

## A CLINICAL TRIAL TO EVALUATE EFFICACY OF YASHTIMADHU CHURNA IN KHALITYA

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## ABSTRACT

**Introduction:** Nowadays, the world is full of glamour & glory. The concept of beauty is gaining more & more attention globally, which is defined on some factors, among them hair is a significant one. Because of changes in our lifestyle & environmental conditions, a number of hair fall patients are increasing day by day. According to Ayurveda, loss of hair is termed as *Khalitya*. *Yashtimadhu Churna* is selected for study as it is a *Keshya Dravya* & also easily available & very economic. **Material and Methods:** In the present study 15 patients of hair fall were selected randomly & 3 gram of *Yashti Churna* was given in BD dose for 1 month. **Results:** *Yashtimadhu Churna* has significant effect on reducing roughness, itching and hair fall. **Discussion:** *Yashtimadhu* is useful drug to break this pathogenesis of *Khalitya* as it alleviates *Vata* & *Pitta Doshas*. **Conclusion:** *Yashtimadhu Churna* is *Keshya* and *Rasayan* hence shows significant relief in *Khalitya*.

**Keywords:** *Khalitya*, *hairfall*, *Yashti Churna*.

## INTRODUCTION

Just like face mirrors one's health, hair too reflects health & well-being. Hair adorns the most prominent part of the body. It has great aesthetic value & it is the

crowning glory of any person. Healthy, beautiful & attractive hairs increase the charm of the personality. In this modern era various factors like faulty hair care,

hormonal imbalance, pollution, stress, etc. accentuate the degenerative changes seen in the hair. Increase hair fall in Ayurveda is termed as *Khalitya*. *Khalitya* is considered under *Kshudra Rogas* by most of the authors of classical Ayurveda text<sup>1</sup>. Acharya Charaka describes that, *Tejas* combining with *Aniladi Doshas* reach the *Shira Kapala* & causes hair fall by *Dahana of Roma Koopa*, this is termed as '*Khalitya*'. Chakrapani while commenting on these states the word '*Tejas*', here denotes, *Deha Ushma* as well as *Pitta Dosh*<sup>2</sup>. According to Acharya Sushrut *Vruddha Pitta* along with *Vata* reaches *Romakoopa* & cause hair fall. Where *Shleshma* along with *Shonita* causes *Avarodha* to channel of *Romakoopa* which leads to stoppage of regeneration of hair, known as *Indralupta*, *Khalitya*, *Ruhya*<sup>3,4</sup>. *Yashtimadhu* is selected for research as it is *Vataghna*, *Pit-taghna* & *Keshya Dravya* as well as it is *Jeevaniya* & *Rasayan Dravya*<sup>5</sup>.

**Aim:** To evaluate the efficacy of *Yashtimadhu Churna* in management of *Khalitya*.

### Objectives

- To study the efficacy of *Yashtimadhu Churna* in management of *Khalitya*.
- To study *Khalitya* as described in *Ayurvedic Samhita*.

### Methodology

**A. Source of Data:** Patients of hair fall attending the outpatient & inpatient department of R.T.A. College were selected for the study randomly.

### B. Diagnostic Criteria

Patients were diagnosed on the basis of following clinical features-

- Number of hairs fall per day
- Roughness of hair
- Thinning of hair

### C. Inclusion criteria

- Patients between age group 16-60 Years.
- Patients showing s/s of *Khalitya* of either sex.

### D. Exclusion criteria

- Patients below 16 years & above 60 years.
- Patients with systemic diseases like HTN, DM.
- Patients with other skin diseases & secondary infection.

**Table 1:** Drug Review

Name	<i>Yashtimadhu</i>
English name	Liquorice
Latin name	<i>Glycyrrhiza glabra</i>
Family	Leguminosae
Chemical composition	Glycyrrhizin, Glabridin, phytoestrogen
<i>Ras</i>	<i>Madhur</i>
<i>Veerya</i>	<i>Sheet</i>
<i>Vipak</i>	<i>Madhur</i>
Action & use	<i>Vaat, Pitta Shamak, Jeevaneeya, Sandhaneeya, Varnya, Kanthya, Kandughna, Keshya.</i>

**Preparation of Yashti Churna:** Mula of *Yashtimadhu* were dried properly & fine powder was made & then powder was filtered from cotton cloth & was kept ready to consume orally<sup>6</sup>.

