

A COMPARATIVE STUDY ON NASYA KARMA WITH YASHTIMADHUKADYAM TAILA AND CHANDANADYAM TAILA IN THE MANAGEMENT OF KHALITYA (HAIRFALL)

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ABSTRACT

In the context of *Ayurveda*, inner and outer beauties are intimately related. Hair fall is a physiological phenomenon if it occurs after mid-forties, but is considered as a disease if it arises early. Different types of oils, shampoos and pharmaceutical products which are available in the market by the name of *Saundarya Pras dhana* instead of giving positive results makes the condition worse. This study had been undertaken to find a promising remedy for hair fall. In *Ayurvedic* terms, hair fall is coined out as 'Khalitya' under the heading of *Shiroroga*. *Acharyas* have suggested *Nasya* as the best treatment for all the *Urdhvajatrugataroga*. This clinical trial was conducted on 30 patients of *Khalitya* to compare the effect of *Nasya* with *YashtimadhukadyamTaila* and *Chandanadyam Taila* in the management of 'Khalitya' (Hairfall). Both the groups showed significant results but *Nasya* with *ChandanadhyamTaila* was found to be more effective. No adverse reaction was reported by patients during treatment and follow up. Results of this study were very encouraging, so a trial should be conducted on a larger sample size.

Key words: Beauty, Hairfall, *Khalitya*, *Nasya*.

INTRODUCTION

In context of *Ayurveda*, inner and outer beauties are intimately related. Apart from good complexion, healthy hair is also counted in the feature that makes a person beautiful. Faulty hair care methods with unending race for synthetic cosmetics for conquering new horizons in fashion, stress of day to day life, exposure to sunlight etc. leads to premature greying of hair or to fall down at younger age. Due to these factors people are heading towards *Ay-*

urveda for better remedies. Hair fall is a physiological phenomenon if it occurs after mid-forties, but is considered as a disease if it arises early. According to *Ayurveda* anything that disturbs a person physically, mentally or socially is said to be a disease. In *Ayurveda* hair fall is coined under term *Khalitya* as described by our *Acharyas* under *Shiroroga*.¹ *Nasya*² is considered best for all *Shiroroga*. With this clinical trial an attempt was made to treat the problem of

hair fall (*Khalitya*) by *Nasya Karma*, so that a better remedy is provided to people which gives maximum result.

SELECTION OF DRUG & THERAPY

In *Ayurveda* it is said that nose is gateway of cranial cavity and all diseases of Supraclavicular region can be treated by *Nasya Karma*³. Many theories have been put forwarded with many new hypotheses describing this disorder in *Ayurveda* as well as in modern science. Still there is enough scope to work out on its aetiopathological and management aspect of *Khalitya*. Keeping in the view the above concepts, research work entitled “A comparative study of *Nasya Karma* with *Yashtimadhukadyam Taila* and *Chandanadyam Taila* in management of *Khalitya*” was carried out at Department of Panchakarma Govt. Akhandananad Ayurveda College.

AIMS & OBJECTIVES:

- To assess the role of *Nasya Karma* in the management of *Khalitya* (Hair fall).
- To compare the effect of *Nasya* with *Yashtimadhukadyam Taila* and *Chandanadyam Taila* in the management of ‘*Khalitya*’ (Hair fall).

Ethical clearance

The present study was cleared by Institutional Ethics Committee (IEC No. GAAC/14-2014/15, dated 18/02/2014). Written consent of each patient was taken before starting the treatment. Basic information of the disease and treatment was given to the patients.

MATERIALS AND METHODS:

Selection of the patients: Patients having classical signs & symptoms of *Khalitya* were selected from O.P.D and I.P.D. of Department of Panchakarma of

Govt. Akhandananad Ayurveda College, Ahmadabad, Gujarat.

