

Effect Of *Snuhyadya Taila* External Application As *Shiroabhyanga* In The Management Of *Khalitya* With Special Reference To Alopecia–A Single Case Study.

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ABSTRACT

introduction – Ayurveda not only explain systemic disorder but also local minor disease like *khalitya* (hair fall) which affecting approximately 50% of population. *Khalitya* is under heading of *kshudraroga* as per *acharyasushruta* and *shiroroga* as per *acharyavagbhata*. *Khalitya* is primarily *pitta* dominant *tridoshajanya vyadhi* i.e. *vata*, *pitta*, *kapha* with *raktadosha* which develop symptoms like *keshchyuti* (hair fall) and associated symptoms like *darunaka*, *kandu*, *kesharukshatva*, *keshatanutva*, *shirodaha*. In *ayurvedashiroabhyanga* is a effectively proven therapy not only for *khalitya* but also many other *shiroroga*. **Aim and objectives**– to evaluate the efficacy of *snuhyadya taila* in the management of *khalitya*. **Material and methods**- a 48 years female patient came



to opd of kayachikitsa department of laxmanrao kalasapurkar ayurvedarugnalaya yavatmal with complaints of hair fall 100 – 150 hairs per day. Hairpull test positive 4-6 hair at a time. Hair loss at parietal region, so she was treated with *snuhyadya taila* locally daily for one month. **Result** – result was assessed by on the basis of sign and symptoms, *keshchyuti* decreases by 100 %. **Conclusion** – the study revealed that *snuhyadya taila* locally is effective in *khalitya*

Keywords – *khalitya*, alopecia, *snuhyadya taila*, *kshudraroga*.

INTRODUCTION

Ayurveda is life of science. Ayurveda not only explain systemic disorders but also

local minor disease like *khalitya* (hair fall) which affecting approximately 50% of population. *Khalitya* is under heading of *kshudraroga* as per *acharyasushruta* & *shiroragas* as per *acharya vagbhatta*.

Khalitya is primarily *pitta* dominant *tridoshjanya* vyadhi i.e. *vata*, *pitta*, *kapha* with *rakta dosha*. vitiated *pitta* i.e. *Bhrajakpitta* along with vitiated *vata* lead to weakening or withering of the hairs from the roots. Vitiated *kapha* along with *rakta* obstruct the hair roots (*Romkupa*) which prevents further growth of hairs.

According to modern medicine hair fall is known as alopecia or baldness which refer to partial complete loss of hairs especially from the scalp. According to survey up to 40% of men and 25% of women in India are victims of hair fall, Now a days hair fall commonly seen in youngsters too. In *Ayurveda* various *Bahya & Abhyantar chikitsa* is described for *khalitya*. *Abhanyanga* is best for *khalitya*, In these case study *snuhyadya tail* from *Bhaishajya ratnavali* for *khalitya* given for *shiroabhyanga*.

Hair fall Gradation-

Sr. no.	Gradation		No. of hair fall per day	
1)	Grade 0	Normal	0-30	
2)	Grade 1	Mild	30-60	
3)	Grade 2	Moderate	60-100	
4)	Grade 3	Severe	100-160	Since 6 month
5)	Grade 4	More severe	>160hairs	

Hair pull test

Sr. no.	Gradation	No. of hairs	
1)	Mild	2-3hairs	
2)	Moderate	3-6	
3)	Severe	More than 6	Since 6 month

AIM AND OBJECTIVE:

To evaluate the efficacy of *snuhyadya taila* as external application i.e. *shiroabhyang* in the management of *khalitya*.

Secondary objective -to study details about *snuhyadya taila* and classical view of *khalitya*.

MATERIAL AND METHOD

METHOD -

Method adapted for this study is single case study

Type—Prospective study, Single case study, clinical controlled study

Place—PG Department of *kayachikitsa* *Laxmanrao Kalasapurakar Ayurveda College yavatmal*, affiliated with *D.M.M, Ayurveda College, Yavatmal*

Duration—One month drug intervention.

