

THE STUDY OF EFFICACY OF SESAME OIL SHIROABHYANGA IN THE MANAGEMENT OF PALITYA

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Abstract: The Idea of beauty is an expression of health in this glorious and dazzling world. A person, sheath and beauty can be determined by hair. Since from the beginning of time hair plays a significant role in human aesthetic ideals. Long, dark, black, shiny, healthy hair represents a person's internal well-being. According to general psychology, you feel good when you look nice. Every effort is made in many ways to preserve this beauty.

Age related hair graying is a regular occurrence. Palityais the term for the tendency to cause premature greying of hair before the natural time of senile degeneration¹. It is currently a major problem for the younger generation as well. It can be accelerated by poor eating practices such as vishamashan, adhyashana, ajeernashana, and Amla lavan ras atisevan. It also arises as result of busy lifestyle, increase pollution, use of harsh chemical cosmetic products for hair, allergic reaction, avoiding bathing n shiroabhyanga. According to Ayurveda Kesh is a Mala of Asthidhatu² According to Sharangdhara, Kesha is Majjadhatu's updhatu³. *Palitya* was listed under *Shirogatvyadhi* by *Acharya Charaka*⁴ and *Vagbhata*⁵. but under *Kshudraroga* by *Acharya Sushruta*⁶, *Bhavprakash*⁷ *Yogratnakar*⁸, and *Madhav*⁹. Ayurveda is particularly valued for its all-encompassing treatment of many illnesses. Whether they are mental or physical. The *Ayurvedic* Perspective An imbalance in the *doshas*, the regulatory functional aspects of the body generated by the synchronized interplay of the five basic elements within any living system and the *pitta dosha* in particular can be linked to premature hair graying.

The *Pitta dosha* is in charge of controlling internal body temperature, metabolism, and metamorphosis. *Palitya* may be a sign of an imbalance in *pitta dosha*, which happens when the body accumulates heat. According to *Ayurveda Shiroabhyanga* with *sneha* (Oil) is *Keshakrushnakara*¹⁰. and sesame oil is *Vatashamak*¹¹. It is potent antioxidant that prevents *Palitya* and beneficial to hair. In *Palitya Shiroabhyangais* one of the *bahya* and *abhyantarchikitsa* listed in *Ayurveda*. A group of 80 participants having textual sign n symptoms was chosen n shiroabhyangatherapy with sesame oil was given.

Keywords: Palitya, Shiroabhyangya, Sesame Oil, Graying of heirs

1.0 Introduction

Ayurveda is an age-old and timeless science. The most ancient holistic health science that the ideal Indian heritage has given to humanity is Ayurveda. Ayurveda encourages health by emphasizing disease prevention. It also assists healthy people in maintaining their current level of well-being and curing those who are afflicted with illnesses.

Hairs plays an important role in beauty (Saundarya). It has been associated with beauty, attractiveness, self-confidence, and personal image. *Palitya* undermines a person's self-esteem, leading them to choose unsuccessful home cures, chemical dyes, etc.

In *Ayurveda*, there is a close relationship between inner and outer attractiveness. The evident characteristics like body shape, skin texture, and hair quality are examples of outer attractiveness. *Ayurveda* views each individual according to his constitution (*prakriti*), which is based on the body's *dosha*, *dhatu*, *mala*, and *Agni*. *Prakriti*, both mental and physical, varies. In present era *Palitya* is burning cosmetic issue.

There are many products on the market, but each has disadvantages of its own, such as cost and adverse effects. An Ayurvedic literature describes a straight forward, affordable and user friendly remedy that is *Shiroabhyanga*. It is process where scalp is gently massaged to nourish and circulate blood to hair. Sesame oil *Shiroabhyanga* is an affordable medication that doesn't cause any serious side effects.

2.0 Aim And Objective Of The Study

2.1 Aim : A clinical study on *Palitya* and its management with sesame oil *Shiroabhyanga*.

2.2 Objective

To evaluate the efficacy of sesame oil in the management of *Palitya*.

To evaluate the efficacy of *Shiroabhyanga* in the management of *Palitya*.

3.0 Material And Method

3.1 Diagnostic Criteria for Selection of Study participants

A) Inclusion criteria:

1. Subject having age between 18 to 35 years irrespective of their sex, cast and socio-economic status.
2. Subject having sign and symptoms of *Palitya*.
3. Subject ready to give written informed consent.
4. Subject who have not used hair dye, mehendi for last six months.
5. Subject fit for *Shiroabhyanga* and ready to take *Shiroabhyanga* daily.
6. Subject with graying of hair atleast more than 10 in a particular area or in a wide spread in the scalp.

