

**OBSERVATIONAL ANALYTICAL STUDY OF ROLE OF
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26 May 2017,Revised on 16 June 2017,
Accepted on 06 July 2017

DOI: 10.20959/wjpr20178-8895

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Due to change in life style Hair problems are very common at present. Disorders of hair are not life threatening but it disturbs mental health. Hairs and nails are derivatives of skin but as per Ayurveda, *Sushrutacharya* told that, “.....*nakha roma cha...dhatunam kramasho mala:|*”.....*Su.su.46/536*.

***Kesh* and *Nakha* are *Malas* of *Asthidhatu*^[1]**

Kesh and *nakha* are develops during formation of *asthidhatu*. If *asthi dhatu* is healthy (*sarvan*) then its byproduct (*malas*) should develop healthy (*prakrit*). This topic is selected to study actual association of *asthidhatu* with *kesh* and *nakha*. It will helpful for treatment of disorders of hairs and nails.

KEY WORDS: Kesh, Nakh, Asthidhatu, Malas.**AIM AND OBJECTIVES**

- 1) To find out association of *Asthi dhatu* with *kesh* (Hair) and *Nakha* (nails)
- 2) To find out role of *Asthidhatu* in disorders of *kesh*(Hair) and *nakha*(Nails)

MATERIALS AND METHODS

- 1) Ayurved samhitas and modern texts
- 2) case paper
- 3) 100 volunteers

METHODOLOGY

- 1) Detail study of hair (*kesh*), nails (*nakha*) & bones (*asthi*) is done in literature review.
- 2) 100 volunteers are selected randomly from campus of Ayurved college, Aurangabad.

Inclusion criteria

Age group – 20 to 40

Healthy volunteers

Exclusion criteria

Age below 20 & above 40

Persons with any serious disease like tuberculosis, HIV, enteric fever etc.

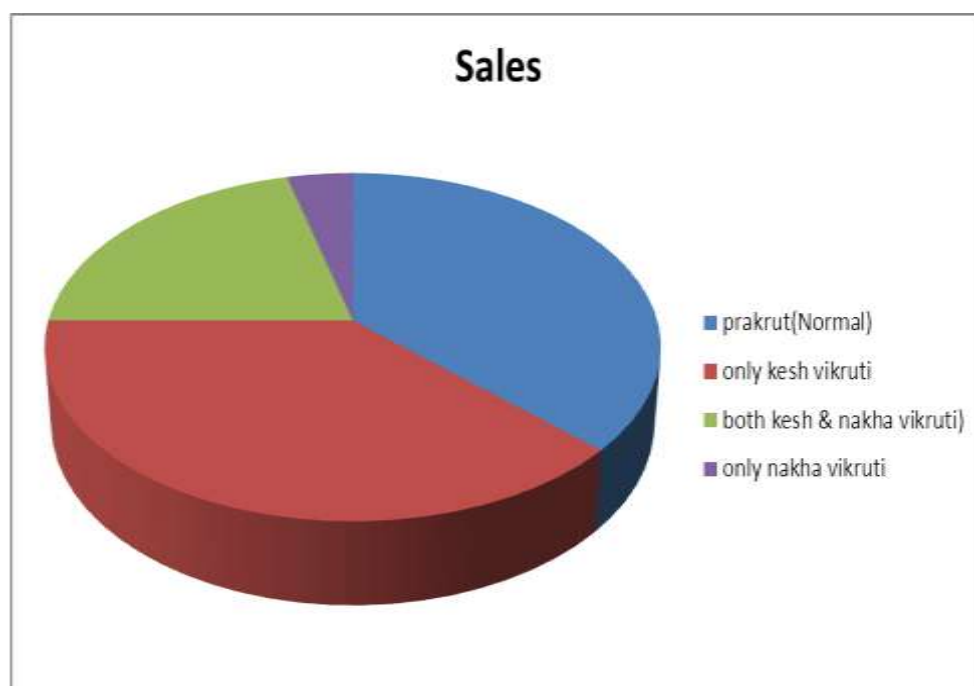
- 3) *Sapta dhatu sarata* examination & examination of hair (*kesh*) and Nails (*nakha*) is done with the help of specially formed case paper.

