

Effect of *narsinha churna* orally and *ankolbeej tailam* externally as *shiroabhyanga* in the management of *khalitya* w. s. r. to hair fall in the age group of 18 to 60 yrs.

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Abstract –

Introduction -Ayurveda contains a vast amount of information that describes in great depth both localised small ailments and systemic diseases. About 60.3% of people suffer from one of the minor disorders that includes hair loss. Hair plays a significant role in the concept of beauty (*saundarya*), which is garnering more and more attention globally. It has been said that one's hair serves as a gauge of their beauty ⁽¹⁾. Hair loss is a progressive disorder in those living in dormant ways of life, stress-induced hectic schedules, and incorrect nutritional practices. The issue of hair loss is becoming more widespread in society and is having an impact on people's quality of life. The problem of losing hair is

gradually rising in society, and it is also impacting quality of life⁽²⁾.

Aim -To study the therapeutic effect of *Narsinha churna* orally and *Ankolbeej tailam* as *shiroabhyanga* in the management of *khalitya* w.s.r. hair fall.

Objective-To see the effect of *Narsinha churna* orally and *Ankolbeej tailam* as *shiroabhyanga* in the sign and symptoms of *khalitya* i.e. *keshchyuti* with associate symptoms are *keshrukshata*, *keshtanutwa*, *kandu*, *keshbhumi daha*.

Material and methods – Total 60 patients of *Khalitya* selected randomly which is then divided into two equal Groups i.e. 30 patients in each group. Giving intervention by *Narsinha churna* orally and *Ankolbeej tailam* as *shiroabhyanga* for group A and *Gambhari churna* orally and *bhrungraj*

tailam as *Shiroabhyanga* for group B for 45 days treatment and follow up taken for post therapy 45 days. Analysis of all patients were done and after that Result and conclusion were drawn.

Result and Conclusion – Oral administration of *Narsinha Churna* and *Ankolbeej Tailam* as *shiroabhyanga* is effective than oral administration of *Gambhari Churna* and *Bhrugraj Tailam* as *shiroabhyanga* in the management of *Khalitya* to reduce the sign, symptoms of *khalitya*. In Trial group (*Narsinha Churna* along with *Ankolbeej Tailam*) average % relief was 73%. In Control Group (*Gambhari Churna* along with *Bhrugraj Tailam*) average % relief was 63%.

Keywords- *Narsinha churna*, *Ankolbeej Tailam*, *Bhrugraj Tailam*, *Gambhari Churna*, *khalitya*, hair fall.

Introduction – Hair loss is one of the primary indicators of many medical disorders, according to modern research. Hormonal disruption could be the cause of it. With the exception of *acharya Charak* and *Vagbhata*, who listed the following variables: *pitta prakruti*, *kshara atisevan*, *lavanrasa atisevan*, *ushar bhumi*, and *viruddha aharsevan* (7), there is no precise definition of the causative factors of *khalitya* in *Yoga*. Patients with severe psoriasis and those with hair loss had comparable Dermatology life quality index values. This study especially identifies the feelings of low self-esteem, elevated self-consciousness, and lack of confidence in those who experience hair loss.(3)

This issue affects people of all races and genders worldwide. Ayurvedic literature has traditionally referred to hair fall as *khalitya*. Originally introduced by *Acharya Charak* and *Ashtanga Hridaya* (4), *khalitya*

is primarily a pitta dominated *tridoshaja Vyadhi*(5) is the point at which *Tejas mahabhut* and *Vatadi dosha* combine to reach the *Shira Kapala* and activate the *Roma kup* (hair follicles), resulting in hair fall.

Shiroroga is included by *Acharya Vagbhata* under the heading of *urdhva jatrugata vyadhi*; these are then further subdivided into 9 *Kapalagata vyadhi*. *Khalitya* is one of the seven. While the exact cause of *Khalitya* is unknown, it can be assumed that *Khalitya nidana* is the general etiological factor of *Shiroroga*. Millions of people suffer from hair loss, with a 60.3% frequency ,17.1% for dandruff, and 50.4% for baldness (9). It is a worldwide problem that affects both sexes and all races (10).

