

**ROLE OF PRACCHAN KARMA F/B TRIPHALADI SHIRO LEPA IN THE
MANAGEMENT OF KHALITYA- A SINGLE CASE STUDY****Dr. Meghana Dangar^{1*} and Dr. Rajeev G. Dole²**¹Final Year P.G Scholar, Department of Shalakya Tantra, Parul Institute of Ayurveda, Parul University, Limda, Vadodara, Gujarat, India.²Professor and H.O.D of Shalakya Tantra, Parul Institute of Ayurveda, Parul University, Limda, Vadodara, Gujarat, India.***Corresponding Author: Dr. Meghana Dangar**

Final Year P.G Scholar, Department of Shalakya Tantra, Parul Institute of Ayurveda, Parul University, Limda, Vadodara, Gujarat, India.

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ABSTRACT

Hair fall is one of the minor diseases which is affecting approximately 1.7% of the world population and challenging task for physicians. Hair fall has been described in Ayurveda by the name of *khalitya roga* under the heading of *kshudra roga* (minor disease) or *shiroroga* (diseases of head & scalp). It is progressing disorder people living in sedentary ways of life, stress induced hectic schedules along with indiscriminate dietary habits result in many disturbance and deficiencies in the body which directly reflect in loss of hair. We can reduce & manage this rising problem of hair fall through modifying life style, purification therapy and medication practicing in Ayurveda. Deficiency of Protein, Iron and Biotin and Anemia also cause of Hair fall. Patients of hair fall should be diagnosed by using *Trividha pareeksha*. In general line of treatment of the *khalitya Sodhan karma*, *Prachaan karma* and application of *lepa* should be beneficial. Thus *Ayurveda* may play a major role to manage the hair fall by using basic Principle of *Ayurveda* and its formulations.

KEYWORDS: *Khalitya, Prachaan karma, Lepa, Rasayan.***INTRODUCTION**

Healthy, long and vibrant hair helps a lot in improvement of personality. Therefore, to keep hair in healthy state is entirely duty of human being, because just like face, hair is also a mirror of healthy state of body. In this advanced modernized era, the humans are gifted with lot of sophistication, luxuries but at the same time left with sedentary life style, stress induced hectic schedules along with faulty dietary habits. These all habits influences the homeostasis of the body and with many other health problems, fall is one of them. Problem of falling of hair is progressively increasing in society which is also affecting quality of life. Many years of hair loss have impact on mental health. Dermatology life quality index scores in patients with hair loss were similar to those recorded in severe psoriasis. This study specifically identify the feeling of self - confidence, low self - esteem and heightened self-consciousness in people affected by hair loss.^[1] Hair fall has been described in almost all the Ayurvedic literatures as *Khalitya*. It has been included in *Shiroroga* by *Acharya Charaka & Ashtanga hridayakar*. This inclusion has been done on the basis of *Shtana* (location) of diseases and similarity of etiopathogenesis of diseases. It is clearly mentioned in *Ashtanghridaya* that nine diseases occurring on the outer part of head over scalp should be called *shiroroga*.^[2]

Sushrut Samhita, Ashtangsamgrah, Yoga Ratnakar and Madhav Nidan, has included *Khalitya* diseases under *kshudra roga*. This inclusion in *kshudra roga* is due to mildness of disease.^[3] These diseases are not life threatening and are of less severity in comparison to other major diseases. *Gayadasa* says that they are minor because of littleness of their cause, symptoms and treatment. They are not only minor but also mean terrible which, though of a low stature frequently give pricks and embarrassment to patient.^[4]

Causes of Khalitya Roga

Due to *usna guna* of *pitta dosha* individual of *pitta prakriti* starts hair fall and greying of hair earlier than individuals of other *dosha prakriti*.^[5]

The hair has tendency to lose its natural colour with advancing age. Although, Aging is genetically predetermined but lifestyle, dietary habits, mental status, social & family life and many other environmental factors may influence the aging process and their unfavourable effects cause premature aging. In a survey study, 81.66% patients of pre-mature aging of 30-40 years age had complaint of hair fall. Pre-mature aging could be a cause of increasing hair fall in peoples.^[6,7]

