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## ROLE OF PANCHTIKT GHRITA KSHEER BASTI ALONG WITH OTHER AYURVEDIC TREATMENT IN THE MANAGEMENT OF KHALITYA (ALOPACIA)

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**Abstract:** Basti is one of the most powerful of all the main five procedures of Panchakarma. Charaka as well as many other Ayurvedic scholars have unanimously praised the features of Basti. Basti is said to be equal to half of all the Ayurvedic treatments. Basti is the introduction of herbal decoctions and medicated oils into the colon through the rectum. While it directly affects the colon, it is not a localized or symptomatic treatment. It is a highly specialized procedure aimed to achieve a therapeutic goal and must be carried out in hospital settings by an expert. In today's developing world there are lots changes in the eating habits and the lifestyle. Due to which its ill effects are seen on the body and out of which hair is affected the most. And hair fall has erupted as a major problem.

Acharya Shusruta had said in his Shushruta Samhita that the Drusthi and the lomkupa never grow throughout lifetime but hairs and nail do. Acharya Charaka has also mentioned in his text that hairs are the mala of Asthi Dhatu. Acharya Sharanagdhara has mentioned that kesha, loma are the updhatu of Majja Dhatu.

Acharya vagbhata said that Asthidhara kala reside on Pakwashaya and pakwashaya is the main Stahana of vata and Basti is the main treatment of Vata Dusti. Panchtiktsheer Basti provides nourishment to Asthidhatu after that mala of Asthi (hair) also get nourishment and improved hair fall.

Presently available modern medication for alopecia is causing many side and toxic effect and when we stop the medication hair fall increases and it is requires long term medication or life time which suppresses immunity and produces other diseases like libido.

Hence there is a need to find such a therapy which gives better relief without any side or toxic effect and also natural, cost effective and easily available. Hence the Ayurvedic Basti and other supportive treatment required for this Asthi Vikara like that alopecia.

**Keywords:** Khalitya, panchtiktsheer Grita Basti.

**Introduction:** It is said that face is the mirror of our personality and it should be maintained from the hairstyle we keep. The most who are affected with this problem is the young population not only men but also women's. And people are spending lots of money to get rid of this problem but all in vain. In our ancient Ayurvedic Granthas it is said that hair and nail are the Malas of the Asthi Dhatu i.e. they develop from the Asthi Dhatu [1]. Acharya Charak said that main treatment of Asthivikaras is Panchtikta Sidhha Basti. So this studies a small effort to find out role of Panchtikta ksheer Basti along with other supportive treatment in the management of hair loss [2].

### Causes of Hair Fall

#### Ayurveda

1. Virudh aahara vihara
2. Pitta vardhaka aahara vihara
3. Hina, mithya, and aatiyoga of aahara, nidra and bhramachaya.
4. Consuming polluted water
5. Living in polluted environment
6. Non application of oil on the scalp
7. Consumption of dushi visha

#### Modern [3]

1. Fungal infection (Tinea capitis)
2. Ulcerative colitis.
3. Vit B12, iron, zinc, biotin and also vit e deficiency

4. Over dosage of vit A
5. Lack of vit B6 and folic acid in food
6. Rheumatoid arthritis
7. Thyroid dysfunction
8. Vitiligo
9. Radiotherapy and chemotherapy
10. Systemic lupus erythematosus
11. Psychological stress
12. Nutrition
13. Seborrhic dermatitis
14. Hormonal imbalance
15. Folliculitis
16. Secondary syphilis and usage of drugs like warfarin and heparin
17. Usage of contraceptive pills antihypertensive drugs and anti diabetic drugs.
18. Anemia
19. Long term usage of steroids
20. Over usage of shampoo containing Selenium.

#### **Ayurvedic Concept and Samprapti of**

**Khalitya:** Acharya Sushruta has mentioned about hair fall in sushruta samhita nidan sthan there are three stages <sup>[4]</sup>. (1) Khalitya (alopecia totalis), (2) Palitya (whitening of hairs) (3) Indralupta (hair fall in patches ie alopecia areata). The meaning of the above phrase is that when the vaata Dosha get vitiated along with Pitta Dosha it goes into the Romkupam ie the hair follicles and which results in hair fall. The next pathology that occurs is that the Rakta Dosha along with the kapha Dosha goes in the romkupas which cause the romkupas to close which ultimately results in non growth of hair from that respective follicle. This disease is known as indralupta, khalitya, or rujya.