Khalitya, or hair loss, is a significant issue in contemporary society and is therefore highly significant from a cosmetic standpoint. Though various thesis works are undertaken with respect to *khalitya* in which *Ankolbeej tailam* for *Shiroabhyanga* and *Narsinha churna* orally are not studied. The purpose of this research project is to examine the efficiency of *Ankolbeej tailam* as *Shiroabhyanga* and *Narsinha churna* orally in *khalitya* (hair fall), given its simple and routine applicability and cost effectiveness.

Aim and Objective-

Aim -To study the therapeutic effect of *Narsinha churna* orally and *Ankolbeej tailam* as *shiroabhyanga* in the management of *khalitya* w.s.r. hair fall.

Objective-

- 1) To study the disease *khalitya* and hair fall
- 2) To study the therapeutic effect of *Narsinha churna* orally and *Ankolbeej tailam* as *shiroabhyanga* in the management of *khalitya* w.s.r. hair fall

3) To see the effect of *Narsinha churna* orally and *Ankolbeej tailam* as *shiroabhyanga* in the sign and symptoms of *khalitya* i.e. *keshchyuti* with associate symptoms are *keshrukshata*, *keshtanutwa*, *kandu*, *keshbhumi daha*.

4) To compare the effect of '*Narsinha churna*' orally, '*Ankolbeej tailam*' as *shiroabhyanga* with '*Gambhari churna*' orally, '*Bhrungaraj tailam*' externally in the management of *khalitya*.

Material And Methods-

Study Design- Prospective, randomized, controlled, open labeled clinical study.

OPD and IPD department of our Attached college hospital.

Duration of Study- Time for drug administration: 45 Days

Time for follow up of the Patients: 90 Days.

Selection Of Patient –

Inclusive Criteria-

- Patients of both sexes with an age group between 18 to 60yrs.
- Cases with classical sign & symptoms of *khalitya* were considered
- Hair fall (*keshchyuti*)
- Hair pull test
- Patients willing for clinical trial.

Treatment details-

➤ Patients belonging to any socio-economic class irrespective of cast, religion, occupation.

➤ Patient who will fulfill criteria and take regular medicines with Regular follow up.

Exclusive Criteria-

- Patients not willing for clinical trial.
- patients whole age is less than 18 & above 60 yrs.
- Allergic disorders (Tinea capitis), scalp psoriasis, alopecia (Scaring and Non Scaring).
- Patient is known case of any autoimmune disorder like thyroid disorder, rheumatoid arthritis.
- Patient taking carcinogenic medicine.
- Severe Anemic.

Withdrawal Criteria –

- Patients not following regular follow up.
- Allergic to trial medicine.
- Progressive worsening of disease & development of complication during trial.
- Non-co-operative behavior of the patients .

Group	Group A	Group B
Number of patients	30	30
Treatment	<i>Narsinha churna</i> and <i>Ankolbeej tailam</i>	<i>Gambhari churna</i> and <i>bhrungraj tailam</i>
Dose	<i>Churna</i> – 2 gm BD <i>Tailam</i> – 5ml (OD)	<i>Churna</i> – 2 gm BD <i>Tailam</i> – 5ml (OD)
<i>Kalpna</i>	<i>Churna tailam</i>	<i>Churna tailam</i>
<i>Anupana</i>	<i>Koshna Jal</i>	<i>Koshna Jal</i>
Duration of Treatment	45 days	45 days
Duration of Follow up after Treatment	45 days	45 days

Total duration of study	90 days	90 days
Time of Administration	<i>Churna</i> – after meal. <i>Tailam</i> . - One hour before bed time	<i>Churna</i> – after meal. <i>Tailam</i> . - One hour before bed time
Route	<i>Churna</i> – orally <i>Tailam</i> - local (<i>shiroabhyanga</i>)	<i>Churna</i> – orally <i>Tailam</i> - local (<i>shiroabhyanga</i>)

Selection of Drugs – Taking the symptoms and *samprati* of *Khalitya* into consideration “*Narsinha churna* and *Ankolbeej tailam*” were selected.

