

DHURDHURADI TAILA AND ITS ROLE IN SCALP DISORDERS: A REVIEW ON KHALITYA MANAGEMENT

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ABSTRACT

Dhurdhuradi Taila, a classical Ayurvedic formulation, holds a significant place in the management of scalp and hair disorders, particularly *Khalitya* (Ayurvedic term for hair fall or alopecia). This medicated oil primarily contains *Dhurdhura* (*Datura metel*), along with other potent herbs, processed in a base of *Tila Taila* (sesame oil). The formulation is widely acknowledged in Ayurvedic texts like *Bhaishajya Ratnavali* and *Sharangadhara Samhita* for its *Keshya* (hair-nourishing), *Kapha-Pitta Shamak* (dosha pacifying), and *Lepa* (topical therapeutic) properties. *Khalitya* is primarily caused by the vitiation of *Pitta* and *Vata* doshas, leading to the weakening of hair roots, scalp inflammation, and eventual hair loss. Modern studies suggest that the ingredients of *Dhurdhuradi Taila* exhibit antifungal, antibacterial, anti-inflammatory, and antioxidant activities that support scalp health. The oil promotes improved blood circulation to hair

follicles, reduces scalp infections such as dandruff, and strengthens hair roots. The *Datura metel* component, though toxic if misused, when processed properly, offers valuable therapeutic benefits such as controlling itching, reducing microbial infections, and promoting hair regrowth. This review aims to provide a detailed analysis of the pharmacological properties of *Dhurdhuradi Taila* and its application in managing *Khalitya*. It also explores the clinical significance of the formulation from both Ayurvedic and contemporary perspectives. Emphasis is laid on the need for controlled clinical trials to validate traditional claims and encourage its integration into integrative dermatological care.

KEYWORDS: Dhurdhuradi Taila, Khalitya, Hair fall, Scalp disorders, Ayurveda, *Datura metel*, Herbal oil, Hair regrowth, Keshya, Pitta-vata pacification.

INTRODUCTION

Hair has long been regarded as an essential part of an individual's appearance and is closely tied to one's social and psychological well-being. In Ayurveda, hair health is believed to reflect the balance of internal doshas and the overall status of bodily tissues (*dhatu*s). Khalitya, commonly understood as hair fall or alopecia, is a significant concern affecting both men and women due to stress, environmental factors, diet, and hormonal changes.

Ayurveda describes Khalitya under *Kshudra Roga* and as a manifestation of *Pitta* and *Vata* vitiation in the body, affecting *Rasa*, *Rakta*, and *Asthi Dhātu*. These doshic disturbances lead to weakening of hair roots, reduced nourishment, inflammation of scalp tissues, and ultimately, hair fall. The problem is not only physical but also psychosocial, impacting self-esteem and emotional health.

To manage such disorders, Ayurveda recommends both systemic and local therapies. Among the topical therapies, Dhurdhuradi Taila, a classical herbal oil preparation, is one of the most trusted formulations for promoting hair regrowth, reducing scalp inflammation, and preventing recurrence of hair loss. This oil, mentioned in several classical Ayurvedic texts, contains Dhurdhura (*Datura metel*) as the chief ingredient and is processed in Tila Taila (sesame oil), which acts as a nourishing base. It is applied externally to manage various scalp conditions such as Khalitya and Darunaka (dandruff).

This review aims to comprehensively explore the Ayurvedic foundation, composition, therapeutic effects, clinical applications, and modern scientific validation of Dhurdhuradi Taila in the management of Khalitya and associated scalp disorders.

REVIEW OF LITERATURE

1. Ayurvedic Perspective on Khalitya

Ayurveda categorizes Khalitya under *Kshudra Roga*, wherein the imbalance of *Pitta* dosha plays a predominant role. According to *Charaka Samhita*, excessive *Pitta* leads to burning sensation and inflammation in the scalp, followed by vitiation of *Vata*, resulting in dryness and loss of nourishment.^[1] *Sushruta Samhita* elaborates the role of *Bhrajaka Pitta*, a subtype of *Pitta* located in the skin, in maintaining the pigmentation and health of the scalp and hair.^[2]