DIAGNOSTIC CRITERIA (subjective parameters)

Keshpatan (Hair Falling), *Darunaka* (Dandruff), *Palitya* (Greying of Hair), *Shirah Kandu* (Itching on Scalp), *Kesha-Rukshata* (Dryness of Hair) *Kesha-Bhoomi Toda* (Pain sensation in Scalp) *Kesh-Bhoomi Daha* (Burning Sensation in Scalp) *Kesha Bhoomi Sweda* (Sweating in Scalp) *Kesh –Bhoomi Daur-gandhya* (Bad odour in Scalp), *Kesha- Tanutva* (Thinness of Hair)

Inclusion Criteria:-

1. Patients coming under age group 15 to 50 years.
2. The patients with the complaints of *Khalitya* i.e. *Keshpatan*, *Darunaka*, *Palitya*, *Shirah Kandu*, *Kesh- Rukshata* etc. were selected for the study.

Exclusion Criteria:-

1. Patients who were diagnosed to have local diseases like Alopecia areata, Alopecia totalis, Tinea capitalis, Folliculitis decalvans, in *Ayurvedic* terms - patients of *Arunshinka*, *Indralupta*.
2. Patient suffering from any severe systemic disease e.g. Diabetes, T.B, R.A, Gout, were also excluded.

Investigations:

- Routine haematological investigations were carried out to assess the general condition of patients as well as to exclude the pathological conditions.
- Stool routine and microscopic examination, if necessary.

Preparation of oil: Both *Taila* were prepared by *Tailapaka Vidhi* as described by *Acharya Sharangdhara*⁴.

Table 1: Contents of *Yashtimadhukadyam Taila*⁵

Si. No	Content	Latin Name	Part Used	Ratio	Form
1	<i>Yashtimadhu</i>	<i>Glycyrrhiza glabra</i>	<i>Moola</i>	¼ part	<i>Kalka</i>
2	<i>Amalaki</i>	<i>Embelica Officinalis</i>	<i>Phala</i>		
3	<i>Tila Taila</i>	<i>Sesumum Indicum</i>	-	1 part	<i>Taila</i>
4	<i>Godugdha</i>			4 parts	

Table 2: Contents of *Chandanadhyam Taila*⁶

Sr. No.	Content	Latin Name	Part used	Ratio	Form
1	<i>Chandana</i>	<i>Santalum album</i>	<i>Kanda, Taila</i>	¼ part	<i>Kalka</i>
2	<i>Madhuk</i>	<i>Glycyrrhiza glabra</i>	<i>Moola</i>		
3	<i>Murva</i>	<i>Marsdenia tenacissima</i>	<i>Moola</i>		
4	<i>Haritaki</i>	<i>Terminalia chebula</i>	<i>Phala</i>		
5	<i>Bibhitaki</i>	<i>Terminalia bellirica</i>	<i>Phala</i>		
6	<i>Amalaki</i>	<i>Embelica officinalis</i>	<i>Phala</i>		
7	<i>Nilkamal</i>	<i>Nymphoea</i>	<i>Panchang</i>		
8	<i>Kantha (Priyangu)</i>	<i>Callicarpa macrophylla</i>	<i>Pushpa</i>		
9	<i>Vata</i>	<i>Ficus bengalensis</i>	<i>Twaka, Kshira</i>		
10	<i>Guduchi</i>	<i>Tinospora cordifolia</i>	<i>Kanda</i>		
11	<i>Kamala</i>	<i>Nelumbo nucifera</i>	<i>Panchang</i>		
12	<i>Loha Bhasma</i>	<i>Ferrum</i>			
13	<i>Jatamansi</i>	<i>Nordostachys jatamansi</i>	<i>Moola</i>		
14	<i>Krishna Sariva</i>	<i>Criptolepia buchanana</i>	<i>Moola</i>		
15	<i>Sariva</i>	<i>Hemidesmus indicus</i>	<i>Moola</i>		
16	<i>Bhringaraja</i>	<i>Eclipta elba</i>	<i>Panchang</i>	4 part	<i>Swarasa</i>
17	<i>Tila Taila</i>	<i>Sesamum Indicum</i>		1 part	<i>Taila</i>

DESIGN OF GROUPS AND MANAGEMENT:

Patients included in the present study were randomly divided into following two groups:

Group A: *Nasya* with *YashtimadhukadyamTaila*

Group B: *Nasya* with *ChandanadhyamTaila*

Procedure of Nasya Karma:

The procedure of giving *Nasya* therapy may be classified as:

1. *Purvakarma*
2. *Pradhanakarma*
3. *Paschatkarma*

Purvakarma:

• **Selection of the patient:** The patients those were *Nasya yoga*⁷ were selected as described in classics.

