

## ABSTRACT...

### A COMPARATIVE STUDY OF SHIROABHYANGA AND SHIROLEPA IN THE MANAGEMENT OF KHALITYA

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The falling hair is one of the diseases of head region, which is known as "Khalatya" in Ayurveda. Hair fall is considered to be a main cause of vitiation of Pitta dosa associated with Vata.

According to the American Academy of Dermatology expressed that an average person, loss anywhere from 50-100 strands of hair each day. When this limit exceeded can be taken as falling hair (Khalitya). Up to 1/3rd of population suffer from hair loss and of that third thousand are women.

Today more and more people are turning towards Ayurveda to find a solution for hair loss. In ancient classical Ayurvedic texts, Shiroabhyanga as well as Shirolepa are mentioned as the therapeutic measures of Khalitya.

To compare the efficacy of both the therapy the present study was carried out with "Kesharaja Oil" ( Traditional Yoga) and Triphaladilepa (Traditional Yoga) as Shirolepa.

In this clinical study 30 patients were selected randomly within the age limit of 16 - 40 years from OPD of GWA Hospital, Yakkala, Sri Lanka. Irrespective of their sex, religion, occupation and habitat and divided into two groups viz, Group A - 15 patients - Shiroabhyanga with Kesharaja oil 5ml. every other day for one month and Group - B patients - Shirolepa with Triphaladiyoga 25g. every other day for one month treatment with one month, follow up study.

Assessment was done by considering subjective and objective criteria.

The data analysis was done by using student t test. When compared the effect both groups have shown equal effect. Therefore, it is insignificant  $P>0.05$ . But during follow-up study. Group A has shown better effect without any complain of falling hair than group B is significant  $P<0.05$ .

**Keywords:** Khalitya, hair loss, Shiroabhyanga ,Shirolepa.