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A COMPARATIVE STUDY OF KESHYAKALPAYOGA & SARVANGASAN IN THE MANAGEMENT OF ALOPECIA



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ABSTRACT

Now a days due to change of life style, Genetics reason and other many factors Baldness problem is increasing in both male and female. The medical term of baldness is alopecia, any type of hair loss is called alopecia. To get result in alopecia, I did work in kaishya kalpa (Kalpit yoga) or sarvangasan for two month. The content of kaishya kalp, Bhringrai, Patola patra and yastimadu. In Ayurved these drugs are mentioned as "Kashya" which means promote of hairs. Sarvangasan increase Blood flow towards the brain so by that function of lepa and sarvangasan I hope to get results.

Key wards :- Khalitya roga, kaishya kalpa (Kalpita yoga) sarvangasan.

Introduction

In the present Era due to the change in the life style and routine work, man is not following the rule of Swasthavritta (hygiene) & 'Sadvaritta' (moral conduct). As the result of this he is suffering from various diseases. Baldness is a curse to mankind it is independent disease as well associated with other diseases In these khalitya & palitya are most common. Though it doesn't affect the physical factor & it is not a infectious disease. but due to the hair fall man does not look beautiful. The man is a social person and due to this problem he feels inferiority complex. As the result of inferiority complex his working power and ambitions decreases. He becomes to suffer the mental tension. So we can not say 'swastha' or healthy person to him because in Ayurveda a swastha (Healthy person) has these qualities)

प्रसन्नात्मन्दि यमनाः स्वस्थ इत्यभिधीयते'

The healthy hair not only give the man beauty but also indicate his Yovan (Younger stage) The hair falling is said. Khalitya Indralupta & 'Rugya' by Ayurvedic Acharya. In the modern science we say the alopecia or baldness.

Aims & object

Review of Ayurvedic & Modern text. A comparative study of Kaishya Kalp & Sarvagasan in the Khalitya Disease. Many Resarches have been done in the context of khalitya. It is more specific from them due to the comparative study of medicine (Keshyakalpa) & 'Sarvangasan' The aim of Researcher is to popularised vishist yoga in practice.

Alopecia : Any type of hair loss

Alopecia and hair loss are basically the same thing hair

loss is the term that the common man on the street will use to refer to any form of alopecia. Alopecia, on the other hand, is the medical term used by doctors to refer to hair loss.

Factors that are involved in hair loss includes :

- Mithya Ahara Vihara
- Mental causes
- Pathological diseases and medicines.
- Genetics

Pathophysiology:

Total hairs in scalp about 100000. The scalp has a 3 phase cycle of hair with almost 90 % of hair in the anagen or growth phase (which may 2-6 layer), 1% in the catagen phase (which may last 3 weeks), and 10% in the telogen or resting phase (which may last three month) This ratio is usually uniformly distributed over the entire scalp. When hairs goes into the telogen phase about 15-30% In this condition hairs falls rapidly and if this condition is not controlled then result of alopecia.

Types of Alopecia :

A gradual thinning of the hair is natural in both men and women with aging. The hairs follicles go into a telogenic or resting stage. The remaining hairs become shorter and fewer in numbers.

- Alopecia Areata (AA) : Used to describe hair loss occurring in patches anywhere on the body.
- Alopecia Totalis (AT) : Total loss of the hair on the scalp.
- Alopecia Universalis (AU) : Total loss of all hair on the body.
- Alopecia Barbae : Loss of facial hair (for a man) especially in the beard area.
- Alopecia Mucinosa : A type of alopecia which results in scaly patches.
- Androgenetic Alopecia (AGA) : Also known as male pattern baldness. It is a thinning of the hair to an almost transparent state, in both men of women, it is thought

to be a hereditary form of hair loss.

• **Traction Alopecia** : Traction alopecia is usually due to excessive pulling or tension on hair shafts as a result of certain hairstyles. It is seen more often in women, particularly those of East Indian and Afro-Caribbean origin. Hair loss depends on the way the hair is being pulled. Prolonged traction alopecia can stop new hair follicles developing and lead to permanent hair loss.

• **Anagen Effluvium** : This hair loss is generally caused by chemicals such as those used to treat cancer. Initially it causes patchy hair loss, which often then becomes total hair loss. The good news is that when you stop using these chemicals the hair normally grows back (usually about 6 months later). Other drugs also can cause hair loss. Many medicines used to treat even common diseases can cause hair loss. • **Scarring Alopecia** : A form of alopecia which leaves scarring on the area of hair loss. • **Telogen Effluvium** : A form of hair loss where more than normal amounts of hairs fall out. There is a general 'thinning' of the hair; unlike some other hairs and scalp conditions. It is temporary and the hair growth usually recover.

Contents of the Trial therapy:

All medicines ingrade and made into powder and used by lape externally.

a) Keshya kalp yoga :

Bhringraj:

भृङ्गर कटुकस्तीक्ष्णो रूक्षो णः कफवातनुत् ।
केश्यस्त्वच्यः कृमिस्वासकासशोथामपाण्डुनुत् ।।
(Bhav Prakash)

Patola Patra :

रसतिक्त पटोल्स्य पत्राकं तद्विलेपनात् ।
इन्द्रलुप्तं इमयति त्रिभिरैव दिनेध्रुवम् ।। (Sharander)

Yastimadhu :

यष्टी हिमा गुरुः स्वाद्धी चक्षुष्या बलवर्णकृतः ।
सुस्निग्धा शृक्रला केश्या स्वर्या पित्तनिलासृजित् ।। (Bhav Prakash)

Prakash)

b) Sarvangasan :

after sookshome vyayam Sarvangasan is done for 2-5 minute.

