

Efficacy of Shirodharatherapy on Khalitya – A Case Study

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ABSTRACT

Continuously increasing industrialization and urbanization has posted greater threat on health and hair due to pollution, contamination of water, air and stress. There is an increase in the incidence of hair fall (alopecia) correlate with khalitya in Ayurveda. Shirodhara re-establish functional integrity between Prana, Udana & Vyana Vayu, Sadhaka Pitta & Tarpaka Kapha. Shirodhara procedure stimulate the Agyachakra - seat of vital part (Marma) and thus help in regulating the neuro-endocrine system to maintain the hormones, neurotransmitters etc. related to Hypothalamus, Pituitary, Pineal gland etc, to have proper relaxation & tranquillity. Moreover, supine position in Shirodhara also helps in providing further relaxation. Ayurveda treatment provides holistic approach like shodhna, shaman, nidanparivarjan and rasayna. Shirodhara from jatamansiphant (having Tridoshashamaka, Vedanasthapaka properties) may act by increasing the concentration to keep away all kind of stressors to achieve the state of tranquillity leading to relaxation for normalization and stabilization of the Manasika Doshas to make the patient healthy and happy for getting sufficient sleep and relive khalitya. A female patient aged 28 with complaints of excessive hair fall dandruff and itching all over head was managed by shirodhara with jatamansitaila and certain internal ayurvedic drugs.

Keywords– *Khalitya, Shirodhara, Jatamansitaila, Case Study*

INTRODUCTION

Hair forms an important anatomical structure of the body which not only has protective function but also beauty to the face. Increasing industrialization and urbanization has posted greater danger on health of hair due to pollution, contamination of water, air and stress factors¹.

MATERIAL AND METHODS

CASE STUDY DETAILS-

Informed consent-

Patient provided with the informed consent before starting of treatment. Consent was fully explained to the patient, including the benefits and drawbacks of the study, and she willingly signed and consented. Also grant permission for the work to be published.

Patient History-

A female unmarried patient aged 28 years come to the Dept Of panchakrama OPD with registration no 12657 came with complaint of Shira kandu (itching on scalp), keshbhoomirukshata (drying of scalp), keshachyuti (falling of hair) Dietary history shows she has irregular food habit and mixed diet with high intake of hot spicy food. no personal and family history of any major systemic illness was present. Ratrijagran and stress regarding the disease were present as etiological factor.

Patient Daily Routine –

Wake up time: 7 am, Exercise: walking for 15 minutes, Tea: 2 cups a day, Breakfast (9 am): sandwich, upma, thalipeeth, idli, dosa, Lunch (around 1.30 pm -1.45 pm): chaapati, sabhji, bakhri, dahi-almost 4-5 times a week, sprouts, leafy vegetables like methi, palak, mula, papad pickles regularly, lanka (green chilli), lasunchatni, udidaal, Fruits: Rarely, bananas, apples, and pears. Water consumption: 2-4 litres per day; daytime sleep: no; Dinner (8 pm): chapati, sabhji, chawal, daal; Sleep time: 12-1 am

History of Past Illness -

There was no relevant past history, nor was there any history of chronic or major illness.

Family History -

There was no family history found in this case.

Parameters	grading	
Shirkandu	0	absent
	1	Frequently
	2	Constantly
	3	Absent
keshbhoomirukshta	0	Absent
	1	Negligible
	2	Without discomfort on scalp
	3	With discomfort on scalp
Keshachyuti	0	absent
	1	Occasional loss
	2	Moderate loss
	3	Sever loss

Therapeutic intervention

Patient was treated opdbasis ,patient was advised to perform shirodhara with jatamansitaila (45 min)and nasya with indriyatarpantaila for 15 days.

- A) Astiposhakvati -500mg,sukshmatripala 250mg ,krimikutharras 60mg,arogyavarsdhini 250 mg with manjisthadikwath 4tsp 3 times
- B) Panchtiktagruta 2 tsp 3 times before meal with hot water
- C) Anulomakvati 1 tab (2gm) at nignt was advised fromday 1 0 last sitting of shirodhara.
Follow up – after 15 days

Shirodhara procedure³

Material required –shirodharapatra,shirodhara stand ,shirodharatable,gauze ,cotton ear plug ,vessels,soft towels ,suitable oil in this case we have taken jatamansitaila.

