



**A CLINICAL STUDY OF NASYA IN KHALITYA WITH SPECIAL REFERENCE TO
“NASA HI SHIRSODWARAM”**

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ABSTRACT

In Ayurveda, special procedure called Nasya has been mentioned. Nasya is indirectly connected with the brain centre in the head. Perfect balance of oxygen levels in the body can be attained with *Nasya Karma*, thereby also clearing all the morbid *Doshas*. Hence, in the present study *khalitya* which is one of the *Urdhvajatrugata Roga khalitya* has been selected and for its management *Nasya karma* with *Shadbindu taila* in the form of *Shodhan Nasya* has been planned. Hence, the present study is selected with aim to find out the most effective response of *Nasya Karma* in *Khalitya*. Assessment was done before treatment, on 21st day after treatment and on 42th, and 63 day of follow up. Study showed that among the 30 patients, 10% got markedly improved, 73.33% got moderately improved, 16.66% got mild improvement 0% had no response. Analysis of the result clinically showed that *nasya vidhi* with *Shadbindu taila* provided a significant relief in the sign and symptoms of *Khalitya* mainly in hair fall and breaking of hair.

KEYWORDS: *Khalitya, Nasya, Shadbindu Taila.*

INTRODUCTION

According to survey upto 40% of men and 25% of women in India are victims of hair fall. Even thousand years ago, in *Ayurvedic* literature, so many types of daily regimens for hair care have been described in the chapter of *dincharya* and *ritucharya* Which includes some procedures like *moordhini taila, nasya, snana* etc. While, in 21st century with modernization in each and every walk of life, a person has neither time to think and act for healthy life nor to follow the proper *dincharya* and *ritucharya*. Early hair fall has been attributed to be the result of varied factors like hormonal imbalance; employed counter measures are Turing short for curing it, to solve the above query and to find out a promising remedy the present study has been undertaken. In *ayurvedic* approach, falling of hair is coined out as in term of '*khalitya*' under the broad heading of *shiroroga*. For *khalitya nasya* is the choice of management and when is done with that taila which is medicated by hair growing drugs, is more efficacious, so in this present study *shadbindu taila* advocated in *Bhavprakash* for *khalitya* has been selected. The literal meaning of the word 'Nasya' is being in nose or all things which are beneficial to the nose. Nasya is one of the important *Panchakarma* which is routinely practices by *Ayurvedic* physician. It is used for prevention and treatment of

various diseases. *Nasya* is the method in which various form of drugs like medicated oil *Churna* will be made to pass through the *Nasa Marga*, is mainly useful in the diseases of supra clavicular region. Various literature from the *Ayurveda* text clearly indicates that the drug administer through the nose may act on the brain. *Nasa* is consider as one of the *Panch gyanendriya* whose fuction are not only limited for olfaction and respiration but also considered as a pathway for drug administration. Since it is described as "*nasa hi shirso dwaram*".^[1]

AIM AND OBJECTIVE

Evaluate the efficacy of *Shadbindu tail nasya karma* in *Khalitya*.^[2]

MATERIAL AND METHOD

Patients attending the O.P.D. and I.P.D. SHUBHDEEP AYURVED COLLEGE AND HOSPITAL, INDORE, fulfilling the criteria of the disease were selected and randomly distributed in to irrespective of their age, sex, religion etc.

No. of Patients	Drug	Dose	Days Duration
30	Shadbindu Tail	Each Nostril 6 Drops	21 Continue Days

Inclusion Criteria

Patients other than those who were excluded and coming within age of 18 to 40 years were included without any bar of caste, sex, religion and occupation.

Exclusion Criteria

Patients whose age is less than 18 and above 40 years. Patients having hereditary history of baldness or having history of hair loss due to injury or having the *Asadhya Lakshna* was not be included in this study. Patient suffering from any severe systemic disease is excluded.

Clinical Study

(*Shadbindu Taila Nasya, 30 patients completed*)

CRITERIA FOR ASSESSMENT

To facilitate the statistical analysis of the effect of therapy, scoring system was adopted. Regeneration of Hair in localized or overall Hair loss and Cessation of hair fall was counted as the main feature to assess the effect of therapy.

A. GRADATION OF HAIR LOSS ON SCALP REGION

Severe (hair fall on simple stretching)	3
Moderate (hair fall on washing)	2
Mild (hair fall on combing)	1
Absent	0

B. Shirokandu

Severe (coming more than 5 episode in a day)	3
Moderate (coming 3-4 episode in day)	2
Mild (coming 3-4 episode in a day)	1
Absent	0

C. Darunaka

Severe (Permanent seen)	3
Moderate (seen after 2-3 days after hair wash)	2
Mild (occasionally seen)	1
Absent	0

D. Roughness

Smooth Hair Surface	0
Occasional rough hair surface	1
Slight rough hair surface	2
Rough hair surface	3

RESULT AND OBSERVATION

Table No. 1: Effect on Chief complaints in 30 patients of KHALITYA.

