

**A COMPARATIVE STUDY OF VIBHITAK & SHLESHMATAK
W.S.R.TO PALITYA ROG**

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ABSTRACT

Palitya (premature greying of hair) is included in Chhudra roga in briantri though in today's era, most of the population is facing this problem and it affects the aesthetic aspect of life. There is no beneficial treatment in any pathy yet, that's why much more researchers should be done. The reference of Sharangdhara Samhita opens scope of research regarding this problem. Two drugs from the reference Vibhitak and Shleshmatak have been chosen so that safe economic and effective herbal treatment of Palitya roga can be evolved for serving the community.

INTRODUCTION

In today's modern era Palitya [Premature greying of hair] is a result of blind imitation of western culture. In Ancient Ayurvedic text Palitya is considered as ksudra Roga, but in today's scenario Palitya roga is found so commonly due to stressful life, use of hard chemicals, hair product like Shampoo, oil etc. In Ayurvedic text people of Pitta Prakriti are prone to premature greying of hair and it is obvious for people of this Prakriti, but in today's scenario people of all Prakriti are being affected by this problem. It not only affects the physical beauty but it causes mental breakdown like inferiority complex also.

Need of study

According to Acharya Sharangdhara, separate oils of Vibhitak, Nimb, Gambhari, Haritaki, Shleshmatak and Rakha Gunja when administered (through nasal route) as Nasya, it treats Palitya roga (Premature Greying of Hair).

On the basis of this reference of Sharangdhan Samhita, the drugs Vibhitak and Shleshmataka have been chosen with special references to Palitya roga. Other important grounds of selection of these drugs are-

1. Vibhitak and Shleshmataka are important drugs (among main drugs) of Dravya Guna and according to my knowledge there is no specific research work has been done in this reference (to Palitya Roga).
2. Research institute I have studied situated in Malwa region of Madhya Pradesh of India and these drugs are abundant in this region.
3. Through observation of Ayurvedic Literature it has been found that all experts of Ayurvedic and Dravya Guna Vigyan. Considered these drug as Keshya (good for health) and used them in various Palityahar yoga.
4. As nasya karma is beneficial for all organs situated above clavicle bone (Urdhawajatrugata) and vitiate Palitya roga also. That's why Nasya (nasal administration) of oil of these selected drugs have been decided for this study.

METHODOLOGY

1. **Groups:-** 3 GROUPS A,B AND C have been designed for clinical trial.10 patients have been taken in each group.and oil preparation of selected drugs have been given

Group A: Vibhitaka Oil Nasya

Group B: Shleshmatak Oil Nasya

Group C: Mixture of Both Oil Nasya

2. **Doses:-** Selected patients have been given 2-2 drops of oil as single dose in each nostril for nasya (Pratimarsha Nasya), two times daily.

3. **Duration:-** Duration of nasya has been determined as 90 days.

4. **Parameters:-** Parameters for diagnosis of Palitya roga in patients included for this research work are –

Subjective parameters

- Asamaya Kesh Shwetata (Premature
- Greying of Hair)
- Kesh Patana (Hair Fall)
- Kesh Rukshata (Dryness of Hair)
- Darunak (Dandruff)