• **Preparation of patient**⁸

- *Mridu Abhayang* on scalp, forehead, face and neck.
- Medicine- *Tila taila*

- Duration- 3 to 5 minutes
- *Mridu Swedan*- with cloth dipped in hot water.

Pradhana Karma: As described by *Acharya Charak*⁹

- Position- Supine with *Pralambita* position.
- Medicine- *Yashtimadhukadyam Taila* in group A
ChandanadhyamTaila in group B
- Dose- 8 drops in each nostril.
- Time of administration- in morning.
- Duration- Entire course of therapy included total three cycles of *Nasya Karma*. Each cycle was of 7 days and gap of 3 days was kept between the two consecutive cycles.

Paschat Karma:

- As described by *Charaka*¹⁰ patient was asked to lay supine (*Uttana*) position for 2 minutes.

- Massage on head, cheeks and neck was done.
- *Mriduswedan* for few minutes on head, cheeks and neck.
- Medicated *Dhumapana* and *Gandusha* with *Tila Taila*.
- Excessive medicine that came into the oropharynx was spit out.¹¹
- Patients were asked to follow the regimen prescribed for *NasyaKarma*.

Criteria for Assessment¹²

All the signs and symptoms were assigned score depending upon their severity to assess the effect of the drugs objectively. The following pattern was adopted for the scoring.

➤ ***Keshpatan* (Hair fall)**

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

➤ ***Darunaka* (Dandruff)**

- 0 – Absent
- 1-Mild (Seasonal Dandruff / occasional)
- 2-Moderate (decreases after hair washes but again appears)
- 3-Severe (Permanent seen)

➤ ***Kesh-Rukshata* (Dryness of Hair)**

- 0-Absent
- 1-Mild
- 2-Moderate
- 3-Severe

ASSOCIATED SYMPTOMS:

➤ ***Shirah Kandu* (Itching)**

- 0- Absent

- 1- Occasional
- 2- Relief after hair wash
- 3- No relief even after hair wash

➤ ***Palitya* (Greying of hair)**

- 0- All hairs black
- 1- 1-10 hairs white
- 2- 11-30 hairs white
- 4- Uncountable
- 4- Totally White hairs

➤ ***Kesh Bhoomi Sweda* (Sweating in scalp)-**

- 0- Normal sweating.
- 1- Excess sweating at higher temp more than 40 Degree Celsius temperature.
- 2- Excess sweating between 31-40 degree Celsius temperature.
- 5- Excess sweating on and below 30 degree Celsius temperature.

For other signs and symptoms like *Kesh Bhoomi Toda*, *Kesh Bhoomi Daha*, *Kesh Bhoomi Daurgandhya*, *Kesh Tanutva* the same scoring pattern as of *Kesh Rukshata* was accepted. A special proforma was prepared to study the aetiopathogenesis, symptomatology and response to the given treatment and any complications. The effect of therapy was assessed by counting the scores before and after 3 cycles of treatment.

Dietary restrictions:

The patients were strictly advised to follow the restrictions regarding food, food habits and life style. They were instructed to avoid the possible causative factors for *Khalītya*, which can create the disease and also regarding the *Pathyapathya* during *Nasya Karma*.

Assessment of overall effect of therapy:

After the completion of treatment the total effect of therapy was assessed in following categories.

Percentage of Relief	Effects
100%	Complete remission
76-99%	Marked improvement
51% - 75%	Moderate improvement
26% – 50%	Mild Improvement
= and < 25% relief	No improvement

Data Collection and Statistical Analysis¹³:

Data generated from clinical study was collected and analyzed statistically. The improvement in the status of patient was assessed on the grades of various variables compared between pre-trial and post-trial values in terms of percentage (based on mathematical mean and its difference) and the student ‘t’ tests was applied wherever it was felt neces-

sary by using degree of freedom value. The results were interpreted at the level of $p < 0.001$ as highly significant, $p < 0.01$ as moderately significant, $p < 0.05$ as significant and $p > 0.05$ as insignificant.

EFFECT OF THERAPIES Results were assessed on the basis of improvement in the symptoms of the *Khalitya*.

