

Prachhanna & Shirolepa On Khalitya : A Clinical Study

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Abstract: Hair adds to the beauty and the personality of a human being. Hair is upadhatu of Asthi dhatu. Hairloss is termed as khalitya and is primarily a Pitta predominant Tridoshjanya Vyadhi combined with Rakta dosha. According to survey up to 40% of men and 25% of women in India are victims of hair fall. It is due to unhealthy lifestyle and stressful life. Each hair grows in three cyclic phase i.e. Anagen, Catagen, Telogen. In Morden loss of hair is termed as Alopecia. Many drugs are there used for treating hair fall in Morden science but they have some limitations & adverse effects. In Ayurveda various bahya and abhyantara Chikitsa are described for Khalitya like Nasya, Shiro Abhyanga, Shiro lepa & Raktamokshana. This is a case study of 30yrs young man who came to our OPD with typical signs & symptoms of khalitya. After detailed history taking & examinations the line of treatment selected were Nasya & Shiro-Abhyanga with Bhringraj taila for 7 days followed by Dry fingure massage & shiro lepa & again followed by prachhana karma to eliminate the Pitta & Rakta dosha from hair root & shiro lepa with Keshya Dravyas like Amlaki (*Emblca officinalis*), Aristak (*Sapindus mukorossi*), Bhuriphena (*Acacia sinuata*), Girinimba (*Murraya koenigii*), Atasi (*Linum usitatissimum*), methika (*Trigonella foenum graecum*), palandu(*Allium cepa*), Jambira (*Citrus limon*) 7sittings on every alternative days. The result shown was quiet markable in this case with reduction in itching, dandruff & hairfall.

Key Words: Khalitya, Alopecia, Prachhana Karma, Shiro lepa, Keshya Dravyas.

1. INTRODUCTION:

Hair is an important factor for beauty & glamour's world which is also the mirror of healthy or unhealthy state of the body. Hair fall or loss of hair termed as Khalitya.¹ It is Parthiva (having more Prithvi Mahabhuta) by Acharya Vagbhata.² Keshapata (hair fall) is considered a sign of Asthi dhatu kshyaya.³ Acharya Sushruta classified it under the Kshudraroga⁴ and Acharya Vagbhata under the Shiro kapalagata roga.⁵ According to modern medicine hair fall is also known as Alopecia or baldness which refer to partial or complete loss of hair especially from the scalp.⁶ The incidence of "Khalitya" (Hair fall) is increasing day by day. Changing lifestyle, unhealthy dietary habits, sleep disturbances, systemic diseases, medications and stressful life also contribute to it. In Khalitya Vitiated Pitta i.e. Bhrajaka Pitta along with vitiated Vata leads to weakening or withering of the hair from the hair roots. Vitiated Kapha along with Rakta obstruct the hair roots (Romakupa) which prevent further growth of hair.⁷

The line of treatment of khalitya includes samshodhana, nasya, Shiro-abhyanga with oil & shiro lepa, sirabedha & Raktamokshana by scarping of scalp either with Suchi, Kurchika or rough leaves before application of lepa.⁸

This article is a case study on khalitya managed by Anulomana, shirovirechana, prachhana & followed by Anubhuta shiro lepa yoga & the total study duration was 42 days.

1.1. AIMS & OBJECTIVES:

To evaluate the effect of prachhana karma & Shiro lepa in the management of khalitya.

1.2. CASE REPORT:

A 30 yrs. male patient came to Shree Jagadguru Gavisidheshwara Ayurvedic medical collage Shalakyatantra OPD complaining of gradual hair loss from frontal region & associated with itching & dandruff since 2/3yrs before.

