

Management of Khalitya With Nilibhrungarajadi Tailam: A Case Study

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ABSTRACT

Hair fall is a universal problem, affecting both sexes of all races. Ayurvedic remedies are popular for men and women with hair loss because they incorporate natural ingredients and have been an effective cure for hair fall since ancient times. In Ayurveda, Khalitya (Hair fall) comes under the title of Shiroroga (diseases of the head) and Kshudraroga (minor skin diseases). Excessive intake of tea, coffee, alcohol, fried food, spicy food, overstress, improper hair care, excessive use of synthetic hair care products, hot climatic conditions, and continuous exposure to dust are the common causes of Khalitya. A 22-year-old female patient came to OPD of the department of Shalakyta Tantra with chief complaints of Khalitya (Hair fall), kesha rukshata (dryness of hair) and kesha tanutva (thinness of hair) on the left frontal side of the scalp. Nilibhrungarajadi tailam was advised for external application and general hair care in this case. Nilibhrungarajadi tailam is an Ayurvedic formulation prepared from medicinal herbs and coconut oil. Progress provided by this remedy was assessed based on the signs and symptoms of the patient before and after the treatment. Abhyanga (head massage) using Nilibhrungarajadi tailam showed significant improvement in blood circulation, natural growth and shine of the hair.

INTRODUCTION

Hair is often one of the most prominent aspects of an individual's physical appearance. This beauty concern generated a multi- billion-dollar hair care industry retailing its products. The problem is that many of these products contain damaging substances that can negatively impact the hair and vital internal systems like the endocrine and nervous systems. Regrettably, most hair products only succeed in treating the hair superficially and temporarily with hair damage.¹ Alopecia is a common non- scarring alopecia linking the scalp and/or body, characterized by hair loss without clinical inflammatory signs. It is one of the most common forms of hair loss seen by dermatologists and accounts for 25% of all alopecia cases. Both males and females are equally affected, but some studies reported male preponderance.² Management of hair fall is enormously complex. Although no comprehensive cure exists for hair loss, numbers of treatments are accessible for hair loss.³ The herbs used in hair care have shown positive results in the system of Ayurveda.

MATERIALS AND METHODS

Ethical Consideration: Before beginning the treatment, the patient's informed consent was taken as per ICH-GCP, and institutional ethical clearance was obtained.

Patient Information Patient Age – 22 years

Sex – F

Bala (Strength) – Madhyam (medium) Sanhanan (Built) – Madhyam (moderate)

Chief complaints

1. Khalitya (hair fall)
2. Kesha rukshata (dryness of hair)
3. Kesha tanutva (thinness of hair)

History of present illness: The patient has experienced hair fall on the left frontal side of the scalp for 6 months. Progressively she developed kasha rukshata and kasha tanutva. With these complaints, the patient approached Shalaky Tantra, OPD of ITRA Jamnagar Gujarat.

History of past illness: There was no significant history.

Hetu (Primary cause): Excessive intake of fried food, junk food, continuous exposure to dust.

Samprapti (Etiopathogenesis): Romakupa / hair follicle contains Bhrajak Pitta. Vitiated Pitta dosha at the root of the hair follicle, along with Vata, is responsible for hair fall. Then Kapha dosha and Vata dosha block the hair follicle and stop hair growth. It leads to Khalitya.

Dosha – Vata, Pitta, Kapha Dushya – Rakta

Sthansanshraya (site) – Romakupa (hair follicle)

Diagnosis: Khalitya(Hairfall)

RESULT AND DISCUSSION**Table 1: Treatment plan: External medication**

Name of drug	Dose	Route	Kala	Duration
Nilibhrungarajadi tailam	Sufficient quantity	Local application	Twice a week at night	60 days

Nilibhrungarajadi Hair Oil: (Sahastrayogam Taila Prakarana)

