



Case Study

EFFECT OF PRAPAUNDRIKADI TAILAM NASYAM IN THE MANAGEMENT OF KHALITYA

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ABSTRACT

Khalitya or hairfall has been mentioned by *Acharaya Sushrut* in *Kshudra rog*. *Acharya Vagbhatt* has mentioned *Khalitya* amongst *Shirorog* and *Nasya* is the treatment of choice for the diseases situated in this area. *Khalitya* can be correlated with Telogen Effluvium in modern terminology. *Khalitya* or hairloss is common problem worldwide which everyone faces during one's lifetime. *Nasya* is the best treatment in Ayurveda for the disease situated in *Urdhvajatrugat rog*. *Prapaundrikadi tailam* was selected for *Nasyam* in case of *Khalitya*. **Clinical findings-** A female patient, 38 years old came to the OPD of the Institution. She has the complaints of hairfall since 2 months. The patient was not suffering from any systemic illness, menstrual disorders, hypertension, thyroid disorders, diabetes. **Intervention-** *Nasyam* with *Prapaundrikadi tailam* was administered for 10 days in dose of 6 *Bindu* (3ml) in each nostril. The patient was observed for 2 months. Follow up was done on 21st day and on 42nd day. **Outcome-** Marked improvement is seen on 42nd day while moderate improvement in 1 min comb test and pull test on 21st day of *nasyam*. **Conclusion-** *Prapaundrikadi Tailam Nasyam* helps in significant reduction in hairfall, improving the quality of hair in terms of volume, shine and strength.

INTRODUCTION

Hair is mirror of health. Long black hair is considered sign of beauty since ancient times. Everyone desires beautiful shining hair. Globally, different practices in traditional cultures were popular to enhance hair health. All Acharyas have mentioned hair routine as part of *Dincharya*. *Shiroabhyangam* and *Pratimarsh nasyam* are part of daily practices to be followed for hair care. *Khalitya* or hairfall is one of the commonest ailments which every person faces during lifetime. This can be due to various reasons like wrong eating habits, lifestyle, nutritional deficiencies, endocrinal factors, use of chemicals on hair in form of hair dyes, hair colours, different hair treatments. Stress has increased in every aspect of life be it physical or mental. According to *Acharya Charak*^[1], vitiated *Doshas* along with body's heat destroy the *Snehansh* of hair and

its roots leading to *Khalitya* or hair loss. *Acharaya Sushrut* has mentioned *Khalitya* in *Kshudra rog*^[2]. *Acharya Vagbhatt* has mentioned *Khalitya* amongst *Shirorog* and *Nasya* is the treatment of choice for the diseases situated in this area^[3]. In this modern era, unhealthy lifestyle and use of chemicals in the form of fashion products have increased many folds. Stress has increased in every aspect of life be it physical or mental. This has led to many diseases and one of them is hair fall or diffuse hair loss. Hair is one of the defining characteristics of human beings. *Nasyam* is one of the *Panchkarma* procedures in which oil is administered into nasal cavity. *Nasyam* is considered as gateway to brain so medicine instilled through nostrils reaches the head and thus performs its action^[3]. *Prapaundrikadi tailam nasyam* consists of *Prapaundrik*, *Madhuk*, *Pippali*, *Raktachandan*, *Utpal*, *Amalaki swaras* and *Tila Taila*^[4]. So, *Nasyam* with *Prapaundrikadi tailam* was considered for hairfall. No adverse effect was observed or reported by the patient.

Case Report

A female patient, 38 years old came to the OPD of the Institution. She has the complaints of hairfall since 2 months. The patient was not suffering from

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any systemic illness, menstrual disorders, hypertension, thyroid disorders, diabetes.

Patient was subjected to the following tests-

Hair comb test

>70

Pull test- 4-5 strands of hair

Tug test - negative

Investigations

- Hb, thyroid profile, serum calcium
- All tests were within normal limits.
- Use of chemicals and Hair straightening
- History of the patient showed various hair treatments and chemicals usage.

