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A clinical trial to evaluate efficacy of Yashtimadhvadya tail in Khalitya

(Hair Fall)

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Abstract:

Background: Hair loss is a dermatological disorder that has been recognized for more than 2000 years. To solve the above query and to find out a promising remedy, the present study has been undertaken. In *Ayurvedic* approach, loss of hair is coined out as in term of *Khalitya* under the broad heading of *Shiroroga*. **Method:** The trial preparation of *Yashtimadhvadya tail* was given for *nasya*. This was clinically tried on 30 patients. **Results:** Positive results were seen in the patients. **Conclusion:** It is concluded that *Yashtimadhvadya tail* is very effective in the treatment of *khalitya* (Hair Fall).

Introduction:

Ayurveda is the oldest surviving science which approximately dates back 5000 years or more. The motto of *ayurveda* is to maintain the health of a healthy person and to cure the disease. i.e.

स्वस्थ्यस्य स्वास्थ रक्षणं आतुरस्य विकार प्रशमनं च ।

च. सु. ३०/ २६

Healthy and vibrant hair adds to a personality. But no-a-days due to changing life style and food habits, stress, pollution hair fall is very common. Although it is widely accepted that average 50-100hair/day is common in practice but it is observed that 15-20 hair/day is an alarming sign for patients.

Susceptibility of hair fall is more in males than in females. *khalitya* is commonly seen in the age group of 18-40 years. According to survey up to 40% of men and 25% of women in India are victims of hair fall. It is a slowly progressing disorder. Therefore, to keep the healthy hair in healthy state is entirely the duty of human beings, because just like face, hair is also a mirror of healthy state of the body. Even thousand years ago, in *ayurvedic* literature, so many types of daily regimens for hair care have been described in the chapter of *dinacharya* and *ritucharya*, which includes some procedures like *moordhinitaila*, *nasya*, *snana* etc.

People living in sedentary ways of life, stress induced hectic and unhealthy schedules along with indiscriminate dietary habits result in malnutrition, Anemia, Hypocalcaemia& low amino acid level causes many problems which directly reflect in loss of hair.

For *khalitya*, *nasya* is one of the choices of management for its prime role in maintaining hair growth and preventing *khalitya*. If *nasya* is done with the taila which is medicated by hair growing drugs then more efficacy can be desirable. So in this present study *Yashtimadhvadyataila* which is having *keshya* property is selected for *nasya* in *khalitya*.

Aim:

- To evaluate the efficacy of *yashtimadhvadya* tail in *Khalitya*.

Objectives:

- Literature study of preparation of *yashtimadhvadya* tail
- Literature study of *khalitya*
- Literature study of *Nasya*

Materials and Methods:

Yashtimadhu:

Ayurvedic aspect:	
Name:	<i>Yashtimadhu</i>
Rasa:	<i>Madhur</i>
Virya:	<i>Sheet</i>
Viapak:	<i>Madhur</i>
Guna:	<i>Guru, Snigdha</i>
Doshaghnata:	<i>Vat Pitta shamak</i>

Modern aspect:	
LatinName:	<i>Glycyrrhizaglbra</i>
Family:	<i>Leguminoceae</i>
English name:	<i>Liquorice</i>
Chemical Constituents:	<i>Glycyrrhizin, glabridin, phytoestrogen</i>

Aamalaki:

Ayurvedic aspect:	
Name:	<i>Aamalaki</i>
Rasa:	<i>Madhur, Amla, Katu, Tikta, Kashay</i>
Virya:	<i>Ushna</i>
Viapak:	<i>Madhur</i>
Guna:	<i>Ruksha, Rasayan</i>
Doshaghnata:	<i>Tridoshnashak</i>

Modern aspect:	
Latin Name:	<i>Emblicaofficinale</i>
Family:	<i>Euphorbiaceae</i>
English name:	<i>Indian gooseberry</i>
Chemical Constituents:	<i>Ascorbic acid, emblicanin, punigluconin, punicafofin, gallic acid</i>

Godugdha

Name:	<i>Godugdha</i>
Rasa:	<i>Madhur</i>
Virya:	<i>Sheet</i>
Viapak:	<i>Madhur</i>
Guna:	<i>Guru, Snigdha</i>

Til Tail

Ayurvedic aspect:	
Name:	<i>Til taila</i>
Rasa:	<i>Madhurkashay</i>
Virya:	<i>Ushna</i>
Viapak:	<i>Madhur</i>
Guna:	<i>Vyavayi, Sheet</i>
Doshaghnata:	<i>Vaatkafashamak</i>

Modern aspect:	
Latin Name:	<i>Oil of sesamumindicum</i>
Family:	<i>Pedaliaceae</i>
English name:	<i>Sesame oil</i>
Chemical Constituents:	<i>Linoleic acid, oleic acid, palmitic acid, stearic acid</i>

Preparation of Yashtimadhvaya tail:**Ingredients:**

<i>Yashtimadhuchurna</i>	<i>500 gms</i>
<i>Aamalakichurna</i>	<i>500 gms</i>
<i>Godugdha</i>	<i>16 liters</i>
<i>Til tail</i>	<i>4 liters</i>

Procedure for preparation of yashtimadhvadya tail:

Prepared a kalka of *Yashtimadhu* and *Aamalaki* of 1 kg.

