

DUSHIVISHA INDUCED KHALITYA AYURVEDIC MANAGEMENT – A CASE STUDY

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ABSTRACT

Dushivisha is originated from the root word '*Dusha*', with suffix '*Nich*' and '*in*'. '*Dushi*' means that which causes *Dushti* which brings about pathological imbalances and '*Visha*' means any substance that enters the body and vitiates the normal functioning of *Rasadi Dhatu* (bodily humors) which are the basic functional tissues, culminating either in ill health or in death. The toxic element like heavy metals, pesticides, herbicides, solvents and food adulterate. Which all are type of varies symptoms like *khalitya* (Alopecia). Hair fall is a common universal problem, in all races, country and both sexes are equal affected. In *Ayurveda khalitya* described under the symptoms of *dusivish*,

Kshudraroga and *shiroroga* also mainly cause of *khlitya* are faulty hair care like excessive cosmetics, conditioners, oil, gel, dye, cream, chemical shampoos, faulty dietetic habits and life style, pollution, hormonal disturbances etc. A 25 years old male patient come to OPD of *Panchkarma* with chief complaints of *khalitya* (hair fall), *shir kandu* (Itching on scalp), *kesha rukshata* (dryness of hair). In this case many oral medicines and *shiroabhyang* therapy used for 20 days. The improvement provided by the treatment show the scoring pattern. The ayurvedic medicine and therapy is safe and effective in controlling hair fall and remove the toxic element from the body.

KEYWORDS:– *Dushivish*, *khalitya*, *shiroabhyang*.

INTRODUCTION

Poison whether *sthavara*, *jangama* or *krtrima* which has not gone out of the body completely without leaving any residue, that poison which is very old, inactivated by antitoxin things,

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that which is dry up (destroyed partially) by forest fire, wind and sun that which by nature is poor in its qualities, attain the name *dusivish* because of poor potency it does not kill the person fast and last in the body for many years covered by *kapha*.^[1]

Chakrapanidatta commentary explains *Dushivisha* as that *Visha* which express its toxic effect in the body after long period.

Bhavaprakasha and *Sharngadhara Samhita* have mentioned *Dushivisha* as a sub division of *Kritrima Visha*. (Artificial poison)

The chemicals foreign to the biologic system which includes water and air pollutants, drugs, agricultural chemicals such as pesticides and fertilizers, food additives, heavy metals, plasticizers, and industrial and household chemicals including solvents.^[2]

The prodromal symptoms of *Dushivisha* are excess sleep, heaviness, yawning, difficulty in flexion and extension of joints, and generalized body aches, which is followed by full blown symptoms of toxicity such as indigestion, loss of appetite, skin rashes, confusion, depletion of body tissues, swelling in the extremities and face, ascites, diarrhoea and vomiting, skin discolouration, fainting, fever, morbid thirst, hard stools, reduction of semen, subdued voice and even insanity. Advancing further *Dushivisha* causes *Kapha-Vata Roga* when located in *Amashaya* and *Vata-Pitta Vikara* when located in *Pakwasaya*. Deeper entry of *Dushivisha* to (*Sapta Dhātu*) tissues results in their derangement and subsequent diseases.^[3] In context of various symptoms of *Dushivisha*, one bizarre symptom has been mentioned by Sushruta “*Bhavennaro dhvastashiroruhaango vilunapakshastu yathaa vihangā*” which means that there is complete body hair loss occur which looks like bird who is devoid of wings.^[4]

Acharya Vagbhatta has mentioned *Shiroroga* under the caption of *Urdhvajatrugat Vyadhi* and these are further divided into 9 *Kapalagata Vyadhi*, *Khalitya* being one of them. *Acharya* described that pitta present at the hair follicles associated with vata causes falling off the hairs, afterwards kapha associated with blood blocks the hair follicles, hence no new grows in that place. This disease is also known as *indralupta* or *rujja*. There are some differences between *Khalitya* & *Indralupta*. In *Khalitya*, hair loss is gradual and generalised over the scalp but hair is lost suddenly and patch by patch in *Indralupta*.^[5] According to *Acharya Charaka*, the *Tejas Dhātu* (heat) of the body in association with *Vayu* and other *dosha*. who has cited the major causative factors as follows *Pitta Prakarti*, *Ksharaatisevan*, *Lavanrasa*

Atisevan, Ushar Bhoomi, Viruddha Aharasevan, ignorance of *Pratishyaya* take of *Lavan* during pregnancy would be result in congenital hair loss (*Khalitya*).^[6]

According to modern science hair fall is one of the main symptoms which indicate many pathological conditions. It may occur due to hormonal disturbance.

The human population is exposed to chemical foreign through inhalation, ingestion, dermal absorption. The vital route of showing is the oral route, through which intestinal ingestion of therapeutic agents and unintentional exposure of environmental. Pollutants present in food and water as well as the consume of part of inhaled pollutants happen. After absorption, the chemical can accumulate in tissues which may serve as reservoir and prolong the toxicity of chemicals or the therapeutic effect of chemicals when taken as medication.^[2]

Hair fall changes the outer look of a person, which becomes embarrassing and more conscious and is being forced to undergo various and more expensive treatment like hair transplant in modern science.