Selection of patient—Case with sign and symptoms of *khalitya* i.e. hair fall and hair pull test.

A case report

48 years female patient came to opd of *kayachikitsa* department of *laxmanrao kalaspurkar ayurvedarugnalayayavtamal* with complaints of

- 1) Hair fall 100 – 150 hairs per day.
- 2) Hair pull test positive 4-6 hair at a time.
- 3) Hair loss at parietal region (patches formation),
- 4) *darunaka*
- 5) *kesha rukshatwa*

patient having above complaints since six month

PAST HISTORY- no history of DM / HTN, No history of any major illness.

HISTORY OF PRESENT ILLNESS – patient was normal before six month then gradually developed above symptoms, patient took home remedy for that but didn't get relief so patient came to L.K. *Ayurveda* hospital, *yavtamal* for *ayurvedic* treatment and management.

RUGNA PARIKSHA

Nadi- 80/ min, *Mal – asamyaka*, *Mutra – samyak*, *Jivha – alpasam*, *shabd-sparsh-drika-prakrut*, *akruti- madhyam*, *nidra – prakrut*, B.P.- 120/80 mmhg, temp – afebrile.

Table no. 1 showing material of case study

Sr.no	Dravya	Dose	Duration
1)	<i>Snuhyadyataila</i>	5ml Locally	Daily at bed time before 1hr to sleep for 1 month

Table no. 2 drug content and action

Sr no.	Dravya	content	Action
1	<i>Snuhyadya tail</i>	<i>Snuhiark</i> , <i>arkapay</i> , <i>vatsnabh</i> , <i>gunja</i> , <i>Langali</i> , <i>jyotishmati</i> , <i>Indrayanmul</i> , <i>shwetasarshap</i> , <i>bhrungraj</i> , <i>gomutra</i> , <i>ajamutra</i>	Due to <i>ushna</i> , <i>tikshna</i> , <i>sukshma</i> <i>guna</i> property remove obstruction of <i>srotas</i> clear up and open pores, so these oil nourishes hairs and produces new hair growth.

SAMPRAPTI GHATAK

- **Dosha-** *vata*, *pitta*, *kapha*, *rakta*
- **Dhatu-** *Rasa*, *rakta*, *asthi*

- **Agni-** *mandagni*, *asthidatwagni*
- **Srotas-** *rasa*, *rakta*, *asthivaha*
- **Srotodushti-** *sanga*

► *Rogmarga- bahya*

► *Vyatisthan- shirobhagi*

► *Sadhyaasadyata- kashtasadya*

OBSERVATION TABLE

Sr.no	Symptoms	Gradation	Follow up on 15 days	Follow up on 30 days
1)	Hair fall	100-150 hairs / day (Grade3)	30-60/hairs day	0-10hairs/ day
2)	Hair pull test	4-8hairs/ at time (Grade 3)	2-3 hairs /day	0-2hairs /day

DISCUSSION

Khalitya (hair fall) most common condition in young and adult also. In pathophysiology of *khalitya* primarily *pitta* dominant *tridoshajanyavyadhi* and *andrakta* also involved. In *dushyaRasa*, *rakta*, *asthi dhatu* involved in *khalitya*. Hair fall is cosmetic disorder involved patient psychologically. *Snuhyadya taila* as local application itself *ushna*, *tikshan* properties so it break out the cycle of pathogenesis with its internal correction of the *dosha* working locally by their position in the scalp and nutrition to the roots. The *sukshma guna* of tail help to remove the obstruction of *srotasa* which affects the growth of new hairs, also new hair growth is observed without any side effects.

RESULT

With local application of *snuhyadya tailaas shiroabhang* in this patient shows results before and after treatment as below,

BEFORE TREATMENT



AFTER 15 DAYS



AFTER TREATMENT



CONCLUSION

Hence *snuhyadya taila* locally is effective in management of *khalitya* without any side effects.

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