

To Study the Efficacy of Yashtimadhuk Tail Pratimarsha Nasya In the management of Khalitya

Research Article

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Abstract

Background - Hair loss is a dermatological disorder that has been recognized for more than 2000 yr. It is common throughout the world. The study of *Yastimadhuk Tail Pratimarsha Nasya* having nourished activities may give a new approach in the treatment of *Khalitya* (hair fall). Objectives – To Study the efficacy of *Yastimadhuk Tail Pratimarsha Nasya* in the management of *Khalitya* (hair fall). Material and Method- 60 patients participated in this clinical study carried out 7 day each over 91 days .The patient were divided into two groups, first group was treated with *Yastimadhuk Tail Pratimarsha Nasya* and second group was treated with control only. Both groups were subjected to various clinical sign and other parameter to evaluate antihairfall effect of *nasya* therapy with *Yastimadhuk Tail*. Result- The group which taken *Yastimadhuk Tail Pratimarsha Nasya* showed significant improvement in all clinical *Keshapatan* and *Keshabhunikandu* were observed with gradation .and objective parameters namely Visibility of scalp, Hair pull test, Number of hair approximately in included in the study when composed with control group. Hemogram done for estimation of Hb% before and after treatment was correlated. Discussion – It is though that *Yastimadhuk Tail* which is *Madhur, Snigdha, Guna* decrease in *Vata* and *Pitta*. *Madhur rasa* have *Bruhan*, and *Tarpan karma* on hair roots which acts antihairfall. *Snigdha guna* of *Tail* give relief *Keshakandu* .Conclusion-Hence it can be concluded that the *Yastimadhuk Tail Pratimarsha Nasya* when used, it was efficient in treating *Khalitya* (hair fall) and showed significant relief ($p<0.05$) in symptoms within 3 month of treatment.

Keywords: *Khalitya Yastimadhuk Tail, Pratimarsha Nasya, Bruhan, Tarpan karma* .

Introduction

Khalitya(hair fall) is a disorder of hair in which there is hair loss more than average. It is a *pittaj* disease with *anubandha* of *vata* and *kapha* and is an *urdhvajatrugat* disorder. (1) *Khalitya* (hair fall) disease is mentioned in all the text under the heading “*Kshudraroga*” Therefore only their *Samprapti* and *chikitsa* is mentioned specially. (2) In *Ayurveda* classic, symptoms of alopecia correlate with *Khalitya*(hair fall) which is one of the major illnesses of the present generation. Hair fall is a physiological phenomenon if it occurs after the mid-forties but is considered disease if it arises, earlier. Alopecia which is the medical description literally means loss of hair and can have many causes. Hair falls occurs due to many predisposing factors like viz. modern day lifestyle, eating habits, pollutant stress, decreased immunity, hormonal imbalance, faulty hair care etc. Exposure to sunlight and pollution further worsen the health of hair. Improper diet factor, sedentary life style, malnutrition, sleep disturbances, systemic disease, local disease of scalps are leading to hair falls.

Generally people’s uses different types of oil (chemical oil), shampoos, soap and pharmaceutical promotion are in the name of *Saundarya Prasadhana* to

solve the above problem.

The present study has been undertaken to manage the condition of *Khalitya* (hair fall) by *Nasya* treatment- which is one of the choices of management for its prime role in maintaining hair growth and preventing *Khalitya* (hair fall) (3). Administration of the medicines through nasal route is known as *nasya* (4). As this is the nearest root, the diseases related to head is best treated by this procedure. Medicated oil when dropped into the nostril in a small and specific dose is known as *Pratimarsh Nasya*. Dose is very important factor in any clinical procedure to get optimum efficacy of the therapy. So to decide minimum does of *nasya* here *Pratimarsh Nasya* type is selected for the management as its dose is minimal (2⁰drops) and even patients get afford its cost. (5)

According Charaka *Pratimarsha Nasya* is safe & convenient to give to the patients as it does not produces any discomfort or complication and it also help in maintaining *sama dosha*. (6)In *Tarpana Nasya*, *Pratimarsha Nasya* may also be included because the main function of *Pratimarsha Nasya* is *Tarpana* of *Shira*. (7)

If *nasya* is done with *tail* which is medicated by drug having *vata-pittahara* and *keshya* property will help in antihair loss definitely, *Yastimadhuk tail* having all its property & it contains *Yastimadhu*, *Amalaki*, *Godugdha* ,*Til Tail* which are easily available in the market and cost effective that’s why it is selected for *Nasya* therapy in *Khalitya*(hair fall). (8) Considering all above benefits of *Nasya* an attempt was made to evaluate role of *Pratimarsh Nasya* on *Khalitya* (hair fall).

