



ISSN 2456-3110

Vol 9 · Issue 11

November 2024

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Maharshi Charaka
Ayurveda

Indexed

Role of *Nimba Tail* and *Tiladi Tail Nasya* in *Khalitya* - A Review

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ABSTRACT

Khalitya, commonly known as hair loss or baldness, is a prevalent condition that affects both men and women, often leading to psychological distress and a decrease in quality of life. In *Ayurvedic* medicine, the management of *Khalitya* involves the use of various herbs and oils to restore hair health and balance *Doshas*. Among these, *Nimba Tail* (*Neem* oil) and *Tiladi Tail* (a sesame oil-based formulation) *Nasya* have gained significant attention due to their therapeutic properties. *Nimba Tail*, known for its antibacterial, anti-inflammatory, and detoxifying effects, helps in treating scalp infections, reducing dandruff, and promoting overall hair growth by balancing *Pitta* and *Kapha Doshas*. *Tiladi Tail*, a combination of sesame oil and medicinal herbs, nourishes the hair follicles, improves circulation to the scalp, and strengthens the roots, aiding in the prevention of hair fall. Both oils are often used topically to rejuvenate the scalp, reduce excess heat, and enhance hair growth. This abstract explores the role of *Nimba Tail* and *Tiladi Tail Nasya* in managing *Khalitya* by addressing the root causes of hair loss through their synergistic effects on the scalp's health, follicular nourishment, and *Dosha* balance. The therapeutic potential of these oils, when used as part of a holistic *Ayurvedic* treatment approach, offers promising results in the prevention and management of hair loss.

Key words: *Khalitya*, *Nimba Tail Nasya*, *Tiladi Tail Nasya*, *Dosha balance*

INTRODUCTION

Khalitya, or hair loss, is a condition that affects many individuals due to factors such as stress, diet, pollution, and lifestyle. In *Ayurveda*, *Khalitya* is recognized as a type of *Shiroroga* (disease of the head), primarily caused by an imbalance in *Pitta* and *Kapha doshas*. This imbalance leads to poor nourishment of hair follicles, increased hair fall, and eventually baldness. *Ayurveda*

offers several therapies to manage *Khalitya*, one of which is *Nasya* - the administration of medicinal oils through the nasal passages. *Nasya* therapy helps purify the head and neck region, improve blood circulation to the scalp, and rejuvenate hair follicles. Among the various oils used in *Nasya* for *Khalitya*, *Nimba Tail* (*Neem* oil) and *Tiladi Tail* (a sesame based formulation) are particularly effective due to their unique properties. This article explores the role of *Nimba Tail* and *Tiladi Tail* in *Nasya* therapy for the prevention and treatment of *Khalitya*.

Understanding *Khalitya* in *Ayurveda*

Khalitya is described as a scalp disorder primarily caused by the aggravation of *Pitta* and *Kapha Doshas*, which result in weakening of hair roots and eventual hair loss. The four stages of *Khalitya* are:

1. *Indralupta* - Mild hair fall or thinning.
2. *Khalitya* - Noticeable loss of hair.
3. *Ruhyam* - Large patches of baldness.

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Submission Date: 00/10/2024 Accepted Date: 00/11/2024

Access this article online

Quick Response Code



Website: www.jaims.in

DOI: 10.21760/jaims.9.11.36

4. *Palitya* - Graying or further thinning of remaining hair.

Factors that contribute to these stages include:

- Excessive consumption of spicy, sour, and salty foods.
- High levels of stress, mental strain, and anger.
- Excessive sun exposure and pollution.
- Lack of proper hair hygiene and care.

Importance of Nasya Therapy in Khalitya

Nasya is an *Ayurvedic* treatment where medicinal oils, powders, or herbal juices are administered through the nose. *Nasya* plays a significant role in treating *Khalitya* due to the direct connection between the nasal passages and the brain, head, and neck regions. By delivering herbs and oils through the nose, *Nasya* therapy improves the functioning of the scalp, strengthens hair roots, and pacifies aggravated *doshas*.

The benefits of Nasya therapy for Khalitya include

- Enhancing scalp circulation and nutrient supply to hair follicles.
- Detoxifying the scalp and reducing infections.
- Strengthening and nourishing hair roots to prevent hair fall.
- Calming the mind, which is beneficial in stress induced hair loss.