Causative factor of *shiroroga* are too much exposure to smoke, sunlight, mist, indulge in water sports; excessive sleep or avoiding sleep, sweating, eastern breeze or direct breeze, control of tars, weeping too much, drinking water & wine in large quantity, presence of warm in side body, suppression of urges, avoiding the use of

pillow, bath and oil anointing, always looking downwards, unaccustomed, unhealthy, vitiated or raw smell, too much speaking etc; by indulgence in these and similar causes the *dosha* get aggravated and produces diseases in head. This can produce *khalitya* because of same place of manifestation.^[8,9]

MATERIALS AND METHOD

Brief case history

Age	34yrs
Gender	Male
Address	Vadodara
Occupation	Public Relationship Officer (stress full)
Educational Status	Graduated
Economical Status	Middle Class
Habits	Tobacco Chewing
Any Major Illness	Not Significant
Vitals	Normal
Sleep	Disturbed
Mala-Mutra	Prakruta (Occasionally constipation)
Appetite	Samyaka

CHEIF COMPLAINTS

Visible hair loss from frontline
Visible hair loss from parietal region

Thinning of hair
White hair - Since : 1-2 years
Distance of hairline from eyebrow : 10.7 cm

TREATMENT PROTOCOL

1st Sitting	
Day 1	Prachana karma(In Evening)
Day 2,4,6	Shirolepa With – Haridra, Triphala, Kukkutanda lepa
Day 3,5,7	Shirolepa With – Haridra, Triphala, Bhringraja Swarasa

2nd Sitting	
Day 37	Prachana karma(In Evening)
Day 39,41,43	Shirolepa With – Haridra, Triphala, Kukkutanda lepa
Day 40,42,44	Shirolepa With – Haridra, Triphala, Bhringraja Swarasa

Inervention

Oral Medication	
1.	Rasayana Vati (1 BD A/f With Water)
2.	Bhringraja Ghanvati (2 BD A/f With Water)
3.	Bhringraja Oil for Local Application – 3 times/ week.

Advice to Patient

- To maintain proper daily routine, i.e. time of taking meals, Time of Sleeping.
- He must Avoid :
 - Occurrence of constipation
 - Ratri jagrana
 - Hot & Spicy foods, Junk foods, Fried items
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PICTURES OF TREATMENT



COMPARISON OF BEFORE AND AFTER TREATMENT



Probable mode of action**Pracchan karma**

Pracchan karma enables the damaged hair follicles to recover through their inherent regenerative capacity.

Drugs of shirolepa

Triphala, Kukkutanda,
Haridra, Bhringraja swarasa

Other Medications

Rasayana vati
Bhringraja ghanvati
Bhringraja hair oil

Only virya of aushadhi will be absorbed - Su. Sha. 9/9

It relieves the blockage at the root of hairs, “*Pracchane Pinditehitam*” & stimulates scalp metabolism by increasing blood circulation. - Su. Sha. 8/ 26.

RESULTS**DISCUSSION**

Khalitya is a common but very challenging and capricious disease of the world population and can have a profound effect on physical and emotional state. *Viruddha ahara, pitta vardhak ahara vihara, abhishyandi ahara*, sedentary lifestyle increases *Pitta* and *Vata* which leads to *khalitya*.

For the patient of *Khalitya Vaman, Virechan, Vasti* and *Rakta mokshana* should be done according to the *dosha* involve. Because of involvement of mainly *pitta dosha*, *virechana* and *rakta mokshan* are commonly indicated in falling of hair & baldness.

Shirolepan karma which performed by *vatahar, pittahar* and *kaphahar dravyas* normalizes *vata, pitta* and *kapha dosha* accordingly. *Shodhana* is a procedure which takes out the doshas from the nearest route of its vitiation. *Rasayana* therapy has immune-modulators, antioxidant properties and rejuvenating action which is very beneficial for the hair fall caused by any chronic illness, pre mature aging or nutrition deficiency.

CONCLUSION

Khalitya is a wicked disease which needs proper management. Some minor changes of life style and dietary habits can prevent *Khalitya*. Proper hair care life oiling, washing, protection from external factors like environment, chemicals, heating etc is important for preventing hair fall and keeping them healthy. Before starting treatment of hair fall, physician should identify the cause and first treatment should be *Nidanparivarjana* or management of that cause. Than after other therapies like *prachhama karma, Abhyang, lepana, shodhan, nasya, Rasayana* should be prescribed accordingly. In this way, we can treat the *khalitya roga* or hair fall effectively.

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