B) Exclusion criteria :

1. Subject having history of any other general systemic illness.
2. Subject taking any other treatment for same complaint at the same time.
3. Subject on any other medication.
4. ANC woman and Lactating mother.
5. Patient suffering from malignancy with under treatment of chemotherapy.
6. Genetic disorders like albinism.
7. Subject with any hormonal imbalance.
8. Subject who uses dyes and mahendi regularly.
9. Subject with any kind of fungal infection of scalp or any other scalp disease.
10. Subject having nutritional deficiency.
11. Diagnosed case of infertility.

C) Withdrawal criteria :

1. Occurrence of adverse effect during study.
2. Subject who are not giving follow up regularly.
3. Subject missed a single follow up also.
4. Subject is not willing to continue the trial.

4.0 Plan for Study

For conducting study 80 participants were selected randomly, as per lottery method.

Sesame oil was given to subject on each visit, also explain and demonstrate the method of *shiroabhyanga* to subject. *Shiroabhyanga* was advised to do daily as per subject's preference either at home or at our college, Hospital's *Panchkarma* Department.

- *Shiroabhyanga* manual was given to patients.
- Daily dose 15 to 50 ml for oil massage, for 30 to 40 minutes (Dalhan) in the morning before bath on hair and scalp.
- The study was carried out for six months.

- Follow up was taken after 15 days of starting treatment.
- Drop out patients were excluded from the study.

5.0 Matching Criteria

Assessment made by assessment scale availing subjective parameters and objective parameters.

A) Subjective criteria for assessment⁽¹²⁾ :-

- **Subject Parameters**

1. Kesh Varna (Colour of hair)
2. Rooksha sphutitha (dry splitted hair)
3. Snigdha Sthoola (Unctuous thick heir)
4. Daha (Burning sensation of scalp)
5. Darunak (Dandraf)
6. Kesh kandu (etching of scalp)

No	Subject Parameters	Assessment	Score
1	Kesh Varna (Colour of hair)	Krishna Verna	0
		Ash Coloured hair (Shyava Varna)	1
		Yellowish/Copperish hair (Peetabham)	2
		White hair (Shukla Varna)	3
2	Rooksha sphutitha (dry splitted hair)	Normal	0
		Dryness visible	1
		Dryness felt by touch	2
		Dryness felt with splitted hairs	3
3	Snigdha Sthoola (Unctuous thick heir)	Normal	0
		Unctuous visible	1
		Unctuous felt by touch	2
		Unctuous felt with splitted hairs	3
4	Daha (Burning sensation of scalp)	No burning sensation	0
		Mild (localized burning without disturbing normal activities)	1
		Moderate (localized burning with disturbing normal activities)	2
		Severe (burning all over the scalp with disturbing normal activities)	3

5	Darunak (Dandruff)	Absent	0
		Scattered	1
		Frontal and occipital region	2
		Whole scalp area	3
6	Kesh kandu (itching of scalp)	No itching on scalp	0
		Mild (occasionally present without disturbing normal activities)	1
		Moderate (often present without disturbing normal activities)	2
		Severe (continuously present without disturbing normal activities)	3

B) Objective Criteria^{(13, 14):}

New scoring system, (graying severity score GSS) was devised to evaluate the external of graying taking into account. Five representative sites from the scalp by two independent investigation and analyzed for agreement GSS ranged from 0-15 that was further graded as mild moderate and severe.

- **Five Zones :** Frontal, vertex, right temporal, left temporal and occipital.

1 cm² area was marked with a skin marker in each zone where maximum gray hairs are present and the hair within this square was cropped to approximately 1mm above scalp surface. These five squares were then photographed and projected on the computer screen to count the numbers of white and black hair.

Base on the hair count a score was assigned to each zone, according to the percentage of gray hair in each square. This was calculated and scored as

1. Graying Severity Score

Score	Percentage of Gray hairs
Score-1	10% gray hairs / cm ²
Score-2	10% to 30% gray hairs / cm ²
Score-3	More than 30% gray hairs / cm ²

The GSS was finally calculated for each patient by taking a sum of the scores at the five representative sites. Thus the maximum attainable score for the patient was 15 (3 x 5). The objective scores were further graded as

- Mild (a score of 0 – 5)
- Moderate (a score of 6 - 10)
- Severe (a score of 11 - 15)

2. **Random hair count :** One square centimeter area of scalp was chosen where more gray hairs are present from this site gray hairs were counted randomly before and after the treatment.