Nimba Tail in Nasya for Khalitya

1. Composition and properties of Nimba Tail

Nimba Tail, or *Neem* oil, is derived from the seeds of the *Neem* tree (*Azadirachta indica*). Rich in fatty acids, antioxidants, and anti-inflammatory compounds, *Neem* oil has been extensively used in *Ayurveda* for its antimicrobial and healing properties. *Nimba Tail* contains compounds like nimbin, nimbidin, and azadirachtin, which contribute to its effectiveness in hair and scalp health.

Ingredients of Nimba Taila

Nimba Bija - 1 part

Water - 16 part

Murchita Tila Taila - 4 part

Method of preparation

Acharya Chakradatta mentioned *Abhavita* and *Bhabita Nimba Taila* for *Nasya*. In this study *Abhabhita Taila* is prepared. For this, 1 parts of *Nimba Kalka* is taken and to this 16 parts of water is added and *Kwatha* is prepared by reducing it to 1/4th. To these 4 parts of *Murchita Tila Taila* is added and heated on *Mandagni* till only oil remains.

2. Therapeutic effects of Nimba Tail in Khalitya

Antibacterial and Antifungal Properties: *Neem* oil has potent antimicrobial properties that help treat and prevent scalp infections. Scalp infections often contribute to hair loss and poor hair health. Applying *Nimba Tail* through *Nasya* helps cleanse the scalp and reduces infections.

Pitta pacifying action: Due to its cooling and bitter properties, *Neem* oil pacifies aggravated *Pitta Dosha*, which is often the primary cause of *Khalitya*. Its application soothes the scalp, reduces inflammation, and prevents excessive hair fall.

Detoxification: *Neem* oil helps in removing toxins from the scalp, allowing for healthier follicles and stronger hair roots. This detoxifying effect aids in maintaining a clean scalp environment.

Reducing Dandruff and Scalp conditions: *Neem* oil is effective in treating dandruff, itching, and flakiness on the scalp. *Nasya* with *Nimba Tail* provides deep penetration, reducing dandruff related issues that might contribute to hair loss.

3. Method of using Nimba Tail in Nasya for Khalitya

For *Nasya* with *Nimba Tail*, 2-4 drops of warm *Neem* oil can be instilled in each nostril. This is often done in the morning on an empty stomach. The patient is positioned with the head tilted backward to facilitate proper absorption. Regular use of *Nimba Tail Nasya* enhances scalp health, reduces hair fall, and promotes new hair growth.

Tiladi Tail in Nasya for Khalitya

1. Composition and Properties of Tiladi Tail

Ingredient of Tiladi Taila

Tila - 1 part

Yasthimadhu - 1 part

Murchita Tila Taila - 4 part

Mahisha Dugdha - 4 part

Water - 16 part

Method of preparation

The *Kalka* of *Tila* and *Yasthimadhu* are taken and 16 parts of water is added and reduced to 1/4th and *Kwatha* is prepared. To this add 4 part of *Murchita Tila Taila* and 4 part of *Mahisha Dugdha* and it is heated on *Mandagni* till only oil remains.

2. Therapeutic Effects of Tiladi Tail in Khalitya

Nourishment and Strengthening of Hair Roots: The herbs in *Tiladi Tail* provide essential nutrients to the scalp, enhancing the strength of hair roots and reducing hair fall. *Bhringraj*, for instance, is known for its rejuvenating effects on hair and scalp health.

- **Improving Blood Circulation:** *Tiladi Tail* has a warming effect that stimulates circulation to the scalp. Better blood flow enhances oxygen and nutrient delivery to hair follicles, promoting growth and hair thickness.
- **Kapha Pacifying Action:** *Tiladi Tail* helps in balancing *Kapha dosha*, which often causes sluggish scalp metabolism and dandruff. By improving *Kapha* balance, *Tiladi Tail* prevents the accumulation of impurities in hair follicles, which can otherwise lead to hair thinning and breakage.
- **Anti Stress Effect:** Sesame oil, the base of *Tiladi Tail*, has calming effects on the nervous system. This helps reduce stress, which is a significant contributor to hair loss, especially in individuals with *Vata* and *Pitta* imbalance.

