

An evaluation of *kāshmaryādī* oil (traditional formula) in the management of *khālitya*

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Abstract

Hair loss is silent but devastating problem that may occur to a healthy person also. It has been regarded as geriatric physiological phenomena, generally after the mid forties. Early hair fall has been attributed to be the result of varied factors like modern day life style, eating habits, pollutants, stress, decreased immunity, hormonal imbalance and faulty hair care. To solve the above query and to find out a promising remedy, the present study has been undertaken. In Ayurvedic approach, loss of hair is coined out as in term of *khālitya* under the broad heading of *śīroroga*. For this *moordha taila* (*śīro abhyanga*) is the management and when is done with *taila* which is medicated by hair growing drugs is more efficacious. So in present study *kāshmaryādī* oil advocated in traditional medicine that has *keshya* properties has been selected. Sixty patients were selected; they were examined and recorded their history in the performa that prepared including all the necessary aspects of Ayurveda and modern medical science. The patients were advised to give gentle massage to the scalp covering whole area with hair oil at night and rinse it in the morning. The clinical condition was assessed before, after two weeks, after four weeks and after follow up period. Using grading system assessed signs and symptoms. Hair fall, *dārunaka*, *kandu*, *keśa rukshatwa*, *keśa kātinya*, *keśa tanutwa*, *keśa bhoomi dāha*, *keśa bhoomi durganda* were assessed and observed the significant reduction of symptoms. Considering the total treatment assessment there were 42% complete remission, 29% marked improvement, 18% moderate improvement, 8% mild improvement and 3% unchanged. No adverse reaction reported in this study period. It is concluded that *kāshmaryādī* oil is very effective in the treatment of hair loss.

Key words: Hair loss, *khālitya*, Hair oil

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