

A COMPARATIVE STUDY ON EFFECT ON PANCHBHAUTIKA TAILA AND YASHTIMADHUKA TAILA NASYA IN KHALITYA (ALOPECIA AREATA)

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ABSTRACT

Ayurveda is the everlasting supreme Science of medicine because it deals with all aspects of human life since time is immorial. In this competitive and fast going 21st Century, people have been presented with many kind of disorders like lifestyle disorders, environment disorders, sexual disorders etc. Alopecia Areata (Hair fall) is a dermatological & a symptom of life style disorder that has been recognized for more than 2000 years ago. Susceptibility of hair fall is more in males than in females. It is mostly seen in age group of 18-40 years. According to survey upto 40% of men & 25% of women in India are victims of hair fall. It is a slow progressive disorder. Alopecia Areata is characterized by circumscribed non scarring loss of hair in

single or multiple patches over scalp or body hair. Apart from, metabolic & hereditary causes, Alopecia have been observed as a major side effect of anti-cancerous, immunosuppressant and many other drug treatment. In *Ayurveda* literature, loss of hair is termed as “*Khalitya*” under the broad heading of *Shirorog* (By *Acharya Charak* & *Acharya Vagbhatta*) and under *Kshudraroga* (By *Acharya Sushruta*). For this “*Nasya Karma*” is the management. According to *Ayurveda*, *Nasya karma* is the *Shodhan* and *Shaman karma* for the *Urdhvajatrugata rogas*. In present study “*Panchbhautika Taila*” & “*Yastimadhuka Taila*” as mentioned in *Ayurvedic Samhita* having *keshya* properties has been selected.

INTRODUCTION

In *Ayurveda*, four types of Ayu are mentioned among which *Sukhayu* is important. *Sukhayu* deals with life having qualities like *Bal*, *Virya*, *Parakrama*, *Soundarya*. Concept of

Soundarya is gaining more attention globally & hair plays an important role in it. Healthy, long & vibrant hair add charm to personality. Therefore to keep hair in healthy state is a duty of human beings because just like face hair is also a mirror of healthy state of body. Hair is among the valuable part derived from ectoderm of skin & is a protective appendage on the physique. Alopecia Areata is an autoimmune condition that attacks the hair follicles causing non scarring hair loss. Alopecia Areata is one of the condition found in maximum population which is just because of irregular daily routines, sedentary lifestyle, stress induced hectic schedules along with faulty dietary habits. It is universal and common problem having affected both sexes of all races. Male is more susceptible than females in this case. It is usually due to presence of an excessive quality of androgenic hormones testosterone. In *Ayurvedic* literature, loss of hair is termed as *Khalitya* under the broad heading *Shirorog* (By *Acharya Charak & Acharya Vagbhatta*) and under *Kshudraroga* (By *Acharya Sushruta*). *Kesh* is *mala* of *Asthi dhatu* & *sthana* is generally physiological but becomes pathophysiological due to vitiation of *doshas*. *Ayurveda* is safe and & cost effective alternative medicine to healthy hairs & cure hair problems. For these, *Nasya karma* is the choice of management & when is done me medicated oil having hair growth properties is more efficacious. Among *Ayurveda*, *Nasya karma* is considered best therapeutic measures for the *Urdhavyajrugata roga*. It affects *tridosha* as well as whole body.

Modern Review

Alopecia Areata also known as spot baldness. It is a common auto immune skin disease in which hair follicles are damaged by a misguided immune system, causing sudden loss of hair especially of the scalp or face in circumscribed patches with little or no inflammation.

Incidence

The general population has an approximately 2% of risk to develop Alopecia Areata. The worldwide incidence of Alopecia Areata varies from 2.1%, 0.7%, 3.8% in USA, India and Singapore.

Causes

According to modern science, the exact cause of Alopecia Areata is unknown. But most common believe that in today's World the main cause that is found is Stress, hormonal imbalance, systemic illness, drugs, local skin disorders, post-acute illness, nutritional deficiencies etc.

