ABSTRACT

In Ayurveda medical science, gradual falling of hair is termed as Khalitya. Today’s life style is very poor from health point of view because of lack of nutritional diet, unhealthy food and manner of diet, improper sleep polluted environment and Genetic cause also. The basic principle of pathogenesis of Khalitya, is Dushti of Chatur dosha elevated Pitta along Vata Dosha and Rakta kapha Dushti. Snuhayadi Tailam is indicated in Khalitya (hairs fall) as local application on scalp. The contents of Snuhayadi Tailam have Laghu, Rukhsha, Tiksna, Katu, Ushna, Kushthaghna, Krimighana properties can help the breakdown the pathogenesis of Khalitya. Shiro-Abhyanga is one of the types of Murdha Taila means (direct application of medicated oil on scalp). Shiro Abhyanga is done on 45 patients of Khalitya for 60 days in 5 ml per day dose with follow up of every 15 days. Patients having following signs and symptom Keshashatan (hair falls), Kesharakshata (roughness), Daurnaka (dandruff), Keshabhumikandu (itching on scalp) and hair pull test. Result found 12 (26.6%) patients showed marked improvement, 14 (31.1%) patients showed moderate improvement, 13 (28.8%) patients showed mild improvement and 6 (13.3%) patient remain unchanged.

Keywords: Khalitya, Snuhayadi Tailam, Shiroabhyanga

Introduction:

Hair is one of the most important organs of body with cosmetic importance. Healthy hairs are not improves only personality as well as also cause of attraction. But nowadays hair fall is very common ailments in any age and any sex. Unfortunately no reliable or complete successful curative treatment is established. For better treatment of hair fall are under study and many research in process in every field of medicine. In the field of Ayurveda some work on Khalitya was done by Charak in Aaravadvatya Adhayaya4, Sushrut in Kshudraroga8, Ashtanga Samgrah in Shirokapalgat Vyadhi6. Acharya Chakrapani also described Khalitya as kshudraroga in Chakradatta. Samprapti (Pathogenesis) of khalitya
is well defined by Aacharya Sushruta in Kshudraroga in NidanSthan as stated “Pitta situated in hair follicles and associated with vata falls hairs, thereafter kapha mixed with rakta creates obstruction therein resulting in non-appearance of others[4]. Shiro-Abhyanga is one of the types of Murdha Taila means direct application of medicated oil on scalp[5]. The study drug Snuhayadi Tailam[6] was selected from Chakradatta which is indicated in Kshudra Roga Chikitsa. Chakradatta is one of the practical book of Ayurved which include as clinical experience by Acharya Chakrapani in eleven century. Ingredients of Snuhayadi Tailam are Snuhi, Arka, Bhringaraj, Langali, Vatsanabh, Gunja, Indravaruni, Sarsup Tail, Gomutra and Ajamutra. It is multi herbal preparation, theoretically possible Ayurvedic qualities are Usna, Tikshna, Katu, Laghu, Sukshma, Vikashi, and may have potency to breakdown of Khalitya pathogenesis.

Aims and Objective

This study has these objectives:

1. Re-evaluation of effect of snuhayadi tailam on Khalitya
2. Re-evaluation of claim of Chakradutta of 11th century about Snuhayadi Tailam

Materials and method

These are embodied as materials for the presented study

- Research proforma to note all in information clinical Symptoms & sign demographic.
- Test drug is Snuhayadi tailam
- The Snuhayadi tailam was prepared in the pharmacy of N.I.A. Jaipur.
- Plan of study- It was an open trial method.
- This study approved by Institutional Ethics Committee (Letter No. F10/5/EC/2014/7222 date 07/11/2014 And F/Agad Tantra/PG/2016/230 date 26.03.2016)

A. Selection of cases

Source - For the present study patients with khalitya were screened out from OPD & IPD of NIA, Jaipur.

Age group - Patients of all age groups were considered for study.

Number of cases - 45 Patients was registered from OPD & IPD of NIA Jaipur.

B. Criteria of patient selection

Inclusion criteria

- Patient of Khalitya specially affected on scalp.
- Patients having following signs and symptoms
  - Keshashatan (hair fall)
  - Kesharukshatava (roughness)
  - Daurnaka (dandruff)
  - Keshabhumikandu (itching on scalp)
- Patients of any age groups.
- Patients of either sex.
- Patient willing for the treatment.

Exclusion criteria

- Patient associated with other systemic disorder will be excluded.
- Alopecia totalis and Alopecia universalis patients will be excluded.
- Cicatricle alopecia patients will be excluded.

Discontinuation criteria

- Patient not willing to continue.
- Appearance of any severe complication.
- Any other severe acute illness.

