

Importance of TailaKalpana in Panchakarma procedures for managing Khalitya (case study)

-Dr. Bankimchandra S.J
Final year PG Scholar
Dept of RS&BK
BVVS amch Bagalkot

GUIDED BY:

Dr. V.B.Chavadi_{M.D.(Ayu)}
Associate professor
Dept of RS&BK
BVVS AMCH Bagalkot.

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INTRODUCTION:

Ayurveda emphasizes preventative and healing therapies along with various methods of purification and rejuvenation. Ayurveda is more than a mere healing system; it is a science and an art of appropriate living that helps to achieve longevity.

Panchakarma Procedures :

Vamana:

Virechan:

Basti:

Nasya:

Rakta Moksha:

Healthy, beautiful and long hairs add charm and attraction to the personality. *Sthira* and *GhanaKasha* are the signs of perfect health, they are among the qualities of *Twak* and *MajjasaraPurusha* as per *Charakacharya*.

Acharya Charaka mentions that Tejas by involving VatadiDosha when invades up the Scalp and Hair root, it results in Hair loss called as Khalitya.

In case of Khalitya, Palitya and Vali in all these conditions first Samshodhana that is after Vamana, Virechana, Nasya, Shirolepa and Mukhapralepa and Shiroabhyanga is to be carried out.

PANCHAKARMA PROCEDURES FOR KHALITYA:

- The Shiroabhyanga is coming under the classification of the MurdhaTaila. This is a types of Oleation or Snehana told as Purva Karma of Panchakarma.
- Nasya or nasal administration of medicine is helps to treat alopecia and other hair disorders. This has an important role to play in preventing premature baldness and graying of hair.
- Rasayana therapy follows panchakarma procedures. Formulations and procedures meant for rejuvenation of asthidhathu are used here. These medicines will be continued for a long period.

IMPORTANCE OF TAILA KALPANA:

- Swarasa (juice), Kalka (paste), Kwatha (decoction), Hima (cold infusion) & Phanta (hot infusion) are the basic pharmaceutical preparations described in Ayurvedic Pharmaceutics. Sneha kalpana is a Secondary preparation where lipid and Water soluble active principles are extracted.
- Since from Ancient period Taila Kalpana is one among the best dosage form as compared to other, due it's versatility.
- Sneha Kalpana / Paka is a unique dosage form prepared from kalka , kwatha and dravadravya in a specific proportion by subjecting to unique heating pattern and duration to fulfill certain pharmaceutical parameters .
- It converts drug into absorbable form and increases SaveeryataAvadhi.
- Sneha Kalpana are innumerable and utilized for both Bahya and Abhyantaraupayoga.
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GENERAL METHOD OF PREPARATION:

- 1 PART OF KALKA
 - 4 PARTS OF SNEHA
 - 16 PARTS OF DRAVA DRAVYA
- TOGETHER BOILED / KEPT IN SUNLIGHT FOR EVOPORATION
- REDUCED TO QUANTITY OF SNEHA

CASE STUDIES:

- Patients with h/o Hairfall more than 6 month
- Selection Criteria:
 - Subjective:
 - Khatinyata
 - Tanutva
 - Objective:
 - Khalitya
 - Hair Pull Test : Positive with More or equals to 5 hair strands

TAILA USED FOR THE TREATMENT:

- MoorchitaTilaTaila for Mukhabhyanga
- BhringarajaTaila for Shiro abhyanga
- YashimadhvadiNasya : Marsh nasyaMadhamamatra (8 drops)

PROCEDURES INVOLVED:

DISCUSSION:

Sneha kalpana is a Secondary preparation where lipid and Water soluble active principles are extracted.

Modern sciences are indicating the unique methodology of general, sustain, and control pattern of drug delivery at target which is possible with dosage forms of Sneha Kalpana. Various new technologies are developed where both the aqueous and oily phases are used collectively.

The skin is relatively permeable to fat soluble substances and relatively impermeable to water soluble substances. Essential oil molecules are so minute that when they are applied to the skin; they are able to pass through the stratum corneum (the outer layer of the

epidermis). From here the oil molecule passes through dermis, into the capillaries and into the bloodstream. Absorption also occurs through the hair follicles and sweat ducts. Research is needed to invent or Discover newer dosage forms in Panchakarma procedures for treating the Hairfall

CONCLUSION:

- The study showed significant results and long term effects in the signs and symptoms of khality by the combined efficacy of Tailakalpanas like Moorchitatilataila , Bhringaraja Taila and YashtimadhwadiTaila.
- Due to permeability property of skin for fat soluble substances, the Taila Kalpana for Shiro abhyangartha in Khalitya works best.
- Drug diffuses through membrane in Nasal mucosa is an active transport process. More suitable for lipophilic drug, Sneha nasya may absorb through this process and acts best in Khalitya.

THANKYOU