Pathophysiology

The exact pathophysiology of alopecia areata remains unknown. The most widely accepted hypothesis is that T-cell mediated autoimmune condition that is most likely to occur in predisposed individual.

Clinical Features

- Small, round(or oval) patches of hairs loss on the scalp, beared area of the face or other areas of body.
- Patchy hairs and coined shaped patches.
- Burning & itching before hair fall on that region.
- It can affect finger nails & toe nails.
- Nails become rough and lose their shin.

Additional Clinical Sign's

- Exclamation mark hairs: This occurs when few short hairs that get narrower at their bottom and grow in or around the edges of bald spots.
- Cadaver hairs: This is where hairs break before reaching the skin surface.
- White hair: This may grow in areas affected by hair loss.

Assessment Criteria

The assessment will be done subjective and objective parameters.

1. Subjective Parameters

❖ Hair Fall (Table–1)

	Hair fall	Score
1	Severe (hair fall on simple stretching)	3
2	Moderate (Hair fall on washing)	2
3	Mild (Hair fall on combing)	1
4	Absent	0

❖ Darunaka (Dandruff) (Table–2).

	DARUNAKA(DANDRUFF)	SCORE
1	Severe (permanently seen)	3

2	Moderate (seen after two to three days after head wash)	2
3	Mild (occasionally seen)	1
4	Absent	0

❖ *Keshbhoomi Kandū* (Table-3).

	<i>KESHBHOOMI KANDU</i>	SCORE
1	Severe (coming more than 5 episodes in a day)	3
2	Moderate (coming 3-4 episodes in a day)	2
3	Mild (coming 1-2 episodes in a day)	1
4	Absent	0

❖ *Rukshata* (Table-4)

	<i>Rukshata</i>	Score
1	Rough hair surface	3
2	Slight rough hair surface	2
3	Smooth rough hair surface	1
4	Smooth hair surface	0

❖ *Kesh Kathinya* (Table-5).

	<i>Kesh Kathinya</i>	Score
1	Severe	3
2	Moderate	2
3	Mild	1
4	Absent	0

❖ *Keshbhoomi Daha* (Table-6)

	<i>Keshbhoomi daha</i>	Score
1	Severe	3
2	Moderate	2
3	Mild	1
4	Absent	0

❖ *Keshbhoomi Sweda* (Table-7)

	<i>Keshbhoomi Sweda</i>	Score
1	Severe	3
2	Moderate	2
3	Mild	1
4	Absent	0

2. Objective Parameters

- Scalp photography for visual aid.
- Area of scalp involved.
- No. of patches

Differential Diagnosis

- Androgenic Alopecia
- Brocq Pseudopelade
- Telogen Effluvium
- Tinea Capitis
- Trichotillomania

Investigations

- Hemoglobin (Hb)
- Thyroid Profile
- Calcium
- CRP
- Iron level
- Follicle stimulating and Luteinizing hormone (in females)
- Free and total testosterone

Treatment

- Minoxidil for local application.
- Anthralin for local application (for 20-60 minutes).
- Photochemotherapy.

