



A Clinical Study on *Bhringraj* Tablet in the Management of *Khalitya*

Dipa Mehta^{1*} and Ankita Viroja²

¹Dept. of Dravyaguna at Govt. Akhanand Ayurvedic College and Hospital, Ahmedabad, Gujarat, India

²Bhargava Ayurveda Hospital and Panchkarma Centre

Abstract

Khalitya is also called Kesharoga in Ayurveda. Acharya Vagbhatt has mentioned Rasayan and Keshyadravyas as a treatment of Khalitya and also helpful to nourish the root of hair. Acharya Susruta said that proper use of Rasayan and Keshyadravyas leads to stoppage of hair fall, increase in length and number of hair and preventing hair from becoming gray or white. In this clinical study patients were treated by Bhringraj tablet and it was very effective in khalitya due to Bhringraja, having Keshay and Rasayan properties.

Keywords

Keshya, Rasayan, Khalitya



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INTRODUCTION

The hairs play an important role in making body externally beautiful at all account. Beauty has very important role in our life. Hair plays very vital role in our beauty. The drug Bhringraj is very well known for its Keshya properties as described by various Acharyas. But a scientific base of this aspect is still further needed. So the present study has been framed to assess its result on multifold parameters Hairfall is a physiological phenomenon, generally after the mid forties, but it is considered as a disease if it occurs before this period.

For the treatment of the Hairfall, so many drugs are mentioned in Ayurvedic classics, out of them Bhringraj is a very well known medicinal drug, which is easily available and within the reach of common man. Bhringraj has been mentioned as Keshya & Keshrogahara by the various ancient Ayurvedic acharyas. In Kaidev & Bhavprakash Nighantu, Bhringraj has also been mentioned as Keshya, Keshrogahara and Rasayanadravya. Exceptionally, AstangHridaya has described Bhringraj as a Rasayanadravya in its Rasayanvidhimadhyay.

Charak also stated that Markav is useful in the treatment of Raktapitta as one of the

ingredients of Raktapittanashaka yoga and Krimihardravya in the form of Prkritivighat chikitsa.¹ Acarya Susruta has mentioned In Chikitsa and Kalpasthana Bhringraj is used in the treatment of Khalitya and Palitya and he proved its Keshya activity². Susruta also stated its Vishahar property AstangHridaya placed a synonym Markav in two places and he mentioned it is one of the ingredients of Rasayana Kalpa for Rasayana Karma (A. H. U. 39/163), in the present study we proved that.

AIMS AND OBJECTIVES

To assess the clinical effect of Bhringraj on Khalitya.

MATERIAL & METHODS

Clinical Study

For the present study, patients fulfilling the clinical criteria for diagnosis of Khalitya were selected irrespective of their age, sex, religion etc., in random from O.P.D. section of I.P.G.T. & R.A., Jamnagar.

Criteria for diagnosis :

The patients were diagnosed for Khalitya on the basis of Lakhsana Samuchaya of the Vyadhi laid down in the different classical literature of Ayurveda.

Plan of work:



Research performa - The selected patients were subjected to through clinical examination following the special proforma prepared. It also included the Dashavidha Pariksha on Ayurvedic lines. A detailed clinical history was noted and the complete physical examination was done on the basis of proforma.

Investigation - Routine hematological, Bio-chemical, Stool and Urine investigations were carried out before and after the drug treatment.

Treatment schedule:

Bhringraj Tablet internally alongwith external application of BhringrajTaila.

Duration : 8 Weeks

Dose: 4 Tab thrice a day. (each of 500 mg)

Anupana: Water.

Preparation of Drug

BhringrajTablet:

The tablet of Bhringrajpanchangcurna was prepared in the pharmacy of I.P.G.T. & R.A. Each tablet was approximately 500mg. In weight.

Follow up:

For the purpose of followup study patients were advise to come for one month after the completion of treatment.

Criteria of Assessment :

All the patients were examined weekly during the treatment. Criteria of assessment was kept on the basis of relief in the signs and symptoms of the disease Khalitya. For this purpose, cardinal signs and symptoms were given scores according to their severity before and after treatment.

Criteria For The Assesment Of Total Effect of The Therapy

The total effect of the therapy was assessed on the basis of following criteria :

Complete remission : 100% relief in signs and symptoms without any recurrence for a period of 1 month after treatment.

Markedly improved: More than 75% relief in signs and symptoms without any recurrence for a period of 1 month after treatment.

Moderately improved: 40-75% relief in signs and sypoms without any recurrence for a period of 1 month after treatment.

Unchanged: Less then 40%

RESULTS (Table - 1)

The mean initial symptoms score for Hairfall was 2.37 which reduced to 0.37 after the treatment. Thus Hairfall was reduced to 84.21 % which was highly significant ($P < 0.001$).



For the symptoms of Darunak, the mean score before treatment was 1 which reduced to 0 after the treatment. This relief was 100 % which was highly significant ($P < 0.001$).

Table 1

ss	B.T. Mean	A.T. mean	% relief	SD	SE	t	P
Hair Fall	2.37	0.37	84.21	0.51	0.12	15.49	<0.001
Darunak	1	0	100	0.81	0.20	4.89	<0.001
Kandu	1	0	100	0.57	0.14	6.53	<0.001
Keshrukshtva	1.12	0.12	88.88	0.51	0.12	7.14	<0.001
Keshtanutva	0.56	0.25	55.55	0.47	0.11	2.61	<0.01

For the symptoms of KeshaRukshatva, the mean score before treatment was 1.12 which reduced to 0.12 after the treatment. This relief was 88.88 % which was highly significant ($P < 0.001$).

For the symptoms of Kesha Kathinya, the mean score before treatment was 0.56 which reduced to 0.25 after the treatment. Thus Kathinyata was reduced only 55.55 % but statistically significant ($P < 0.01$).

DISCUSSION

The symptoms of Keshapata, KeshaRukshatva, Darunaka, KeshaTanutva and Kandu are occurred mainly due to Pitta and Vata. The Bhringraj worked on Pitta and Vata due to its Rasayana and Keshya properties

The Rasa of the drug had the dominance of Tikta, which is said to be Pitta shamaka. Tikta and Katu Rasa present in Bhringraj

For the symptoms of Kandu, the mean score before treatment was 1 which reduced to 0 after the treatment. This relief was 100 % which was highly significant ($P < 0.001$).

possess the antagonistic properties to that of Kapha and Ama. UshnaViryatva of drug will helpful for removing the obstruction of the Srotas. Again it would work for the Vatavidhi.

The Guna of the drug is Keshya and Rasayana. It is also indicated as a Prabhava. The Rasayana therapy has been stated as a measure to contribute excellently and has been maintained the integrity of Saptadhatu of the body and thus increase the longevity. One of the effects of the Rasayana drugs is said to be Vishaghna also.

As Amavisha plays a role in the production of Khalitya because of their Agnivridhikar property Rasayana drugs increase digestive power, which digests Amarasa. Thus the proper production of Rasadidhatu take place which in turn helps a sound production of the successive dhatus and as such, the



malas of those dhatus are also produced properly.

CONCLUSION

Bhringraj is one of the effective keshyadrug and also has rasayan property which can use as routine remedy as well as khalitya disease.



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