***Narsinha Churna* Contents** – *Shatavari* , *Gokshur*, *Varahikanda*, *Guduchi*, *Bhallatak*, *Chitrak*, *Til*, *Suntha*, *Marich*, *Pimpali*, *Makshik*, *Ghrut* , *Vidarikanda*, *Sharkara* .

***Ankolbeej Tailam* Contents** – *Ankol*, *Amalaki*, *Bibhitaki*, *Haritaki*, *Agaru*, *Irimed* , *Kallauha*, *Indravalli*, *Bakul*, *Kumari*, *Bhrungraj*, *Chincha*, *Malati*, *Narikel*, *Ketaki* , *Bibhitaki* *Majja*, *Eladi gana* (*Ela*, *Turushka*, *Kushta*, *Phalini*,

Jatamansi , *Jal*, *Dhyamak*, *Sprukka*, *Chorak*, *Chaoch*, *Patra*, *Tagar*, *Sthonay*, *Jatiras*, *Shukti*, *Vyaghranakra* , *Devdaru* , *Shreevasak* , *Keshar*, *Chanda* , *Guggulu* , *Devdhup* , *Kharpara* , *Nagkeshar*, *Punnag*), *Til tail*.

Assessment Criteria:-

For assessment of the efficacy of the trial therapy, following parameters were Adopted.

1) *Keshachyuti*(hair fall)- Subjective criteria

GRADATION	SEVERITY	NO. OF HAIR FALL PER DAY
Grade 0	NORMAL	0-30
Grade 1	MILD	30-60
Grade 2	MODERATE	60-100
Grade 3	SEVERE	100-160
Grade 4	MORE SEVERE	>160

2) Hair pull test(objective)-

GRADATION	SEVERITY	NO. OF HAIR PULL AT TIME
Grade 0	Normal	0-1
Grade 1	Mild	2-3
Grade 2	Moderate	3-6
Grade 3	Severe	More than 6

Observation and Results –

According to % relief in symptoms -

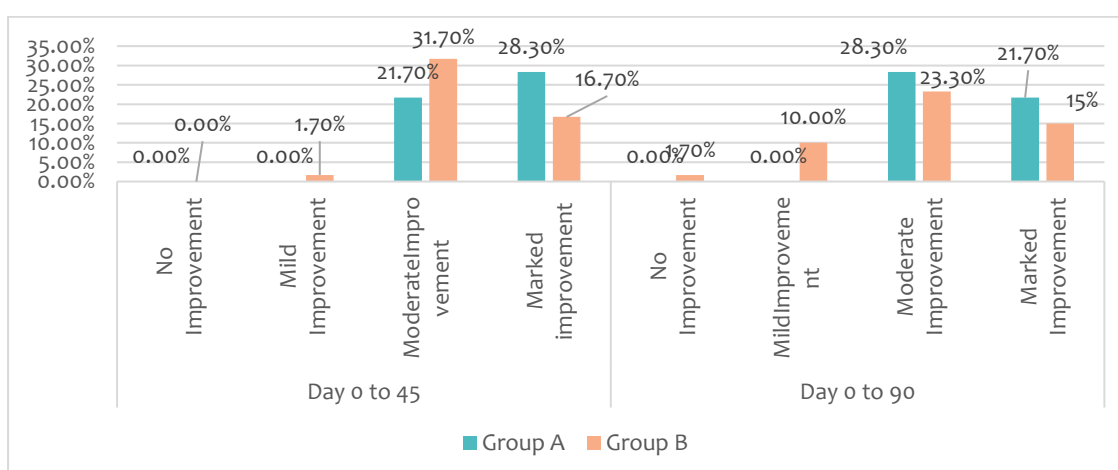
Symptom	% of Effectiveness of treatment	
	Group A	Group B
<i>Kandu</i>	56.66%	83.33%
<i>Keshrukshtwa</i>	93.33%	90%
<i>Keshtanutwa</i>	83.33%	60%
<i>Keshbhumi Daha</i>	100%	63.33%
<i>Keshbhumi Daurgandhya</i>	10%	3.33%
<i>Keshchyuti</i>	90.83%	71.94%
Hairpull test	83.33%	75.55%