Hair is considered a byproduct (*Upadhatu*) of Asthi Dhatu and is nourished by the proper formation and circulation of *Rasa* and *Rakta* Dhatus. When these dhatus are affected due to dosha imbalance, the roots of hair become weak and fall off prematurely.^[3]

2. Classical References of Dhurdhuradi Taila

Dhurdhuradi Taila is a medicated oil described in Bhaishajya Ratnavali, Sharngadhara Samhita, and Ashtanga Hridaya, primarily for external use in scalp disorders like *Khalitya* and *Darunaka*.^[4,5,6] The chief ingredient is *Dhurdhura* (*Datura metel*), known for its strong *Krimighna* (antimicrobial), *Shothahara* (anti-inflammatory), and *Keshya* (hair growth-promoting) actions.

Other ingredients often used in its preparation include.

- **Tila Taila** (*Sesame oil*): Deeply nourishing, penetrates into the scalp, improves blood circulation, and is *Vata-Pitta Shamak*.
- **Goat's Milk or Decoctions**: Sometimes used for enhancing the therapeutic value and reducing the toxic effect of *Datura*.

3. Properties of Key Ingredients

- **Dhurdhura (*Datura metel*)**: Has antifungal, antibacterial, and anti-inflammatory actions. It also helps in reducing itching and flaking associated with dandruff.^[7]
- **Tila Taila (*Sesame oil*)**: Rich in Vitamin E, linoleic acid, and sesamol, which are potent antioxidants that support scalp regeneration.^[8]

These ingredients, when processed through traditional Ayurvedic pharmaceutical procedures, transform into a bioactive compound that is both safe and effective for local use on the scalp.

TREATMENT AND DISCUSSION

Dhurdhuradi Taila is used in various forms of Shiro-abhyanga (head massage) or as Shiro-Pichu (cotton pad soaked in medicated oil kept on the head). The oil is usually warmed to enhance its penetration and effectiveness. The duration of treatment may range from 2–3 weeks to several months, depending on the chronicity of the condition.

Therapeutic Actions

- **Reduces Inflammation**: Useful in inflammatory scalp conditions by acting on *Pitta* and reducing burning sensation and redness.

- **Enhances Circulation:** Massage with oil increases local blood circulation, improving nutrient delivery to hair follicles.^[9]
- **Treats Infections:** Dhurdhura has proven antifungal activity against *Malassezia* species, which are commonly involved in dandruff and seborrheic dermatitis.^[7]
- **Promotes Hair Growth:** Through nourishment and removal of obstructions in the follicles, it helps in regenerating hair and strengthening roots.^[10]

DISCUSSION

From an integrative perspective, Dhurdhuradi Taila represents a fusion of traditional Ayurvedic healing and modern pharmacological potential. The therapeutic efficacy of this oil can be attributed not only to the herbal components but also to the *Samskara* (processing) techniques mentioned in Ayurveda that detoxify and potentiate the base ingredients. The topical mode of administration aligns with modern dermatology's approach in managing localized scalp disorders without systemic effects. Despite the toxic nature of *Datura metel*, its topical use after proper *Shodhana* is both safe and effective. Studies on *Datura* have revealed its strong anti-inflammatory properties due to inhibition of cyclooxygenase and prostaglandin synthesis.^[11] In modern dermatology, minoxidil, corticosteroids, and antifungal shampoos are widely used, but often associated with side effects. In contrast, Dhurdhuradi Taila offers a holistic, side-effect-free alternative that addresses multiple aspects: inflammation, infection, and follicular nourishment. A pilot clinical trial on 30 patients by Kumar et al. showed a reduction in hair fall, improvement in hair texture, and increased patient satisfaction after 8 weeks of daily application.^[12] However, more multicenter, placebo-controlled studies are essential to validate these outcomes scientifically.

CONCLUSION

Dhurdhuradi Taila is a classical Ayurvedic formulation with a multi-dimensional approach to scalp disorders, especially *Khalitya*. It balances doshas, nourishes scalp tissues, clears microbial infections, and strengthens hair roots. Backed by both classical wisdom and emerging modern evidence, this oil stands as a safe and effective therapeutic agent.

As interest in integrative dermatology grows globally, Dhurdhuradi Taila can be further explored through clinical trials, pharmacognostic standardization, and formulation modernization for broader acceptance and use.

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