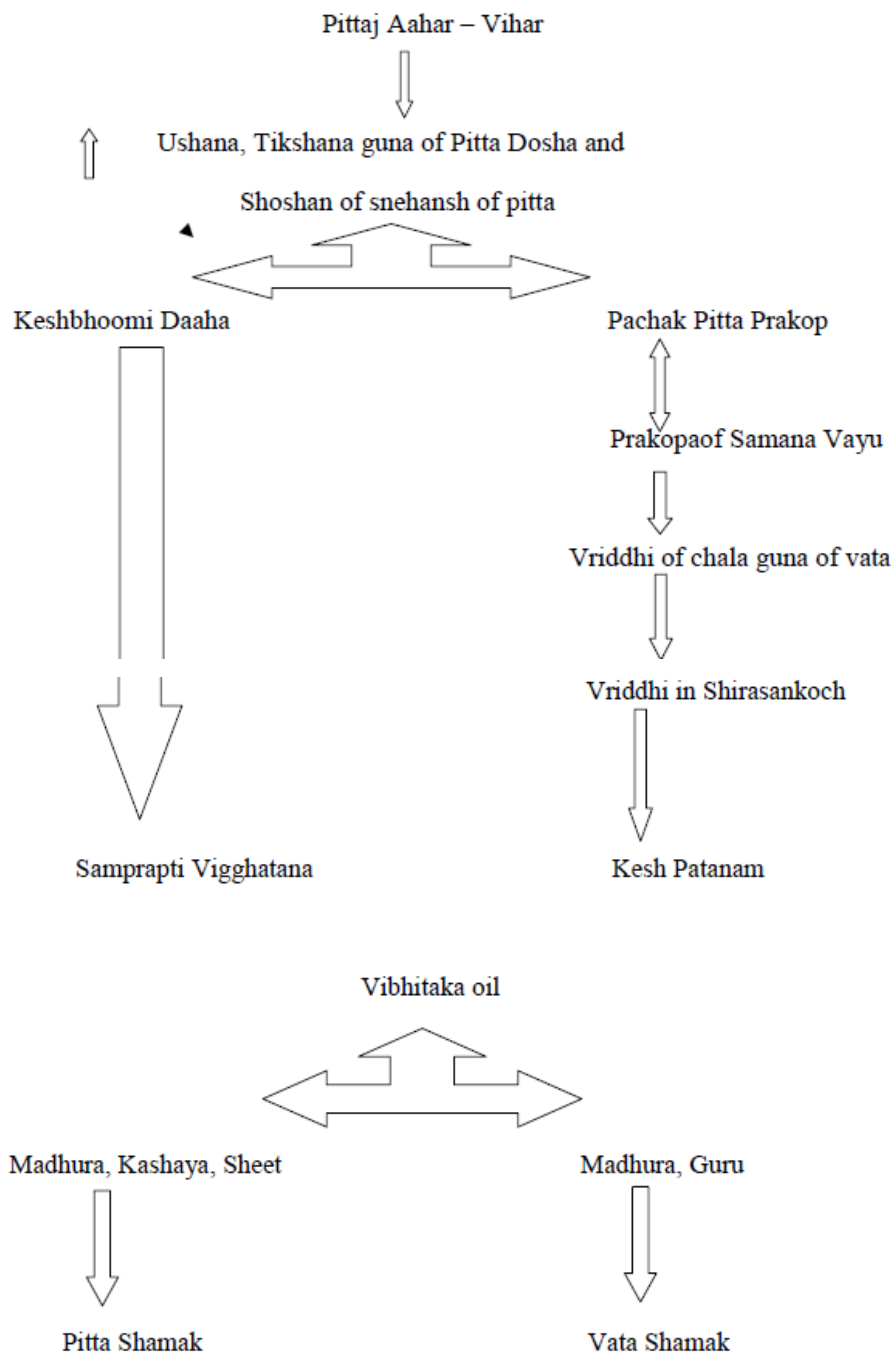
Objective parameters

- Hb%
- TLC, DLC
- Blood Sugar
- Lipid Profile
- Serum Calcium
- Urine Routine

RESULT AND DISCUSSION**Subjective parameters**

- 1) **Asamaya kesh shwetata (Premature greying of hair-** Results of clinical trial in groups A,B and C are respectively 8.3%, 8.31% and 6.25%. As research drugs have been administered in form of Pratimarsha Nasya (nasal application) and Pratimarsha Nasya doesn't give quick result and hair growth is also a slow process (1-2 cm/month and 3-6 cm in 3 months) and may drug's action on hair be visible after full duration of medication.i.e.90 days in the study, as found in patients on follow up. On these basis it can be state that in patients of premature greying, assessment of drug effect should be done after 6-8 months. Vibhitaka is rich in tenin and tenin plays important role in colouring.

Samprapti of keshpatan



So Vibhitaka oil can be useful in greying. Also according to chemical composition of shleshmataka zn and cu substances are found in it. In modern science deficiency of these substances is responsible for premature greying of hair. Hence Vibhitaka and Shleshmatak oil were useful in treatment of premature greying of hair where as in group C oils of both drugs have been mixed so due to apposite veerya (potency) of both the drugs, much benefit has not been received.

2) **Keshpatanam (Hairfall):-** In symptom of hair fall/keshpatanam there were 33.33%, 28.57% and 9.90% relief respectively in group A, B and C. Statistically results of group A and B were significant and insignificant.

So due to vata pitta shamak doshkaram and keshya property, vibhitak oil gives better result. Also Vibhitak oil effects growth hormone on Neuro-endocrinal level due to its Teekshna property. This increased growth hormone increase protein synthesis and gives healthy and strong hair.

Effect of gh on protein synthesis

1. It increases permeability of cell membrane and transportation of amino acid. Thus increase in amino acid and protein concentration.
2. Increases translation of RNA and transcription of DNA to RNA and more protein synthesized.
3. Decreases catabolism of protein.

3) Keshroukshta [Dryness of hair]

After drug trial result found in group A, B and C are respectively 22.22%, 33.29% and 10%. Snigdha property of Sleshmataka oil removes dryness of hair, also because of Vishghanna property it cures local infection and nourishes the hair.