Then added 4 liters of *til tail* to it along with 16 liters *godugdha*

Boiled it for 2 days and watched for *siddhi lakshnas*.

(Acharya had explained that in *snehakalpana* if one is using *godugdha* for *sneha siddhi* then *snehapaak* should be done for 2days.)

Filtered the prepared tail using cotton cloth and packed it in bottles.

Method of clinical trial:

- *Yashtimadhvadya tail* was prepared according to the reference of *Chakradatta*.
- 30 patients fulfilling the criteria for the diagnosis of *Khalitya* were registered and *Yashtimadhvadya tail* was given for *nasya* to all of them
- .Written consent was taken from patient before starting therapy, various time to time examining procedures are done.

Selection Criteria:

Inclusion Criteria:

- Patients between age group of 18-40 years.
- Patients fulfilling diagnostic criteria for *Khalitya*.
- Patients fulfilling diagnostic criteria selected for *nasya* karma irrespective of sex, occupation.
- Patients fit for *nasya* karma.

Exclusion criteria:

- Patients below the age of 18 and above the age of 40 years.
- Patients diagnosed Alopecia *Areata, Alopecia Totalis, Tinea Capitis, Dandruff*, Traction Alopecia
- Patients not fit for *nasya* karma
- Patient suffering from any systemic illness.

Criteria of withdrawal:

Due to the complications of *atiyoga lakshanas*- viz. rhinitis, headache, heaviness of head immediately after the treatment and due to personal inconvenience.

Plan of treatment:

Medicine	<i>Yashtimadhvadya tail</i>
Dose	2drops per nostril everyday
<i>Aushadh sevan kaal</i>	<i>Pratahkaal</i>
Duration of medicine	60days
Follow up	0 day, 15 days, 30 days, 45 days, 60 days.

Precaution:

After administration of *nasya*, patient was advised to lie on supine position for about 2 minutes. Patient was instructed to spit out *kaphadidosha*. Followed by *Ushnajalakavalagraha*.

Criteria for Assessment:

Sr. No.	No. of Hair Fall	Grade
1	Less than 50	0
2	Between 51 to 70	1
3	Between 71 to 90	2
4	Between 91 to 110	3
5	More than 111	4

Objective Parameters:

- Pattern of hair loss

Subjective parameters:

- Breaking of Hair

Hair fall Observations':**Patient's frequency according to age group:**

Age Group In year	No. of Patients (out of 30)	Percentage
18 -25	12	40%
26 – 35	11	36.6%
36 – 40	7	23.3%

Patient's frequency acc to Sex:

Sex of Patients	No. of Patients (out of 30)	Percentage
Male	18	60%
Female	12	40%

Results:

A total of 30 patients participated in the clinical trial. It was found that the

incidence was highest in the age group of 18- 25 years constituting 40% of total number of patients. In the sample taken for the study, 60 % were males and 40 % were females.

Among the 30 patients in the study, educational stress was the cause for the psychological stress in maximum number 40% of patients. The other psychological stressors which were observed were home sickness (30%), stressors in family(16.66%) and business/ service which account for about 10%. 90% of patients had chronicity of 6 months-1 year and 10% had chronicity of 1-2 years.

Effect of treatment on signs and symptoms:**Upshay seen in clinical features:**

Signs and Symptoms	No. of patients	No. of days
Hair fall	28	45
Breaking of hair	29	60
Pattern of hair loss	26	60

Anupshay seen in clinical features:

Signs and Symptoms	No. of patients	No. of days
Hair fall	2	60
Breaking of hair	1	60
Pattern of hair loss	4	60

Discussion:

As we are living in 21st century one must be presentable in every field. So people are getting more conscious towards their look and personality. As we all know dense and vibrant hair adds to personality.

So *Khalitya* is one of the major complain in the society. Modern science offers hundreds of remedies like hair transplant, follicle enhancement but those techniques are not cost effective. So we need to find out a solution to prevent hair fall which will be cost effective too.

तैलं सयष्टिमधुकैः क्षीरे धात्रीफलैः श्रुतम् ।
नस्ये दत्तं जनयति केशान् शमश्रणि चाप्यथ ॥
च.द.

In *Chakradatta Samhita*, Acharya have explained the preparation of *Yashtimadhvadya* tail which should intervened through *nasya* will prove effective on *khalitya*. Ingredients in the oil like *yashtimadhu*, *aamalaki* and *godugdha* are itself *dhatuposhak*. So their combination gives an excellent remedy for *Khalitya*.

The present study proves that *Yashtimadhvadya tail* given in *Chakradatta* proves effective in treatment of *Khalitya*.

Conclusion:

The study showed significant results and long term effects in the signs and

symptoms of *khalitya* by *nasya vidhi* with *yashtimadhvadya taila*.

Significant changes were observed in all the signs and symptoms like hair fall and breaking of hair.

This study was found very useful in the management of *hair fall* by an *ayurvedic* preparation of *Yashtimadhvadya Tail* and cost effective too.

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