



Case Study

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MANAGEMENT OF KHALITYA WITH MALATYADI TAILAM: A CASE STUDY

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ABSTRACT

Hair fall is a universal problem, affecting both sexes of all races. Ayurvedic remedies are popular for men and women with hair loss because they incorporate natural ingredients and have been an effective cure for hair fall since ancient times. In Ayurveda, Khalitya (Hair fall) comes under the title of Shiroroga (diseases of the head) and Kshudraroga (minor skin diseases). Excessive intake of tea, coffee, alcohol, fried food, spicy food, overstress, improper hair care, excessive use of synthetic hair care products, hot climatic conditions, and continuous exposure to dust are the common causes of Khalitya. A 19-year-old female patient came to OPD of the department of Kayachikitsa with chief complaints of Khalitya (Hair fall), keshha rukshata (dryness of hair) and keshha tanutva (thinness of hair) on the left frontal side of the scalp. Malatyadi tailam was advised for external application and general hair care in this case. Malatyadi tailam is an Ayurvedic formulation prepared from medicinal herbs and coconut oil. Progress provided by this remedy was assessed based on the signs and symptoms of the patient before and after the treatment. Abhyanga (head massage) using Malatyadi tailam showed significant improvement in blood circulation, natural growth and shine of the hair.

Keywords: Ayurveda, Hair fall, Khalitya, Malatyadi tailam

INTRODUCTION

Hair is often one of the most prominent aspects of an individual's physical appearance. This beauty concern generated a multi-billion-dollar hair care industry retailing its products. The problem is that many of these products contain damaging substances that can negatively impact the hair and vital internal systems like the endocrine and nervous systems. Regrettably, most hair products only succeed in treating the hair superficially and temporarily with hair damage.¹ Alopecia is a common non-scarring alopecia linking the scalp and/or body, characterized by hair loss without clinical inflammatory signs. It is one of the most common forms of hair loss seen by dermatologists and accounts for 25% of all alopecia cases. It accounts for 2-3% of the new dermatology cases in the UK and USA, 3.8% in China, and 0.7% in India. The prevalence was estimated at 0.1-0.2% in the general population, with a lifetime risk of 1.7%. Both males and females are equally affected, but some studies reported male preponderance.² Management of hair fall is enormously complex. Although no comprehensive cure exists for hair loss, numbers of treatments are accessible for hair loss.³ The herbs used in hair care have shown positive results in the system of Ayurveda.⁴ Malatyadi oil is one of such time-tested formulations mentioned in Bhaishajya Ratnavali.⁵ Malatyadi tailam is prepared from medicinal herbs and coconut oil to treat scalp and hair ailments.

MATERIALS AND METHODS

Ethical Consideration: Before beginning the treatment, the patient's informed consent was taken as per ICH-GCP, and institutional ethical clearance was obtained.

Patient Information

Patient Name – ABC

Age – 19 years

Sex – F

Bala (Strength) – Madhyam (medium)

Sanhanan (Built) – Madhyam (moderate)

Chief complaints

1. Khalitya (hair fall)
2. Keshha rukshata (dryness of hair)
3. Keshha tanutva (thinness of hair)

History of present illness: The patient has experienced hair fall on the left frontal side of the scalp for 6 months. Progressively she developed keshha rukshata and keshha tanutva. With these complaints, the patient approached Kayachikitsa, OPD of M.S. Ayurvedic Medical College, Gondia, Maharashtra, India.

History of past illness: There was no significant history.