the *Romakoopa*, unites with *Vata* and causes *Khalitya*.

CONCLUSION

This case study shows the successful management of a case of Overall Hair Fall (*Khalitya*). The above said *Samshamana* therapy along with *Nasya Karma* with *Yashtimadhukaadi Tail* was found safe and effective. This Tail having *Rasayana* properties does not show any hazardous effect instead it was helpful in other complaints like thinning of crown and brittleness of hair. Thereby we can say that *Nasya* promotes Hair growth along with overall wellness of the body.

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