#### **Strotasa that Get Involved in the following Pathology**

1. Swedawaha strotasa
2. Asthivaha strotasa
3. Majjavaha strotasa
4. Rasavaha strotasa
5. Purishvaha strotasa

**Modern Concept:** Alopecia is a condition in which there is a loss of hair from head and body. Alopecia can refer to general hair loss or male pattern baldness. In a normal individual there are 1 to 1.5 lakh of hairs. Mainly there are two types of alopecia. 1. Scarring, 2. Non scarring.

**1. Scarring:** The type of baldness the hair fall in which the hairs fall with the follicle and is known as scarring alopecia. In this type of baldness there is no chance of hairs growing back after falling.

**2. Non Scarring:** The type of baldness in which only the hairs falls and not the follicles so there

is a chance that the hairs grow again. The main cause of non scarring baldness is Telogen effluvium. In women the ovarian and adrenal gland dysfunction causes the hairs to fall.

**Way to Grow:** Hair grows in three different cycles- (1) Anagen, (2) Catagen & (3) Telogen.

About 90% of the hair of the head is in the anagen or the growing phase, which last for anywhere from 2 to 8 years. The catagen or the transition phase typically last for 2 to 3 weeks during which the follicles shrink. During the telogen cycle which last for around 2 to 4 months the hair rests.

Hairs grow about 6 inches a year for most people. In a normal individual hair falling of 100 to 150 hairs per day is a normal thing but more than 150 per day hair e fall would indicate there is a problem.

#### **Drug Review**

**Panchatikta Grita Ksheer Basti:** Panchatikta Gritaksheera Basti was described by Chakra and vagbhata, as very safe and effective in Asthi vikara like osteoporosis etc <sup>[5]</sup>.

#### **Indication**

##### **Asthikshaya**

#### **Content and Dose of Panchtiktagritakscheera Basti**

1. Makchika -20ml
2. Saindhava lawan -2gm
3. Panchtikta Grita -20ml
4. Panchtikta ksheera paka -50ml

**Total -120ml**

#### **Materials and Methods**

The present clinical study is a case study. The aim of the clinical study is to evaluate the effect of panchatikta Grita ksheera Basti and oral use of other ayurvedic supportive treatment in the patients suffering from alopecia.

#### **Materials**

1. Panchatikta Grita ksheera Basti
2. Kukkutand twak bhashama
3. Rubber catheter
4. Glycerine syringe ect.

**Methods:** Study was carried out over a period of 1yr in M.A. Podar Ayurved hospital, Worli Mumbai. Total 15 selected Patients of the male sex between the ages 20 to 40 year with condition of alopecia (khalitya) were selected on the basis of selection criteria. In Group-A panchatikta ksheera Basti and in Group-B Panchatikta Grita kshheera Basti along with oral administration of kukkutand twaka Bhasma 500 mg. BD was given after meal.

- At the time of baseline assessment, a profile of heamogram, biochemical investigations

- Serum calcium
  - Serum alkaline phosphatase was obtained
- Duration of treatment in 3 cycle-14 days and 15 days gap was given after each cycle.

**Follow-up:** Monthly once for 3 months

**Preparation of Basti Dravya:** 10 gm of panchatikta bharad was taken and 200ml water was added to it and boiled up to only 100ml left. 50ml milk was added to it and again boiled up to the only kwatha left. After that 20 ml Panchatikta Grita, 2gm Saindhav lavana and 20ml Madhu was added. This mixture will be used as Basti Dravya.

**Time of Administration:** After lunch.

**Mode of Action of Basti:** As per modern medical science in Basti or enema, drug is administered by transrectal route. The rectum has rich blood and lymph supply. Drug can cross rectal mucosa like other lipid membranes, thus by entering in general circulation, Basti drugs can act on whole body. Action of Basti in body follows 'laws of osmosis' Niruha Basti is hyper osmotic-It facilitates absorption of morbid substances from blood into gut. And helps there expulsion. Whereas Anuvaasan Basti is hypo-osmotic and hence gets absorbed in the blood. And helps in nourishment of body. Electrolyte help in ionic exchange Basti acts through collaboration between enteric nervous system and central nervous system. Internal viscera are highly supplied with nerve fiber of Autonomic Nervous System which in turn has connection with CNS. Basti causes visceral afferent stimulation .hence activates hypothalamus, pituitary, adrenal and ANS, Thus it increases secretion of hormones and neurotransmitters.

