



## Research Article

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### MANAGEMENT OF KHALITYA (HAIR FALL): A CASE REPORT

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Received on: 11/06/19 Accepted on: 05/07/19

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DOI: 10.7897/2277-4343.100488

#### ABSTRACT

Hair fall is a universal problem, having affected both sexes of all races to different extents for as long as mankind has existed. For thousands of years, men and women of all countries and races have shared the tragedy of pre-mature hair loss. In Ayurveda, disease Khalitya (Hair fall) comes under the caption of Shiroroga and Kshudrarogaby various Acharya. The faulty hair care methods, dislikes to apply hair oil, excessive use of various type of hair cosmetics like hair colour, cream, dye, gel, chemical shampoos, soaps, etc., excessive use of hair equipment along with faulty dietetic habits and life style, pollution, hormonal imbalances, etc. are the common causes of Khalitya. A 28 years old female patient came to OPD of department of Basic Principle with chief complaints of Khalitya (Hair Falling), Shirah Kandu (Itching on Scalp), Kesha Rukshata (Dryness of Hair), Kesha Kathinya (Harshness of Hair), Kesha Tanutva (Thinness of Hair). In this case Bhringraj Vati as oral medication, coconut hair oil as external application followed by washing the hair with a supplied neutral shampoo were advised. The improvement provided by the therapy was assessed on the basis of signs and symptoms before and after treatment. A special scoring pattern was developed for assessing signs and symptoms. The medication was found safe and effective in controlling hair fall and improving the overall condition of hair.

**Keywords:** Bhringraj Vati, coconut hair oil, Khalitya, Hair fall, Ayurved.

#### INTRODUCTION

For thousands of years, men and women of all countries and races have shared the tragedy of pre-mature hair loss<sup>1</sup>. The American Hair Loss Association estimates that approximately 25 percent of men who are affected by the condition begin to see the first symptom of hair loss before age 21. Approximately 40 percent of females are suffering from hair loss. By the time they reach age of 50, roughly half of all women will be dealing with some degree of pattern hair loss. Approximately 3 percent of all paediatric doctor visits made each year are associated with issues related to hair loss, including thinning and bald spots. According to the International Society of Hair Restoration Surgery, about 90,000 hair transplant operations were carried out in 2012. And more than 310,000 hair restoration procedures took place all over the world. Hair restoration in the Asia market takes the largest share of 400,000 people undergoing the treatment process<sup>2</sup>. Management of hair fall is extremely complex. Although no sweeping cure exists for hair loss, a number of treatments are available to depending on their unique reasons for experiencing hair loss. The herbs used in the hair care have a definite history in the system of Ayurveda. About 1000 kinds of plant extract have been examined with respect to hair growth<sup>3</sup>. So to fulfil the need of finding out and effective management present study has been selected.

#### Case Report

##### Centre of Study

OPD of department of Basic Principle, I.P.G.T. and R.A., Jamnagar, Gujarat, India

#### Case report

A 28 year old female patient with Registration no- 18072563 came to OPD of department of Basic Principle, I.P.G.T. and R.A., Jamnagar, Gujarat, with chief complaint of –

1. Khalitya (Hair Falling)
2. Shira Kandu (Itching on Scalp)
3. Kesha Rukshata (Dryness of Hair)
4. Kesha Kathinya (Harshness of Hair)
5. Kesha Tanutva (Thinness of Hair)

#### History of present illness

Patient experienced dandruff and itching of scalp 2 year back. After few months, she suffered from hair fall. Gradually she developed Kesha Rukshata (Dryness of Hair), Kesha Kathinya (Harshness of Hair), Kesha Tanutva (Thinness of Hair). She was under mental stress due to hair loss. She also had undergone allopathic treatment but that provided her only temporary relief. With these complaints, patient approached OPD of IPGT and RA.

#### History of past illness

There was no relevant past history.

#### Family history

No member of the family had history of such illness.

**Personal history:** Table 1.

Table 1: Personal history

Diet	Vegetarian
Micturition	6 - 7 times/day, 0 - 1/night
Appetite	Medium
Sleep	adequate, rarely disturbed
Bowel habit	Irregular
Addiction	nil

Ashtavidha Pariksha: Table 2

Table 2: Ashtavidha Pariksha

Nadi (Pulse)	76/min, regular, normal in character
Mala (stool)	often constipation
Mutra (urine)	frequency - normal
Jihva (tongue)	coated
Shabda (speech)	clear
Shparsha (touch)	Normal
Drik (eyes)	Normal
Akruti (built)	Madhyam

### Blood investigation

Blood investigations of the patient reveal Hb- 9.8 g/dl. TLC, DLC values were within normal limits.

Treatment planned: Table 3

Table 3: Dose, Route, Kala, Anupana of the drug

Section	Internal medication	External medication
Name of drugs	Bhringraj Vati	Coconut oil
Dose	2 g, OD	quantity sufficient
Route	oral	Local application
Anupana	Lukewarm water	Not needed
Time of administration	Apana Kala (Before breakfast)	Twice a week at night
Duration	3 months	3 months

### Hair care

1. Always use clean and cold water to wash your head.
2. Avoid using warm water for hair wash.
3. Regular application of oil on the scalp.
4. Comb hair only after hair gets dried after wash.
5. Don't over apply heat on hair
6. Avoid tight hair ties
7. Don't braid tightly during bedtime

Gradation: Table 4 to Table 8.