Ayurvedic Review

Khalitya is a *vyadhi* in which *Keshpatan* starts due to vitiation of *dosha*. *Acharya Charak* explained “*Kesh*” a *mala* of *ashti dhatu* and said that excess use of *kshar* and *lavana rasa* aggravates *khalitya* (*lomakshaya*). According to *Acharya Charak* *Khalitya* is a *vyadhi* with *Vata-Pitta* dominancy. He stated *Samprapti* that it occurs when *kupita pitta* along with *dushita vatadi dosha* move to the *keshbhoomi* and *dushita* the hair follicles. (तेजोऽनिलाद्वैः सह केशभूमि दग्धवाऽशु कुर्यात् खलति नरस्य च.चि.-26/132). Whereas *Acharya Sushruta* opines that *Romkupgata* or *keshbhoomigata* vitiated *pitta* along with vitiated *vata* leads to dislodgement of the hair from the hair root, further in the *samprapti*, vitiated *sleshma* along with *rakta* will cover the hair root area and creates *avrodha* to the hair root and due to *avrodha* the hair root gets deprived of nutrients results in no further hair growth. The author of *Ashtanga Hridaya* and *Madhav Nidana* describe the *samprapti* of *khalitya* in similar words of *Acharya Sushruta*.
 रोमकूपानुगं पितं वातेन सह मूर्च्छितम्प्रच्यावयति रोमाणि ततः श्लेष्मा सशोणिता
 रुणद्धि रोमकूपांस्तु ततोऽन्येषामसम्भवः।तदिन्द्रलुप्तं खालित्यं रुज्येति च सशोणितः॥

(सु.नि.-16/32-33)

In *Khalitya*, the vitiation of *pitta* and *vatta doshas* occurs due to the over indulgence in this respective aggravating factors. *Vyan vayu* and *Bhrajaka pitta* gets aggravated or gets *dushti* which cause hairloss. Due to *ushna*, *tikshana* properties of *pitta* and *ruksha*, *khara* properties of *vatta*. *Snigdha* and *pichhil* properties of *kapha dosha* gets dried within the *srotas* of scalp and cause malnourishment of hairs.

Nirukti

In *Ashtang Hridya*, *Acharya Vagbhata* has mentioned (A.H.U.23/26).It suggests gradual hairloss.In *Shabadkalpadrum* & *Vachaspatyam* have mentioned *Khalitya* as *Khalti Skhalayanti Kesh Asmat As Khala Sankhalane*.

Synonyms

- *Charak – Khalitya, Khalati*
- *Sushruta – Khalitya, Indralupta, Ruhya*
- *Ashtang Hridya – Khalrti, Chacha*
- *Ashtang Sangraha – Khalrti, Rujha*
- *Madhav – Khalitya, Indralupta*
- *Bhoja – Indralupta, Ruhya*
- *Harita – Keshghana*

Nidana

In *Ayurvedic* Literature there is no any clear cut reference regarding the causative factors of *khalitya* except *Acharya Charak*, who has mentioned the major factors as follows.

- *Lavanrasaatisevan* (Ca.Su 26/43,Ca.Vi.1/18,A.H.Su.10/12).
- *Ksharaatisevan* (Ca.Vi.1/17).
- *Ushar Bhoomi* (Ca.Vi.1/18).
- *Virudha Aharsevana* (Ca.Vi.1/18).

Etiological factors of *Shiroroga* can be considered as etiological factors of *khalitya*,which are as follows.

Vegvidharana, Diwaswapana, Asatmyagandh, Sheetamboosevan, Ama, Deshkala, Viparyaya, Atimaithuna, Dhooma, Rodana, Atapa, Uchhbhashya, Hima Avashyaya, Prajagrana, Manahatapa.