O/E

- Hair- healthy
- Scalp- frontal & vertical hair loss
- Hair fall- grade 3
- Itchy Scalp- grade 3
- Dandruff- grade 3

1.3. TREATMENT GIVEN:

The patient was advised to take

- Tab Anuloma-Ds for 3 days during night after food.
- *Nasya & Shiro-Abhyanga* with *Bhringraj taila* for 7 days
- Dry fingure massage & followed by *shiro lepa* with *Amlaki (Emblca officinalis)*, *Aristak (Sapindus mukorossi)*, *Bhuriphena (Acacia sinuata)*, *Girinimba (Murraya koenigii)*, *Atasi (Linum usitatissimum)*, *methika (Trigonella foenum graecum)*, *palandu (Allium cepa)*, *Jambira (Citrus Limon)* for 7 days after 8th day of *Nasya & Shiro-Abhyanga*.
- Followed by *Prachhana* with sterile insulin niddle & apply the same *shiro lepa* in every alternative day for 7 days.

2. METHODOLOGY:

Table no- 1 Method of nasya

<i>purvakarma</i>	<ul style="list-style-type: none"> • <i>Mukha Abhyanga</i> with lukewarm <i>Ksheerbala Taila</i> was done. • <i>ShiroAbhyanga</i> with <i>Bhringraj taila</i> was done. • <i>Mrudusvedana</i> with boiled water was done by covering the eyes.
<i>Pradhanakarma</i>	<ul style="list-style-type: none"> • <i>Bhringraj tail</i> was taken in droper and six drops are administered in each nostril. • Thereafter patient was asked to inhale deeply and was advised to spit it out the drug that reaches the throat.
<i>Pashchatkarma</i>	<ul style="list-style-type: none"> • gargle with warm water. • <i>Dhoomapana</i> with <i>dhoma varti</i>.

Table no-1.1 Method of Prachhana & Shiro Lepa

<i>Purva karma</i>	<ul style="list-style-type: none"> • Patient was seated comfortable on chair
<i>Pradhana karma</i>	<ul style="list-style-type: none"> • A sterile insulin niddle was taken & repeatedly pricked all over the scalp. • After wiped out the blood from scalp applied the <i>Shiro Lepa</i> all over the scalp.
<i>Paschat karma</i>	<ul style="list-style-type: none"> • After dried up the <i>Shiro Lepa</i> head wash was done by the patient.

Figure no- 1.1 Showing Prachhana & Application of Shiro-lepa.



3. Assessment craterias

Table no-1.2 The gradation of khalitya (hair falling)

Khalitya (hair falling)	scores
No hair fall	0
Mild hair falls by washing	1
Moderate hairfall by combing	2
Severe hairfall by just touching	3

Table no- 1.3 The gradation of shira kandu (itching on scalp)

Shira kandu (itching on scalp)	scores
No itching on scalp	0
Mild itching on scalp (occasionally present but dosen't disturb normal activites)	1
Moderate itching on scalp (often present and disturbs normal activites)	2
Severe itching on scalp (continuously present and it disturbs normal activites)	3

Table no-1.4 The gradation of Darunak (dandruff)

Darunak(dandruff)	scores
No flakes	0
Mild flakes (white scaley flakes on small area of scalp)	1
Moderate flakes (white scaley approximately half part of the scalp)	2
Severe flakes (white scaley flakes all over the scalp)	3

4. RESULT & OBSERVATION:

Table no-1.5 Showing The Result & Observation

TREATMENTS	HAIRFALL	ITCHING	DANDRUFF
After <i>Anulomana & Shirovirechana</i>	3	3	3
After dry fingure massage & <i>Shiro Lepa</i>	2	0	0
After <i>prachhana & shiro lepa</i>	0	0	0



Figure no- 1.2 Showing the before treatment & after treatment pictures.

5. DISCUSSION:

Discussion on disease

How dose hair loss occurs⁹

- Hair grows in three different phases – Anagen phase – This phase determines the length of the hair. Most of our scalp hair is in this anagen phase for almost about 7 years till some unknown factors push the hair to go into the catagen phase. This phase can be correlated to Kapha kaal of hair follicle as the growth is steady and for long duration and also the first phase of hair follicle growth.
- Catagen phase – in this phase the hair follicle stops growing and gets converted to club hair. Somewhat representing the Pitta phase of growth.