Assessment of dhatu-sarata

- 1) If 75% *lakshanas* of *dhatu-sarata* are found then that *dhatu* is *Uttamsaar*.
- 2) If 50 – 74% *lakshanas* of *dhatu-sarata* are found then, that *dhatu* is *Maddhyamsaar*.
- 3) If less than 50% *lakshanas* are found then that *dhatu* is *Hinasaar*

OBSERVATIONS

- a) Pie diagram showing % of prakrut & vikrut kesh & nakha in data of 100 volunteers



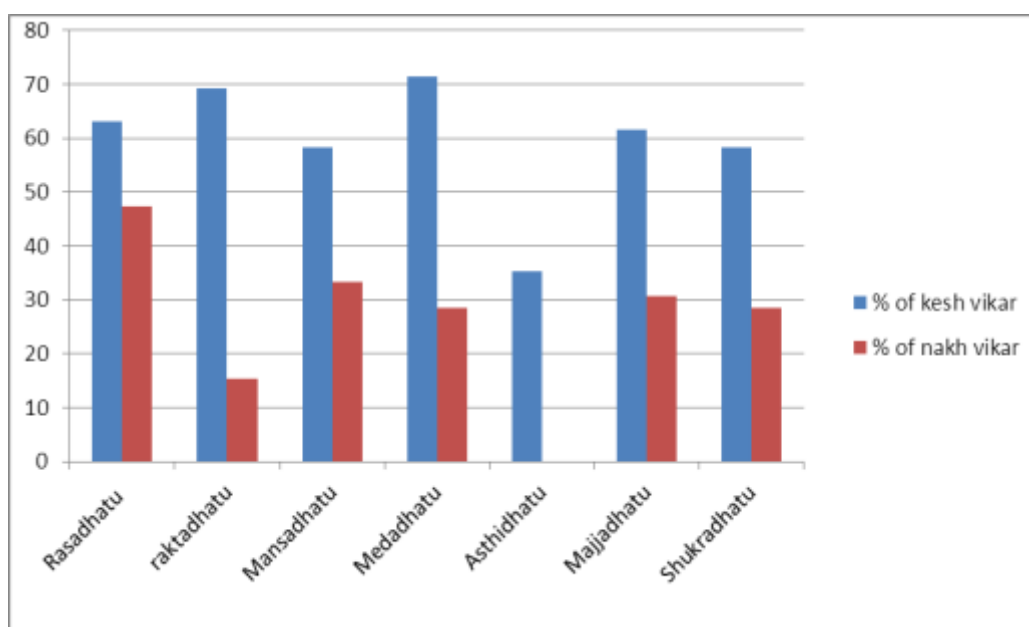
b) Comparison of % of disorders in male and female

Vikruti(disease)	% in Males	% in Females
Kesh vikar (Hair problems)	68.75	50
Palitya (white or grey hair)	56	48
Khalitya (baldness)	20.88	1.92
Nakh vikruti (nail problems)	25	25

c) Dhatu sarata & Kesh(hair), Nakh(nail) vikruti

Dhatu sarata	No. of persons	No. of pesons with kesh vikruti	% of Kesh (hair) problems	No. of persons with nakh vikruti	% of Nakh (nail) problems
Rasadhatu	19	12	63.16	9	47.36
Raktadhatu	13	9	69.23	2	15.38
Mansadhatu	12	7	58.33	4	33.33
Medadhatu	14	10	71.42	4	28.58
Asthidhatu	17	6	35.29	0	00.00
Majjadhatu	13	8	61.54	4	30.77
Shukradhatu	12	7	58.33	2	16.67

d) Percentage of Kesh and Nakha vikruti in various dhatus



CONCLUSION

- 1) Hair problems are more in males than in females.
- 2) Nail problems are equally distributed in males and females.
- 3) After application of Chi square test to observations, following conclusion can be drawn-

If Asthidhatu (Bones) is healthy (sarwan) then Nakha (nails) are healthy & kesh vikrutis are rare.

4) In Hair and Nail problems role of asthidhatu is important, so in such cases asthi dhatu poshak dravyas can be use.

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