Mechanism : Lie down flat on the back. Keep the heels and toes together and stretched. Keep the hands straight by sides alongwith the body. Palms may face the ground. Start inhaling and raise the legs slowly upwars to 30 degrees, then 60 degrees and then to 90 degrees angle. Exhaling and pressing the palms on the ground take the legs beyond the head and parallel to the ground. The knees in this position should not bend. Normalise the breath. With elbows resting on the ground, support the back with the hands and bring back the legs upwards and stretch them towards the sky. The whole body should stand straight on the shoulders and the chin

should touch the chest. Relax the toes and remain in this position as per the capacity and comfortably possible. Breathe in a normal way. Now exhaling, take the legs again beyond the head and parallel to the ground. Remove the support of the hands from the back and place the hands on the ground. Inhaling bring the back to the ground slowly touching each vertebra of the spine on the ground. Thereafter bring down the legs slowly and gently on the ground. Relax in Shavasan.

Advantage : The principal benefit of sarvangasan is felt in the improved functioning of brain, nervous system, ductless gland respiratory system, blood circulation, throat abdomen and prompting our physical health and charm due to supply of blood in all the organs, all the cells are activated. Skin gains in beauty. As the blood flows into the roots of the hair, this prevents grayness and the fall of hair.

Observation:

Selection of patients and criteria of assessment : 30 patients from NIA OPD, IPD and yoga unit were taken

Group- A	10 Patients	External use of lepa
Group - B	10 Patients	Sarvangasana
Group -C	10 Patients	External use of lepa + Sarvangasana

Including criteria

Age - 15 to 50 yrs. 3 Month - 8 to 5 yrs. of known disease Complete loss of hairs & dandruff were taken into consideration. Patients whose hair falls on touching, never comes again are taken into consideration.

Exclusion criteria :

Old age & hereditary baldness
Disease chronic i.e. more then 5 yrs.

Assessment criteria

Following symptoms are taken & graded

Hair falling Mild, Moderate, Severe
+ ++ +++

Rough hairs ,Weak hair root ,Seborrhea ,Hair warms
Dandruff , Loss of hairs

Result

After using the drug, statistically & symptomatically results are -

Discussion

Fundamentaly Acharya Sushrut classified Baldness into vata, Pita, Kapha and Rakta. Kalpit keshya kalp yoga consists Bhringraj, Patal Patra, Yasti Madhul, Bhav Prakash and Raj Nighantu stated Bhringraj as kesya, Kesya ranjan. Sharangdhara stated patol patra as destroyes of indralupta. Bhav Prakash has mentioned yastimadhu as kesya. these are regarded as "Kesya". Sarvangasan affects C.V.S., N.S. Thyroid gland. Sarvangasan increase flow of blood in brain. Which is nutrient for brain and hair. Due to this prevent hair falling and grayness of hairs, and promote growth of

By Kalpit Keshya kalpa (A)					By Sarvangasana (B)			By kalpit lepa & Sarvangasana (C)		
S. No	Symptoms	Benefits	't' value	p value	Benefits	't' value	p value	Benefits	't' value	p value
1	Hair falling	52	2.2	= 0.2	46	3.69	=0.01	58.5	4.49	= 0.001
2	Rough hair	20	1.0	= 0.1	00	0.00	0.00	28.5	1.50	=0.1
3	Weak hair root	45	3.2	= .01	42	2.58	=0.05	58.3	5.26	=0.001
4	Seborrhoea	33	1.0	= .1	00	0.00	0.00	40	1.504	=0.1
5	Hair worm	33	1.0	= .1	00	0.00	0.00	33.3	1.00	=0.1
6	Dandruff	60.86	5.18	= .001	10.5	3.57	=0.01	60	3.34	=0.01
7	Loss of hair	23	2.75	= .05	12	3.28	=0.01	33.3	3.68	=0.01

new hairs. Use of "Lepa" in a patients in group A Use of sarvangasana in 10 patients in Group-B Use of both lepa and sarvangasana in Group-C for a 12 months

All patients Sex, Age, Religion etc According to see getting results are like these. A/c to age the maximum no of patient's age of 21-30 yrs i.e. 73.33%

A/c to sex the maximum number of patients are male i.e. 98.3% The disease is less in frequent in females A/c to marital status 63.3% are unmarried A/c to educational background, educated persons are more suffering from

the disease this proves that people doing mental work are much more affected by the disease. A/c to diet the maximum patients of khalitya are of vegetarians i.e. 76.66% after observation the habitate it is more observed in rural people i.e. 66.66% while observing the prakriti pitta prakriti 48.3%, Vatta prakriti 40% and kapaj 16.16% is seen affecting this disease. In Ayurved also vataj and pittaj prakriti patients are seen affecting with the disease

seeing the economic status, people with middle class group are more affected with the disease.

Conclusion : All the above data shows that in khalitya, sarvangasana and kalpit keshya yoga is useful up to some extent only. All the groups are combined and according 10 symptoms benefits like that on hair falling 52.5%, in weak hair root 45.2% an dandruff 45% an rough hair 26.6%, an seborrhea 30%, an hair worms 25.5% and in loss of hair 19.23% so it is proved that in max. symptoms no can get so much goot benefits. Present research work is done on limited patients in limited time and limited sources but 10 limitation of time perhaps good results can not get. Perhaps then hat yogapradipika has given a references. of six month about sirshashan

वलितं पलितं चैव षण्मासोर्ध्वं न दृष्यते ।

It is my opinion that this work be done with more patients, time and sources to see the efficacy or medicines and yoga.

RESEARCH ANALYSIS AND EVALUATION

REFERENCE

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