



Case Study

A CASE REPORT ON THE MANAGEMENT OF *KHALITYA* (HAIR FALL)

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ABSTRACT

In Ayurveda, hair-fall is known as *Khalitya*. *Acharaya Sushrut* and *Acharaya Vagbhatta* mentioned it under the heading of *Shudra Roga* and *Shiroroga* respectively. It is the most common condition in both young and old age. *Khalitya* is caused mainly by overusing a variety of hair products, including chemical shampoos, soaps, creams, dyes, and hair colours; excessive use of hair tools; poor dietary practises and lifestyle choices; pollution; hormone imbalances; and more. A 26-year-old female patient reported at the *Agad Tantra* department's OPD in the National Institute of Ayurveda, Jaipur with the primary complaints of *Khalitya* (hair fall), *Darunak* (dandruff), *Shirah Kandu* (itching on scalp) and *Kesha Rukshata* (dryness of hair). In this case, patient was suggested to use *Dhatturadi Tail* along with the oral administration of *Yashtimadhu churna* with milk. The therapy's effectiveness was evaluated based on the difference between the patient's pre and post-treatment signs and symptoms. For evaluating, a unique scoring scheme was created.

INTRODUCTION

Hair fall is distressing to patients because of its effect on appearance, but the problem is often more than skin deep. The tragedy of pre-mature hair loss has been shared by men and women of all countries and races for thousands of years [1]. Hair fall is on the rise as a result of a race for cosmetics, a change in lifestyle, and various types of water, airborne pollution, an exceedingly busy schedule, an unhealthy diet, stress, and a weakened immune system. The biggest sufferers of this condition are young teenagers. Modern market is flooded with promises of providing solutions in the form of various kinds of oil (synthetic oils), shampoo, soaps and gel, and a variety of other cosmetics products (Xenobiotics) to encourage hair growth, which has exacerbated the problem. Hair fall is referred to in Ayurveda as *Khalitya* which comes under the broad heading of *Shiroroga*. As per *Acharya Sushruta*, *Pitta* and *Vata* cause hair fall by engaging the hair roots (*Romkoopa*), and then *Shleshma* and *Shonita*

hinder the *Rom-Koopa* channel, causing the regeneration of new hairs to halt, resulting in *Khalitya*[2]. In such a scenario, there is a need for the efficient management of hair fall in a natural way without leading to further adverse effects. Ayurveda classics explain different modalities for the management of *Khalitya* (hair fall). *Pitta* is the main *Dosha* contributing to *Khalitya* (hair fall). Hence, an effort has been made to evaluate the efficacy of *Dhatturadi Tail* along with *Yastimadhu Churna* (internal medicine) in the management of *Khalitya* (hair fall).

Case History

Centre of Study

OPD of the Agad Tantra Department, National Institute of Ayurveda, India.

Case Report

A 26-year-old female patient with registration number 62397 came to the OPD of department of *Agad Tantra*, National Institute of Ayurveda, Jaipur. *Keshashatan* (hair fall), *Shira Kandu* (scalp itching), *Kesha Rukshatava* (hair dryness), and *Darunaka* (dandruff) were the main complaints of the patient.

History of Present Illness

The patient experienced dandruff, scalp irritation, and hair loss in less than a year. She experienced significant hair loss with dandruff and

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scalp irritation after 1-2 months. She was under some additional stress as well. She went to the National Institute of Ayurveda, Jaipur, O.P.D. with these complaints.

History of Past Illness

There was no relevant past history, nor was there any history of chronic or major illness.

Family History

There was no family history found in this case.