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Aims and objective

- To study the efficacy of *Yashtimadhuk Tail Pratimarsh Nasya* in the management of *Khalitya* (hair fall).
- To find safe & effective remedy for *Khalitya* (hair fall).

Materials and methods

Study population

The patients complaining mainly of *Khalitya* hair fall were selected from *Kayachikitsa* OPD of Hospital irrespective of occupation, religion and *prakruti*.

Sample size

30 patient in each group were selected for this clinical study.

Selection of cases

Study was carried out from July 2013- July 2014. The patients coming to the OPD of *Kayachikitsa* were selected into the study on the basis of following criteria.

Selection criteria

The cases are selected as per signs and symptoms of *Khalitya* (hair fall)

Diagnostic criteria

Patients were diagnosed based on clinical feature of *Khalitya*(hair fall) like hair falls, roughness of hair, thinning of hair, itching of scalp.

Inclusion criteria

- ◆ Patient from age group 20-60 year were included having hair fall symptoms.
- ◆ Patient who are fit for *Nasya karma* procedure.
- ◆ History of hair falls irrespective of any disease.

Exclusion criteria

- ◆ Patient Having Alopecia Areata, Alopecia Totalis, Tinea Capitis, Traction Alopecia,
- ◆ Patients who are unfit for *Nasyakarma*.
- ◆ ANC women and lactating mother.
- ◆ Patient suffering from malignancy & systemic disease.
- ◆ Patient on chemotherapy.

The detailed clinical history and clinical examination including hair fall symptoms. Questionnaire was noted on a specially prepared Case Report Performa (CRF).

Ethical Clearance

Before starting the study the protocol was approved from the institutional Ethical committee (IEC), a well informed consent was obtained from every patient before enrolment into the study. They were also informed about the treatment given to them in the language they understand.

Group management

Patients included in the study were randomly divided into two groups.

Table. No.1: Description of the groups

	Group A – Experimental Group	Group B – Control Group
Drug	<i>Yashtimadhuk Taila Nasya</i>	No Treatment
Dose	Daily two drop in each nostril.	
Kala	At early morning & evening as per prakruti.	
Duration	7 days till 90 days(9)	7 days till 90 days
Follow up	7 Days	7 Days

Assessment Criteria

Subjective Parameters

For subjective parameters grading was done for the symptoms like *keshapatan*, *keshabhumikandu* as follows.

In Keshapatan

Normal hair loss scored as	0
Average hair loss scored as	1
Above average hair loss scored as	2
Baldness scored as	3

In Keshabhumikandu

No itching scored as	0
Itching of scalp rarely scored as	1
Itching off and on scored as	2
Continuous itching scored as	3

Table. No.2: Scoring of Objective Parameters

Description	Score
Visibility of scalp	
Complete hair grown (75%-100%)	0
Moderate Partial grow up of hair ($\geq 50\%$ of affected area)	1
Partial grow up of hair ($\geq 25\%$ of affected area)	2
No hair grow in affected area	3
Hair count	
Number of hair fall <10	0
Number of hair fall 11- 40.	1
Number of hair fall 41 -70.	2
Number of hair fall > 70.	3
Hair Pull Test	
Normally less than three hairs come out with each pull from each area of scalp.	0
If more than 10 hairs come out with every pull	1

Examination of patient

General examination of patient was done recorded in specially prepared case record form (CRF) before and after treatment.

In this clinical study 60 patients were enrolled as per criteria for selections & randomly divided into two groups. Viz. Experimental and control group.

Drug source

All the drugs are identified by the department of *Dravyagunavidnyan & Rasshashtra* for preparation of *Yashtimadhuk Tail*.

Contents in *Yashtimadhuk Tail* are – *Yashtimadhu, Amalaki, Godughdha & Til tail*.

Method of preparation of Yashtimadhuk Tail: (8)

Firstly, *Yashtimadhu & Amalaki churna* were taken in proportion 125 gm each, then it boiled into 1 litre of water to make it proper *kwath*, it boiled up to it become 1/4 of original volume. After that 4 litre milk was added into prepared *kwath* & finally 1 litre Sesamum oil added into whole mixture & processed on mandagni (on heat) till the mixture get mixed properly in the form oil till it got proper *Sneha siddhi Lakshan*.