4) Shiro-Kandu [Itching Scalp]

Result in group A, B and C, Often clinical trial were respectively 40%, 20% and 16.6%. Statistically result was insignificant? Nasal application of these drugs took away local infection and purified blood hence got relief from shiro kandu.

5) Shiro-daaha [Burning sensation of scalp]

This symptom didn't find in Group B and C where as in group A there was no change after administration of drug

6) Shisah-shool [headache]

In this study, there were 37.5%, 33.3% and 14.28% relief in shiran shookhmpnot group A, B and C respectively. Statistically result was insignificant. As per the principle of "Nasa hi sirso dwaram" medicine given through nasal passage cures obstructive headache specially teekshan property of Vibhitak oil gives comparatively better result in group A.

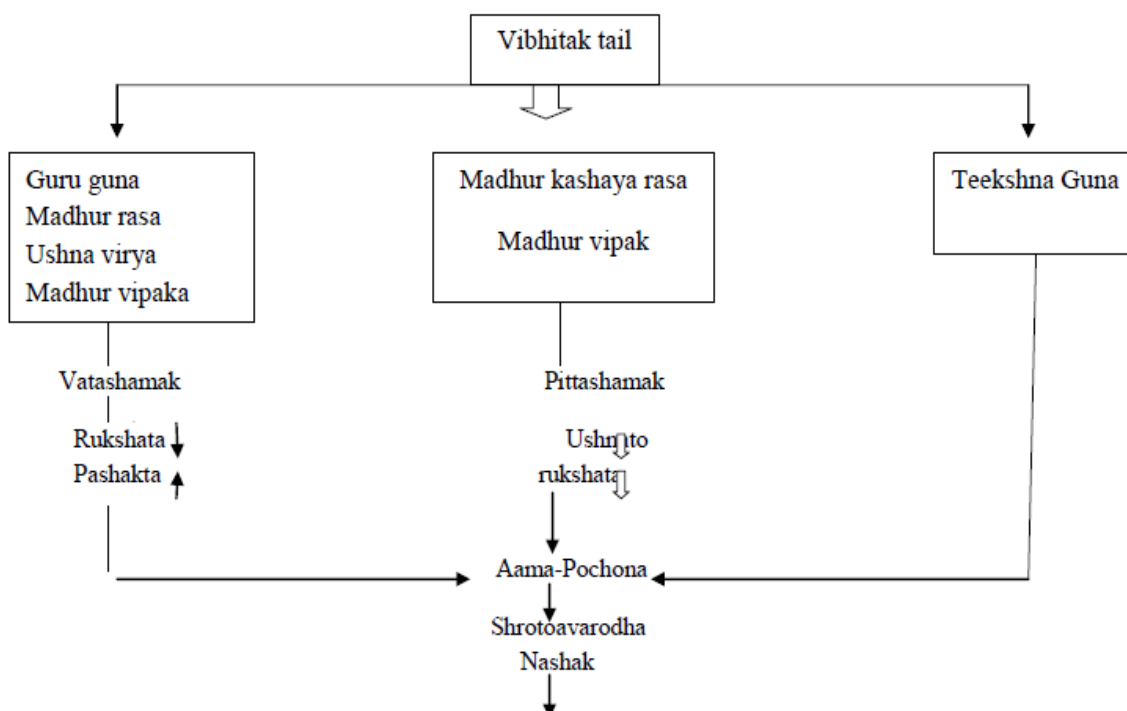
7) Darunaka [Dandruff]

