



## Review Article

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### A REVIEW ON MALTADYA TAIL: A POLYHERBAL FORMULATION FOR INDRALUPTA

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#### ABSTRACT

Hairfall is a Universal problem having affected both sexes. Alopecia is the loss of hair or thinning of hair from the head. Alopecia is of many types depending upon the pattern of hair loss. In Ayurveda hair loss is correlated with Indralupta and Khalitya. Lots of preparations are available in Ayurvedic literature for the treatment of Indralupta and Khalitya. Maltadya tail is one of them. Maltadya tail is mentioned in Chakradatta. Massaging on the scalp regularly with medicated oil alleviates alopecia. Maltadya Tail is packed full of antioxidants and vitamins that help to improve the overall health of the scalp and hair. It is also a very effective treatment for dandruff which can interfere with healthy hair growth. The role of the Maltadya tail on Keshya is preventive, curative and effective.

**Keywords:** Maltadya tail, Indralupta, Khalitya, Alopecia.

#### INTRODUCTION

Hair is an important anatomical structure of the body. It plays an important role in reflecting personality, beauty and protection. Hair loss is one of the most common problems for all age groups. Hair loss is generally considered as Alopecia in modern medicine<sup>1</sup>. Alopecia is the loss of Scalp hair in patches<sup>2</sup>. The exact cause of Alopecia is not known yet. Mainly due to the modern lifestyle, avoidance of head baths, usage of chemicals, stress, allergic manifestations, reduced body resistance and hormonal imbalance<sup>3</sup>.

According to symptoms Alopecia can be correlated to Indralupta and Khalitya. Acharya Sushruta has described Pitta associated with Vata getting into the Romakupa (hair follicles) causes fall of

hairs. Later on, Kapha along with Rakta obstructs the pores of hair and restricts re-growth of hair<sup>4</sup>.

In Ayurveda, there are lots of pharmaceutical preparations mentioned for the treatment of Indralupta and Khalitya. In Ayurveda Acharya Chakradatta has mentioned the Maltadya tail for Shiroabhyanga<sup>5</sup>. Maltadya tail helps to break down Samprapti of Indralupta by the Tridosha shamaka, vatakapha shamaka, Rakta shodhaka, Ushna veerya and Katu vipaka, Lekhana properties.

#### Drug Description

Following ingredients are used for the preparation of the Maltadya Tail.

Table 1: Ingredients

S. No.	Drug Name	Botanical Name	Useful Part	Qty.
1.	Malti (Jati)	<i>Jasminum officinale</i>	Leaf	1 Part
2.	Karveer	<i>Nerium indicum</i>	Root bark	1 Part
3.	Chitraka	<i>Plumbago zeylanica</i>	Root	1 Part
4.	Karanja	<i>Pongamia pinnata</i>	Seed	1 Part
5.	Tila tail	<i>Sesamum indicum</i>	-	4 Part
6.	Water	-	-	8 Part

#### Preparation of the Maltadya Taila

All the given drugs are taken in equal amounts each and prepare the Kalka. Tila tail is taken four times from the total amount of given drugs and water is taken four times Tila tail, after that the taila paka is done<sup>6</sup>.

**Table 2: Ingredients of the Maltadya tail and their pharmacological and therapeutic properties**

Drug Name	Rasa	Guna	Veerya	Vipaka	Doshagnata	Karma	Pharmacological properties
Malti <sup>7</sup> (Jati)	Tikta, Kashaya	Laghu, Snigdha, Mridu	Ushna	Katu	Tridosha shamaka	Rakta prasadana, Kandughna, Kushthaghna, Vishaghna, Vranashodhana, Vranaropana	Antimicrobial, Anti-inflammatory, Anticancer, Diuretic, Hypotensive. <sup>8</sup>
Chitraka <sup>9</sup>	Katu	Laghu, Ruksha, Tikshna	Ushna	Katu	Vata-Kapha Shamaka	Krimighna, Swedajanana, Rasayana, Lekhana, Kaphaghna, Shothahara	Antifungal, Antibacterial, Anticancer, Anti tumour, Anticoagulants. <sup>10</sup>
Karanja <sup>11</sup>	Tikta, Katu, Kashaya	Laghu, Tikshna	Ushna	Katu	Kapha-Vata Shamaka	Rakta prasadana, Kaphaghna, Krimighna, Kandughna, Jantughna, Kushthaghna	Antibacterial, Insecticidal, Nematicidal, Anti helminthic, CNS-Stimulant, Wound healing <sup>12</sup>
Karveer <sup>13</sup>	Katu, Tikta, Kashaya	Laghu, Ruksha, Tikshna	Ushna	Katu	Kapha- Vata Shamaka	Rakta shodhaka, Kandughna, Krimighna, Swedajanana,	Antifungal, Antibiotic, Analgesic, Anticancer, Anti-inflammatory. <sup>14</sup>
Tila tail <sup>15</sup>	Madhur, Katu, Tikta, Kashaya	Guru, Snigdha	Ushna	Madhur	Vata Shamaka Kapha-Pitta shamaka	Vranashodhana Vranaropana, Keshya, Vedanasthapana, Rasayana	Antioxidant, Antitumor, Hypotensive, Hepatoprotective. <sup>16</sup>

