



## Case Study

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### MANAGEMENT OF KHALITYA WITH MALATYADI TAILAM: A CASE STUDY

Bhairavi Nimbarte <sup>1</sup>, Pratibha Kokate <sup>2</sup>, Priyanka Wate <sup>3\*</sup>

<sup>1</sup> Professor, Department of Kayachikitsa, Government Ayurvedic College, Osmanabad, Maharashtra, India

<sup>2</sup> Professor, Department of Rasashastra & Bhaishajyakalpna, M S Ayurvedic Medical College, Hospital and Research Centre, Gondia, Maharashtra, India

<sup>3</sup> Associate Professor, Department of Dravyaguna vigyana, M S Ayurvedic Medical College, Hospital and Research Centre, Gondia, Maharashtra, India

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#### \*Corresponding author

E-mail: drpriyankawate@gmail.com

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#### ABSTRACT

Hair fall is a universal problem, affecting both sexes of all races. Ayurvedic remedies are popular for men and women with hair loss because they incorporate natural ingredients and have been an effective cure for hair fall since ancient times. In Ayurveda, Khalitya (Hair fall) comes under the title of Shiroroga (diseases of the head) and Kshudraroga (minor skin diseases). Excessive intake of tea, coffee, alcohol, fried food, spicy food, overstress, improper hair care, excessive use of synthetic hair care products, hot climatic conditions, and continuous exposure to dust are the common causes of Khalitya. A 19-year-old female patient came to OPD of the department of Kayachikitsa with chief complaints of Khalitya (Hair fall), kesha rukshata (dryness of hair) and kesha tanutva (thinness of hair) on the left frontal side of the scalp. Malatyadi tailam was advised for external application and general hair care in this case. Malatyadi tailam is an Ayurvedic formulation prepared from medicinal herbs and coconut oil. Progress provided by this remedy was assessed based on the signs and symptoms of the patient before and after the treatment. Abhyanga (head massage) using Malatyadi tailam showed significant improvement in blood circulation, natural growth and shine of the hair.

**Keywords:** Ayurveda, Hair fall, Khalitya, Malatyadi tailam.

#### INTRODUCTION

Hair is often one of the most prominent aspects of an individual's physical appearance. This beauty concern generated a multi-billion-dollar hair care industry retailing its products. The problem is that many of these products contain damaging substances that can negatively impact the hair and vital internal systems like the endocrine and nervous systems. Regrettably, most hair products only succeed in treating the hair superficially and temporarily with hair damage.<sup>1</sup> Alopecia is a common non-scarring alopecia linking the scalp and/or body, characterized by hair loss without clinical inflammatory signs. It is one of the most common forms of hair loss seen by dermatologists and accounts for 25% of all alopecia cases. It accounts for 2-3% of the new dermatology cases in the UK and USA, 3.8% in China, and 0.7% in India. The prevalence was estimated at 0.1-0.2% in the general population, with a lifetime risk of 1.7%. Both males and females are equally affected, but some studies reported male preponderance.<sup>2</sup> Management of hair fall is enormously complex. Although no comprehensive cure exists for hair loss, numbers of treatments are accessible for hair loss.<sup>3</sup> The herbs used in hair care have shown positive results in the system of Ayurveda.<sup>4</sup> Malatyadi oil is one of such time-tested formulations mentioned in Bhaishajya Ratnavali.<sup>5</sup> Malatyadi tailam is prepared from medicinal herbs and coconut oil to treat scalp and hair ailments. The present study showed encouraging results for preventing premature baldness / Khalitya using Malatyadi tailam.

#### MATERIALS AND METHODS

**Ethical Consideration:** Before beginning the treatment, the patient's informed consent was taken as per ICH-GCP, and institutional ethical clearance was obtained.