Different types of steroids are being prescribed for the management of hair fall continuous and long term of which is having various adverse effects. In such a scenario there is a need for the efficient management of hair fall in a natural way without leading to further adverse effects. *Ayurveda* classics explain different modality for the management of *Khalitya* (hair fall). *Pitta* is the *Pradhana Doshas* contributing to *Khalitya*.^[7]

Case report

A single case study of A 25 year of male patient suffering from excessive hair falls with itching of scalp and chronic constipation visit the OPD (registration nom. 14915) of *Panchkarma* department, DSRRAU, jodhpur

History of present illness- A 25year male suffering scalp itching from 3year back. After 6month, he suffered hair fall gradually he developed excessive hair loss of scalp he was under mental stress due to hair loss. He used many medicinal Oil for Reduced hair fall and itching but that provide his only temporary relief.

History of past illness- there was no connected his past history

Family history- no member of family had illness.

Personal history- Table 1

Table 1: Personal history.

Diet	Vegetarian
Micturition	5-6 times/day, 1-2/night
Appetite	Medium
Sleep	Adequate, rarely disturbed
Bowel habit	Irregular
Addiction	NIL

Ashtavidha Pariksa: Table 2**Table 2: Ashtavidh pariksa.**

<i>Nadi</i> (Pulse)	76/min, regular normal in character
<i>Mala</i> (stool)	Often constipation
<i>Mutra</i> (urine)	Frequency-normal
<i>Jihva</i> (tongue)	Coated
<i>Shabda</i> (speech)	Clear
<i>Shparsha</i> (touch)	Normal
<i>Drik</i> (eyes)	Normal
<i>Akruti</i> (built)	Normal

Investigation- Hematological investigation of the patient was within normal limits. The case was diagnosed *khalitya* (hair fall) on the basis of sign and symptoms. Patient was treated at OPD level of Panchkarma department of DSRRAU.

The treatment was given according to *Ayurveda* principles.

Intervention- *Shiroabhyang* along with *Shaman chikitsa* was given to the patient.

1. Combination of *Nvayas loha* – 125mg, *Parvalpanchamar ras*^[8] – 250mg, *Sitopladi churna*^[9] – 125mg- BD
2. *Aamalaka churna* and *Candraparbha vati*^[10] - BD
3. Combination of *Bilva churna*^[11] – 150mg and *Avipitkar churna*^[12] - 250mg -BD
4. Combination of *Gartkumari tail*, *Rogan badam tail*, *Mhamarichiyadi tail*^[13] for *Shiroabhyang*

Hair care

1. Daily use clean and cold water to wash your hair.
2. Avoid using warm water for hair wash.
3. Regular use oil on the scalp.
4. Don't over apply heat on hair.

Gradation- Table 3 to table 5

Table 3: The gradation of *khalitya* (Hair falling).

<i>Khalitya</i> (Hair fall)	Score
No hair fall	0
Mild hair fall	1
Moderate hair fall	2
Sever hair fall	3

Table 4: The gradation of *shirkandu* (Itching on scalp).

<i>Shirkandu</i> (itching on scalp)	Score
no itching	0
Mild itching	1
Moderate itching	2
Sever itching	3

Table 5: The gradation of *kesh rukshata* (dryness of hair).

<i>Kesh rukshata</i> (Dryness of hair)	Score
No dryness	0
Mild dryness	1
Moderate dryness	2
Sever dryness	3

Table 6: Follow up on chief complaints.

S. no.	Sign and symptoms	BT	AT		
			7th day	14th day	21day
1	<i>Kesh patan</i> (Hair fall)	3	3	2	1
2	<i>Shirkandu</i> (Itching on scalp)	2	1	1	0
3	<i>Kesh rukshata</i> (Dryness of hair)	2	1	1	0

DISCUSSION

In Ayurveda *dushivish* is described in many *samitha* like *charak*, *sushruta*, *vagbhata*. *Dushivisha* (Cumulative Poison); is a transformable form of toxin (animal origin, plant origin, artificial poison) that has not been completely eliminated or neutralized due to various reasons, remains in the body for some time and in the end gets show the form of some disease.

For such change of *Visha* into *Dushivisha*, person regularly show to *Dushit Desh*, *Kala*, *Anna*, *Diwaswapna* etc. *Dushivisha* is mild in potency so is not danger but causes various diseases as toxin remains in the body for longer time; if untreated or remains in body for long time.^[14]

In Ayurveda *khalitya* has mentioned in *ksudraroga*. *Acharya susruta* describe that *pitta* present in the hair follicles, associating with *vata*, make the hairs (of the head) to fall off then

kapha together with blood blocks the hair follicles, making growth of new hair impossible, this disease is called *khalitya indralupta*, or *Rujya*.^[15]

In *Ayurveda* the *samshana chikicha* along with *shiroabhyang* (scalp massage).

Shiroabhyang improve the blood circulation on scalp.

1. Combination of *Prwalpanchamart ras Nvayas loha Sitopladi churn*- act as vasodilator, it used in *agnimandhy ajirn*, *anaha*, *arochak*, increase the activity of liver and blood purification.
2. *Amalaka churna* and *chandrprbha vati* -it promotes the strength of hair growth, used mainly *mutrakricchra*, *khalitya palitya*, antioxidative properties.
3. Combination of *avipitkar churna*, *bilva churna* is act on *agnimandya janya rogas* and *pitta* disease.
4. Combination of *mhamrichiyadi tait*, *gratkumari tail* and *rogan badam tail*- it promote the smoothness of skin and indicate in *khalitya palitya* etc.

CONCLUSION

Patient suffered *dushivish* induced symptoms like constipation, indigestion, *shirkandu* and mainly *khalitya*. It managed by ayurvedic principles *shaman chikitcha* and *shiroabhyang* that is a type of *murdhni tail* in *kerliya panchkarma*, along with all this, these also improve the hair follicle, smoothness of scalp, and mental health of patient too.

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