- Telogen phase – the last phase of growth of hair follicle where the follicle goes into a dormant resting phase and the hair shaft is shed off. A phase which can closely be related to the Vata dosha functions.
- After the follicle has rested for 2 – 3 months the hair follicle again goes into the anagen phase to produce new hair shafts. The whole aim to reduce the hair fall now points towards increasing the duration of anagen phase.
- Anti-inflammatory drugs, anti-oxidant drugs and androgen inhibitors are said to elongate the anagen phase when used topically.
- Hair is made up of keratin the key structural material, which can damage on excessive high temperature. The hair may also be forced to turn into the catagen phase due to the high temperatures, thus inducing hair fall after few weeks. A soothing, normal temperature topical application can thus be fruitful.

Discussion on drugs:

- **Probable mode of action of bhringraj taila nasya:**¹⁰
- The ingredients of bhringaraja taila are having madhura, katu, tikta, and kashaya rasa; Guru, laghu, snigdha, ruksha and tikshna guna, whereas katu, madhura vipaka, tridoshashamaka and kapha-pittashamaka property.
- The drugs are also having the other properties like keshya, rasayana and keshavardhana.
- The laghu and snigdha properties would act on the vitiation of the kapha and vatadosha respectively whereas sheeta virya and madhuravipaka would act on pitta dosha.
- Ushna virya would act on the vitiation of kapha and tiktarasa, sheetavirya and madhura vipaka would act on pitta dosha.
- The ushna virya and snigdhatva would aid in liquefying the dried kapha in the pores of the scalp locally clearing up the obstruction.

Table no-1.6 probable mode of action of Anubhuta Shiro lepa yoga:¹¹

AMLAKI	<ul style="list-style-type: none"> • <i>Vatahara</i> because of <i>amla rasa</i>, <i>Pittahara</i> because of <i>sita virya</i> & <i>madhura vipaka</i> & <i>kaphahara</i> due to <i>ruksha guna</i> & <i>kashaya rasa</i>. • Due to <i>amla rasa</i> <i>Amlaki</i> is a rich source of vit C’ which produces collagen protein & this collagen replace the dead cells of hair follicles with new hair cells. • It has anti inflammatory & antibacterial properties can stop dandruff & also the itching caused by it on the scalp. • The phyto-nutrients, vitamins & minerals helps in increasing the scalp blood circulation & stimulate healthy hair growth.
ARISTAK	<ul style="list-style-type: none"> • It has <i>Tridoshaghna</i> property.it also has anti inflammatory, antifungal, antibacterial properties which helps to eliminate dandruff.
BHURIPHENA	<ul style="list-style-type: none"> • Due to its <i>Tikta rasa</i> & <i>guna</i> it is mostly used to eliminate itching of scalp & dandruff. • It has also <i>Ropana</i> properties. Due to its cleansing property it cleanses the hair & removes excess oil & dirt. It strengthens the hair roots & promotes hair growth.
GIRINIMBA	<ul style="list-style-type: none"> • It has <i>Kapha</i> & <i>Vata shamaka</i> properties. It is a rich source of protein which is essential for hair growth. • It has beta-carotene & amino acids which can regenerate dormant follicles & regrow new hairs. • It has also cleansing, antibacterial & antifungal properties which removes the dead skin cells of the scalp, reduces dandruff & alleviates itching & irritation.
ATASI	<ul style="list-style-type: none"> • It has <i>Vatahara</i> properties due to <i>ushna virya</i> & <i>madhura rasa</i>. • It helps in nourishment of the scalp & hair strands. It has omega-3 which promotes hair regrowth whereas fibers & protein improve the elasticity of hair.

METHIKA	<ul style="list-style-type: none"> • Due to <i>ushna virya</i> it is <i>Vata shamaka</i>. It is <i>Kapha shamaka</i> due to <i>katu rasa & vipaka</i>. • It has high protein & nicotinic content which are known to be beneficial against hairfall & dandruff. • It has large amount of lecithin which hydrates the hair & strengthens the hair roots & follicles.
PALANDU	<ul style="list-style-type: none"> • <i>Vatahara</i> due to <i>ushna virya & madhura rasa</i>. It contains sulphur which helps in production of protein & also found in keratin which is one of the components of hair. • So the sulphur provides nourishment & also increases the growing phase of the hair. It has antimicrobial & antioxidants property also.
JAMBIRA	<ul style="list-style-type: none"> • <i>Kapha Vata shamaka</i> due to <i>ushna virya</i>. • It is the natural cleanser which maintains the ph level of scalp. • It strengthens the hair follicles encourage new hair growth. • Here <i>Jambira</i> used as a whole means with its peel because the lemon peel is rich in fibres, potassium, calcium, bioactive flavonoids which is more helpful in hair growth.

