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A clinical study to evaluate the efficacy of *Aaditya Pak Guduchi Tail Shiroabhyanga* in management of *Khalitya* (Baldness)

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ABSTRACT

Introduction: In today's corporate life, prime importance is given to our appearance, personality and beauty. Hair plays an important role in making body externally beautiful, healthy and good looking. Long hair makes a person mentally enthusiastic and healthy. Who are mostly suffering from this problem is the total population. Susceptibility of hair fall is more in male than in females. **Methodology:** Present study is carried out to know the traditional *Ayurvedic* treatment for *Khalitya*. For *Khalitya Shiroabhyanga* is one of the best choices of management for its prime role in maintaining hair growth and preventing *Khalitya*. Massage (*Abhyanga*) greatly improves the blood circulation, thus increasing the health of hair and also scalp. **Result:** The present study showed significant reduction in hair fall, dryness. *Aaditya Pak Guduchi Tail* was found effective in *Khalitya* along with significant effect on associated complaints. **Conclusion:** It also proves that *Aaditya Pak Guduchi Tail* is effective for use as *Shiroabhyanga* along with local application for scalp and hairs.

Key words: Baldness, *Khalitya*, *Shiroabhyanga*, *Murdha Taila*, *Snehan*, *Head Massage*.

INTRODUCTION

Appearing reasonably dignified, beautiful or handsome is the dream of every individual. In this regard the status of hair plays a very important role in maintenance of health. Hair is absolutely essential to create a picture of overall health. According to a survey up to 40% of men and 25% of women in India are victims of hair fall. *Khalitya* as described in *Ayurvedic*

texts has features similar to that of 'alopecia', which is the medical description, literally means "loss of hair" this condition both male and female. As per *Ayurveda Khalitya* is a disease with *Vata Pitta* dominance, increased *Pitta Dosh* along with *Vatadosha* the root of hair follicles causes hair fall, at the same time *Kaphadosha Rakta Dosh* blocks the roots of hair follicles with result into *Khalitya*. *Shiroabhyanga* comes under the classification *Murdhani Tail*. *Shiroabhyanga* is a choice of treatment in promoting hair growth. It plays an important role in curing head disease of head. It is in the growth of hair, strength and softness. This procedure stimulates the hair roots and increases the blood circulation of the scalp. *Til Tail* has one of the best drugs used in the management of *Khalitya*. *Aaditya Pak Guduchi Tail* is having *Snigdha*, *Madhur*, *Mrudu properties* and *Vata Pittaghna*, *Kesha*, *Rasayana*, *Balya Karma* which helps break down the pathogenesis of *Khalitya*. It is easy for external application and easily available as well as cost effective.

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In *Ayurveda* various *Acharyas* have explained *Dinacharya* as a preventive aspect for various diseases *Shiroabhyanga* is one of the major *Upakrama* described in *Dincharya*. According to *Charaka Samhita*, '*Shiroabhyanga*' helps to promote *Nidra* i.e., good sleep. Daily practice of *Shiroabhyanga* prevents headache, balding, graying, and hair fall & it also gives strength to the skull, strengthens hair roots & makes the hair black & long. It helps in maintaining the health of the scalp. It also nourishes the sense organs, softens the skin & provides luster to the face. In *Charaka Samhita*,

AIM AND OBJECTIVES

To evaluate the efficacy of *Aaditya Pak Guduchi Tail Shiroabhyanga* in the management of *Khalitya*. To find a treatment therapy which is safe, economic, easy to prepare and easy to administer.

MATERIALS AND METHODS

Selection of Subjects

The study was completed on minimum 40 clinically diagnosed patients of *Khalitya* OPD and IPD of *Sarvepalli Radhakrishnan Rajasthan Ayurveda University*, Jodhpur and camps or surveys conducted by the University. Written informed consent was taken from each subject before the initiation of trial.

Grouping of the Subjects

The trial was consisting one group with 40 Subjects and was administrated with *Aadityapaka Guduchi Tail Abhyanga*.

Diagnostic Criteria

Patients who had *Khalitya* symptoms, such as *Khalitya*, *Darunaka*, *Keshabhoomi Kandu*, itching on scalp, and *Kesh-Rukshatava*, patches on scalp, Hair pull test among others, were chosen for the study. A specific research Performa was created with the intention of achieving precise diagnosis and assessment.

Inclusion Criteria

Patients aged between 20 to 40 years irrespective of their caste, race and sex. Patients having the clinical features of *Khalitya*. Patients belonging to both

genders were included. Patient with the sign & symptoms of *Khalitya* as mentioned in *Ayurveda* text.

Exclusion Criteria

Patients age below 20 and above 40 years. Patients suffering from any severe systemic disease. Necessary step was taken to exclude other conditions as per facilities available in the institute.

