

Efficacy of Taila Kalpana in the management of Khalitya – A Case Study**Dr.Vijaykumar Chavadi¹ Dr.Pushpavati Policepatil²****Dr. Bankimchandra S. Jambagi³**¹Associate Professor,²Professor,PG Scholar³Department of Rasashastra &Bhaishajya Kalpana, BVVS Ayurved Medical College and Hospital Bagalkot. DOI:<https://doi.org/10.47071/pijar.2020.v05i05.025>**Abstract:**

Ayurveda being ancient system of medicine having uniqueness and diversity of preparations to maintain the health of a healthy individual and also to eradicate the diseases. Rasashastra and Bhaishajya Kalpana is the greatest contribution to Ayurveda, it has many types of pharmaceutical procedures, one of them is *Sneha Kalpana*. *Taila Kalpana* is pharmaceutical procedure to produce an oleaginous medicament from the substances such as *Kalka*, *Kwatha* and *Drava Dravyas* in the specific proportions by subjecting them to typical heating pattern like *Agnipaka Vidhi* (Direct heat from fire) and *Adityapaka Vidhi* (Exposure to Sunlight for longer duration). The Cosmetology is gaining more and more attention globally, which is defined on many factors, among them hair is an important factor. In recent days due to sedentary life style, stress and indiscriminate dietary habits results in hormonal imbalances along with deficiency of essential vitamins and minerals and many miscellaneous causes Hair fall. Hair fall is compared as *Khalitya* in Ayurveda. Present article is on the Efficacy of *Taila Kalpana* in the management of *Khalitya*. Method: Preparation of *Adityapaka guduchi Taila* as per *Adityapaka Vidhi* (Heating through sunlight) and *Yastimadhwadi Taila* with general method of preparation i.e., *Agnipaka Vidhi* (Heating through Fire) used in A Case Study, with the treatment modality of *Adityapaka Guduchi Taila Shiro-Abhyanga* and *Yastimadhwadi Taila Nasya* and *Amalaki choorna* as *Shamanaushadhi*. Result- Pharmaceutical study was observed and results were recorded and in case study It has drawn on the bases of assessment criteria. Results shown are *Taila Kalpana* is a suitable remedy and has shown good control and reduce hair fall and cured the associated symptoms of *Khalitya* (Hairfall) hence it can be concluded that on the study report *Taila Kalpana* is best in treating condition like *Khalitya* hence used in *Shiro-Abhyanga* and *Nasya*.

Key words: Taila Kalpana, Adityapaka Guduchi Taila, Yasthimadhwadi Taila, Amalaki Churna, Khalitya, Shiro-Abhyanga, Nasya,

Introduction:

Ayurveda being ancient system of medicine having uniqueness and diversity of preparation to eradicate the diseases and also to maintain the health. *Rasashastra and Bhaishajya Kalpana* is the greatest contribution to Ayurveda. Acharya Charaka has described primary dosages forms i.e. *Swarasa* (Juice), *Kalka* (Paste), *Kwatha* (Decoction), *Hima* (Cold infusion) & *Phanta* (Hot infusion) and mentioned them as *Panchavidha Kashaya Kalpana*¹. Keeping these as the basic preparations number of secondary preparations have been derived from these five preparations viz. *Asavarishta* (Fermentation), *Lepa* (Paste), *Churna* (Powder), *Sneha Kalpana* (Fatty preparation), *Vati* (Pills) etc *Sneha Kalpana* is well known among them.

Sneha Kalpana is a pharmaceutical procedure having 2 types 1. *Taila Kalpana*, 2. *Ghrita Kalpana*, *Taila Kalpana* is one which is followed to produce an oleaginous medicament from the substances such as *Kalka*, *Kwatha*, and *Drava Dravyas* in specific proportions by subjecting them to a specified heating pattern and duration². It is of 2 types viz., 1. *Agnipaka Vidhi* (Direct heat from fire), 2. *Adityapaka*

Vidhi (Exposure to Sunlight for longer duration) by these processes transformation of the active therapeutic properties of the ingredients to the solvents will take place and hence, one can recover fat-soluble as well as water-soluble chemical constituents from the drugs into the *Taila*. *Taila Kalpana* is most common in clinical practice due to their versatility with internal and external application.

Healthy, beautiful and long hair add charm and attraction to the personality. *Sthira* and *Ghana Kesha* are the signs of perfect health, they are among the qualities of *Twak* and *Majjasara Purusha* as per *Charakacharya*.³

There is no doubt on that the world of today is full of glamour and glory. Thus, the concept of beauty is gaining more and more attention globally, which is defined on many factors, among them Hair is one important factor.