- *Shiro lepa* ingredients selected in this study almost all have the antidandruff properties so that the itching & dandruff reduced very soon. *Girinimba, Atasi & palandu* helps in increases the growing phase i.e. anagen phase of hair & reducing the telogen phase. *Amlaki, methika, Jambira* gives strength & nourishment to hair roots & follicles. *Bhuriphena & Aristak* protect the scalp by cleansing.

Discussion on treatment procedures

- The first line of treatment for *Khalitya* is *Sodhana*¹², because the *Samprapti of Khalitya is Pitta Pradhana & Virechana karma* is most suitable for elevation of *Pitta* as well as *Vata & Kapha*.
- *Anulomana karma*¹³ can be taken as a form of *Virechana*. For the present study *Tab Anuloma-Ds* was selected contains *Ajamoda, Jeeraka, Haritaki, Yashtimadhu, Shunthi, Saindhava lavana, Sonamukhi* which has stimulant laxative and powerful carminatives.

Mode of action of *Nasya karma* :^{14,15}

- ❖ Since nose is the gateway of the head, the therapy is highly effective in curing all *Urdhwajatrugata Vyadhi*.
- ❖ The Oil used in *Nasya* reduces the vatiated *Vatta* and *Pitta dosha*. The therapy cleanses and opens the channels of the head, thereby improving the process of oxygenation (Prana), which has a direct influence on the functioning of brain.
- ❖ It increases the blood circulation of scalp and nourishes hair roots thereby it prevents the early graying of hair and hair loss

Mode of action of dry fingure massage:

- ❖ Dry fingure massage will remove the dirt from the hair root & scalp which will help the *shiro-lepa* for better absorption. It will also increase the blood circulation over the scalp which is also helpful for better action of *Shiro-lepa*.

Mode of action of *Prachhana karma*:

- *Acharya Vagabhatta*¹⁶ said that along with administration of *Samshodhana* as per *dosha*, he adds further *sirabedha & Raktamokshana* by scarping of scalp either with *Suchi, Kurchika* or rough leaves before application of *lepa*.
- So, *Raktamokshana* by *prachhana* was done with sterile insulin niddle for *sthanika sodhana* & better absorption of the *Anubhuta shiro lepa yoga*.

Discussion on results & observations

- After the 3 days of *kaya sodhana* i.e. *Anulomana* with *tab Anuloma-Ds* & 7 days of *Shirovirechana & Shiro-Abhyanga* with *Bhringraj taila*, it was seen that the hairfall, itching & dandruff remain same as before the treatment started.

- After 7 days dry fingure massage & followed by application of *Shiro Lepa*, it was seen that the hairfall was moderate, the itching & dandruff was gone completely.
- After 7 sittings of *Prachhana* with sterile insulin niddle & *Shiro Lepa*, it was seen that the hairfall also stopped & some new hair grow also seen.

6. CONCLUSION:

As *khalitya* is a *Pitta* predominant *Tridoshaja vyadhi*, the treatment protocol selected for *Samprapti vighatana* was very effective i.e Anulomana karma for *sharira sodhana*, Nasya for sthanika sodhana, *Prachhana* for *Srotas drusti sanga* & *Shiro-lepa* for vyadhi shamana. *Prachhana karma* which is a type of a bloodletting was the best way to put forth a practical approach in dealing *khalitya*. *Shiro lepa* ingredients selected in this study almost all have the antidandruff properties so that the itching & dandruff reduced very soon, helps in increases the growing phase i.e. anagen phage of hair & reducing the telogen phase, gives strength & nourishment to hair roots & follicle. This *Anubhuta Shiro Lepa* has tremendous effect on itchy scalp, dandruff & hairfall.

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