- Hair straightening remedies, hair colours use was present since 1 year. Hair straightening is one of the popular procedure these days to straighten the hair bonds by using chemicals and heating procedures.
- *Prakruti* of the patient was of *Pitta kapha* constitution.

MATERIALS AND METHODS

Materials

Prapaundrikadi tailam was prepared according to Sharangdhar Samhita^[5]. Reference of *Prapaundrikadi tailam* was taken from *Chakradatt Kshudrarog Prakaran*^[4].

Ingredients and Quantity

S.No	Ingredients	Parts	Quantity
1.	<i>Prapaundrik</i>	<i>Panchang</i>	1 Karsha
2.	<i>Madhuk</i>	<i>Moola</i>	1 Karsha
3.	<i>Pippali</i>	<i>Mool, Phal</i>	1 Karsha
4.	<i>Raktachandan</i>	<i>Kandsaar</i>	1 Karsha
5.	<i>Utpal</i>	<i>Panchang</i>	1 Karsha
6.	<i>Amalaki swaras</i>	<i>Phala</i>	2 Kudav
7.	<i>Tila Taila</i>	<i>Beeja</i>	1 Kudav

Dravya	Latin Name	Rasa	Guna	Virya	Vipaka	Part Used
<i>Praupaundrik</i>	<i>Nelumbo nucifera</i>	<i>Madhura</i>	<i>Sheet</i>	<i>Sheet</i>	<i>Madhur</i>	<i>Panchang</i>
<i>Madhuka</i>	<i>Glycyrrhiza Glabra</i>	<i>Madhur</i>	<i>Guru, Snigdha</i>	<i>Sheet</i>	<i>Madhur</i>	<i>Moola</i>
<i>Pippali</i>	<i>Piper longum</i>	<i>Katu</i>	<i>Laghu, Tikshan</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Mool, Phal</i>
<i>Rakta Chandan</i>	<i>Pterocarpus Santalinus</i>	<i>Tikta, Madhura</i>	<i>Guru, Ruksha</i>	<i>Sheet</i>	<i>Katu</i>	<i>Kandsaar</i>
<i>Utpala</i>	<i>Nymphaea stellata</i>	<i>Madhura</i>	<i>Sheet</i>	<i>Sheet</i>	<i>Madhur</i>	<i>Panchang</i>
<i>Dhatri/ Amalaki</i>	<i>Embelica Officinalis</i>	<i>Amal, Katu, Madhura, Tikta, Kashaya</i>	<i>Guru, Ruksha, Sheet</i>	<i>Sheet</i>	<i>Madhur</i>	<i>Phala</i>
<i>Til Tailam</i>	<i>Sesamum Indicum</i>	<i>Madhura, Kashaya, Tikta</i>	<i>Guru, Snigdha</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Beeja</i>

Method of Administration of Nasyam

Timings- *Praatah kaal* (morning)

Duration- 10 days every day.

Dose- 6-6 *Bindu* in each nostril. (1 *Bindu*= 0.5 ml)

Purva Karma- *Sthanik snehan swedan* on face and neck with *Til tailam*.

Pradhan Karma- Administration of nasal drops 6-6 *Bindu* in each nostril.

Paschat Karma- *Dhumpaan, Kawal* with warm water

Nidaan Parivarjan

Patient was asked to strictly refrain from excessive salty spicy food, junk food, *Abhishyandi* food like curd, non-veg food. Patient was advised to take warm water and light meals during the procedure and during *Parihaar kaal*.

Precautionary Measures

- Drink lukewarm water
- Take light warm meals
- Avoid day sleeping
- Sleep early in the night

- Avoid exposure to cold air, *Aatap sevan* (excessive sun exposure), AC, cold water.
- Washing hair with shampoos having natural ingredients or *Shikakai*

20 days after administration and after 2 months of study.

