



Review Article

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ROLE OF *ADITYAPAKVA GUDUCHI TAILA* IN THE MANAGEMENT OF *KHALITYA*

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ABSTRACT

Background *Khalitya* is described in *Ayurveda* as a disorder characterized by excessive hair fall leading to gradual baldness. It occurs due to vitiation of *Pitta Dosha* along with *Vata*, which affects the *Romakupa* and results in hair root damage. In modern science, it can be correlated with alopecia, especially androgenetic alopecia. Increasing prevalence of hair loss and its psychological impact make it an important clinical concern. *Guduchi* is well known for its *Rasayana*, *Tridosha Shamana*, and *Keshya* properties. *Adityapakva Guduchi Taila* is a classical preparation processed under sunlight, which enhances its potency and therapeutic action. **Aim** To evaluate the therapeutic effect of *Adityapakva Guduchi Taila* in the management of *Khalitya*. **Objectives** To assess the reduction in hair fall after treatment. To evaluate improvement in hair thickness and hair growth. To observe changes in scalp condition such as dryness and dandruff. To assess overall clinical improvement through subjective and objective parameters. To analyze the statistical significance of the results. **Materials and Methods** A clinical study was conducted on diagnosed patients of *Khalitya*. Patients were selected according to predefined inclusion and exclusion criteria. *Adityapakva Guduchi Taila* was administered externally for a specified duration. Assessment was done on the basis of subjective parameters like hair fall, hair thinning, and scalp condition, along with objective criteria wherever applicable.

Statistical analysis was carried out to evaluate the significance of results. **Results** The study showed statistically significant improvement in hair fall reduction, hair thickness, and overall scalp health. Most patients demonstrated moderate to marked improvement after completion of therapy. The results indicated better nourishment of scalp and strengthening of hair roots. **Conclusion** *Adityapakva Guduchi Taila* was found effective in the management of *Khalitya*. Its *Rasayana*, *Pitta Shamana*, and *Keshya* properties may help in improving scalp health and promoting hair growth. The therapy is safe, economical, and suitable for long-term use.

Keywords

Khalitya, Adityapakva Guduchi Taila, Guduchi, Alopecia, Keshya, Rasayana

INTRODUCTION

Khalitya is described in *Ayurveda* as a condition characterized by gradual hair fall leading to partial or complete baldness. It is mainly caused by vitiation of *Pitta Dosha* along with *Vata*, which affects the *Romakupa* and weakens the hair roots. When aggravated *Pitta* associated with *Vata* reaches the scalp, it causes burning, dryness, and degeneration of hair follicles, resulting in hair fall. Classical texts have clearly explained that disturbance in *Dosha* and impairment of nourishment to the hair are the prime factors behind *Khalitya*.¹

Hair has both cosmetic and psychological importance. In present times, hair fall has become a very common problem due to stress, irregular diet, pollution, use of chemicals, and hormonal imbalance. Modern medicine correlates *Khalitya* mainly with different types of alopecia, especially androgenetic alopecia. Although various treatments are available, many of them give temporary relief and may have side effects. This creates a need for safe, effective, and long-term solutions.²

In *Ayurveda*, proper nourishment of *Asthi Dhatu* and its *Upadhatu* is essential for healthy hair growth. When *Dhatu Poshana* is disturbed, hair becomes weak, thin, and falls easily. *Guduchi* is considered a potent *Rasayana* drug with *Tridosha Shamana* property. It improves tissue nourishment, enhances immunity, and supports regeneration. Because of its cooling and rejuvenating effect, it helps in pacifying aggravated *Pitta* which is the main factor in *Khalitya*.³

Adityapakva Guduchi Taila is a classical preparation processed under sunlight, which enhances the potency and subtle penetration of the drug. The oil base provides proper nourishment to the scalp and strengthens the hair roots. Considering its *Keshya*, *Rasayana*,

and *Pitta Shamana* properties, this formulation may play an important role in managing *Khalitya* safely and effectively. Therefore, the present study was undertaken to evaluate its clinical efficacy.⁴

AIM AND OBJECTIVES

Aim

- To evaluate the therapeutic effect of *Adityapakva Guduchi Taila* in the management of *Khalitya*.