Sneha Basti flourishes normal bacterial flora, thus it increases endogenous synthesis of vitamin B12 and Vitamin- K. Sneha Basti causes increments in fatty acids and proteins hence give nourishment to body. Bruhan Basti like ksheer Basti increases phospholipids levels. Phospholipids form cell membranes and hence give stability to cells

### Criteria for Selection of Patient

#### A. Inclusion Criteria

1. Sex-Male
2. Age group -20 to 40 years
3. Patients having sign and symptoms of alopecia.
4. Patient fit for Basti.

#### B. Exclusion Criteria

1. Above 40yr age and below 20yr.
2. Patient not fit for Basti.
3. Alopecia totalis

4. Drug induced alopecia,
5. Patient with hormone therapy
6. Chemotherapy

### Ayurvedic Line of Treatment

1. Pachana and deepan
2. Snehan and swedan
3. Panchakarma (virechana)
4. Nasya (yastimadhu tail).
5. Basti (panch tikta kshir)
6. Dhumpan
7. Shirodhara
8. Rasayana chikitsa
9. Abha Guggul

**Modern Line of Treatment:** The management of baldness is a multidisciplinary effort that spans the medical, pharmaceutical, food supplement, and exercise and fashion industries [3].

1. Finesteride and minoxidol are usually first line therapy for its treatment. Other options include topical or systemic spironolactone or flutamide, at through they have a high incidence of feminizing side effects and better threatened in female androgenic hair loss. A number of other medication used commonly off label are dutasteride and ketokanazole and in female androgenic alopecia spironolactone and flutamide. Combination of finesteride, minoxidol and ketokanazole are more effective than individual use, suggesting synergistic effects of the medication
2. More advanced cases may be resistant or unresponsiveness to medical therapy, however and require hair transplantation.

### Discussion

1. As per Ayurveda Basti is mainly indicated in Vata predominant diseases. The two types of abnormalities of Vatanamely; Avaran and Dhaturkshayjanya can be treated by Basti karma. Direct application of this type of treatment to colon helps not only in regulating and co-ordinating and Vatadosha in its site, but also controls the other doshas involved in the pathogenesis of the disease (S.S.Chi.35/6). Basti is used in Sakhagat, Tiyarkgamidosha, kosthagatrogas. Among them panchtikta ksheera basti is anubasan Basti used in Asthi kaschaya. As per ayurveda main sthana of vata is pakwashaya and according to vagbhata asthidhara kala situated in the pakwashay so this Basti provide nourishment to asthi and as we know hair is mala of asthi. Charak also said that treatment of asthivikara

is panchtikta sidhha Basti. So this Basti prevent Asthi kschaya and prevent hair fall [6].

2. Ayurveda explains health as equilibrium of the Dhatus "*Dhatu Samyam Arogata*". Among the Dhatus, Asthi is blessed with the function of Shareera Dharana. Any derangement in Asthi results in disease. Asthi Kshaya is a condition in which there is Kshaya of the Asthi Dhatu. Asthi Kshaya may be compared to Osteoporosis, in which there is a decrease in bone mass leading to bone fragility and fractures. kesha and nkakha are malas of Asthi. So Asthi kashya also promote hair fall. According to the principle of Ashrayaashrayee Bhava, when Vata increases Asthi decreases because, both are inversely proportional to each other. Classics mention the use of Basti prepared

#### Pathyapthya

##### S.N. Pathya

- 1 Milk ,Egg , protein diet  
Vit-c, Shigru, Laghu Aahaar , Ghrita, fruits ,almond , vitamin –E, black  
til tail and seed, mustard oil, sleep.

##### Apathya

- Pitta and rakta parkopak aahaar.  
Nidra veg vidharana, purisha veg  
vidharana.

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with Tikta Dravya, Ksheera and Ghrita for the treatment of Asthi Kshaya. To assess the efficacy of Tikta Ksheera Basti and kukkutand twaka Bhasma in the management of alopecia, present study was undertaken on 30 patients of hair fall [7].

#### Conclusion

1. In Group - A significant result were obtained in hair fall
2. In Group-B highly significant results were obtained in hair fall
3. It was observed that relief in sign and symptom of hair fall was found in the both group correlatively Group-B group showed better result.

After study it is observed that the drug is highly effective in both groups the percentage relief was more in group -B. than in Group.