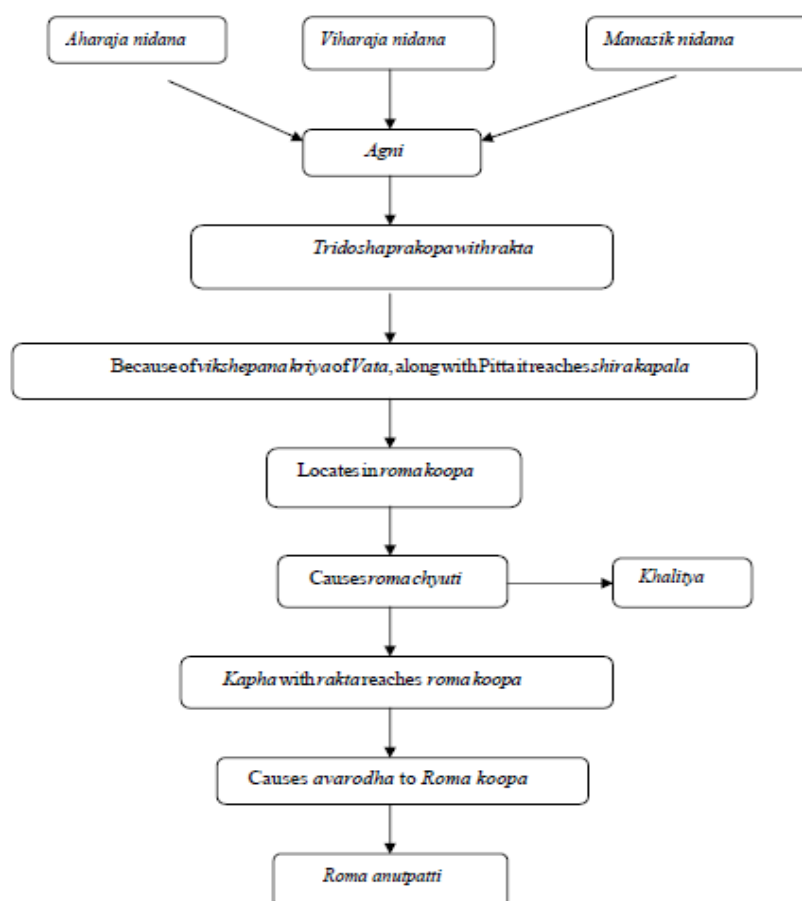
Samprapti

Acharya Sushruta opines regarding *samprapati* of *Khalitya*- that *Romkupgata* or *keshbhoomigata* vitiated *pitta* along with vitiated *vata* leads to dislodgement of the hair from the hair root, further, vitiated *sleshma* along with *shonita* will cover the hair root area and creates *avrodha* to the hair root and due to *avrodha* the hair root gets deprived of nutrients results in no further hair growth.

रोमकूपानुगं पितं वातेन सह मूर्च्छितम् प्रच्यावयति रोमाणि ततः श्लेष्मा सशोणितानि

रुणद्धि रोमकूपांस्तु ततोऽन्येषामसम्भवः। तदिन्द्रलुप्तं खालित्यं रुज्येति च सशोणितः॥

(सु.नि.-13/32-33)



Flow Chart 1: Showing Samprapati of *Khalitya*.

Samprapti Ghataka

Dosha - Shareerik dosha - All the 3 doshas along with rakta

	Sthanika dosha	-	Bhrajaka pitta pradhanya
Dushya	-	<i>Dhatu</i> involved are <i>rasa</i> and <i>asthi</i> .	
Agni	-	the pathogenesis occurs due to <i>Jataragni dusti</i> , <i>Rasadhatwagni dusti</i> and <i>Asthidhatwagni</i> induced by <i>tridosha prakopa</i> with <i>rakta dushti</i> .	
Ama	-	<i>Jataragni</i> and <i>dhatwagni mandya janya</i>	
Srotas	-	<i>Srotas</i> should be understood by studying <i>srotomula</i> .	

Romakupa is affected by *rasavaha* and *astivaha srotas*.

Srotodusti parka	-	<i>Sanga at various levels of samprapti</i>
Udbhava sthana	-	<i>Aamashya - pakvashaya</i>
Sanchara Sthana	-	all over the body through <i>rasayanis</i>
Vyadhi adhistana	-	<i>shirakapalagata, romakupa</i>
Vyakti stana	-	<i>shirogata keshha</i>
Roga marga	-	<i>bahya roga marga (Twak and Roma kupa)</i>

Lakshana

Ashtanga Samgrahakara has classified *Khalitya* into four types.

Vataja, Pittaja, Kaphaja and *Sannipataja Khalitya*. Though *Khalitya* is a *Tridoshaja Vyadhi*, its types depends upon the dominancy of individual *Dosha*.