#### Patient Information

Patient Name – ABC

Age – 19 years

Sex – F

Bala (Strength) – Madhyam (medium)

Sanhanan (Built) – Madhyam (moderate)

#### Chief complaints

1. Khalitya (hair fall)
2. Kesha rukshata (dryness of hair)
3. Kesha tanutva (thinness of hair)

**History of present illness:** The patient has experienced hair fall on the left frontal side of the scalp for 6 months. Progressively she developed kasha rukshata and kasha tanutva. With these complaints, the patient approached Kayachikitsa, OPD of M S Ayurvedic Medical College, Gondia, Maharashtra, India.

**History of past illness:** There was no significant history.

**Family history:** No family member had a history of such ailment.

**Personal history**

**Diet** - Vegetarian  
**Micturition** – 5-6 times/day  
**Appetite** - Medium  
**Sleep** - Adequate  
**Bowel habit** - Regular  
**Addiction** - No

**Eyes** - Normal

**Built** - Madhyam

**Blood investigation** - Not done

**Hetu** (Primary cause): Excessive intake of fried food, junk food, continuous exposure to dust.

**Clinical Findings**

**General examination**

**Pulse** - 80/min,  
**Stool** - Normal  
**Urine** - Normal  
**Tongue** - Coated  
**Speech** - Clear  
**Touch** - Normal

**Samprapti** (Etiopathogenesis): Romakupa / hair follicle contains Bhrajak Pitta. Vitiated Pitta dosha at the root of the hair follicle, along with Vata, is responsible for hair fall. Then Kapha dosha and Vata dosha block the hair follicle and stop hair growth. It leads to Khalitya.

Dosha – Vata, Pitta, Kapha

Dushya – Rakta

Sthansanshraya (site) – Romakupa (hair follicle)

**Diagnosis:** Khalitya (hair fall)

**RESULT AND DISCUSSION**

**Table 1: Treatment plan: External medication**

Name of drug	Dose	Route	Kala	Duration
Malatyadi tailam	Sufficient quantity	Local application	Twice a week at night	60 days

**Table 2: Contents of Malatyadi tailam**

Drug name	Botanical name	Part used	Quantity	Ayurvedic properties	Effect on dosha
Malati	<i>Jasminum grandiflorum</i>	Patra	70 gm.	Tikta-kashaya rasa, Katu vipaka, Ushna veerya	Tridosha hara
Karaveera	<i>Nerium indicum</i>	Twak	60 gm.	Katu-Tikta rasa, Katu vipaka, Ushna veerya	Kapha Vata hara
Naktamala	<i>Pongamia pinnata</i>	Beej	60 gm.	Tikta-Katu-Kashaya rasa, Katu vipaka, Ushna veerya	Kapha Vata hara
Chitrak	<i>Plumbago zeylanica</i>	Roots	60 gm.	Katu rasa, Katu vipaka, Ushna veerya	Kapha Vata hara
Coconut oil	<i>Cocos nucifera</i>	Oil	1 litre	Madhur rasa, Madhur vipaka, Sheet veerya	Vata Pitta hara
Water	--	--	4 litre	Avyakta rasa, Sheet veerya, Laghu guna	Tridosha hara <sup>6-10</sup>

**General Hair care**

1. Hair wash on the next day after oil application.
2. Comb hair only after hair gets dried post-head wash.
3. Avoid tight hair ties.
4. Avoid exposure to dust.<sup>11</sup>

**Table 4: The gradation of Kesha Rukshata (Dryness of Hair)**

Kesha Rukshata (Dryness of Hair)	Scores
No dryness of hair	0
Mild dryness of hair	1
Moderate dryness of hair	2
Severe dryness of hair	3

**Gradation**

**Table 3: The gradation of Khalitya**

Khalitya (Hair Falling by pull test)	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 Kesha Tanutva (Thinness of Hair)**

Kesha Tanutva (Thinness of Hair)	Scores
No thinness of hair	0
Mild thinness	1
Moderate thinness	2
Severe thinness	3

**Table 6: Follow-up, Progress in signs and symptoms of Khalitya**

Sign and Symptoms	1 <sup>st</sup> Day	30 <sup>th</sup> Day	45 <sup>th</sup> Day	60 <sup>th</sup> DAY
Khalitya (Hair Falling)	3	2	1	0
Kesha Rukshata (Dryness of Hair)	3	2	1	0
Kesha Tanutva (Thinness of Hair)	3	3	1	0

Malatyadi taila is one of the taila mentioned for the treatment of Khalitya. A comprehensive mode of preparation is available in Chakra Dutta. With that classical reference in the framework, Malatyadi taila was prepared for this case<sup>12</sup>. Khalitya comes under the heading of 'kshudraroga' in Ayurvedic treatise.