Withdrawal Criteria

If the subject wants to withdraw from clinical trials for any reason. During the course of the trial, if any serious conditions occur or any serious adverse effect is seen which requires emergency treatment. Non-compliance of Subject.

Design of Groups and Management

Aaditya Pak Guduchi Tail is prepared by PGIA, DSRRAU, Karwar, Jodhpur, Rajasthan by following method.

Aaditya Pak Guduchi Tail content and their properties

SN	Ingredients	Latin name	Parts used	Ratio	Form
1.	Vat	<i>Ficus benghlensis</i>	Arial roots	1/8part	Kalk
2.	Jatamansi	<i>Nardostachys jatamansi</i>	Tuber	1/8part	Kalk
3.	Guduchi	<i>Tinospora cordifolia</i>	Pachanga	1part	Swarasa
4.	Til tail	<i>Sesamum indicum</i>	Sneha	1part	-

Dose : 30-40 ml

Administration : *Shiroabhyanga*

Duration : 1 time

Procedure of *Shiroabhyanga*

Shiroabhyanga is the best choice of treatment for *Khalitya*. It is one among the *Bahirparimrjana Chikitsa*. Which is done in the following method.

Purva Karma	The patient was made to sit on a knee-high chair, the body of the patient was wrapped with a cloth below the neck, the procedure was followed by standing behind the patient,
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	it is the ideal position to perform <i>Shiroabhyanga</i> .
Pradhan Karma	The technique included smearing the oil to the positions of the scalp above the neck and specific strokes were placed. Smearing the oil - In that the oil was applied on the head of the patient and spread all over the head including the neck and ear pinna.
Gharshan Hasta	After smearing the oil massage, the whole head and the neck moving Palmar surface of the hand from front to backwards applying gentle as well as firm pressure. Complete area of the scalp was covered.
Mridvanguli Tadhana	Fingers of the both hands moved as if picking tuff of hair, the fingers were partially approximated and then gently and firmly placed on the scalp. This procedure was gentle producing mild traction effect on hair by this way each area of the head was similarly treated.
Dwihasta Tadasna	Gentle strokes were given with the Palmar surface on the scalp with both hands. Strokes were followed on the vertex, occipital and temporal regions.
Mridu Mushti Tadhana	In this gentle stroke were placed on all area of the head with the closed first through the ulnar border.
Gatita Hasta	Flat of palm were placed on the patient's head and moulded into the shape of the scalp so that every portion of the Palmar aspect of the palm and fingers comes in contact with the head.
Pacchatkarma	After following this procedure, the patient was asked to rest on the chair for 60 minutes and then advised to take a head bath with lukewarm water.

Duration of Study

3 months for each patient including follow-ups. Follow-up period was 15 days.

Assessment Criteria

The diagnosis and improvement brought about by the therapy were evaluated in light of the traditional *Khalitya* signs and symptoms stated in both ancient

and contemporary *Ayurvedic* texts. To evaluate the impact of the medications objectively, each sign and symptom was given a score based on how severe they were. The scoring was done using the following format.

Khalitya (Hair Fall)
0- Absent (no hair fall) 1- Mild (hair fall on washing) 2- Moderate (hair fall on combing) 3- Severe (hair fall without any manipulation)
Kesharukshatava (Dry Hair)
0- Smooth hair 1- Mild dry hair 2- Moderate dry hair 3- Severe dry hair
Darunka (Dandruff)
0- No dandruff 1- Mild dandruff 2- Moderate dandruff 3- Severe dandruff
Keshbhumi Kandū (Itching on Scalp)
0- No itching in scalp 1- Mild itching in scalp 2- Moderate itching in scalp 3- Severe itching in scalp
Number of Patches
0- No Patches 1- 1 patch 2- 2 patches 3- >2 Patches
Size of Patches
0- No Patches and hairs present 1- 1-3 2- 3-5 cm

3- >5 cm
Hair Pull Test
0- Nil
1- < 25
2- < 50
3- > 100

RESULT

All the Results are calculated by using Software: InStat GraphPad 3(version 3.10)

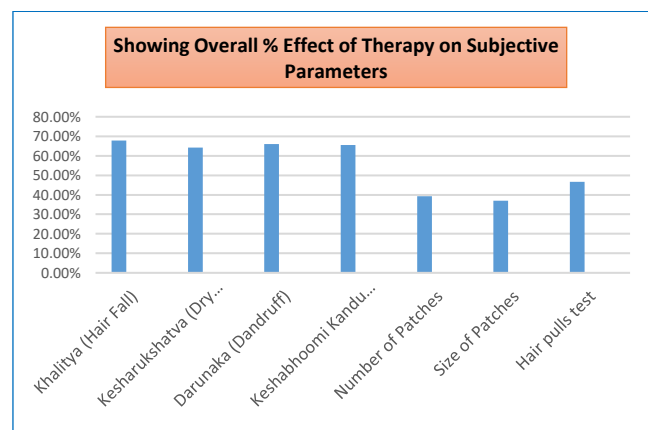
For Nonparametric Data Wilcoxon matched-pairs signed ranks test is used while for Parametric Data Paired t-Test is used and results Calculated in groups.