### RESULTS

Progress in signs and symptoms of Khalitya: Table 9.

Table 4: The gradation of Khalitya (Hair Falling)

Khalitya (Hair Falling)	Scores
No hair fall	0
Mild hair fall (by washing)	1
Moderate hair fall (by combing)	2
Severe hair fall (by just stretching)	3

Table 5: The gradation of Shira Kandu (Itching on Scalp)

Shira Kandu (Itching on Scalp)	Scores
No itching on scalp	0
Mild itching on scalp (occasionally present but it doesn't disturb normal activities)	1
Moderate itching on scalp (often present and it disturbs normal activities)	2
Severe itching on scalp (continuously present and it disturbs normal activities)	3

Table 6: The gradation of Kesha Rukshata (Dryness of Hair)

Kesha Rukshata (Dryness of Hair)	Scores
No dryness of hair	0
Mild dryness of hair (dryness can be seen on hair but on touch it feels smooth and to become smooth it required approx. 15-20 ml oil)	1
Moderate dryness of hair (dryness can be seen on hair as well as on touch also it feels dry and to become smooth it required approx. 20-25 ml oil)	2
Severe dryness of hair (hair lost its luster as well as on touch it feels so dry and it doesn't become smooth with 25-30 ml oil)	3

Table 7: The gradation of Kesha Kathinya (Harshness of Hair)

Kesha Kathinya (Harshness of Hair)	Scores
No harshness of hair	0
Mild harshness of hair (it feels harsh on touch and it required only 15-20 ml oil to become gentle)	1
Moderate harshness of hair (harshness can be seen on hair as well as it feels on touch also and to become smooth it required only 20-25 ml oil)	2
Severe harshness of hair (hair lost its curvature as well as on touch it feels so harsh and it doesn't become smooth with 25-30 ml oil)	3

Table 8: The gradation of Kesha Tanutva (Thinness of Hair)

Kesha Tanutva (Thinness of Hair)	Scores
No thinness of hair (general growth is not decreased)	0
Mild thinness (general growth is found around 1.5 cm)	1
Moderate thinness (general growth is found around 1 cm)	2
Severe thinness (general growth is found around 0.5 cm)	3

**Table 9: Follow up on chief complaints**

S. No.	Sign and Symptoms	1 <sup>ST</sup> DAY (B.T.)	AT		
			30 <sup>th</sup> DAY	60 <sup>th</sup> DAY	90 <sup>th</sup> DAY
1	Khalitya (Hair Falling)	3	2	1	1
2	Shira Kandu (Itching on Scalp)	3	2	0	0
3	Kesha Rukshata (Dryness of Hair)	3	2	1	1
4	Kesha Kathinya (Harshness of Hair)	3	2	0	0
5	Kesha Tanutva (Thinness of Hair)	3	3	1	0

## DISCUSSION

In Ayurved Khalitya has mentioned in Kshudraroga. Acharya Sushruta explained that when the Vata along with Virudha Pitta reaches Romakoopa causes hair fall and after that Shleshma hindrance the Romakoopa along with Rakta which leads to the stoppage of regeneration of hair and this condition is known as Indralupta, Khalitya or Ruhya<sup>4</sup>. The Samshamana Chikitsa of Khalitya involves Rasayan, Abhyanga. As per Ayurveda, 'Khalitya' (hairs fall) is a sign of ageing process and Rasayana therapy is paramount for ageing disorder. Massage (Abhyang) greatly improves the blood circulation, thus increasing the health of the hair and also scalp. Bhringraj having Katu, Tikta Rasa, Laghu, Ruksha Guna, Ushna Veerya, Katu Vipaka, Rasayana, Keshya properties acted as Amapachaka, Srotoshodhak<sup>5</sup>. Its therapeutic usage of Bhringraj is also described under Palita<sup>6</sup>, Khalati, Indralupta<sup>7</sup>, Sarvajatru urdha Roga<sup>8</sup>. In Ayurvedic literature it has been advised to apply hair oil on scalp everyday i.e. Moordha Taila as a part of Dinacharya to prevent from early greying of hair, premature hair fall and to make hair black with firm rooted<sup>9</sup>. But in fast life of 21st century, no one has time to follow the daily regiments such as Moordha Taila. Therefore, it is obvious those who applied hair oil improperly or insufficiently were likely to suffer from Khalitya. Coconut oil with its Guru, Snigdha Guna, Madhura Vipaka, Sheeta Veerya, Pitta Shamaka, Keshyapriorities pacifies Vata-Pitta and helps in nourishment of hair<sup>10</sup>.

## CONCLUSION

Bhringraj Vati and coconut hair oil were found safe and effective in controlling hair fall and improving the overall condition of hair. This case study shows the successful management of a case of Khalitya (hair fall). The Ayurvedic management of Khalitya has a strong possibility to breakdown the pathogenesis of this disease. The recovery in the present case was promising and worth documenting.

## ACKNOWLEDGEMENT

Pharmacy, G.A.U., Jamnagar.

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## Cite this article as:

Madhumita Panigrahi et al. Management of Khalitya (Hair fall): A Case Report. Int. J. Res. Ayurveda Pharm. 2019;10(4):65-67 <http://dx.doi.org/10.7897/2277-4343.100488>

Source of support: Nil, Conflict of interest: None Declared

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