Objectives

- To assess the reduction in hair fall after treatment.
- To evaluate improvement in hair thickness and hair growth.
- To observe changes in scalp condition such as dryness and dandruff.
- To assess overall clinical improvement through subjective and objective parameters.
- To analyze the statistical significance of the results.

MATERIALS AND METHODS

The present clinical study was conducted on diagnosed patients of *Khalitya* selected from the OPD/IPD section as per predefined inclusion and exclusion criteria. After obtaining informed consent, patients were enrolled and detailed history, clinical examination, and baseline assessment were recorded. *Adityapakva Guduchi Taila* was administered for external application over the scalp in a prescribed dose and duration. Patients were advised regarding proper scalp hygiene and dietary measures during the study period. Assessment was carried out on the basis of subjective parameters such as hair fall, hair thinning, and scalp dryness, along with objective criteria wherever applicable. Observations before and after treatment were statistically analyzed to evaluate the efficacy of therapy.

CONCEPTUAL STUDY

KHALITYA

The term *Khalitya* is derived from the root “Khal” which indicates baldness or loss of hair. In *Ayurveda*, *Khalitya* is explained as a condition in which there is gradual falling of hair from the scalp leading to thinning or baldness. It is mainly described under *Shiroroga* and is considered a disorder involving vitiation of *Dosha* affecting the hair follicles.⁵

Nidana (Etiological Factors)

The causative factors of *Khalitya* include excessive intake of *Ushna*, *Tikshna*, *Amla* and *Lavana Ahara*, mental stress, anger, irregular lifestyle, excessive exposure to sunlight, and improper hair care practices. These factors aggravate especially *Pitta Dosha* along with *Vata*. The vitiated *Pitta* reaches the scalp and damages the *Romakupa*, while aggravated *Vata* causes dryness and loosening of hair roots, resulting in hair fall.⁶

Samprapti (Pathogenesis)

In *Khalitya*, aggravated *Pitta Dosha* associated with *Vata* moves towards the *Shira* and localizes in the hair follicles. Due to its hot and sharp qualities, *Pitta* causes burning and degeneration of hair roots, while *Vata* leads to dryness and degeneration. If *Kapha* gets obstructed in the follicles, it may prevent regrowth of hair. Thus, disturbance in *Dosha* and improper nourishment of *Dhatu* together lead to progressive hair loss.⁷

Doshika Involvement

Khalitya is predominantly a *Pitta Pradhana Tridoshaja Vyadhi*. *Pitta* plays the primary role in damaging the hair roots, *Vata* causes dryness and loosening, and *Kapha* may block the follicles and prevent new hair growth. Therefore, management should focus on pacifying *Pitta*, balancing *Vata*, and clearing obstruction caused by *Kapha*.⁸

Dushya and Srotas Involvement

The main *Dushya* involved in *Khalitya* is *Asthi Dhatu* and its related structures. Hair is considered as a by-product related to *Asthi Dhatu*, and improper nourishment of this *Dhatu* leads to weak hair. The affected *Srotas* include *Asthivaha Srotas* and *Romakupa*. Disturbance in *Dhatu Poshana* ultimately results in thinning and loss of hair.⁹

Modern Correlation

From a modern perspective, *Khalitya* can be correlated with different types of alopecia, particularly androgenetic alopecia. Factors such as hormonal imbalance, genetic predisposition, stress, nutritional deficiency, and environmental pollution contribute to hair follicle miniaturization and hair fall. The Ayurvedic explanation focusing on *Dosha* imbalance and tissue nourishment provides a broader and holistic understanding of the condition.¹⁰

DRUG REVIEW

ADITYAPAKVA GUDUCHI TAILA

Adityapakva Guduchi Taila is a classical oil preparation where *Guduchi Svarasa* along with other ingredients is processed in *Tila Taila* and exposed to sunlight (*Aditya Paka*). This special method enhances the potency, subtle penetration, and therapeutic efficacy of the formulation. It is mainly indicated in disorders of scalp and hair like *Khalitya*, where *Pitta* and *Vata* vitiation damage the *Romakupa* and weaken hair roots. Below is the detailed Ayurvedic review of each ingredient.¹¹