Shirodhara is a procedure of murdhnitaila where medicated oil or other substance such as takra ,kashaya,ksheera etc.is continuously poured on for head and allowed to follow over scalp in a specific rhythm is called shirodhara.

- the patients is advised to lie down in a supine position dharapatra is fixed 4 agula above the fore head
- the eye and ear are covered with cotton to prevent the flow of liquid into eyes and ear.
- shirodhara rom should be clen and ventilated and silent.
- shirodhara is done in morning hours on empty stomach after abyanga.
- Medicated oil other liquids (taila,milk,kwath and water) is kept in Dhara Patra
- Dhara should be poured continuously on fore hear neither very fast nor very slow
- The stream of liquid should not be too thick or thin
- Dharapatra is moved in pendulum manner in this procedure
- The liquid is then collected in another vessel and reused to refill the dharapatra . it is done for 45 min in the morning
- Temperature of the liquid for shirodhara should be maintained above the body temperature during the procedure.

Before Treatment



After Treatment



RESULT

After 15 days of treatment patient got improvement on each and every symptoms.

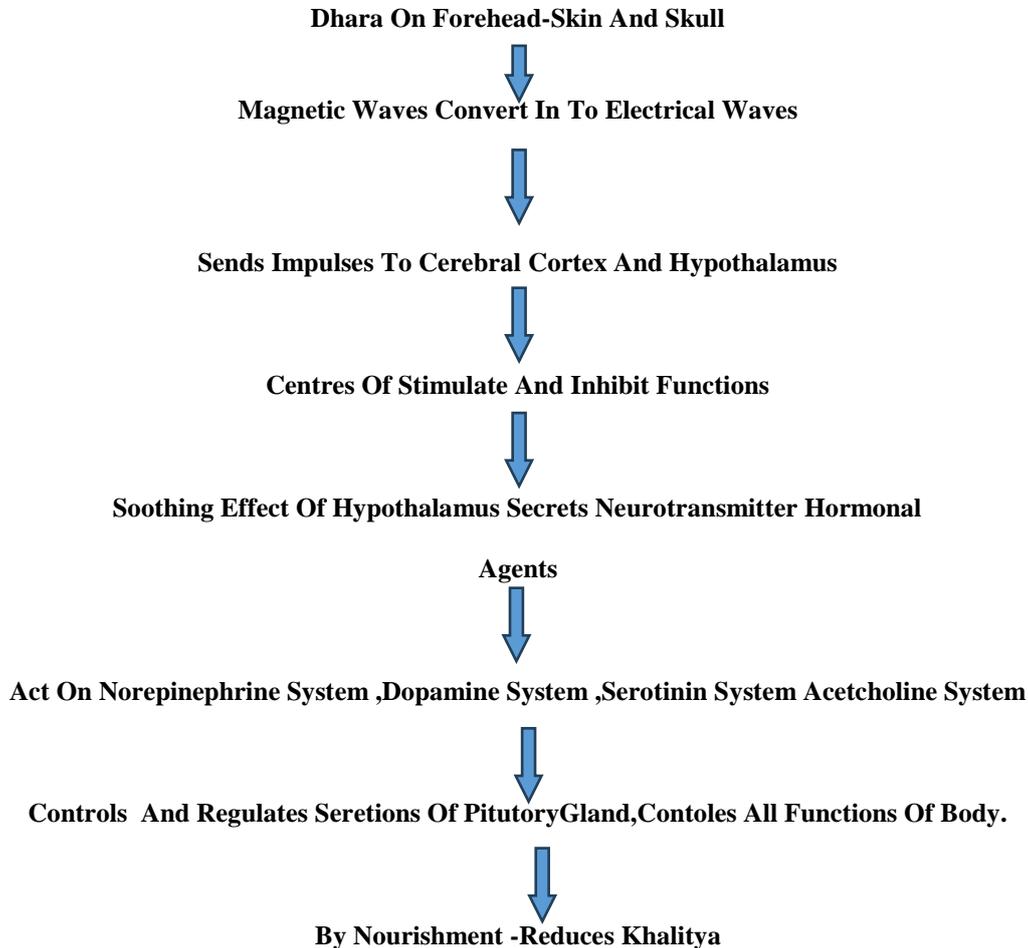
Sign and symptoms	1 st day	8 th day	15 th day
1. kandu	3	3	1
2.keshbhoomirikshita	3	2	0
3.keshachyuti	2	2	1