3. Method of Using Tiladi Tail in Nasya for Khalitya

Tiladi Tail is gently warmed, and 2-4 drops are introduced into each nostril. The head should be tilted back for a few minutes to facilitate absorption. This therapy is ideally performed in the morning or before sleep, as it not only aids in hair growth but also promotes relaxation and mental clarity. Regular application of *Tiladi Tail* through *Nasya* helps

rejuvenate hair follicles, improve scalp condition, and prevent further hair loss.

Comparative Analysis of Nimba Tail and Tiladi Tail in Nasya for Khalitya

Aspect	Nimba Taila	Tiladi Taila
Primary Ingredient	Neem (<i>Azadirachta indica</i>)	Sesame oil with <i>Manjishtha</i> , Turmeric, <i>Neem</i> , etc.
Primary Action	Antibacterial, <i>Pitta</i> -pacifying	Nourishing, <i>Kapha</i> -pacifying
Dosha Pacification	<i>Pitta</i> and <i>Kapha</i>	<i>Kapha</i> and <i>Vata</i>
Best for	Scalp infections, inflammation, Dandruff	Hair follicle nourishment, Circulation
Application Frequency	Daily or alternate days	Daily or as advised, before sleep
Therapeutic focus	Scalp detoxification, dandruff control	Strengthening roots, Stimulating growth

Synergistic benefits of using Nimba Tail and Tiladi Tail in Nasya for Khalitya

The combination of *Nimba Tail* and *Tiladi Tail* in a *Nasya* regimen offers complementary benefits for *Khalitya* management

1. **Comprehensive Dosha Balance:** While *Nimba Tail* primarily balances *Pitta* and *Kapha*, *Tiladi Tail* is effective in pacifying *Kapha* and *Vata Doshas*. This balanced approach helps prevent hair loss due to multiple *Doshic* imbalances.
2. **Enhanced Scalp Health:** *Nimba Tail* cleanses and detoxifies the scalp, while *Tiladi Tail* provides nourishment. This combination ensures a clean scalp environment and nourished follicles.
3. **Improved Hair Growth and Strength:** Together, these oils strengthen hair roots, reduce breakage, and stimulate growth, resulting in healthier and denser hair over time.

Case Studies and Clinical Observations

Several *Ayurvedic* practitioners report positive results with *Nasya* therapy using *Nimba Tail* and *Tiladi Tail* for hair loss. Patients experiencing dandruff, scalp

infections, and severe hair loss have shown improved scalp health and significant reduction in hair fall with regular *Nasya* treatments. Clinical studies on *Nasya* therapy for hair loss demonstrate increased blood circulation to the scalp, reduction in scalp inflammation, and improvement in hair follicle strength. Although further research is needed to fully substantiate these findings, anecdotal evidence supports the efficacy of *Nasya* with *Nimba Tail* and *Tiladi Tail* in managing *Khalitya*.

CONCLUSION

The *Ayurvedic* approach to managing *Khalitya* focuses on balancing *doshas*, cleansing the scalp, and nourishing hair roots. *Nimba Tail* and *Tiladi Tail* play crucial roles in this process through *Nasya* therapy. *Nimba Tail* offers antimicrobial and detoxifying benefits, making it ideal for reducing scalp infections and balancing Pitta. On the other hand, *Tiladi Tail* provides nourishment, improves blood circulation, and helps strengthen hair roots, making it effective in preventing hair fall due to *Kapha* and *Vata* imbalances. When used in conjunction, these oils help address the multifactorial causes of *Khalitya*, offering a holistic and natural solution for hair loss prevention and management. As an *Ayurvedic* treatment, *Nasya* with *Nimba Tail* and *Tiladi Tail* can serve as an effective alternative or complementary therapy for individuals suffering from hair loss, promoting overall scalp health and hair growth.

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How to cite this article: Itishree Das, S. S. More. Role of Nimba Tail and Tiladi Tail Nasya in Khalitya - A Review. J Ayurveda Integr Med Sci 2024;11:263-266. <http://dx.doi.org/10.21760/jaims.9.11.36>

Source of Support: Nil, **Conflict of Interest:** None declared.