The parameter of random hair count

Random Hair	No hairs grey	0
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Count	1-10 grey hair	1
	More than 10 and less than 25 grey hairs	2
	More than 25 grey hairs	3

Assessment Criteria :

- 1) 75% to 100% relief in sign and symptoms – Complete Remission
- 2) 50% to 74% relief in sign and symptoms – Marked improvement
- 3) 25% to 49% relief in sign and symptoms – Moderate improvement
- 4) < 25% relief in sign and symptoms – Mild improvement
- 5) 0% - No improvement

6.0 Observation And Result

6.1 Effect of Sesame oil Shiroabhyanga on subjective parameters

Table - Percentage relief in subjective parameters

Sr. no.	Subjective Parameters	Percentage relief	p-value
1.	<i>Kesh varna</i>	65.83	< 0.0001
2.	<i>Roksha sphutitha</i>	89	< 0.0001
3.	<i>Snigdha sthoola</i>	85	< 0.0001
4.	<i>Daha</i>	93	< 0.0001
5.	<i>Darunak</i>	48	0.05
6.	<i>Kesh kandu</i>	85.15	< 0.0001

6.2 Effect of Sesame oil Shiroabhyanga on Objective parameters

Table - Relief in Objective parameters

Sr. no.	Parameters	Total Score		p-value
		Before treatment	After treatment	
1	Graying severity score	10.475	6.687	< 0.0001
2	Random Hair Count Test	1.687	0.762	< 0.0001

6.3 Overall Improvement

Sr. No.	Improvement		
		No. of patients	Percentage
1.	No Improvement	0	0

2.	Mild Improvement	0	0
3.	Moderate improvement	0	0
4.	Marked Improvement	18	22.5
5.	Complete Remission	62	77.5
6.	Total	80	100

7.0 Discussion

The incidence of acceleration of process of *Palitya* is highly increasing now-a-days. The faulty dietary habits, busy scheduled life style, poor nutrition, increasing pollution, negligence towards personal health all these factors contribute *Palitya* to become a burning issue. There are lot of products in the market but they have their own drawbacks, from side effect to expenses.

In Ayurveda there is reassuring course of treatment, which is user friendly and cost effective also. The present research work had been carried out by keeping this point in mind.

In modern medical science there is no specific treatment for *Palitya*. While Ayurveda has been specially appreciated for its holistic approach towards different diseases. The drug used in trial work is sesame oil and the procedure used is *Shiroabhyanga*.

The aim of treatment therapy is to break the Samprapti of *Palitya* and to manage vitiated *vata* and *pitta* dushti. *Shiroabhyanga* with Sesame Oil (*til tail*) is chosen for the study population which is total 80 in number.

7.1 Sesame Oil (*Til tail*):

According to Ayurveda Sesame Oil is considered the best oil, "*Tailanam Shreeshtam Til tailam*".

It is *Vatahara*, *snigdha* and *strotoshodhak*. Also it is cost effective and easily available. Sesame oil naturally calms the agitated *vata* and clears the *strotorodha*.

The *vata's Ruksha*, *Sheet*, *Khar*, *Gunas* are reduced by Sesame Oils *Snigdha*, *Ushna*, *Guna*.

7.2 *Shiroabhyanga* :

According to *Ayurveda Shiroabhyanga* with *Sneha* is *Keshkrushnakar*. It is the gental massage to head and scalp. While performing *Abhyanga* the fluids of skin are drained to different parts of body due to osmotic pressure. *Abhyanga* causes hydrostatic pressure in the extra cellular compartment of the skin. This increases blood circulation of massage area causing splanchnic pooling of the blood to that surface, which leads to absorption of oil and allows the passive entrance of phytonutrients into the systemic circulation and then to the target part. Also cell membranes are bilipid layers so the lipid soluble drug increases the draining force for the substances diffusion across the membrane and increase its absorption and promotional action.

The fundamentals of *Ayurvedic* pharmacology are capable to give a better scientific lead in mode of drug action. Pharmacology of *Ayurveda* is based on the theory of *Rasa*, *Guna*, *Virya*, *Vipaka* and *Prabhava*, which were the simplest parameters in those days to ascertain the action of the drug.

Shiroabyanga with Sesame oil would carry out the functions as *Keshya* and *Kesharanjaka*. The taila has *Snigdha*, *Laghu* and *Sukshma* properties. *Snigdha guna* is a *Parthiva* and *Apya*. Charak said that *Kesha* is *Parthivabhava* predominant, so *Snigdha guna* increase *Kesha* because of *Samanyavishesha Siddhanta* (Ca.Sa. 7/16). The obstruction of *Strotas* is clear by the *Sukshma guna*, which affects the *Varnothpathi* and growth of new hair.

8.0 Conclusion

The incidence of *Palitya* is increasing. Life style and improper dietary habits and daily routine is one of the cause of *Palitya*.

People are far more worried about these issues harming their appearance because hair adorns the head and characterizes the individual⁽¹⁵⁾.

- The study shows that 62 participants from trial group showed complete remission in *Palitya* symptoms.
- While 18 participants from Trial group showed marked improvement in symptoms of *Palitya*.
- The total effect of therapy is evaluated by considering symptomatic relief in percentage of each participant.
- A study of larger Group of participants may help to understand completely the mode of action of the trial drug.
- In the future, additional studies may be performed to take the present issue further in a proper perspective and future possibilities of reduction in the requirement of modern drugs for *Palitya* treatment.

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