

CASE STUDY

Management of *Khalitya* using *Bhringrajadi* Oil – A Case Report

Author: Malvika Badyal¹

Co Authors: Veenu Malhotra²

^{1,2}Department of Samhita & Siddhanta, Babe Ke Ayurvedic Medical College & Hospital, Daudhar (Moga- Punjab), India

ABSTRACT

Khalitya is a dermatological disorder characterized by gradual hairfall. It is a *Tridoshaja Vyadhi* dominated by *Vatta-Pitta*. In *Khalitya*, hairfall is primarily caused by aggravated *pitta dosha* along with *vata dosha* at the root of hair follicle; while at the same time, *kapha dosha* with *rakta dosha* blocks the roots of hair follicles.

Most Ayurvedic manuscripts have described hair disorders under *Kshudra Roga* with names like *Khalitya*, *Palitya*, *Indralupta*, *Darunaka* etc. However, it has been mentioned as *Tridoshaja Vikara* in *Sutrasthana* while *Vagbhata* has mentioned it under *Shiroroga*².

This is a case study of 48-year-old female complaining of hair fall along with itching on scalp who visited the OPD of Kayachikitsa at BKAMCH, Moga. As per protocol, this case was treated in the line of *Khalitya*. In present study, *Shiroabhyanga* is advised with *Bhringrajadi* oil.

Key Words *Khalitya*, *Bhringrajadi* oil, hairfall

Received 16th Novemebr 21 Accepted 05th January 22 Published 10th January 2022

INTRODUCTION

In today's world, external appearance has taken precedence over any other achievement of an individual. In this context, hair is critical to both your physical as well as mental well-being. Healthy hair enhances your confidence and also allows others to see you in a positive light. However, hairfall is a progressing disorder, especially in people living a sedentary lifestyle who also experience mental stress and anxiety, have unhealthy dietary habits, thereby resulting in imbalance in body. The literal meaning of the word *Khalitya* is "falling of the hair". In

Khalitya, hair loss is gradual and generalised over the scalp. *Acharya Charaka* describes that *Tejas* combining with *vatadi doshas* reaches the *shirakapala* and causes hair fall by *dahana* of *romakoopa*. This is named as *Khalitya*. *Chakrapani* while commenting on this, states the word *Tejas* here denotes *DehaUshma* as well as *Pitta Dosh*¹.

Ayurveda, also known as the 'Science of Longevity' promotes positive health, natural beauty and long life. In *Ayurveda*, the treatment of a disease involves all those measures adopted to eliminate the morbidity of the doshas and

CASE STUDY

hence bringing about equilibrium of *doshas*.

Some of the common factors contributing to hairfall:

Ayurvedic texts clearly describe several factors which imbalance the state of equilibrium of *Dosha*. Though, in case of *Khalitya*, there is no clear explanation of the causative factors of hairfall. As per Ayurveda, common etiological factors are over-consumption of *Kshara*, *lavana*, regular consumption of *Viruddha Ahara*², Suppression of urges, Avoidance of oil massage, exposure to dust, Night vigil, sleeping during day time, excess intake of cold water, Excessive sexual indulgence, facing direct wind, Excessive weeping, Talking loudly, Undigested or semi-digested food, Exposure to excessive heat, intake of cold food, Mental affliction, Intoxication, among others³. The study of these factors reveals that dietary habits, climatic changes, psychic disturbances and disturbances in sensory organs are significant in diagnosis and treatment of *Khalitya*.

There is always a difficulty to diagnose hair disorders as it may be a subjective complaint or true disorder and also to analyze its pathogenesis.

CASE STUDY

Objective

To find out the efficacy of *Bhringraja* oil in management of *Khalitya*

Case Report

On 12th January 2021, a Hindu female, 48 years old, diabetic, not a known case of hypertension

visited OPD of Babe ke Ayurvedic Medical College and Hospital, Moga (Punjab) with the complaints as sited below.

Chief Complaints

Hair loss for last eight months accompanied by dryness of hair and itching at the site of hair loss; specifically in the frontal region of scalp.

HISTORY OF PRESENT ILLNESS

Patient was said to be asymptomatic eight months back. However, she experienced allergy to a chemical-based hair color followed by gradual hair loss. She also noticed dryness of hair along with itching at that particular site. She also underwent allopathic treatment; however, it provided her only temporary relief. With these complaints, the patient approached the OPD of BKAMCH, Moga.

Family History

Family history of diabetes; Mother was diabetic.

Personal History

Diet- Vegetarian

Appetite - Medium

Sleep – Irregular

Bowel Movement- Normal

Addiction – N/A

General Examination

Pulse - 72/min

Blood pressure - 110/70 mmHg

Height - 162 cm

Weight - 72 kg

Respiratory Rate - 20 /min

Tongue - Normal, No coating

Prakriti- Pitta pradhana Vata

Local Examination – Scalp and Hair

CASE STUDY

Darshana –Hairfall

Site – Frontal region of the scalp; no redness, no scaling, no dandruff, Vitiligo patches on frontal region of scalp

Blood Examination

Blood investigations of the patient reveal: Hb-13.6g/dl, TLC, CBC, ESR and TSH are within normal limits.