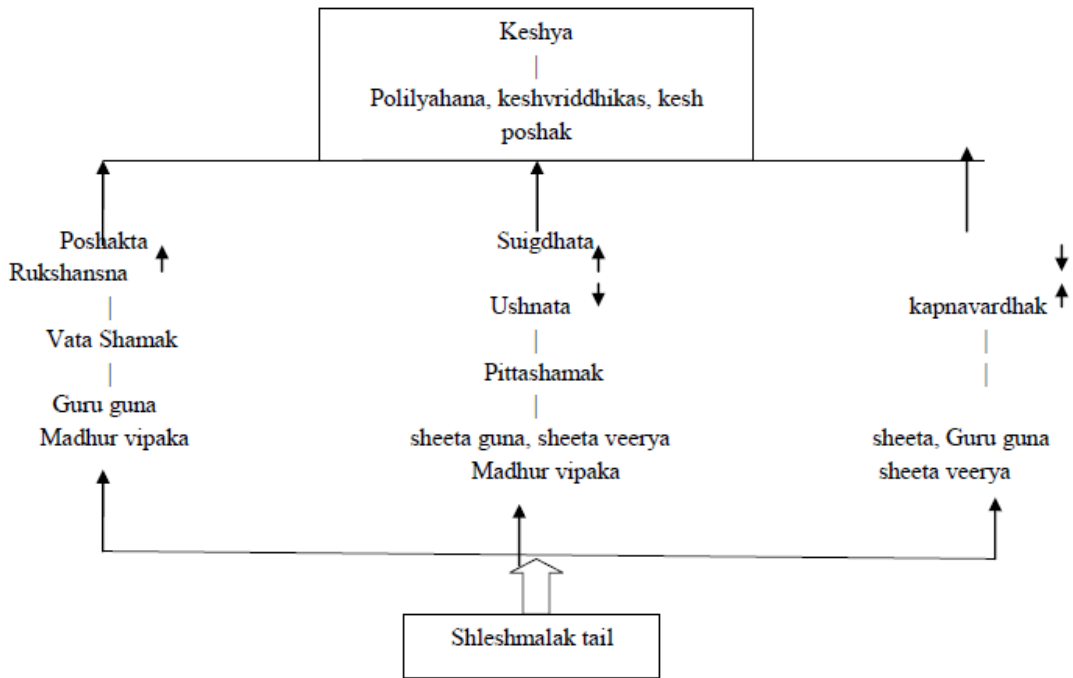
Symptom of dandruff has been decrease often clinical trial and result were 50%, 40% and 28.57% in group A, B and C. Vibhitak oil due to its teekshama property removes obstructive of hair particles, increases blood circulation of scalp and eliminate dandruff effectively.

Overall effect of research drugs on subjective parameters

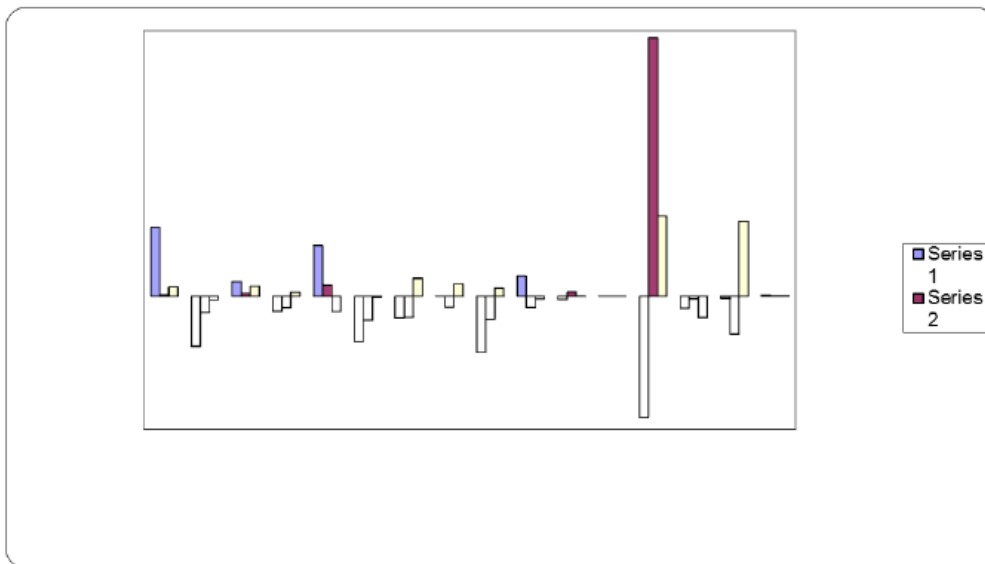
In subjective parameters relief In group A overall effects of Vibhitak tail nasya is 27.37% relief, in group B Sleshmatak tail nasya effect is 23.64% and in group C Nasya of mixture of both oil give 12.11% result has been found. It Means Vibhitak oil nasya gives comparatively better result on Palitya Roga.

S. No.	Parameter	Group A %	Group B %	Group C %	Total
1.	Asamaya Kesh Shwetata (Premature Greying of hair)	8.3	6.3	6.25	7.62
2.	Keshpatanam	33.33	28.57	9.09	23.66
3.	Keshroukshta	22.22	35.29	10	22.50
4.	Shiro-Kandu	40	20	16.6	25.3
5.	Shiro-daaha	0	0	0	0
6.	Shisah-shool	37.5	33.3	14.28	28.36
7.	Darunaka	50	40	28.57	39.52
	Overall	27.34 %	23.64%	12.11%	21.03





Result and discussion about objective parameters tables, graphs



In laboratrical parameters in group A, serumca level change of 15.57%, in group BO 357% and group C 2.16% has been recorded and in total lipid in group A 11.22%, Group B 3.63% And group C 73% change has been recorded .On these basis we can say that decrease serum ca and total lipid level can cause premature greying of hair so other then blood and Urine diagnostic tests, serum ca and total lipid tests be essential for Palitya Nidanna.

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