Table 1: Showing effect of therapy in Subjective Parameters (Wilcoxon matched paired single ranked test)

Variable	Mean		Me an Diff	% Rel ief	SD±	SE±	P	S
	BT	AT						
<i>Khalitya</i> (Hair Fall)	2.250	0.7250	1.525	67.77	0.5541	0.08761	<0.001	ES
<i>Kesharukshatva</i> (Dry Hair)	2.300	0.8250	1.475	64.13	0.5057	0.07996	<0.001	ES
<i>Darunaka</i> (Dandruff)	2.275	0.7750	1.500	65.93	0.5064	0.07996	<0.001	ES
<i>Keshabhoomi Kandua</i> (Itching on Scalp)	2.250	0.7750	1.475	65.55	0.5057	0.08006	<0.001	ES
Number of Patches	0.7000	0.4250	0.2750	39.28	0.4522	0.07150	0.0010	CS
Size of Patches	0.6750	0.4250	0.2500	37.03	0.4385	0.06934	0.0020	VS
Hair pulls test	1.500	0.8000	0.7000	46.66	0.4641	0.07338	<0.001	CS

Table 2: Showing overall % effect of therapy on Subjective Parameters

SN	Subjective Parameters	% Relief
1.	<i>Khalitya</i> (Hair Fall)	67.77
2.	<i>Kesharukshatva</i> (Dry Hair)	64.13
3.	<i>Darunaka</i> (Dandruff)	65.93
4.	<i>Keshabhoomi Kandua</i> (Itching on Scalp)	65.55
5.	Number of Patches	39.28
6.	Size of Patches	37.03
7.	Hair pulls test	46.66
Overall Average % Effect		55.19



DISCUSSION

As per Ayurveda *Khalitya* is a disease with *Vata Pitta* dominance and increased *Pitta Dosha* along with *Vata Dosha* at the root of hair follicle causes hairfall at the same *Kapha Dosha* with *Rakta Dosha* block the roots of hair follicle which results into *Khalitya*. *Khalitya* occur mainly due to *Vata* and *Pitta Dosha*. *Vata* get aggravated by *Ruksha* and *Khara Guna* and *Pitta* by *Ushna Guna*. *Pitta* and *Vata* vitiation led to increase in *Dehoshma* & *Bhrajak Pitta Dushti* which scorches up the *Keshabhoomi* & *Sparshanendriya* resulting into hair fall. Ingredients of *Aaditya Pak Guduchi Tail* has mainly *Snigdha*, *Madhur*, *Mrudu* properties *Sheet Virya* and *Vata Pittaghna*, *Keshya*, *Rasayana*, *Balya Karma* by which the effect of *Tail*

on *Khalitya* is considerable. *Shiroabhyanga* is mentioned to have *Keshya Karma*. It is useful in the growth of hairs strengthen and softness of hairs. This procedure stimulates the hair roots and increases the blood circulation of scalp. This procedure shows the considerable effect on *Khalitya*.

CONCLUSION

This study it reveals that *Shiroabhyanga* is an effective treatment for management of *Khalitya*; it also proves that *Aaditya Pak Guduchi Tail* is effective for use as *Shiroabhyanga* along with local application for scalp and hairs. As was said to the patient to apply this *Tail* on scalp and hairs gently with finger tips up to 10 minutes which gives the *Snehana* effect by virtue of *Snigdha, Maadhur, Mrudu, Vyavayi Vikas Sheet* and *Tikshna* properties of tail. It penetrates through scalp and reaches to hair roots. And along with *Keshya, Vata Pittaghna, Rasayana, Balya Karma* of this Tail controls the *pitta* and *Vata Dosha*. Hence, use *Tail Shiroabhyanga* on *Khalitya* is very good choice of treatment. The plus point of *Ayurvedic* management is absence of any hazardous effect which is great benefit to the patient in view of acceptance of *Ayurveda*, globally to lead a healthy life. The advantages and benefits of *Shiroabhyanga* are self-practicable, easy procedure, economic and effective. It improves arterial, venous, and lymphatic flow and in this way nourishes the skin and local tissues. It is a beneficial program for de-stressing the whole body, strengthening the nervous system, it improves blood circulation in previously congested muscles, helping oxygenate the brain, stimulating lymphatic drainage, and inducing sleep.

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