In recent generation changed life style or more specifically westernized culture. Indifferent dietary habits and many miscellaneous causes have made early onset of Hair fall, The whole world is searching a solution to control the hair fall but still failed to give the answer but in Ayurveda *Acharya*

Sushruta had described the pathogenesis in following way that Pitta along with *Vata* enters into the *Romakoopa* (Hair roots) and produces *Khalitya* whereas the augmented *Kapha* along with *Rakta* obstructs the *Romakoopa* thus preventing the production of new Hair³. But Acharya Charaka told that due to *Pitta Dosha* along with *Vata Dosha* does the

Keshabhumi Dahana which in turn cause falling of hair called '*Khalitya*'⁴.

It is an attempt of single case study in the management of *Khalitya* / hair fall. In this present study *Adityapaka Guduchi Taila*⁵ and *Yastimadhwadi Taila*⁵ have been taken due to their unique method of preparation and directly indicated in *Khalitya*. The line of management is *Nasya* and *Shiro-Abhyanga*.

Methodology:

Preparation of *Adityapaka Guduchi Taila*⁶:

Table No.1: Tabulation of Ingredients for *Adityapaka Guduchi Taila*

Sl.No	Drug	Role as	Part Used	Quantity
1	<i>Guduchi</i>	<i>Drava dravya</i>	<i>Panchanga</i>	5 Litters
2	<i>Vata</i>	<i>Kalka dravya</i>	Arial roots	1.25 kg
3	<i>Jatamasi</i>	<i>Kalka dravya</i>	Tubers	1.25 kg
4	<i>Tila</i>	<i>Sneha dravya</i>	Seeds	5 Litters

Steps involved :

- Preparation of *Guduchi Swarasa*.
- Preparation of *Jatamansi* and *Vataprarooha Kalka*.
- Mixing it with *Moorchita Tilataila*.
- Keeping exposed to the hot sunlight..

Preparation of *Guduchi Swarasa*:

Ingredients: Freshly collected *Guduchi* Plant (Stem and Leaves)

Precautions: The physical impurities like Mud and dust particles should be remove.

Procedure : Fresh *Guduchi* leaves are collected and cleaned with water, then made them into paste form by pounding in *Khalwa yantra*, then juice is extracted by squeezing it with through a double layered cotton cloth. Thus obtained juice is *Guduchi Swarasa*.

Preparation of *Jatamansi* and *Vataprarooha Kalka*.

Procedure: Fresh wet drugs of *Vataprarooha* and *Jatamansi* root are collected and cleaned with water and

made into paste in the *Khalvayantra*.

Mixing it with *Moorchchita*

Tilataila:

In a broad mouthed stainless steel vessel, the extracted juice of *Guduchi* 1part is poured and equal quantity of *Moorchita Tilataila* is added after that the prepared *Kalka* of *Jatamansi* and *Vatapraroaha* taken ¼th part then it is mixed homogeneously kept exposed to sunlight and stirred frequently to facilitate the absorption of active principles of *Guduchi*, *Vata praroaha* and *Jatamansi* into the *Taila* media.

Keeping exposed to the sunlight:

After proper mixing, it is kept in a place where hot sun rays fall on that and the procedure of stirring is continued for every 1 hour so that the complete evaporation of water molecules takes place during *Adityapaka Vidhi* and *Taila Siddhi Lakshanas* are observed it took around 55 days to get proper *Taila siddhi Lakshana*.

Results: Initial quantity *Moorchita*

Tila Taila: 5 Litres

Quantity of APGT : 4 Litres

Yield : 80%

2. Preparation of *Yastimadhadi Taila*⁷:

Table No.2: Tabulation of Ingredients for *Yastimadhadi Taila*:

Sl. No	Drugs	Role as	Part Use	Quantity
1	<i>Yastimadhu</i>	<i>Kalka dravya</i>	Bark	250 Gm
2	<i>Amalaki</i>	<i>Kalka dravya</i>	Fruits	250 Gm
3	<i>Godugdha</i>	<i>Dravadravya</i>	Milk	8 Litters
4	<i>Moorchita Tila Taila</i>	<i>Snehadravaya</i>	Seeds	2 Litters

Steps involved :

- Preparation of *Yastimadhu* and *Amalaki kalka*
- General Method of Preparation of *Taila Kalpana*.