Personal History

Table 1: Personal History

S.no	Religion	Hindu
1.	Socioeconomic Status	Middle class
2.	Marriage history	Unmarried
3.	Diet	Vegetarian
4.	Dietary Habit	Adhyasan
5.	Micturition	Normal
6.	Appetite	Medium
7.	Sleep	Disrupted
8.	Bowel Habit	Irregular
9.	Addiction	Tea
10.	Saar	Madhyam
11.	Samhanan	Madhyam
12.	Satmya	Madhyam
13.	Vyayam	Avar
14.	Kostha	Madhyam

Treatment Protocol

Table 4: Dose, Route, Kala, Anupana of the Drug

S.No.	Section	Internal Medication	External Medication
1.	Name of the drugs	Madhuyashti Churna ^[3]	Dhatturadi Tail ^[4]
2.	Dose	3 gm BD	As per requirement
3.	Route of Administration	Oral	Local application
4.	Anupana	Dugdha (Milk) ^[5]	Not needed
5.	Time of Administration	Morning – evening	Twice a week
6.	Duration	45 days	45 days

Safety Measurement

- Keep oil away from the reach of children.
- Do not apply oil any part of body except the head.
- Wash hands after hair massage.
- After applying the oil, if any symptoms such as rashes, burning sensations, etc. are seen, then the oil should be immediately removed and you should contact the doctor.

Assessment Criteria

A grading system-based assessment scale was created for the uniformity and evaluation of patients suffering from Khalitya.

15.	Predominant Rasa in diet	Katu, Lavan
16.	Vihar	Diwasapana & Ratrijagaran
17.	Hair wash	Shampoo
18.	Type of water used in Hair wash	Hard water

Ashtavidha Pariksha

Table 2: Ashtavidha Pariksha

1.	Nadi (Pulse)	72/min. Normal in character
2.	Mala (Stool)	Constipated
3.	Mutra (Urine)	Normal
4.	Jihva (Tongue)	Saam
5.	Shabda (Speech)	Clear
6.	Shparsha (Touch)	Normal
7.	Drik (Eyes)	Samyak
8.	Akruti (Built)	Samyak

Table 3: Involved Shrotas

Srotodushti	Rasavaha
	Raktvaha
	Medovaha
	Asthivaha
	Manovaha

Table 5: Keshshatan (Hair fall)

S.No.	Keshshatan (Hair fall)	Grading
1.	Keshshatan Absent (Not hair fall)	0
2.	Mild Keshshatan (Hair fall on washing)	1
3.	Moderate Keshshatan (Hair fall on combing)	2
4.	Severe Keshshatan (Hair fall without any manipulation)	3

Table 6: Kesharukshatava (Dry Hair)

S.No.	Kesharukshatava (Dry Hair)	Grading
1.	Kesharukshatava Absent (Smooth Hair)	0
2.	Hina Kesharukshatava (Mild Dry hair)	1
3.	Madhyama Kesharukshatava (Moderate dry hair)	2
4.	Pravar Kesharukshatava (Severe dry hair)	3

Table 7: Darunaka (Dandruff)

S.No.	Darunaka (Dandruff)	Grading
1	Dandruff absent	0
2.	Hina Darunaka (Mild dandruff)	1
3.	Madhyam Darunaka (Moderate dandruff)	2
4.	Pravar Darunaka (Severe dandruff)	3

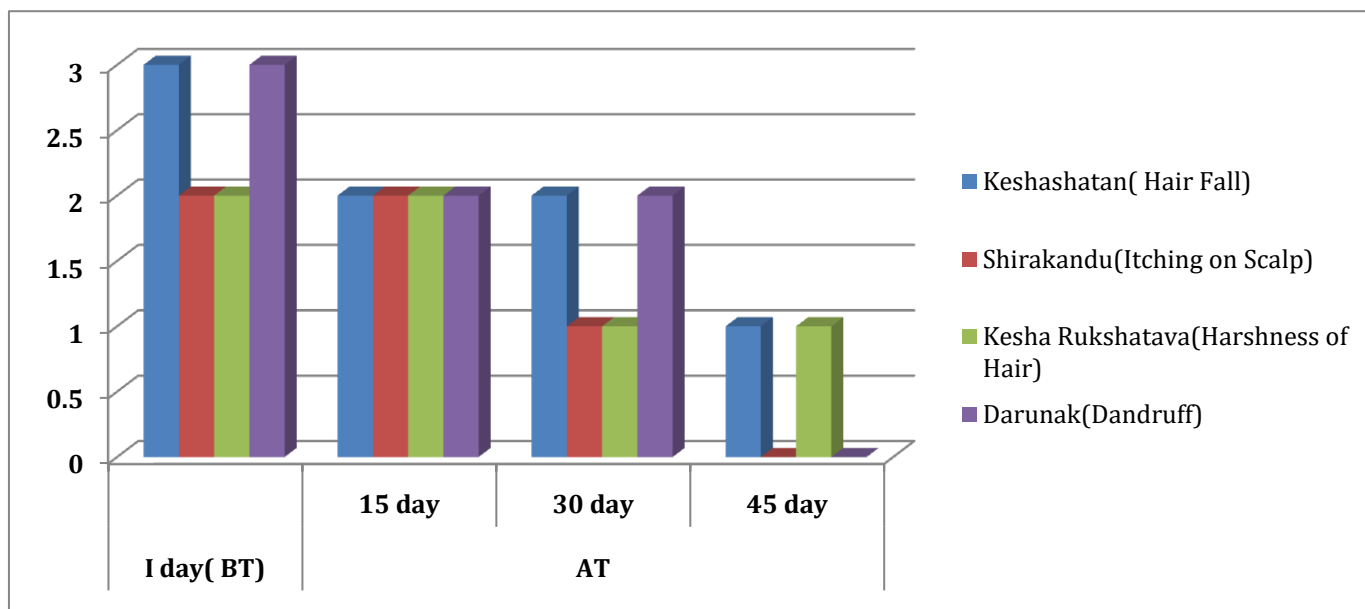
Table 8: Keshbhumikandu (itching on scalp)