- 1) **Vataja Khalitya:** *Keshbhoomi* appears as if it is *Agnidagdha* and it becomes *Shyava* and *Aruna*.
- 2) **Pittaja Khalitya:** The colour of scalp appears as *Peeta, Neela* and *Harita*. The scalp is surrounded by the *Siras* (veins). Sweat may be found all over scalp.
- 3) **Kaphaja Khalitya:** The colour of the scalp is more or less same as that of colour of skin. It is *Ghana* and *Snigdha* in appearance and the colour tends towards whitish tinge.
- 4) **Tridoshaja Khalitya:** In this type of *Khalitya*, characteristic of all the three *Doshas* are observed. The scalp looks like burnt and it bears nail like appearance.

Chikitsa

Shodhana

Nasya is the first line of treatment for *Urdhavjatrugata roga*.

Acharya's has mentioned *Nasya* as the primarily treatment. Other than that *Shiroabhyanga, Shikrobasti, Virechna, Raktamokshana* can also be done.

Shamana

Taila's advised for *abhyanga* in *khalitya*

- i. *Malathyadi Taila*
- ii. *Jathyadi Taila*
- iii. *Snuhidugdhadi Taila*
- iv. *Bhringaraja Taila*
- v. *Gunja Taila*
- vi. *Bhruhat Bhringaraja Taila*

Lepas advised for khalitya

- i. *Kaseesa, manashila and tutta lepa after pracchana*
- ii. *Musta and devadarulepa*
- iii. *Gunja mula and gunja phala lepa*
- iv. *Langali mula lepa with karaveera rasa*
- v. *Kshudra vartaka (kantakari) swarasa with madhu.*
- vi. *Daturapatra swarasa with bhallataka rasa*
- vii. *Gokshura with madhu, ghruta and tila pushpa*
- viii. *Hastidanta masi lepa* (A.Hru.ut.24/28-32)
- ix. *Maricha with kaseesa, Manashila and Tutta lepa*
- x. *kutannata and devadaru lepa.*
- xi. *Gunja Kalka lepa after avagadha pracchanna* (Su.chi.20/24-27)
- xii. *Acharya charaka has advised 6 churna pradehas* (Ca.su.3/3-7)
- xiii. *Kapotapanka mula or langali mula lepa to be repeatedly applied along with mahisha dugdha after deep pracchanna. The lepa is to be covered with erandapatra and left overnight.*
- xiv. *Bhrungaraja patra or sahachara patra applied with Mahisha navaneeta.*
- xv. *Vartaka phala siddha taila with Madhu and anjana as a lepa.*

Pathya Apatyha

Showing Pathya for Shiro Roga (Khalitya)

Ahara		Upachara		Aushadhi	
1	Shastika Shali	1	Swedana	1	Purana ghruta
2	Ksheera	2	Nasya	2	Patola
3	Amra	3	Dhumapana	3	Shigru
4	Amalaki	4	Virechana	4	Draksha
5	Dadima	5	Lepa	5	Vastuka
6	Matulunga	6	Seka	6	Karavellaka
7	Taila	7	Langhana	7	Haritaki
8	Takra	8	Shirobasti	8	Kusta
9	Kanjika	9	Raktamokshana	9	Bhrungaraja
10	Narikela	10	Agni karma	10	Kumari
11	Yusha	11	Upanaha	11	Musta
				12	Ushira
				13	Chandana

Showing Apathya for Shiro Roga (Khalitya)

Aharaja		Viharaja	
1	Lavana rasa ati sevana	1	Kshavathu nigraha
2	Kshara atisevana	2	Bhashpa nigraha
3	Katu and Amla rasa	3	Jrumba nigraha
4	Virudha anna	4	Nidra nigraha
5	Ati sevana of Jala	5	Vit Nigraha
		6	Divaswapna
		7	Vibadda jala majjana
		8	Jala seka on the shira kapala
		9	Ratri jagarana

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