After finished this procedure the prepared oil is cooled, filtered properly & preserved for the use of *Nasya*. (Table No.3)

Procedure & Duration of Nasya(9)

Nasya was given in the form of *Pratimarsha nasya* i.e. 2 drop of *Yashtimadhuk Tail* were instilled in each nostril twice daily from 7 days till 90 days in morning and evening. All the patients were provided 50 ml *Yashtimadhuk Tail* bottle as and when required.

Follow up

Patients were asked to give the follow weekly till the 90 days.

Data Analysis

Statistical evaluation of the data assessed on the basis of both subjective & objective criteria by applying Wilcoxon Signed Rank Test & Mann Whitney Test for comparative effect of *Nasya* in subjective & objective parameter. Thus analysis was calculated before & after treatment in group A and group B. Finally overall effect of treatment and also the comparative effect of treatment between group A and group B were concluded statistically.

Table. No.3: Yashtimadhuk Tail Analysis Report

Sr. No.	Test Name	Results Obtained
1	Description	Medicated Oil slightly hazy yellowish liquid
2	Odor	Strong
3	Feel	Oily
4	Specific Gravity @ RT	0.9528 gm/ml
5	Moisture Content	<0.1%
6	Saponification Value	178.10
7	Iodine Value	83.90
8	Acid Value	02.33
9	Refractive Index	1.4681
10	Viscosity	36.4 cps

All above tests are performed on standard method & protocol.

Result

In this study 60 patients of *Khalitya* (hair fall) were studied and selected as per criteria of selection randomly irrespective of religion, socio-economic status. All these patients were diagnosed with the help of criteria of diagnosis. Specially designed Performa was used. Patients attending O.P.D of the hospital were examined prior to the start of treatment with respect to the Performa. All these values were termed as before treatment values. (B.T)

After complete examination therapy was started. Experimental group was treated with *Yashtimadhuk Tail* & it is considered as group-A. While in control group no treatment allocated and considered as group-B. After completion of therapy all values of these investigations and examinations were recorded and were termed as after treatment (AT).

All these observations were statistically analysed and results obtained are presented in Table.4.

Table No.4: Showing Comparison between Two Group w.r.t Symptoms Score of 60 Patients of Khalitya By Wilcoxon-Mann-Whitney Test

No	Symptoms	Mean ± SD		U'		S E	P Value
		Gr-A	Gr-B	U'	U		
A.	Subjective Criteria						
	Keshapatan	0.83±0.53	0.20±0.55	690	210	0.096	<0.0005
	Keshabhumikandu	0.46±0.68	0.10±0.54	574	325	0.12	>0.05
B	Objective Criteria						
1	Visibility of scalp	0.93±0.69	0.66±0.54	359	541	0.1739	>0.05
2	Number of fallen hairs	0.83±0.53	0.26±0.58	662	238	0.09	<0.005
3	Hair pull Test	0.53±0.50	0.06±0.40	644	256	0.09	<0.005

Discussion

In this trial drug, *Yastimadhu* was main constituent which having *madhur vipak* and *sheet veerya* & due to this properties it is *vatapittahara*. (10) Additionally *Aamalaki* having *amla rasa, madhur vipak & sheet veerya* so it

acts as *tridosha shamak*. (11) *Til tail* is *madhur ushna* and *tridoshshamak*. (13) *Godughdha* & *Aamalaki* both possess the properties of *rasayana*. (14) So the ingredient of *Yashtimadhuk tail* are having *madhur rasa, guru, Laghu, Snigdha, guna* whereas *madhur vipak, tridosha shamak* specially *pitta vata shamak* properties. The drugs are also having the other properties like *keshya, rasayana* and *keshavardhan*. The *laghu & snigdha* properties would act on the vitiation of the *kapha & vata dosha* respectively whereas *sheet veerya & madhur vipak* would act on *pitta dosha*, the *ushna veerya* would act on the vitiation of *kapha*. *Sheet & madhur vipak* would act on *pittadosh*. The *ushna veerya & snigdhatva* would act in liquefying the dried *kapha* in the pores of the scalp locally to remove the obstruction.

Conclusion

The outcome in terms of symptomatically improvements was significant in experimental group compare to control group. However the problem of *Khalitya* (hairs fall) is chronic in nature but not serious disorders. There is no hampering of quality of life even if not treated but if we care about beauty one should be careful maintain the health of hairs in terms of diet as well as management of hair care.

However, I do not claim my topic of study is a distinguished one and the outcome credited through my work is a milestone in the field of research, but the small work, which has been carried out sincerely is a beam of rays and may shed light in the management of *Khalitya* (hair fall).

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