Table-3: Effect of *Yashtimadhukadhyam Taila* on Chief complaints of *Khalitya*.

CHIEF COMPLAINTS								
Chief Com-plaints	MEAN SCORE		Diff.	%age	SD	SE	“t” VALUE	“P” VALUE
	BT	AT						
<i>Keshpatan</i>	2.933	1.000	1.933	65.91%	0.594	0.153	12.614	<0.001
<i>Darunaka</i>	1.600	0.533	1.067	66.69%	0.799	0.206	5.172	<0.001
<i>Kesha-Rukshata</i>	1.600	0.867	0.733	45.82%	0.704	0.182	4.036	0.001

Table-4: Effect of *Yashtimadhukadhyam Taila* on Associated Symptoms of *Khalitya*.

ASSOCIATED SYMPTOMS								
SYMPTOMS	MEAN SCORE		Diff.	%age	SD	SE	“t” VALUE	“P” VALUE
	BT	AT						
<i>Shirah Kandu</i>	0.933	0.333	0.600	64.31%	0.737	0.190	3.154	0.007
<i>Palitya</i>	1.333	1.333	0.000	0%	0.000	0.000	0.000	1.000
<i>Keshbhoomi Toda</i>	0.200	0.0667	0.133	66.65%	0.352	0.0909	1.468	0.164
<i>Keshbhoomi Daha</i>	0.133	0.0667	0.0667	49.85%	0.258	0.0667	1.000	0.334
<i>Keshbhoomi Sweda</i>	0.133	0.0667	0.0667	49.85%	0.258	0.0667	1.000	0.334
<i>Keshbhoomi Daurgandhya</i>	0.200	0.0667	0.133	66.65%	0.516	0.133	1.000	0.334
<i>Kesh Tanutva</i>	1.667	1.533	0.133	8.04%	0.516	0.133	1.000	0.334

Table-5: Effect of Chandanadhyam Taila on Chief complaints of Khalitya.

CHIEF COMPLAINTS								
Chief Complaints	MEAN SCORE		Diff.	%age	SD	SE	“t” VALUE	“P” VALUE
	BT	AT						
<i>Keshpatan</i>	2.800	0.400	2.400	85.72%	0.632	0.163	14.697	<0.001
<i>Darunaka</i>	1.200	0.333	0.867	72.25%	0.640	0.165	5.245	<0.001
<i>Kesha-Rukshata</i>	1.333	0.467	0.867	64.97%	0.743	0.192	4.516	<0.001

Table-6: Effect of Chandanadhyam Taila on Associated Symptoms of Khalitya.

ASSOCIATED SYMPTOMS								
SYMPTOMS	MEAN		Diff.	%age	SD	SE	“t” VALUE	“P” VALUE
	BT	AT						
<i>Shirah Kandu</i>	0.867	0.267	0.600	69.21%	0.737	0.190	3.154	0.007
<i>Palitya</i>	1.467	1.467	0.000	0%	0.000	0.000	0.000	1.000
<i>Keshbhoomi Toda</i>	0.333	0.0667	0.267	79.97%	0.458	0.118	2.256	0.041
<i>Keshbhoomi Daha</i>	0.133	0.000	0.133	100%	0.352	0.0909	1.468	0.164
<i>Keshbhoomi Sweda</i>	0.200	0.0667	0.133	66.65%	0.352	0.0909	1.468	0.164
<i>Keshbhoomi Daurgandhya</i>	0.133	0.000	0.133	100%	0.352	0.0909	1.468	0.164
<i>Kesh Tanutva</i>	1.400	1.400	0.000	0%	0.000	0.000	0.000	1.000