General Method of Preparation of *Taila Kalpana*:

Yastimadhadi Taila is prepared by heating 4 part *Moorchita tilataila* on *Mridu Agni* followed by the addition of

Yashtimadhu and *Amalaki* as *kalkadravya* 1 Part. Then 16 part of *Godugdha* as *dravadravya* is added and kept on *Mandagni* till it attain *Sneha Siddhi Lakshanas* like *Gandha- Varna- Rasotpatti* (desired smell, colour and taste), *Shabdahinata* (no cracking sound), *Phenodgaman* (appearance of froth) and *Vartivat Kalka* (paste of herbal drugs can be rolled between

fingers). after cooling the final product is collected filtered and stored in a air tight container. Final Results shows which is more than *Moorchita Tila Taila* used , quantity is more than that of *Moorchita Tila Taila* used it might be because of *Sneha* present in *Ksheera* added up giving more quantity of *Yastimadhwadi Taila*.

RESULTS:

Initial quantity of *Moorchchita*

Tila Taila: 2 Liters

Quantity of YMT: 3.5 Litres.

Yield: 175%

3. Preparation of Amalaki

Choorna:

Procedure: Dried *Amalaki* are selected and pounded in *Khalva yantra* till it become *Sookshma* form, then filtered in clean cloth to get fine form of *Amalaki Choorna*, later it is collected in air tight container.

Personal History: (Table No 3)

Diet	Non- Vegetarian
Appetite	Good
Micturition	3-4 times/ Day and 0-1 time/ Night
Sleep	Disturbed
Bowel Habit	Regular
Addiction	Not Any

Ashtavidha Pareeksha: (Table No. 4)-

Nadi	Mandooka Vat
Mutra	Prakruta
Mala	Sama
Jihwa	Alipta
Shabda	Spasta

4. Clinical Study:

Case report:

This is a single case study of 40 year old female suffering from excessive hair fall along with itching and burning sensation in the scalp region since 4-5 years, visited OPD (OPD No.- 21767 ,Dated on 17-05-2019) of BVVS Ayurveda Hospital Bagalkot.

History of Present Illness:

A 37 year old female patient experiencing burning sensation in the scalp region and itching sensation along with that hair fall is developed, It is gradually increased that she experienced more hair loss so she approached BVVS Ayurveda Hospital for the management of Hair fall.

History of Past illness – There were no relevant past history .

Family History – No member of the Family had history of such illness.

Sparsha	Ushna
Drik	Prakrita
Akriti	Madhyama

Systemic Examination : (Table No. 4)

Blood Pressure	130 / 90mm of Hg
Temperature	Afebrile
Pulse	78 bpm
Respiratory Rate	18/ min
Height	5'4"
Weight	59 KG

Intervention:

Shiro-Abhyanga and Nasya Karma with *Shamana Chikitsa* was given to the Patient. The whole includes *Mukhabhyanga, Shiro-Abhyanga, Nasya, Kavala and Dhoomapana* of 7 days sitting with 15 days of *Vishrama Kala* with *Shamanaoushadhi Amalaki Churna* 4gms TID with warm water and again same procedures for 7 days Totally of 2 sittings have been given, the results have drawn on the bases of assessment criteria before and After the treatment.

Shodhana Chikitsa: (Table No 5)

Sl. No.	Procedure	Medicine	Dose	Time
1.	<i>Shiro-Abhyanga</i>	<i>Adityapaka Guduchi Taila</i>	5-10 ml.	For 7 days of 2 sittings in the Morning time.
2.	<i>Nasya</i>	<i>Yashtimadhwadi Taila</i>	8 drops each Nostril	For 7 days of 2 sittings in the Morning time.

Shamana Chikitsa during Vishrama Kala: (Table No.6)

Sl. No.	Medicine	Dose	Frequency
1.	<i>Amalaki Churna</i>	4gms	Thrice a Day

Assessment Criteria: (Table No. 7)

Sl.no	Symptoms	Gradings
1.	<i>Khalitya</i>	0 - <i>Prakrita</i> – Absent 1 - <i>Alpa khalitya</i> –Hair fall on Washing 2 - <i>Madhyama khalitya</i> - Hairfall on Combing 3 <i>Gambheera khalitya</i> - Hairfall on Simple Strengthening
2.	<i>Kesha Tanutva</i>	0- <i>Prakrika</i> 1- <i>Alpa tanutva</i>

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		2- <i>Madhyama tanutva</i> 0- <i>Gambheera tanutva</i>
3.	<i>Keshabhoomi Daha</i>	0- <i>Prakrita</i> 1- <i>Alpa daha</i> 2- <i>Madhyama daha</i> 3- <i>Teevra daha</i>
4.	<i>Keshabhoomi Kandū</i>	0- <i>Prakrita</i> 1- <i>Alpa kandu</i> 2- <i>Madhyama kandu</i> 3- <i>Satata kandu</i>
5.	Pull Test	Positive -More than 5 after once pluck at central part of Scalp region Negative – Less Than 5 after once pluck at central part of Scalp region

