

Abstract No. 32

Efficacy of Ayurvedic formula mentioned in *Susrutasamhitha* in the management of *Kalithya*

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Abstract

Hair loss becomes one of the common problems in society. Falling hair is one of the diseases of head region, known as “*Kalithya*” in Ayurveda. There are varieties of reasons for hair loss, including autoimmune diseases, stress, poor nutrition, some medications, mineral deficiency, pollution, severe illness, excessive styling, pregnancy, hereditary and even poor hair care, while wearing helmets and caps can also increase the risk of hair loss. Today more and more people are turning toward the Ayurveda to find a solution for hair loss. Ayurveda believes that hair fall control is very much associated with the body type and also the stability of both body and mind structure of the person. To overcome *Kalithya* there are many treatments modalities described in Ayurveda texts, like *Shirolepa*, *Shiroabyanga*, *Shirodhara*, *Shirovasthi* etc. In this study, *shirolepa* was considered as the treatment modality. Application of medicated paste on the scalp is known as *Shirolepa*. Most of the *shiro lepa* are not scientifically evaluated. This formula is one of them mentioned in *Susrutasamhitha*. Equal quantities of *Karanda* (*Pongamia pinnata*) leaves, juice of *Kapitta* (*Limonia acidissima* L.) and *Kasisa* purified using *Bhrungaraja* (*Eclipta alba*) decoction were used to make the herbal paste. In the clinical study 20 patients were selected in age between 20-50 years, irrespective of their religion, occupation and habits. They were randomly divided in to two groups. Group A was treated with *shiro lepa* and group B was treated with *Brungamalaka Thaila* (traditional effective *Thaila* for scalp). All of them completed the treatments accurately and the follow up study continued up to one month after treatments. After considering the results, it can be concluded that herbal paste is more effective in fallen hair, itching condition, hair dandruff and hair color except regrowth of the hair.

Keywords: Hair loss, *Kalithya*, *Shirolepa*, Alopecia, Ayurveda

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