Table-7: Comparative effect of procedures on symptoms of Group A and Group B

MAINSYMP TOMS							
SYMPTOMS	MEAN DIFFERENCE		STANDARD DEVIATION		Unpaired t Test		
	Group A	Group B	Group A	Group B	“t” VALUE	“P” VALUE	Significance
<i>Keshpatan</i>	1.933	2.400	0.594	0.632	-2.084	0.046	Significant
<i>Darunaka</i>	1.067	0.867	0.799	0.640	0.757	0.455	Insignificant
<i>Palitya</i>	0.000	0.000	0.000	0.000	0.000	1.000	Insignificant
ASSOCIATED SYMPTOMS							
SYMPTOMS	MEAN DIFFERENCE		STANDARD DEVIATION		Unpaired t Test		
	Group A	Group B	Group A	Group B	“t” VALUE	“P” VALUE	Significance
<i>Shirah Kandu</i>	0.600	0.600	0.737	0.737	0.000	1.000	Insignificant
<i>Kesha-Rukshata</i>	0.733	0.867	0.704	0.743	-0.505	0.618	Insignificant
<i>Keshbhoomi Toda</i>	0.133	0.267	0.352	0.458	-0.894	0.379	Insignificant
<i>Keshbhoomi Daha</i>	0.0667	0.133	0.258	0.352	-0.592	0.559	Insignificant
<i>Keshbhoomi Sweda</i>	0.0667	0.133	0.258	0.352	-0.592	0.559	Insignificant
<i>Keshbhoomi Daurgandhya</i>	0.133	0.133	0.516	0.352	0.000	1.000	Insignificant
<i>Kesh Tanutva</i>	0.133	0.000	0.516	0.000	1.000	0.326	Insignificant

OVERALL EFFECT OF THERAPY

Table 8: Groups wise overall effect of therapy on 30 Patients of *Khalitya*.

Results	Group A		Group B	
	No.	%	No.	%
Complete remission (100%)	0	0%	0	0%
Marked improvement (76-99%)	0	0%	3	20%
Moderate improvement (51-75%)	8	53.33%	6	40%
Mild improvement (26-50%)	6	40%	5	33.33%
Unchanged (= and < 25%)	1	6.66%	1	6.66%

DISCUSSION

DISCUSSION ON SAMPRAPTI SANGHATANA & ITS VIGHATANA BY NASYA:

Acharya Charaka and *Vagbhata* described *Nasya* in *Chikitsa Sutra* of *Khalitya*¹⁴. Hence *Snehana Nasya* was selected for the present study.

Khalitya occur mainly due to *Vata and Pitta Dosha*¹⁵ *Vata* get aggravated by *Ruksha* and *Khara Guna* and *Pitta* by *Usna Guna*. *Pitta* and *Vata* vitiation lead to increase in *Dehoshama & Bhrajak Pitta Dushti* which scorches up the *Keshabhoomi & Sparshaindriya* resulting into hair fall.

As *Yashtimadhukadhyam Taila & Chandanadhyam Taila* act as *Snehana Nasya* and *Both Taila Paka* are done with *Sheeta Dravyas* hence *Sneha Guna* of *Taila* does *Shamana* of *Vata* and *Sheeta Guna* does *Shamana* of *Pitta Dosha*. *Kapha Shamak Guna* of *Taila* is also maintained during *TailaPaka*.

Due to *Sukshama Guna* of *Taila*, *Nasya Ausadha* spread easily and shows its effect all over the scalp. *Nasya* also act by nearest root. In this way *Nasya* does mainly *Shamana* of *Vata* and *Pitta* keeping *Kapha Dosha* in balanced state. *Chandanadhyam Taila* has more *Sheeta Virya* contents than *Yashtimadhukadhyam Taila* that's why in Group B we gain better result which is proven by Statistical data.

CONCLUSION

At the end of this study, following conclusions are drawn on the basis of observations made and results obtained.

- Although *Khalitya* is most common problem among all age groups yet age group of 15-30 years is likely to be more affected.
- Females get more affected with *Khalitya* and more conscious regarding hair fall.
- Comparative effect of *Nasya Karma* with *Chandanadhyam Taila* was found to be more effective in reducing *Keshpatan* than *Nasya Karma* with *Yashtimadhukadhyam Taila*. Also the difference of results in relief of chief complaints between the two groups was found to be significant. The difference of results in relief of other symptoms was found to be insignificant.
- *Nasya* with *Chandanadhyam Taila* (Group B) is found better than *Nasya* with *Yashtimadhukadhyam Taila* (Group A).
- Also the patients, who followed the instructions regarding *Pathyapathya*, responded better as compared to other patients who didn't follow.
- In addition to *Nasya Karma*, it's also necessary to stay away from the causes of hair fall regarding *Ahara-Vihara, Mansika Nidana*.

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