

A Clinical Study To Evaluate The Efficacy Of *Kayyonyadi Tail Shirobhyanga* In The Manage Ment Of *Akal Palitya*

Ashwini Vitthalrao Banbare*¹, Ramesh Dnyanoba Sonwane²

1.PG scholar ,Panchakarma Department.

2.PG Guide And Associate Professor ,Panchakarma Dept.

CSMSS Ayurvedic Mahavidyalaya ,Kanchanwadi, Aurangabad,Maharashtra

Abstract

Premature greying of hair i.e. *Akal Palitya* is a burning cosmetic issue in present era.. Hair colour contributes immensely in physical appearance and self-perception. Nowadays, the incidence of *Palitya* is common in young age. In Ayurvedic system of medicine it is described as “*Akalapalitya*” means graying of hairs before 32 years of age (*Tarunastage*), which is caused by excess of *Ushnaguna* of *Pitta*. Hair follicle melanocytes depletion leads to hair greying affected by bulb & outer rootsheath. Unfortunately contemporary medical science does not offer any satisfactory Treatment. *Shiroabhyanga* comes under one of the four *Murdhni tail*, which are basically used for the management of *Shiroroga*. It is best among four *Murdhni tail* procedures. So, there is need to find a safe and effective remedy in the management of *Akal Palitya*, which initiated for the study.

Introduction

Premature greying of hair i.e. *Akal Palitya* is a burning cosmetic issue in present era. Hair colour contributes immensely in physical appearance and self-perception. The onset and progression of greying or canities correlate very closely with chronological aging and occur in varying degrees in all individuals, eventually regardless of gender or race. Nowadays, the incidence of *palitya* is common in young age between 20-30 years age group. Even in children the incidences are increasing day by day. Premature greying aids to embarrassment and social stigma. Ayurveda premature or graying of hair is called as *Palitya*¹

The main aetiology of *palitya* is vitiation of *dehoshma* and *ushnaguna* of *pitta* circulates to *romakoopa* and causes *paka* of hair². It is not a serious disorder but any changes in body abnormally are not good for health. It is counted as *Kshudraroga*³. *Palitya* has two phenomenon one is normal and other is abnormal.⁴ In Ayurvedic system of medicine it is described as “*akalapalitya*” means graying of hairs before 32 years of age (*Tarunastage*), which is caused by excess of *ushnaguna* of *pitta*. Color of hair is mainly due to melanocytes present in hair cells. Hair follicle melanocytes depletion leads to hair greying affected by bulb & outer rootsheath⁷

Unfortunately contemporary medical science does not offer any satisfactory treatment other than artificial coloring of hair (dyeing). This regular dyeing will lead to many adverse effects like hair fall and other scalp diseases. Understanding hair and related problem reflects the psychological and pathological conditions of whole body system. In lexicons of *Ayurveda* concept of *Akala Palitya* has been explained and different types of satisfactory treatment without any side effects have also been discussed by different authors.

Abhyanga has been mentioned as a regular procedure to be performed for maintenance of health and prevention of certain non-manifested and upcoming disorders⁸. The *Shiroabhyangais* coming under the classification of the *Murdhni tail*. *Kayyanyadi Tail* is one of the best drugs used in the management of *palitya*⁹. It is easy for external application, easily available and very cost effective.

A case report

A 21 years old girl, reported to the CSMSS College of *Ayurveda* and hospital, Aurangabad with the complaints of white hairs, Dry splited hair, Unctous thick hairs, burning sensation of scalp since one year. Patient was apparently normal before 1yr month. Gradually he developed Burning in her scalp along with hair fall. For that she approached contemporary medical sciences for treatment. But his complaints did not subside and which were aggravated in hot climate. So she came

to our hospital, *Shiroabhyang* treatment with administration of lukewarm *kayyanyaditaila* for 15 minutes for 90 days.

Aim

- A Clinical Study To Evaluate The Efficacy of *KayyanyadiTailaShiroabhyanga* In The Management of *Akalapalitya*.

Study Type:

Clinical study: Source of Data: Patients of *AkalaPalitya* was selected randomly from OPD and IPD of *Panchakarma* department in our *Ayurvedcollege*, Hospital, urban and city of Aurangabad. Criteria for diagnosis of *Palitya* were selected on the basis of sign and symptoms described by *Vagbhat in Samhita*.¹⁰ Patients have been given *Shiroabhyanga* of *Kayyonyaditail* up to 15min that is 900 *matra* or 285 sec.

Duration Of Study: daily up to 90 day.

Follow-up: Baseline, Day 30

Material: *Kayyanyadi Tail*.

Method:

Kayyanyadi Tail was prepared as per *Tailpakvidhi* as per *Shrangdhar samhita*¹¹. This lukewarm *Taila* was applied on scalp gently with finger tips up to 15 minutes and then washed the hairs with lukewarm water. This tail was applied up to 90 days.

Procedure of *Shiroabhyanga*

The *Shiroabhyanga* is one among the *Bahrparimarjana chikitsa*¹² which is done in following methods.¹³

Poorvakarma:

The patient was made to sit on a knee high chair. The body of the patient was wrapped with a cloth below the neck then the procedure was followed by standing behind the patient; it is ideal position to perform *Shiroabhyanga*.

Pradhankarma

The technique included smearing the oil to the portions of the scalp above the neck and specific strokes were placed.