S.No.	Keshbhumikandu (itching on scalp)	Grading
1.	Kandu Absent (No itching on scalp)	0
2.	Hina Kandu (Mild itching on scalp)	1
3.	Madhyam Kandu (Moderate itching on scalp)	2
4.	Tikshna Kandu (Severe itching on scalp)	3

Table 9: Progress in sign and symptoms of Khalitya

S.No.	Sign and Symptoms	1 day (BT)	AT		
			15 day	30 day	45 day
1.	Keshashatan (Hair fall)	3	2	2	1
2.	Shirakandu (Itching on scalp)	2	2	1	0
3.	Kesha Rukshatava (Harshness of hair)	2	2	1	1
4.	Darunak (Dandruff)	3	2	2	0

Images Related to the Treatment**Before the Treatment****After the treatment**



DISCUSSION

In Ayurveda text, *Khalitya* is mentioned as *Kshudra Roga* and *Tridosha (Vata, Pitta, Kapha)* along with *Rakta* are responsible for the pathogenesis of *Khalitya*. All the above mentioned symptoms indicate predominant involvement of *Pitta*.

In present contemporary times, it is essential to choose drugs for the treatment of *Khalitya* (hair fall) that have not only *Doshaprtyaneeek* (targeted *Dosha* pacification) and *Vyadhiprtyaneeek* (targeted disease pacification) properties but also *Vishaprtyaneeek* (targeted poison pacification) property, considering the role of *Visha* (poison) in contemporary times as a new emerging *Hetu* (factor). The significance of *Shiroabhyang* (oil application to the head) is well accepted in the management of *Khalitya*. *Yastimadhu* has *Madhura Rasa* (sweet taste), *Madhura Vipaka* (bio-transformed rasa), *Sheet Virya* (cold potency) and specifically having *Keshya* (hair growth promoter), *Vishaghna* (anti-toxic), *Rasayan* (rejuvenating), *Vata-Piitta-Rakta Shamak* and antioxidant properties. Some experimental research study has been done also on anti-oxidant^[6,7], anti-microbial^[8] activity of *glycirryza glabra*. On research study, that shows the petroleum ether root extract of *G. glabra* is more effective than minoxidil in promoting hair growth in female wistar rats.^[9] *Dhatturadi Tailam* made by the *Dhattura* seed *Kalka* & its leaf *Swaras* (juice) which is indicated in itching of the scalp and hair fall. Some research has also been done on *Dhattura* that shows it has an antifungal and anti-microbial effect^[10,11]. Thereby, the above-mentioned medicine may promote hair growth and prevent *Khalitya* (hair-fall).

CONCLUSION

On the basis of single case study it can be conclude that local application of *Dhatturadi tail* along oral administration of *Yashtimadhu churna* are effective in the management of *Khalitya* (hair fall).

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