	Sanskrit Name	Latin Name	Part used	Part
1. Kashaya (Decoction)				
	Nili	Indigofera tinctoria Linn.	Whole parts	12 parts
	Bhrungaraja	Eclipta alba Hassk.	Whole parts	
	Amalaki	Embilica officinalis Gaertn.	Fruit	
	Indralata	Circullus colocythis Linn.	Fruit	
2. Ksheera (Milk)				
	Go Ksheera	Cow Milk	-	12 parts
	Mahishi Ksheera	Buffalo Milk	-	
	Aja Ksheera	Goat Milk	-	

	Narikela Ksheera	Coconut Milk	-	
3.	Kalka (Paste)			
	Yashtimadhu	Glycyrrhiza glabra Linn.	Root	1 part
	Gunja	Abrus precatorius Linn.	Seed	
	Rasanjana	Berberis asiatica Roxb.	Extract	
	Krishna Tila	Sesamum indicum Linn.	Oil	6 parts

The gradation of Khalitya

Khalitya(HairFallingbypulltest)	Scores
No hairfall	0
Mild hairfall(bywashing)	1
Moderate hairfall(bycombing)	2
Severe hairfall(byjuststretching)	3

The gradation of Keshha Tanutva (Thinness of Hair)

KeshhaTanutva(ThinnessofHair)	Scores
No thinness of hair	0
Mild thinness	1
Moderate thinness	2
Severe thinness	3

Follow-up, Progress in signs and symptoms of Khalitya

Sign and Symptoms	1st Day	30th Day	45th Day	60th DAY
Khalitya (Hair Falling)	3	2	1	0
Kesha Rukshata (Dryness of Hair)	3	2	1	0
Kesha Tanutva (Thinness of Hair)	3	3	1	0

Pathogenesis of alopecia described in modern medicine exactly resembles the samprapti described by Acharya Sushruta for Khalitya¹⁴. Due to over-secretion of the sebaceous gland, hair follicles swelled and hardened. It cannot provide nourishment to the hair resulting in hair fall. Due to hardened hair follicles, new hair growth gets clogged. This over-secretion of the sebaceous gland is also seen due to increased androgen levels in the bloodstream. Thus, rise in androgen levels causes hair loss. We can correlate

vitiated Pitta with increased androgen level and vitiated Kapha with over secretion of sebaceous gland. In Ayurvedic literature, it is advised to apply hair oil on the scalp every day; a procedure named moordhataila or shirobhyanga (head massage) as a part of dinarchaya (daily regimen)¹⁶. This procedure helps in the prevention of premature hair fall and making hair firm rooted. Shirobhyanga dramatically improves blood circulation, promoting healthy hair growth and scalp texture.

Nilibhrungarajadi tailam consists of coconut oil processed with Malati, Karaveera, Naktamala, and Chitrak. Coconut oil itself, with its guru- snigdha guna, madhura vipaka, sheeta virya resulted in the pacification of Vata-Pitta-Kapha and keshya properties. Collective properties of Nilibhrungarajadi tailam are tikta, katu rasa, laghu-ushna-snigdha guna, katu vipaka, ushna veerya along with tridoshahara, aampachak, strotoshodhak, keshya karma.

When Nilibhrungarajadi tailam massaged on the affected area, its snigdha-ushna guna pacifies vitiated vata. Tikta rasa pacify vitiated Pitta and Rakta. Herbs with Katu-tikta rasa, laghu-ushna guna, katu vipaka and ushna veerya pacify Shleshma. Thus, regular application of tailam corrects the hair fall and promotes new hair growth by allaying tridosha, the chief etiological factor in Khalitya.

CONCLUSION

In Ayurveda, hair fall has been described under kshudra roga as Khalitya. It is mainly Pitta dominant tridoshaj vyadhi. The Pathogenesis of alopecia described in modern medicine correlates with the samprapti of Khalitya described by Acharya Sushruta. In Ayurvedic literature, Nilibhrungarajadi tailam is mentioned as the best treatment of Khalitya. In this case, Nilibhrungarajadi tailam improved blood flow, thus increasing natural hair growth and lustre. Kesha rukshatva and tanutva were also diminished within the stipulated time of treatment. In addition, it is a very safe and inexpensive therapy for Khalitya.

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