Overall Effect of Therapy –

According % Relief – Table – Grade wise overall efficiency

	Day 0 to 45				Day 0 to 90			
	No Improvement	Mild Improvement	Moderate Improvement	Marked Improvement	No Improvement	Mild Improvement	Moderate Improvement	Marked Improvement
Group A	0.00%	0.00%	21.70%	28.30%	0.00%	0.00%	28.30%	21.70%
Group B	0.00%	1.70%	31.70%	16.70%	1.70%	10.00%	23.30%	15%

Grade wise overall efficiency.



Statistical Analysis - In Trial Group and In Control Group

(By Wilcoxon Signed Ranks Test)

Wilcoxon Signed Ranks test was applied to both groups separately to observe whether the difference between before treatment and after treatment is significant or not. From tables we can observe that P-Values for Group A and Group B are less than 0.05 in both groups. The test has shown significant difference between D-0 and D-90 symptom scores. It is hence concluded that *Narsinha churna* orally and *Ankolbeej Tailam* externally as *shiroabhyanga* (Trial Group) and *Gambhari churna* orally and *Bhrungraj tailam* externally as *shiroabhyanga* (Control Group) has significantly reduced *keshchyuti* (hair fall), hair pull test (objective).

Overall Effect of Therapy

Effect of Therapy According to % Relief in Patients

In Group A-

In group A, 17 patients (28.30%) at day 45 and 13 patients (21.70%) at day 90 realized Marked Improvement, and 13 patients (21.70%) at day 45 and 17 patients (28.30%) at day 90 realized Moderate improvement.

In Group B-

In group B, 10 patients (16.70%) at day 45 and 9 patients (15%) at day 90 realized marked improvement, and 19 patients (31.70%) at day 45 and 14 patients (23.30%) at day 90 realized moderate improvement, 1 patient (1.70%) at day 45 and 6 patients (10%) at day 90 realized mild

improvement, 1 patient (1.70%) at day 90 realized poor improvement.

Average % Relief in group A and group B

Average % Relief was 78.53% at day 45 and 73.92% at day 90 in Group A.

Average % Relief was 70.71% at day 45 and 63.92% at day 90 in Group B.

Hence According to % relief, It was observed that *Narsinha Churna* orally and *Ankolbeej Tailam* externally as *shiroabhyanga* and *Gambhari Churna* orally and *Bhrungraj Tailam* externally as *shiroabhyanga* both have nearly equal efficacy in the management of *Khalitya*, But *Narsinha Churna* orally and *Ankolbeej Tailam* externally as *shiroabhyanga* is found better on the basis of percent relief. Few symptoms were present in very few patients and hence % relief might have shown such result.

Effect of therapy according to Statistical analysis

According to statistical analysis

Oral administration of *Narsinha Churna* with *Ankolbeej Tailam* is effective than *Gambhari Churna* with *Bhrungraj Tailam* in the management of *Khalitya* (Hair fall) to reduce *Keshchyuti*, *Kandu*, *Keshrukshata*, *Keshtanutwa*, *Keshbhumidaha*, *Keshbhumi Daurgandhya*.

Mode of Action -

a) *Narsinha Churna* is a classical Ayurvedic formulation primarily used to address *khalitya* (hair fall). *Khalitya* is a *tridoshaja* disorder (*Vata*, *Pitta*, and *Kapha* imbalance) affecting the *Asthi* (bone) and

Majja (bone marrow) *dhatu*, as well as the *Rakta* (blood) *dhatu*. These *dhatu*s are directly related to hair health. Here is a breakdown of the mode of action of *Narsinha Churna* on *khalitya* from the perspective of *doshas*, *dhatu*s, and *strotas*.

1. Action on Doshas:- *Khalitya* is usually caused by an imbalance of all three *doshas*. Excess *Pitta* causes burning and inflammation at the hair roots, leading to hair loss. Aggravated *Vata* causes dryness and weakening of the hair roots. *Kapha* blocks hair follicles, leading to hair thinning.