Overall Assessment: (Table No.8)

Sl.No.	Assessment Criteria	Before Treatment	After Treatment
1.	Khalitya	4	1
2.	Kesha Tanutva	2	1
3.	Keshabhoomi Daha	2	0
4.	Kesha bhoomi Kandū	2	1
5.	Pull Test	Positive (14 Hair Strands)	Negative(4 Hair Strands)

Figures:

Before Treatment:



After Treatment:



Discussion :

Discussion on *Taila Kalpana*:

Taila Kalpana is pharmaceutical procedure to produce an oleaginous medicament, The water soluble as well as fat soluble active principles can be transformed into *Taila* media and this addition of property make the formulations more potent and effective, *Taila* can be prepared with Methods i.e, *Adityapaka Vidhi* (Heat through Sunlight) and *Agnipaka Vidhi* (Heat through Fire) .

Probable mode of action of *Adityapaka Guduchi Taila* and its efficacy in *Shiro-Abhyanga*:

It is a unique method of preparation, where the *Tailapaka* is done with the aid of Sunrays till the complete evaporation of water molecules. It is having ingredients like *Jatamansi*, *Vata Praroha Kalka in Guduchi Swarasa* as *Dravadravya* and *Tilataila* as *Sneha Dravya*, it was kept for 55 days to complete the *Tailapaka*, as the ingredient *Jatamansi* and *Vatapraroha* are *Pitta Kaphahara* and *Keshya* property, *Guduchi* is *Tikta Kashaya Rasa*, and *Madhura Vipaka*, *Ushna Veerya* does *Tridosha Shamana*, *Kandugna* and *Valipalita Nashana*, *Tilataila* is *Katu*, *Tikta Madhura Rasa*

Pradhana Ushna Veerya and *Katu Vipaka* which is the best *Kaphapitta Shamaka*, *Keshya* and as *Adityapaka Guduchi Taila* is prepared with *Adityapaka Vidhi*, where *Taila* absorbs UV rays from sunlight⁸ by the aid of UV rays *Taila* absorbs in deeper tissues, and one study also shown that Vitamin-D availability is more in *Taila* which act as a vehicle to facilitate more calcium reabsorption and improves thickness of hair shaft *Taila* was administered as *Shiro-Abhyanga* which will reach up to the roots of hair and by *Abhyanga* procedure blood circulation increases to the hair cells.

Probable mode of action of *Yastimadhwa Taila* and its efficacy in *Nasya*:

It was prepared with general method of *Taila Nirmana Vidhi*, preparation is having the ingredients like *Yastimadhu* and *Amalaki as Kalka Dravya*, *Ksheera* as *Dravadravya* and *Moorchita Tilataila* as *Sneha Dravya*. *Yastimadhu* and *Amalaki* both are best *Pittahara* as well as *Keshya* and *Ksheera* has *Madhura Rasa* and *Sheeta Veerya* which does *Dhatuposhana* also good source of calcium, which helps in the nourishment of Hair. *Tilataila* has *Katu*, *Tikta Madhura Rasa Pradhana*, *Ushna*

Veerya and *Katu Vipaka*, which is a best *Kaphapitta Shamaka*, and *Keshya*. Yastimadhwadi Taila is administered as *Nasya*, this procedure is mainly indicated to cure the diseases concerned above the supra-clavicle part of the body such as scalp, head, eyes & nose. Nasa/nose is considered as route of head.

Probable mode of Shamana Chikitsa (Amalaki Churna):

Amalaki as best *Pittashamaka* as well as *keshya*, Phytochemicals present in *Amalaki* are phenol, tannin, flavonoid, carboxylic acid, A good source of vitamin C, carotene, nicotinic acid, riboflavin, helps in Hair nourishment the dried *Amalaki phala* in churna form

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does the absorption faster and condition is improved.

Conclusion:

Taila Kalpana is pharmaceutical procedure to produce an oleaginous medicament ,the water soluble as well as fat soluble active principles can be transformed into *Taila* media hence make the formulations more potent and effective. Efficacy of *Taila Kalpanas* are very much effective in treating the *Khalitya* and in present study, *Adityapaka Guduchi Taila Shiroabhyanga* and *Yastimadhwadi Taila Nasya* along with *Amalaki Churna* as *Shamanaushadhi* are shown good results in the management of *Khalitya*.

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