Chief Complaints	Mean		N	S.D.	S.E.	T	D.F.	P
	B.T.	A.T.						
<i>Khalitya</i>	2.2667	.8667	30	.62146	.11346	12.339	29	.001
Darunaka	1.8667	.7333	30	.43417	.07927	14.297	29	.001
Kandu	1.633	.7667	30	.50742	.09264	9.355	29	.001
KeshaRukshata	1.8687	.667	30	.7849	.14331	8.839	29	.001
KeshaKathinya	.3000	.1667	30	.3487	.06312	2.112	29	.001
KeshbhoomiSweed	1.533	.7667	30	.50401	.09202	8.332	29	.001
KeshabhoomiDaha	1.3667	.5000	30	.68145	.12441	6.966	29	.001

Table No. 2: Over All Percentage of Reliefe (Shadbindutaila).

S.No.	CHIEF COMPLAINT	PERCENTAGE OF RELIEF
1	<i>Khalitya</i>	61%
2	<i>Darunaka</i>	60%
3	<i>Kandu</i>	53.07%
4	<i>KeshaRukshata</i>	67.80%
5	<i>KeshaKathinuya</i>	44.443%
6	<i>KeshabhoomiSwed</i>	50.003%
7	<i>Keshabhoomi Daha</i>	63.41%

Table no 3: Patients wise relief percentage.

SL NO	OPD NO	Relief %
1	6080	55.55%
2	6078	57.14%
3	6103	42.85%
4	6081	50%
5	5660	55.55%
6	5097	66.66%
7	4667	40%
8	5653	62.58%
9	5238	76.92%
10	5244	54.54%
11	5237	80%
12	5243	57.14%
13	5234	80%
14	4666	45.45%
15	4665	66.67%
16	4823	66.67%
17	4814	50%
18	4664	50%
19	4112	66.67%
20	4078	66.67%
21	3986	63.63%
22	3985	55.55%
23	3987	75%
24	3891	28%
25	3887	55.55%
26	3855	53.33%
27	3854	69.23%
28	3842	53.84%
29	1155	75%
30	1169	46.15%

Table 4: Overall Effect Therapy (shadbindutaila).

Result	Percentage
Complete Cure	0%
Markedly Improved	10%
Moderately Improved	73.33%
Mild Improvement	16.66%
No response	0%

DISCUSSION

For the *Nasya Karma remedies* are proper with various drug which are above described: When tail is prepared by the *Taila Paka Vidhi* according to "*Sanskaro hi gunantaradhanam*"^[3] their invidual properties emerged

in to each other and emerges some new properties. Whereas this Tail when applied as *Nasya* would act as a *Shirovyadhishamaka*, which is the *Prabhava of Nasya* as described in the effects of *Nasya*. Moreover, *Nasya* would help in internal correction of the *dosha* working locally by their position in the scalp and nutritive the

roots of the hair would avert hair, so hair falling would be stopped. The tails has *Laghu, Sukshma, Tikshna, Snigdha* properties and it was prepared with *Keshya* durg. It would act on *Pitta dosha*, which is main causative factor of *Khalitya*.^[4] The obstruction of *Srotas* will clear by the *Sukshmaguna*, which affects the growth of new hair. Regarding this many references have been found for the use of tail in daily routine. Before *Nasya karma* we had done *Purvakarma (Shiroabhyang and MruduSwedana)*. Both *Purvakarma* would decrease the *Rukshata* of scalp & doing, *Srotomukha Vishodana* and exoriated the *Prakupit*.^[5]

Probable Mode of Action of Drug: The ingredients of these drugs are:

Drug: *Erand, Tagar, Shatawari, Jeevanthi, Rasna, Saindhav, Bhrumraj, Vidanga, Yashtimadhu, Shunthi.*

Rasa: *Katuras 50% Madhura (40%), Tikta (40%) and Kashaya (30%) Rasa, Lavan 10%. Guna: Guru (30%), Snigdha (70%), Ruksha (20%), Laghu(60%). Virya: Ushana (60%), Sheet (40%) Vipak: MadhuraVipak (60%) & KatuVipak(40%)*

THERAPY

According to *susrut nasya* may be given repeatedly at the interval of 1,2,7 and 21 days.^[6] depending upon the condition of the patients and the disease he is suffering. In this *shadbindu tail* was advocated to the patients as *Nasya* medication in the selected dose of 6 drops in each nostril for 21 days. After completion of *Shodhana Karma* follow-up was done after 42 days. Follow was given to the patients for 63 days.

CONCLUSION

Above study plan showed that in case of "*khalitya*" *Nasya karma* was given good result. **Samyak snigdha lakshanas** was found in almost patients in present study, all patients were treated with only *Nasya Karma by Shadbindu tail*. If *Nasya karma* performed with *Shodhan chikitsa* then it will be give better result in short duration. *Nasa hi Siraso dwaram* being a *Chikitsa Siddanta* is proved beyond doubts for all times and its utility and applicability is proved in this era too as being effective in *Khalitya* in this study.

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