## DISCUSSION

Most ingredients of the Maltadya tail have Katu, Tikta, Kashaya Rasa and Laghu, Ruksha, Tikshna, Snigdha Guna predominantly. All ingredients have Ushna Veerya and Katu Vipaka, Vatakapha shamaka and Tridosha shamaka properties. The probable mode of action of the Maltadya tail can understand as follows:

### Laghu Guna

It acts as kapha hara. It reduces Malas and clears the channel (Roma kupa).<sup>17</sup>

### Ruksha Guna

It acts on vitiated kapha. It is absorbing kleda which restricts the re-growth of hair.<sup>18</sup>

### Snigdha Guna

It subsides Vata. Provide tonicity to tissues. It will give smoothness, moisture and oily nature to the hairs.<sup>19</sup>

### Tikshna Guna and Katu Rasa-

Acts for Chedana of Kapha and induce Shodhana of accumulated dosha.<sup>20</sup>

### Tikta Rasa

Amashoshaka, Kapha chhedaka, Lekhana, Srotoshodhana and srotovivarnakari thus decrease Kapha.<sup>21</sup>

### Kashaya Rasa

Helps to absorb excessive Sneha of the localized area.<sup>22</sup>

### Ushna veerya

Acts as strotasa visfark (dilatation) and dosha pachana.<sup>23</sup>

### Katu Vipaka

It promotes Anna pachana and Shodhana.

These all properties open all blockages of hair roots and this drug helps to break Samprapti vighatana of Indralupta.

### Tila Tail (Sesame oil)

The main ingredient of the Maltadya tail is Tila tail. It is Keshya and hot in potency. Sesame oil is spread quickly and absorbed fastly and reaches the target cells. It is brain tonic and nourishing. Essential amino acids (like Cysteine, lysine, arginine, methionine, tyrosine etc.), minerals and vitamins (like folic acid, niacin, nicotinic acid, biotin, ascorbic acid, riboflavin and thiamine) are present in sesame oil.

### Methionine

It is a strong antioxidant. They increase blood supply to the hair follicles, scalp and also play a role in the synthesis of collagen that is responsible for strengthening the hair shaft.

### Lysine

They stop 5-alpha reductase from converting testosterone into DHT which is the main cause of androgenic Alopecia. Also helps the formulation of collagen by absorbing calcium.

### Arginine

They produce against the autoimmune disease which is the main cause of Alopecia and increases the supply of blood to the hair roots.

### Tyrosine

They treat anxiety, insomnia, depression and other stress-related problems that could cause hair to fall.

### Cysteine

They improve immunity and provide strength to the hair shafts.

## Malti

Nourishes the Scalp to give soft, smooth and healthy hair. It has antifungal and antibacterial activity. It protects the hair shaft and prevents hair loss and purifies the blood.

## Chitraka, Karanja and Karveer

They are Antiseptics. These are Antifungal and antibacterial activity, protects hair, relieves dandruff and prevents hair loss.

## CONCLUSION

In today's lifestyle men and women suffer from various hair disorders. It affects physically and physiologically too. Maltadya tail has a strong possibility to break down the pathogenesis of hair loss (Alopecia). It is excellent for nourishing and calms the mind. Maltadya tail improves blood flow and lymphatic drainage removes toxins. It is self-application, easy administration, less time-consuming and economical, with anti-inflammatory, antibacterial and antiseptic properties it can help to treat hair loss as it is effective in treating dandruff and dry and flaky scalp.

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