Hetu

Sedentary lifestyle; Stress and anxiety

Samprapti

- **Dosha:** Vata, Pitta
- **Dushya:** Rasa, Rakta, Asthi
- **Dushya:** Rasa, Rakta, Asthi
- **Srotasa:** Rasavaha, Raktavaha, Asthivaha,

Manovaha

Table 1 *Bhringrajadi* oil⁴

Sr.No.	Name of drug	Botanical name	Family	Part used
1	<i>Bhringaraja</i>	<i>Eclipta alba</i>	Asteraceae	Whole
2.	<i>Neelkamala</i>	<i>Nymphaea alba</i>	Nymphaeaceae	Flower
3	<i>Mandura</i>	<i>Ferric oxide</i>		
4	<i>Amalaki</i>	<i>Embelica officinalis</i>	Phyllanthaceae	Fruit
5	<i>Baheḍa</i>	<i>Terminalia bellirica</i>	Combretaceae	Fruit
6	<i>Haritaki</i>	<i>Terminalia chebula</i>	Combretaceae	Fruit
7	<i>Anantamoola</i>	<i>Hemidesmus indicus</i>	Apocynaceae	Root

OBSERVATIONS

Observations made in the patient during the follow up and completion of treatment are detailed below with the pictures of the affected area of scalp.

1. After 4 weeks- We observed hair becoming thick on the affected area. (Fig. 2)
2. After 8 weeks- It was observed that new follicles were developing and hair was becoming thick. Satisfactory results were observed in the weeks following treatment. There were no side effects. (Fig. 3 and Fig. 4)

- **Udbhava:** Amashaya
- **Adhithana:** Keshabhoomi
- **Rogamarga:** BahyaRogamarga, including Trimarma (Shira)

Chikitsa

Application of *Bhringrajadi* oil for 8 weeks

Follow-up was taken after 4 weeks of treatment and for a period of 2 months post-treatment.

The treatment was given in accordance with the treatment protocol for *Khalitya* as mentioned in Ayurvedic texts. It included external application of *Bhringrajadi* oil for a period of eight weeks.

The ingredients of each medicine are detailed in table below (Table- 1):



CASE STUDY

DISCUSSION

Khalitya is a medical condition that primarily affects the *Kapala* or Scalp. It is characterized by hairfall, primarily manifested owing to aggravated *pitta dosha* along with *vata dosha*. *Khalitya* is a common, yet challenging disease that can have deep effect on physical and emotional state. *Viruddhaahara*, *pitta vardhakahara vihara*, *abhishyandiahara*, inactive lifestyle increases *Pitta* and *Vata* which results in *Khalitya*. Since the hair pores are blocked by *Doshas*; the primary step involves external application of herbal oil massage to enhance hair growth. *Abhyangchikitsa*, especially with *Bhringrajadi* oil is best for *vata dosha shaman*⁵.

Bhringrajadi oil has properties like *Keshya*, *Vataghana*, *Khalitya nashaka*, *Palityanashaka*, *Indriyaprasdaanaka* and *Indralupta nashaka*. The oil has *laghu* and *snighda* properties with *madhura* and *keshya* and *tikta* and *katu rasa* with *madhura vipaka* and *ushnavirya* intended to have a *Tridosha -Shamaka* effect. The locally applied oil cleanses channels while enhancing blood circulation towards hair follicle. This facilitates absorption of drugs, end of hair loss, firming hair roots and promoting growth of new hair⁶.

Moreover, some minor lifestyle and dietary changes; proper hair care like oiling, washing, avoiding chemicals and heat etc. are beneficial in preventing hairfall and promoting healthy hair.

CONCLUSION

Ayurvedic drugs and therapies have *Keshya*, *Balya*, and rejuvenating properties, so they will

show an excellent result on *Khalitya*. From this study, it can be concluded that *Bhringrajadi* oil is effective in reversing the *samprapti* of *Khalitya* and promoting regrowth of hair. The recovery in this case was promising and worth documenting.

CASE STUDY

REFERENCES

1. KashinathaShastri and Dr. Gorakha- natha Chaturvedi ed. Charaka Samhita 1, Vimanasthan 26/132, Chaukhamba Sanskrit Sansthan, Varanasi, reprint, 2006; 744.
2. KashinathaShastri and Dr. Gorakha- natha Chaturvedi ed. Charaka Samhita 1, Vimanasthan 1/17-19, Chaukhamba Sanskrit Sansthan, Varanasi, reprint, 2014; 678.
3. Sharma P.V., AstangaHridayam, Chaukamba Orientalia, Varanasi, Reprinted edition, 2011; 859.
4. Rao P., ChakraduttaofChakrapani, 55/91-112, Chaukhambha Orientalia, Varanasi, 2014; 519-524.
5. Kavirajatriveda Gupta, Ashtanghridaya, Sutrasthana2/9, Chaukham bhaPrakashan, Varanasi, reprint 2007; 73.
6. KashinathaShastri and Dr. Gorakha- natha Chaturvedi ed. Charaka Samhita 1, Vimanasthan5/81-83, Chaukhamba Sanskrit Sansthan, Varanasi, reprint, 2006; 127.