DISCUSSION

- The Ushna&Teekshna, Vidahi Ahar leads to Pitta Dushti, while the Ruksha Guna Yukta Ahar leads to Vata Dusti, Vikshepana Guna of Vata leads to Kesa Bhang/ Chyuti.
- Later the Ghana,Guru, Sthira Gunas of Kapha influence the Rakta and leads to Avarodha or Sanga in the Romakupas.
- Excessive indulgence in cold water and cold weather leads to Vata and KaphaDoshas. AtapaAtisevana, Raja and Dhooma Sevana means excessive exposure to heat, dust and fumes, without proper protection to head which may result in excessive sweating. Ati maithuna increases Vatadosha, Atiswapna and Ratrijagarana leads to Kapha and Vata respectively, Vegavarodha leads to Vata vaigunya⁴.
- Manas Hetu Chinta Soka, Krodha, Bhaya all these are responsible to increase Vata and Pitta Dosa Dusti there by Rasa Dusti which in turn leads to vitiation of other Doshas. Rogmarga is Bahya and Adhithana is Kesabhoomi. Raktamokshana is a specific process for elimination of Rakta and Pitta Dosh.
- The continuous pouring of dhara in a relaxed and comfortable position has an effect, which can be near compared to the cradling of a mother to her child. This acts as a sedative and soothing effect to the brain and induces sleep. Also the jatamansidhara when penetrates or active ingredients of Dhara enters into the circulation acts as vatahara effect.

- The hyper activated cells are provided lubrication and nutrition hence Dhara facilitates for better working where as in system failure stage, it provides activation to cells by its Medhya effect without any irritation or harmful effects

Pharmacodynamis Of Shirodhara-⁵ -



Management of hair⁶⁻¹²:

- The cogsofthecombsandthebristlesofthebrushesmustnotbeveryhardandsharpand rounded.They must be bluntatthe tips.
- Hairsshouldbecombed ormanagedwithsoftandlighthands.
- The hair must be combed and managed properly before going to bed atnight.
- The Brushes, Combs etc. must be kept separate for each individual and theymust be washed with the help of germicide at least once in week in hotwater.
- TheBrushes,Clips,Combsetc.shouldnotbeborrowedfromothers.
- The use of Clips, Curling the hairs and the use of hot and dryers is harmfultohairst.

PATHY APATHYA¹³⁻¹⁶:

- **Pathya Ahara** : Dhanya – Gehu, Yava, Shali Chaval, Mudga
- Shaka Varga – Jivanti, Kasmard, Patol, Tomato, Lauki, Patrashaka, Carrots, Cucumber, Cauliflower, Cabbage etc.
- Taila Varga – Tila Taila and Coconut oil for external and internal use.
- Fruits – Amlaki, Dadim, Matulanga, Amaraphala, Narikele, Draksha
- etc Others – Milk, Sugar, Honey etc.

- Pathya Vihara :
- Shirorakscha, Nasya, Ushnishadharana, Shirasana, Chhatradharana, Sarvangasana, Padaraksha, Shiro Abhyana and Best hygiene of hair.

Apathya Ahara:

- High quantity of Lavan, Amla and Kshara seven. Excess oily, starchy and fat rich stuff, breads, cakes, chocolates & other bakery items, pickles, curd, tea etc. Mashahara, Virudhahara, Vegetable ghee, Vidahiahara.
- Apathya Vihara: Atapasevan, Divaswapna, Krodha, Vegavarodha, Bhaya, Atimaitun, Ratrijagrana, Smoking, Tobacco, Alcohol etc. Excessive use of shampoo, hardye, hair-cram, hair-lotion and other cosmetic items.

CONCLUSION

- The drugs under jatamansiphant having Ushna Virya, Tridosahara and Vedanasthapaka properties, balance the vitiated Vata - Pitta doshas in this disease. The therapeutic effect may be due to diffusion of tailashirodhara drugs through the fine pores present over forehead in similar way as seen by the procedure like Abhyanga, shirodhara etc. (Su. Sha. 9/9).
- There was marked improvement in the case of khalitya. Patient had complete relief in dandruff, itching in scalp, and marked relief in hair fall. (Khalitya) though is difficult to manage but internal medicines given to patient followed by shirodhara can be good option for khalitya and darunak.

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