Narsinha Churna works by:

Pacifying Pitta: Cooling and *Pitta*-pacifying ingredients like *Guduchi* and *Shatavari* help reduce inflammation and burning sensation at the hair roots.

Balancing Vata: Herbs like *Gokshura*, *Til*, and *Vidarikand* nourish and moisturize the hair, countering *Vata*'s drying effect.

Regulating Kapha: Ingredients like *Sunthi*, *Chitrak*, and *Bhallatak* improve digestion and metabolism, reducing *Kapha*'s heaviness and blockage of hair follicles.

2. Action on Dhātu:

Hair health is primarily associated with the following *dhatu*s:

Rakta (Blood): *Pitta* affects *Rakta dhatu*, leading to hair issues. *Narsinha Churna* helps purify and nourish *Rakta dhatu*, promoting healthy hair growth.

Asthi (Bone): According to Ayurveda, hair is a by-product of *Asthi dhatu*. A weakened *Asthi* leads to hair fall. Herbs like *Til*, *Bhallatak*, and *Vidarikand* in the formulation strengthen *Asthi dhatu*.

Majja (Bone marrow): *Majja dhatu* is responsible for nourishing the deeper tissues, including hair. Ingredients like *Shatavari* and *Guduchi* improve the quality

of *Majja dhatu*, nourishing the hair follicles.

3. Action on Strotas:

The *strotas* (channels) play a vital role in the transportation of nutrients to the *dhatu*s, and in the case of hair, the following *strotas* are crucial: hair follicles.

Rasavaha Strotas (Plasma channels): Responsible for carrying nutrition to all tissues, including hair. Ingredients like *Sunthi* and *Pippali* improve the flow of nutrients, ensuring proper nourishment to the hair roots.

Asthivaha Strotas (Bone tissue channels): These channels transport nutrients to the *Asthi dhatu*. *Bhallatak* and *Til* strengthen the *Asthivaha strotas*, aiding in better nourishment and growth of hair.

Medovaha Strotas (Fat tissue channels): These channels ensure the lubrication of tissues, preventing dryness and brittleness in hair. *Vidarikand* and *Gokshura* nourish and improve the flow in *Medovaha strotas*. By addressing these root causes of *khalitya*, *Narsinha Churna* provides a comprehensive treatment for hair loss in *Ayurveda*.

b) Ankolbeej Tailam is an Ayurvedic oil traditionally used for treating *khalitya* (hair fall).

1. Action on Doshas:

Khalitya is primarily a disorder caused by the imbalance of *Pitta* and *Vata* *doshas*, where excessive *Pitta* aggravates *Vata*, leading to hair fall.

Ankolbeej Tailam works to balance these *doshas*:

Pitta Shamana (pacifying Pitta): The cooling properties of the herbs in *Ankolbeej Tailam* help reduce excessive heat (*Pitta*) in the scalp, preventing hair follicle damage.

Vata Shamana (pacifying *Vata*): The oiling or lubricating nature of *Ankolbeej Tailam* helps to counter the dryness and roughness caused by aggravated *Vata*, promoting healthy hair growth.

2. Action on *Dhatu*:

In Ayurveda, hair is considered an *upadhatu* (secondary tissue) of *Asthi Dhatu* (bone tissue). Any issue with the *Asthi Dhatu* can lead to hair problems. *Ankolbeej Tailam* nourishes the *Asthi Dhatu*, promoting the health of hair roots and improving the quality of hair. It also supports *Rasa Dhatu* (plasma) and *Rakta*

Dhatu (blood), which are essential for nourishing hair follicles.

3. Action on *Strotas*:

Romakupa are the channels responsible for hair growth. Blockage or imbalance in these *strotas* can lead to *khalitya*. *Ankolbeej Tailam* helps clear and strengthen these channels, allowing proper nourishment to reach the hair follicles. Its properties also improve circulation (especially in *RaktaVaha Strotas*) to the scalp, which helps in delivering essential nutrients for hair growth.



Before Treatment



After Treatment



Before Treatment





After Treatment

Conclusion –

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