Study Duration

The patient was observed for maximum 2 months.

Assessment Criteria

Diagnostic Methods

Follow Up

One Minute Comb Test

The hair of volunteers was gently combed for one minute in downward direction covering the entire scalp.

1 min Comb Test	Grade 0	Grade 1	Grade 2	Grade 3
Total Number of Hair	0-25	26-50	51-75	75-100

Pull Test

Tug Test

In both the tests, gradations depending on total number of hair was done as follows:

Test	Grade 0	Grade 1	Grade 2	Grade 3
Pull Test	0-2	3-5	More than 6	10-20
Tug Test	No Breakage	1-5	5-10	10-15

Assessment of Final Result

Final result was assessed as follows:

Grades	1 min Comb Test	Pull Test	Tug Test
Grades 0 No improvement	No improvement	No improvement	Breakage of hair more than 09
Grade 1 Mild improvement	<25% reduction in hair fall	<25% reduction in hair fall	Breakage of hair less than 09
Grade 2 Moderate improvement	25-50% reduction in hair fall	25-50% reduction in hair fall	Breakage of hair less than 06
Grade 3 Marked improvement	50-75% reduction in hair fall	50-75% reduction in hair fall	Breakage of hair less than 03
Grade 4 Excellent improvement	>75% reduction in hair fall	>75% reduction in hair fall	No Breakage

OBSERVATIONS

Test	Before Treatment	After 21 st Day	After 2 Months
Comb Test	Grade 2	Grade 1	Grade 0
Pull Test	Grade 1	Grade 0	Grade 0
Tug Test	No Breakage (Grade 0)	No Breakage (Grade 0)	No Breakage (Grade 0)

Assessment of Final Result

Tests	On 21 st Day	After 2 Months
Comb Test	Grade 2 (Moderate Improvement)	Grade 3 (Marked Improvement)
Pull Test	Grade 2 (Moderate Improvement)	Grade 3 (Marked Improvement)
Tug Test	Negative (No Breakage)	Negative (No Breakage)

Probable Mode of Action of *Prapaundrikadi Tail*

According to reference in Chakradatta, *Prapaundrikadi Taila Nasya* helps in hair growth and manages *Khalitya*^[4]. Hence, study was taken to assess the efficacy of *Nasya* with *Prapaundrikadi Taila* in management of *Khalitya*.

The ingredients of *Prapaundrikadi Taila* are *Prapaundrik*, *Madhuk*, *Pippali*, *Raktachandan*, *Utpal*, *Amalaki swaras* and *Tila Taila*.

Prapaundrik

It has *Madhur rasa*, *Sheet guna*, *Sheet virya*, *Madhur vipak*. It is *Vata pitt shamak*^[6].

Yashtimadhu

It has *Madhura rasa*, *Madhura vipaka*, *Guru* and *Snigdha guna* and *Sheeta Veerya* hence it is *Vata pitta shamak*. It is *Keshya*, *Chakshushya*, *Balya* and *Rasayana*^[6]. It is a potent antioxidant. It has immunomodulatory and anti-inflammatory property.^[7]

Amalaki

It has *Lavana varjit Panchrasa*, *Sheeta veerya* and *Madhura Vipaka*. It has *Laghu Ruksha guna* and is *Tridosha Shamaka*^[6]. It has antioxidant property and has *Keshya*, *Rasayana* and *Balya* properties. It is rich in Vitamin C.^[8]

Pippali

It has *Laghu*, *Tikshan guna*, *Katu ras*, *Ushna virya* and *Madhur vipak*^[6]. It acts as bioenhancer thus increases the bioavailability of other drugs. It has antimicrobial, analgesic and anti-inflammatory properties.^[9]

Raktachandan

It has *Tikat*, *Madhur Ras*, *Guru Ruksha Guna*, *Sheet Virya* and *Katu Vipak*^[6]. It has sheetal and

stambhan properties so used in skin problems like acne, vyanga(blemishes), sun damage. It contains phytochemicals including triterpenoids, glycosides, phenolic compounds, and flavonoids. Major constituents include santalin A and B, pterocarptriol, and isoflavone glucosides. It acts as antioxidant.^[10] It is pitta shamak.