**Table 2:** Method of Administration

No of patients	15
Name of drug	<i>Yashtimadhu Churna</i>
Drug dose	3 gm orally
Time of drug	Twice a day
<i>Anupan</i>	<i>Koshna Jal</i>
Duration	1 month
Follow up	15th & 30th day

### A. Subjective Parameters

**Table 3: a. Roughness of hair**

0	Smooth hair
1	Occasionally rough
2	Slight rough
3	Rough hair

**Table 4: b. Itching at scalp**

0	No itching
1	Mild
2	Moderate
3	Severe

**B. Objective Parameter**

**Table 5: a. Hair pull test**

0	1-3 hair
1	4-6 hair
2	>6 hair

**Table 6: b. No. of hair fall per day test**

0	<100
1	101-150
2	151-200
3	>200

**C. Observation**

**Table 7: A. Age wise distribution of patients**

Sr.no	Age groups	No. of patients	Percentage
1	11-20	0	0%
2	21-30	11	73.33%
3	31-40	1	6.66%
4	41-50	2	13.33%
5	51-60	1	6.66%

**Table 8: B. Sex wise distribution of patients**

Sr. no	Sex	No. of patients	Percentage
1	male	0	0%
2	female	15	100%

**Table 9: C. Religion wise distribution of patients**

Sr.no	Religion	No. of patients	Percentage
1	Hindu	12	80%
2	Muslim	2	13.33%
3	Buddhist	1	6.66%
4	Christian	0	0%

**Table 10:** D. Kesh Prakruti wise distribution of patients

Sr.no	Kesh Prakruti	No. of patients	Percentage
1	Vataj	11	73.33%
2	Pittaj	2	13.33%
3	Kaphaj	2	13.33%
4	Dwandaj	0	0%
5	Tridoshaj	0	0%

**Table 11:** E. Occupation wise distribution of patients

Sr. no	Occupation	No. of patients	Percentage
1	Service class	3	20%
2	Business class	0	0%
3	Farmers	0	0%
4	Student	10	66.66%
5	Housewife	2	13.33%

**Results: Table 12:** A. Roughness

Relief	Upshaya	No. of patients	Percentage
75%-100%	Uttam	2	13.33%
50%-<75%	Madhyam	5	33.33%
25%-<50%	Heen	3	20%
0%-<25%	Anupshaya	5	33.33%

**Table 13:** B. Itching

Relief	Upshaya	No. of Patients	Percentage
75%-100%	Uttam	2	13.33%
50%-<75%	Madhyam	4	26.66%
25%-<50%	Heen	3	20%
0%-<25%	Anupshaya	6	40%

**Table 14:** C. Hair pull test

Relief	Upshaya	No. of Patients	Percentage
75%-100%	Uttam	3	20%
50%-<75%	Madhyam	4	26.66%
25%-<50%	Heen	5	33.33%
0%-<25%	Anupshaya	3	20%

**Table 15:** D. Hair fall test

Relief	Upshaya	No. of Patients	Percentage
75%-100%	Uttam	3	20%
50%-<75%	Madhyam	4	26.66%
25%-<50%	Heen	5	33.33%
0%-<25%	Anupshaya	3	20%

**Table 16:** Overall Assessment

S/S	BT	AT	Relief	Percentage
Roughness	32	17	15	46.87%
Itching	26	15	11	42.30%
Hair pull test	34	15	19	55.88%
Hair fall test	33	19	14	42.42%

## DISCUSSION

The distribution of patients based on age factor shows that, the highest incidence (73.33%) is seen in age group 21-30 years, which may be because people in this age group are more sensitive to hair fall. In the present study the number of females (100%) were higher than the number of males possibly because stress plays an important role in hair fall & females are more sensitive than males. The distribution of patients' base on religion shows that, the highest incidence (80%) is recorded among Hindus. This possibly reflects the dominance of Hindus in the population studied in a limited area. It cannot be concluded that Hindus have more incidence of *Khalitya*. The distribution of patients based on 'Kesh Prakruti' shows that the highest incidence (73.33%) is recorded among 'Vataj Kesh Prakruti'. This indicates that *Vata Dosh* plays an important role in causation of hair fall. In the present study the distribution of patients based on occupation shows that, the highest incidence (66.66%) is recorded among students possibly because of faulty dietary habits & lifestyle. In the present study 46.87% patients shows relief in roughness, 42.30% patients show relief in itching, 55.88% patients show improvement in hair pull test & 42.42% patients shows improvement in hair fall test.

### Hypothetical Action of Yashtimadhu

*Yashtimadhu* is *Guru*, *Snigdha* & *Madhur Rasatmak* hence it alleviates *Vata Dosha*. Its *Vipak* is *Madhur* & *Veerya* is *Sheet* hence it alleviates *Pitta Dosha*. According to *Acharya Sushrut*, in pathogenesis of *Khalitya Vrুদ্ধha Pitta*, along with *Vata* reaches *Romakoopa* & causes hair fall. Which means *Vata & Pitta Doshas* plays an important role in pathogenesis of *Khalitya*. *Yashtimadhu* is useful drug to break this pathogenesis of *Khalitya* as it alleviates *Vata & Pitta Doshas*.

## CONCLUSION

Now a days *Khalitya* is a trending disease & it occurs due to various causes regarding diet, lifestyle, stress, various hair care products having chemicals etc. It has various aggravating factors like salty & hard water, rainy & winter season hair dye, hair colors, etc. *Yashtimadhu churna* is *Keshya* & *Rasayan*, hence when taken orally in 3 gm in BD dose for 1 month, shows

significant relief in hair fall. No side effect is recorded in the present study. Major part to avoid the occurrence of *Khalitya* is prevention of the cause. So, patients of *Khalitya* must be aware about healthy diet & proper lifestyle.

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