Side effect and adverse effect assessment criteria

To rule out the possible adverse effect of studied drug, clinical criteria were adopted. It incorporate the records of information from the patient on each & every follow up, related to the features as swelling, redness, pain, blister formation, severe itching, hair fall after the application of the drug & other nonspecific symptoms.

Management of Patients

All the patients selected for the clinical trial were
prescribed following regimen

✓ Oil- Snuhyadi Tailam (local application)
✓ Dose- 5 ml per day
✓ Duration- 60 days
✓ Followed up- every 15 days

Criteria for assessment

Cessation of hair fall was counted as a main feature to assess the effect of therapy. Other associated symptoms like Kesharuskshatva, Darunaka and Keshabhoomi kandu, were also considered but main emphasis was laid on the stoppage of hair fall. To facilitate the statistical analysis of the effect of therapy, scoring system was adopted.

A. Subjective criteria- Some grading included here

i. Keshshatan (hair fall)

| Absent (no hair fall) | 0 |
| Mild (hair fall on washing) | 1 |
| Moderate (hair fall on combing) | 2 |
| Severe (hair fall without any manipulation) | 3 |

ii. Kesharukshatava (dry hair)

| Smooth hair | 0 |
| Mild dry hair | 1 |
| Moderate dry hair | 2 |
| Severe dry hair | 3 |

iii. Darunaka (dandruff)

| No dandruff | 0 |
| Mild dandruff | 1 |
| Moderate dandruff | 2 |
| Severe dandruff | 3 |

iv. Keshbhumi kandu (itching on scalp)

| No itching on scalp | 0 |
| Mild itching on scalp | 1 |
| Moderate itching on scalp | 2 |
| Severe itching on scalp | 3 |

v. Hair pull test

<table>
<thead>
<tr>
<th>No. of hair in test</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-10</td>
<td>0</td>
</tr>
<tr>
<td>11-15</td>
<td>1</td>
</tr>
<tr>
<td>16-20</td>
<td>2</td>
</tr>
<tr>
<td>Above 20</td>
<td>3</td>
</tr>
</tbody>
</table>

Assessment of total effect

Assessment Score

✓ Complete Cure 100%
✓ Marked Relief > 60%
✓ Moderate response > 40-60%
✓ Mild improvement > 20-40 %
✓ No response ≤ 20%

General Observations

Various demographic parameters viz. age, religion, marital status, socio-economic status, occupation etc. along with specific features of nature of work, chronicity, nidana, hair care etc. were analyzed in the present trail.

Statistical Analysis

Data were analyzed using appropriate statistical test. For Nonparametric Data Wilcoxon matched- pair signed rank test was used and results calculated.

Table no.I Statistical Analysis of Effect of Snuhayadi Tail on Cardinal Symptoms of Khalitya In 45 Patients

<table>
<thead>
<tr>
<th>Cardinal Sign and Symptoms</th>
<th>B.T. Mean</th>
<th>A.T. Mean</th>
<th>Mean Diff.</th>
<th>% Relief</th>
<th>SD</th>
<th>SE</th>
<th>P</th>
<th>W</th>
<th>Significance</th>
</tr>
</thead>
</table>
Khatik RK, Sharma A, A Clinical Study of Efficacy of Snuhayadi Tailam on Khalitya, JOA XIII-2, 2019; 76 - 81

### Table No.II Overall Effect Of Therapy In 45 Patients Of Khalitya

<table>
<thead>
<tr>
<th>Effect</th>
<th>No. of Patients</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Markedly improvement</td>
<td>12</td>
<td>26.6%</td>
</tr>
<tr>
<td>Moderate improvement</td>
<td>14</td>
<td>31.1%</td>
</tr>
<tr>
<td>Mild improvement</td>
<td>13</td>
<td>28.8%</td>
</tr>
<tr>
<td>Unchanged</td>
<td>06</td>
<td>13.3%</td>
</tr>
</tbody>
</table>

### Discussion

Ancient samhitas contain many references relating the treatment of Khalitya. It is the need of the hour to have evidence based approach to these therapeutic formulations mentioned in our ancient samhitas. In view of globalization, the therapeutic agents used for treatment should be safe, easily available, cost-effective and free from toxicity.

In such circumstances, for the treatment of Khalitya which has a high prevalence in the society, Snuhayadi Tailam preparation prescribed by Chakradutta (55/104-106) has been selected. Ingredients of Snuhayadi Tailam have theoretically possible properties Usna, Tikshna, Katu, Laghu, Sukshma, Vikashi, and pharmacological properties like Keshya, Vishaghna, Daurgandhyahara, Jantughna and Kandughna. The qualities have potency to breakdown of Khalitya’s pathogenesis.