1. Smearing the oil –

The oil for application was first heated on a water bath to make it lukewarm. Then the oil was

applied in to the head of the patient and spread all over the head including the neck and ear pinna.

2. Massage from before backword (*Gharshan Hasta*) After smearing the oil massage the whole head and then neck, moving palmer surface of the hand from before backwards applying gentle as well as firm pressure. complete area of the scalp were covered.
3. Picking strokes (*MridvanguliTadana*) – Fingers of the both hands were moved as if picking up tuft of hair. The fingers were partially approximated and then gently and firmly placed on the scalp. This procedure was gentle producing mild traction effect on hair. By this way each area of the head was similarly treated.
4. Flat palm strokes (*DvihastaTadana*) – Gentle strokes were placed with the palmer surface on the scalp by both hands. Strokes were followed on vertex, occipital and temporal region.
5. Fist strokes (*MriduMushtiTadana*) – In this gentle strokes were placed on all areas of the head with the closed fist through the ulnar border.
6. Pressing (*Ghatita Hasta*) – Flat of the palm were placed on the patient's head and moulded in to the shape of the scalp so that every portion of the palmer aspect of the palm and fingers comes in contact of the head.

Pascchatkarma:

After following this procedure the patient was asked to rest on the chair for about 15 minutes and then advised to take head bath with hot water.

Criteria for inclusion

- Sex- either
- Economical status- All Class
- Age 15-30
- Patient having classical sign and symptoms of *Palitya* and mentioned in *samhita* like *Keshavarna* (color of hairs), *rookshasphutit* (Dry split hair), *Snigdhaschoola* (unctuous thik hair), *daha* (burning sesation)

Criteria For Exclusion

- Patient suffering from skin diseases and any of the systemic diseases.
- Patient with pernicious anaemia and any other autoimmune diseases.
- Patient with hormonal diseases and hereditary disorders.
- Patient with age below 15 years, above 30 years

Criteria for assessment

- 1.Colour of hair(*Keshavarna*)
- 2.Drysplitted hair(*Rookshasphutit*)
- 3.Unctous Thick hairs(*Snigdhasthoola*)
- 4.burning sensation of scalp(*Daha*)

1.Colour of hair(*Keshavarna*)

Features	Grade
Krishna varna	0
Ash colored	1
Yellowish	2
White hairs	3

2.Dryspilted hair(*RookshaSphutitaKesh*)

Feature	Grade
Normal	0
Dryness visible	1
Dryness felt by touch	2
Dryness felt with spilled hairs	3

3.Unctuous thick hair(*Snigdhasthool*)

Features	Grade
Normal	0
Unctuous visible	1
Unctuous felt by touch	2
Unctuous Felt with spilled hairs	3

4.Burning sensation(*Daha*).

Features	Grade
No burning sensation	0
Mild(localized burning without disturbed sleep)	1
Moderate(localized burning with disturbed sleep)	2
Severe(burning all over the scalp with disturbed sleep)	3

Scoring

Absent	0
Mild	1-3
Moderate	4-6
Severe	7-9
Very severe	10-12

Overall effect of Therapy *snehan*

Severity of *palitya*: For assessing the severity of *palityain* each patient the above adopted scores and assessed as follows.

GRADE score

- Absent -0 (0)
- Mild -1(1-4 score)
- Moderate- 2 (5-8 score)
- Severe- 3 (>8 score)

Content of *Kayyanyadi Tail*¹⁴

- *Kayyoni*
- *Amalaki*
- *Guduchi*
- *Madhuk*
- *Payasa*
- *Anjana*

Symptoms	Before treatment	After treatment
Colour of hair(<i>Keshavarna</i>)	3	1
Dry splitted hair(<i>rookshasphutit</i>)	1	0
Unctousthick(<i>snigdhasthoola</i>)	2	1
Burning sensation of scalp(<i>daha</i>)	3	1
Total	9	3

Results:

Before starting the treatment his score was 9 which came under the severe, but after taking of treatment and 30days follow up score was reduced to After treatment patient got relief from his complains, but unctuous thick hairs was present in the patients with Grade2. And after follow up of 30 day, the score was the remains same that which was after the treatment by applying the *Kayyanyadi tail* as local application with light massage at night time once in whole day before going to bed.

Discussion:

As *Palitya* is one among the *Ksudra Roga*¹⁵.In classics with *Vikrit Pitta Dosh*predominance and *Shiroabyangais* mentioned as the treatment for curing the disease.Mostof the contents of *Kayyanyadi tail aresheet viryatmak,keshya, Pittashamak* properties,works as *Rasayan* by which the effect of *Kayyanyadi Tail* on *Palitya* is considerable. *Shiroabhyanga* is maintained to having *keshya karma*¹⁶. it was advised for the patient in *Shiroabhyanga*.

Conclusion:

This study it reveals that *Shiroabyangais* an effective treatment for its management. It also proves that *Kayyanyadi Tail* is effective for used as *Shiroabyanga*along with local application for scalp. As it was said to the patient to apply the *Tail*during night hour before going to bed shows the time of contact of oil with the scalp, which gives the *Snehana*effect for long time. By virtue of *Snigdha, Sukshma, Vyavayi, Vikasiand Tikshna*property of *Tail*it penetrates the scalp and pacifies the *Pitta* and *Vatadosha*. Hence use of *kayyonyadiTail*is very good choice of treatment.

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