Utpal

It has *Madhur ras*, *Sheet guna*, *Sheet virya*, *Madhur vipak*^[6].

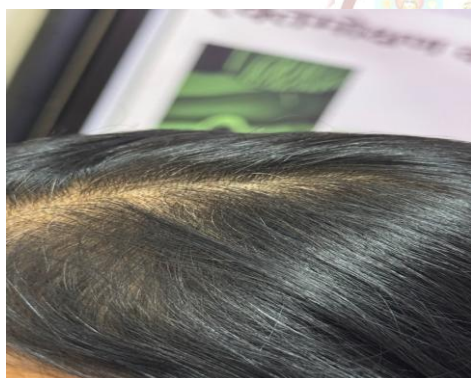
It exhibits anti-inflammatory, hepatoprotective and anti-depressant properties. It pacifies *Rakta* and *Pitta*.^[11]

Til Taila

It has *Katu*, *Tikta*, *Madhura*, *Kshaaya rasa*, *Guru*, *Snigdha*, *Sukshma*, *vyavayi*, *Vikasi guna*, *Ushna virya*, *Madhura vipaka* and is *Vata Kapha hara* action^[6]. Owing to its *Vyavayi*, *Vikasi* properties it widens the minute channels and enters them quickly along with the properties of the drugs. It has *Keshya*, *Twachya* properties.

Sesamin and Sesamolin in *Tila* are potent antioxidant. It has a neuroprotective effect. Its reactive oxygen species scavenging action contributes as an important component to prevent cells from radical free injury.^[12]

Before Treatment



After Treatment 21st Day



After Treatment 42nd Day



RESULTS AND DISCUSSION

Yashti, *Amalaki* and *Til tailam* are having *Keshya* properties. *Prapaundrik* and *Yashtimadhu* are *Vata pitta shamak*. *Amalaki* is *Tridosh shamak*. *Raktachandan*, *Utpal* and *Prapaundrik* are *Pitta shamak dravyas* out of which *Raktachandan* is *Pitta kapha shamak*. *Utpal* is *Rakta pitta shamak*. *Pippali* is *Katu* and *Ushna* increases bioavailability of dravyas.

Dravyas of *Prapaundrikadi Tailam* are mainly *Pittshamak* in nature. *Til tailam* helps to dilate the *srotas* for easy flow of *Sneha* into the channels. This allows medicine to reach from nostrils to hair follicles. *Pippali* acts as bioenhancer and facilitates the bioavailability of dravyas in hair follicles. Significant results are seen in hairfall by assessing 1 min comb test, pull test & tug test. Marked improvement is seen after 2 months (on 42nd day) while moderate improvement in 1 min comb and pull test on 21st day of *nasyam*.

Benefits

- Reduction in hairfall
- Increase in volume of hair
- Increase in strength of hair
- Better sleep
- Reduced stress
- Quality of hair improved in terms of shine, volume and strength

CONCLUSION

It can be concluded that *Prapaundrikadi Tailam Nasyam* helps in significant reduction in hairfall, improving the quality of hair in terms of volume, shine and strength. New hair growth was seen which implies that more hair are in anagen phase. *Prapaundrikadi Tailam Nasyam* removes the morbid *Doshas* present in the hair follicles and provides nourishment to hair thereby increases the hair follicular strength.

Informed consent

Written informed consent was obtained from the patient for the publication of this case report and accompanying images.

Declaration of patient consent

The authors certify that they had obtained all appropriate patient consent forms. In the form, the patient has given her consent for her images and other clinical information to be reported in the journal. The patient understands that name and initials will not be published and due efforts will be made to conceal identity, but anonymity cannot be guaranteed.

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