### Table no. III

<table>
<thead>
<tr>
<th>S.N.</th>
<th>Name of drugs</th>
<th>Possible properties to breakdown the pathogenesis of khalitya</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Snuhi Ksheer</td>
<td>Vishaghna, Raktashodhak, Twagadoshahar</td>
</tr>
<tr>
<td>2.</td>
<td>Arka Ksheer</td>
<td>Kushtaghna, Jantughna, Keshya,</td>
</tr>
<tr>
<td>3.</td>
<td>Bhringraj</td>
<td>Sweadjanan, Twachya, Kshudrarogarashak, Keshya</td>
</tr>
<tr>
<td>4.</td>
<td>Langali</td>
<td>Krimighna, Kshobhak, Raktashodhaka</td>
</tr>
</tbody>
</table>
Probable Mode Of Drug Action

Ayurveda pharmacology is based on the theory of Rasa, Guna, Virya, Vipaka and Prabhava (Raspanchaka) which is the simplest parameters in those days to ascertain the action of the drug. Samprapti Vighatana is said to be the treatment. Therefore the drug should dismantle the Samprapti Ghataka so as to treat the disease.

Samprapti Vighatana

On the basis of Rasa
Tikta and katu rasa are present in maximum drugs. Tikta rasa has Keshya, Kledashoshaka and Chhedana properties. The Katu Rasa has Kaphashamak, Srotovis-pharaka (clears the obstruction in channels), Kandughna and Jantughna properties. By virtue of these properties katu and tikta rasa pacifies the vitiated kapha and facilitates the process of Shrotosodhana.

On the basis of Virya

Maximum drugs including Sarshup Taila have Ushna Virya. Ushna Virya has Vatakaphashamaka properties and also causes Kledavishyandana.

On the basis of Vipaka

The drug has Madhura Vipaka and does Vatashamaka.

On the basis of Guna

Maximum contents have Laghu, Tikshan and Snigdha property. Laghu and tiksha, guna acts on vitiated Kapha while Snigdha Gunas have Vatakaphashamaka properties, ushna Virya, Laghu, Tiksha Gunas of drug are helpful in removing the obstruction of the Shrotas by decreasing the Picchila Gunas of Kapha and facilitating the process of Kapha Vishyandana. It results in clearing up of the obstruction caused by vitiated Kapha so as to offer growth of new hair. Ushna Virya and Madhura Vipaka also does Vata Shaman.

Vishaghna, Kandughna and Jantughna property removes the local infection and helps in checking the hair fall and thus help in cessation of the further process of Khalitya. The application of Taila on the scalp with finger tips leads to increase the local blood circulation and promotes the absorption of the drug.

Conclusion

1. Snuhayadi Tailam is found effective on Khalitya (P value 0.0132). In symptom Keshashatan, it is found significant. Application of Snuhayadi Tailam showed highly significant result in Kesharukshata (roughness of hair). Application of Snuhayadi Tailam is found highly significant in Darunaka (dandruff) and Keshabhumk Kandu (itching on scalp). In hair pull test, the result was found significant.

2. The present study support the claim of Chakradutta about application of Snuhayadi Tailam in 11th century.

References

5. Tripathi Brahmanand, Astang Hridayam Nirmala Hindi commentary, Chaukhamba Sanskrit Pratishthan Delhi, reprint edition 2003, p; 260
6. TripathiIndradev, Vaidyaprabha Hindi Commentary of Chakra-
आयुर्विद्या विज्ञान में केंद्र तथा क्रियाकलाप के विषय में कार्य से हुआ गया है। आज की जीवन शैली में इसके नियम में मुख्यतः पोषण विकास, खाद्य-पदार्थ, अधिक पूर्वक आहार सेवन, अनिर्ण्य, प्रदूषित वातावरण एवं आनुवांशिकी है। खालित्व के सम्बन्ध में त्रियोग के साथ रक्त भी दूषित होता है। अध्ययन औषधि के रूप में सन्धायादि तेल का स्थानीय प्रयोग किया गया।

सन्धायादि तेल के आयुर्विद्या गुणकर्म लघु, रक्त, शीत्य तथा कटौत्य उपषण, कुल्लूम, क्रिमिन रहे, जो कि खालित्व संग्रामति विघटन में सहायक है। अध्ययन हेतु 45 रोगी को 60 दिवस के लिये, शिरोअम्बंगार्थ दिया गया तथा खालित्व के साथ-साथ केशरक्तता, दार्डणक, कंशमूलकण्ड, हेयर-पुल टेस्ट का भी अध्ययन किया गया, जिसमें परिणाम सार्थक पाये गये।