Acharya Sushruta explained that due to hetu sevana, vitiated Vata, along with vitiated Pitta, reaches romakooopa causing hair fall. Subsequently, Shleshma occupied the romakooopa along with Rakta, which led to the termination of hair regeneration. This condition is known as Indralupta, Khalitya or Ruhyan<sup>13</sup>.



Figure 1: Before treatment



Figure 2: After treatment

Pathogenesis of alopecia described in modern medicine exactly resembles the samprapti described by Acharya Sushruta for Khalitya<sup>14</sup>. Due to over-secretion of the sebaceous gland, hair follicles swelled and hardened. It cannot provide nourishment to the hair resulting in hair fall. Due to hardened hair follicles, new hair growth gets clogged. This over-secretion of the sebaceous gland is also seen due to increased androgen levels in the bloodstream. Thus, rise in androgen levels causes hair loss. We can correlate vitiated Pitta with increased androgen level and vitiated Kapha with over secretion of sebaceous gland<sup>15</sup>.

In Ayurvedic literature, it is advised to apply hair oil on the scalp every day; a procedure named moordhataila or shirobhyanga (head massage) as a part of dinarchaya (daily regimen)<sup>16</sup>. This procedure helps in the prevention of premature hair fall and making hair firm rooted. Shirobhyanga dramatically improves blood circulation, promoting healthy hair growth and scalp texture.

Malatyadi tailam consists of coconut oil processed with Malati, Karaveera, Naktamala, and Chitrak. Coconut oil itself, with its guru- snigdha guna, madhura vipaka, sheeta virya resulted in the pacification of Vata-Pitta-Kapha and keshya properties. Collective properties of malatyadi tailam are tikta, katu rasa, laghu-ushna-snigdha guna, katu vipaka, ushna veerya along with tridosahara, aampachak, strotoshodhak, keshya karma.

When Malatyadi tailam massaged on the affected area, its snigdha-ushna guna pacifies vitiated vata. Tikta rasa pacify vitiated Pitta and Rakta. Herbs with Katu-tikta rasa, laghu-ushna guna, katu vipaka and ushna veerya pacify Shleshma. Thus, regular application of Malatyadi tailam corrects the hair fall and promotes new hair growth by allaying tridosha, the chief etiological factor in Khalitya. Malati leaves have sambacin responsible for anti-mitotic activity in alopecia. It is anti-fungal, anti-inflammatory, and antioxidant by nature. Karaveer has anti-fungal properties. Karanj and Chitrak have anti-inflammatory properties, and it promotes hair growth. A combination of these herbs promotes the regeneration of hair follicles. Coconut is rich in arginine, which fortifies the hair follicles, as it helps to relax the blood vessels and promotes healthy hair growth. Based on these inferences, Malatyadi tailam can be considered a trichogenous formulation<sup>17</sup>

## CONCLUSION

In Ayurveda, hair fall has been described under kshudra roga as Khalitya. It is mainly Pitta dominant tridoshaj vyadhi. The Pathogenesis of alopecia described in modern medicine correlates with the samprapti of Khalitya described by Acharya Sushruta. In Ayurvedic literature, Malatyadi tailam is mentioned as the best treatment of Khalitya. In this case, Malatyadi tailam improved blood flow, thus increasing natural hair growth and lustre. Kesha rukshatva and tanutva were also diminished within the stipulated

time of treatment. In addition, it is a very safe and inexpensive therapy for Khalitya.

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