

A Case Study Of Tiladi Tail Shiroabhyanga In The Management Of Khalitya.Author- **Dr. Karuna Prasad Pentewad**

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Abstract –

In today's corporate life, prime importance is given to your appearance, personality and beauty. Hair plays an important role in making body externally beautiful, healthy and good looking. Long hair makes a person mentally enthusiastic and healthy. Who are mostly suffering from this problem is the young population. Susceptibility of hair fall is more in male than in female.

Present study is carried out to know the traditional Ayurvedic treatment for Khalitya. For Khalitya Shiroabhyanga is one of the best choice of management for its prime role in maintaining hair growth and preventing Khalitya. Massage (Abhyanga) greatly improves the blood circulation, thus increase the health of hair and also scalp. The present study showed significant reduction in hair fall, dryness. Tiladi Tail was found effective in Khalitya along with significant effect on associated complaints.

Introduction-

Appearing reasonably dignified beautiful or handsome is the dream of every individuals. In this regards the status of hair plays a very important role in maintenance of health. The hair is absolutely essential to create a picture of overall health. According to survey up to 40% of man and 25% of women in India are victims of hair fall.

Khalitya as described in Ayurvedic texts has features similar to that of 'alopecia', which is the medical description, literally means "loss of hair" this condition both male and female.

As per Ayurveda Khalitya is a disease with Vata Pitta dominance, increased Pitta Dosha along with Vata Dosha at the root of hair follicles causes hair fall, at the same time Kapha Dosha with Rakta Dosha blocks the roots of hair follicles with result into Khalitya.

Shiroabhyanga comes under the classification Murdhni Tail. Shiroabhyanga is a choice of treatment in promoting hair growth. It plays an important role in curing disease of head. It is in growth of hair, strength and softness hairs. This procedure stimulates the hair roots and increase the blood circulation of scalp.

Tiladi Tail is one of the best drug used in the management of Khalitya. Tiladi Tail is having

Snigdha, Madhur, Mrudu properties and Vata Pittaghna, Kesha, Rasayan, Balya karma which helps breakdown the pathogenesis of Khalitya. It is easy for external application and easily available as well as cost effective.

A Case Report-

A 23 year old male, reported to the SMBT Ayurveda college and hospital, Dhamangaon, Nashik. With complaints of Khalitya, Kesha, Rukshata, since 4 month. Gradually he developed Dryness of hair along with hair fall. For that he had taken treatment of allopathy medicine for few days but he was not satisfied. When he visited to OPD first of all we carried out his routine blood investigation as complete blood count, Sugar level, renal function test, urine routine examination and thyroid function to rule out any possible associated disorders. But these investigations were found within normal limit. There was no significant past history of any other chronic illness in patient. No history of any type of addiction was found.

Then in our hospital we started Shiroabhyanga treatment with administration of lukewarm Tiladi Tail for 10 minutes for 30 days.

Aim-

A case study of Tiladi Tail Shiroabhyanga in the management of Khalitya.

Material and methods-

Patient of Khalitya was taken from OPD of Panchkarma department in SMBT Ayurved college and hospital , Nashik.

Duration of study – Daily for 30 days

Follow up- Baseline, 45, 60 days

Material- Tiladi Tail

Method-

Tiladi Tail was prepared as per Tailpakvidhi as per Sharangadhar Samhita.

This lukewarm Tail was applied on hair and scalp gently with finger tips upto 10minutes and then washed the hairs with lukewarm water after 1 hour. This Tail was applied upto 30 days.

Ingredients of Tiladi Tail

Yashtimadhu

Til

Til Tail

Kshira (MahishiKshir)

Water

Procedure of Shiroabhyanga-

Shiroabhyanga is the best choice of treatment for Khalitya.

It is one among the BahirparimrjanaChikitsa Which is done in following method.

1)Purvakarman-

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

2)Pradhankarman –

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

Smearing the oil –

In that the oil was applied on the head of the patient and spread all over the head including the neck and ear pinna.

Gharshan Hasta –

After smearing the oil massage the whole head and the neck moving Palmer surface of the hand from front to backwards applying gentle as well

as firm pressure. Complete area of the scalp were covered.

Mridvanguli Tadana –

Fingers of the both hands moved as if picking tuff 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.

DvihastaTadana–

Gentle strokes were given with the Palmer surface on the scalp with both hands. Strokes were followed on vertex, occipital and temporal region.

MridumushtiTadana –

In this gentle stroke were placed on all area of the head with the closed first through the ulnar border.

Ghatita Hasta –

Flat of palm were placed on the patient head and moulded into the shape of the scalp so that every portion of the Palmer aspect of the palm and fingers comes in contact of the head.

3)Pacchatkarman –

After following this procedure the patient was asked to rest on the chair for 60 minutes and then advised to take head bath with lukewarm water.

Criteria for assessment-

The improvement in the sign and symptoms of Khalitya were assessed by 1 monthly after treatment 30 days.

To assess the effect of therapy, all the signs and symptoms were given scoring depending upon their severity.

A special scoring pattern was adopting for the symptomatic relief of subjective and objective parameters as follows during assessment period which are mentioned as below.

1) Khalitya (hair falling) :

- No hair fall :0
- Mild hair fall : 1
- Moderate hair fall : 2
- Severe hair fall : 3

2) Kesha rukshata (dryness of hair) :

- No dryness of hair : 0
- Mild dryness of hair : 1
- Moderate dryness of hair : 2
- Severe dryness of hair : 3

Scoring :

Absent	0
Mild	1-2
Moderate	3-4
Severe	5-6

Follow up :

Absent – 0, mild- 1, moderate- 2, severe – 3

Symptoms	Before treatment	After treatment
Khalitya	3	1
Kasha Rukshata	3	0
Total score	6	1

Results:

Before starting the treatment his score was 6 came under severe, but after taking of treatment and 30 days follow up score was reduced to 1. After treatment patient got relief from his complaints.

Discussion:

As per Ayurveda Khalitya is a disease with Vata Pitta dominance and increased Pitta Dosha along with Vata Dosha at the root of hair follicle causes hairfall at the same Kafa Dosha with Rakta Dosha block the roots of hair follicle which results into Khalitya.

Ingredients of Tiladi Tail has mainly Snigdha, Madhur, Mrudu properties Sheet virya and Vata Pittaghna , Keshya, Rasayan, Balya Karma by which the effect of Tiladi Tail on Khalitya is considerable.

Shiroabhyanga is mentioned to having Keshya Karma. It is useful in growth of hairs strengthen and softness of hairs. This procedure stimulates the hair roots and increase the blood circulation of scalp. This procedure shows the considerable effect on Khalitya.

Conclusion:

This study it revels that Shiroabhyanga is an effective treatment for management of khalitya . it also proves that

Tiladi Til is effective for use as Shiroabhyang along with local application for scalp and hairs. As was said to the patient to apply this Tiladi Tail on scalp and hairs gently with finger tips upto 10 minutes which gives the Snehana effect by virtue of Snigdha, Maadhur, Mrudu, Vyavayi Vikasi

, Sheet and Tikshna properties of tail. It penetrates through scalp and reaches to hair roots. And along with Keshya, Vata pittaghna, rasayan, balya Karma of this Tiladi Tail controls the pitta and Vata Dosha .

Hence, use Tiladi Tail Shiraabhyanga on Khalitya is very good choice of treatment. The plus point of Ayurvedic management is absence of any hazardous effect which is great benefit to the patient in view of acceptance of Ayurveda, globally to lead a healthy life.

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