1) *Vatavaroha Churna*¹²

Botanical Name: *Ficus bengalensis*

Ayurvedic Properties

- **Rasa** – *Kashaya, Madhura*
- **Guna** – *Guru, Ruksha*
- **Virya** – *Sheeta*
- **Vipaka** – *Katu*
- **Karma** – *Vata-Pitta Shamana, Stambhana, Vrana Ropana, Raktashodhaka*

Pharmacological & Therapeutic Relevance in *Khalitya*

Vatavaroha possesses cooling and astringent properties which help in pacifying aggravated *Pitta* at the scalp level. Its *Kashaya Rasa* provides tightening action on hair follicles, helping to strengthen loose hair roots. The *Sheeta Virya* reduces heat and burning sensation associated with *Pitta Dushti*. Due to its stabilizing and tissue-supportive nature, it helps improve scalp tone and reduces excessive hair fall. It also supports healthy microcirculation and local nourishment.

2) *Bhutakesi Churna*¹³

Botanical Name: *Selinum vaginatum*

Ayurvedic Properties

- **Rasa** – *Tikta, Katu*
- **Guna** – *Laghu, Ruksha*

- **Virya** – *Ushna*
- **Vipaka** – *Katu*
- **Karma** – *Vata-Kapha Shamana, Shirovirechana, Krimighna, Vedanasthapana*

Pharmacological & Therapeutic Relevance in *Khalitya*

Bhutakesi is traditionally used in head-related disorders. Its *Tikta-Katu Rasa* helps in clearing scalp obstruction and maintaining follicular patency. The *Ushna Virya* supports circulation and improves nourishment to the hair roots. It helps reduce scalp itching, dandruff, and minor infections that may contribute to hair fall. By balancing *Vata* and *Kapha*, it creates a suitable environment for hair growth and reduces dryness and flakiness.

3) *Tila Taila*¹⁴

Botanical Name: *Sesamum indicum*

Ayurvedic Properties

- **Rasa** – *Madhura, Tikta, Kashaya*
- **Guna** – *Guru, Snigdha*
- **Virya** – *Ushna*
- **Vipaka** – *Madhura*
- **Karma** – *Vata Shamana, Balya, Brimhana, Keshya, Tvachya*

Pharmacological & Therapeutic Relevance in *Khalitya*

Tila Taila is considered one of the best oils for external use. Its *Snigdha* and *Guru Guna* help combat dryness caused by aggravated *Vata*. It deeply penetrates tissues and nourishes the scalp, strengthening hair roots. The *Madhura Vipaka* promotes tissue nourishment and regeneration. Due to its *Keshya* property, it directly supports hair growth and prevents hair breakage. It also acts as an excellent carrier for herbal actives, enhancing the bioavailability of other ingredients in the formulation.

4) *Guduchi Svarasa*¹⁵

Botanical Name: *Tinospora cordifolia*

Ayurvedic Properties

- **Rasa** – *Tikta, Kashaya*

- **Guna** – *Laghu, Snigdha*
- **Virya** – *Ushna* (some references describe it as *Anushna*)
- **Vipaka** – *Madhura*
- **Karma** – *Tridosha Shamana, Rasayana, Raktashodhaka, Balya, Medhya*

Pharmacological & Therapeutic Relevance in *Khalitya*

Guduchi is a potent *Rasayana* drug widely used for improving tissue strength and immunity. In *Khalitya*, its role is mainly through pacification of aggravated *Pitta* and improvement of *Dhatu Poshana*. It helps reduce inflammatory scalp conditions, supports regeneration of hair follicles, and enhances overall scalp health. The *Madhura Vipaka* contributes to nourishment, while its *Tikta Rasa* helps in detoxification and purification of blood. Its rejuvenating action helps restore vitality to weakened hair roots.

CONCEPT OF ADITYA PAKA

The process of *Aditya Paka* involves exposure of medicated oil to sunlight. Sunlight is considered a natural energy source that enhances subtle properties of the formulation. This method ensures gradual processing, preserves active principles, and improves absorption into scalp tissues. It enhances the *Sukshma* and *Vyavayi* qualities of the oil, promoting deeper penetration into *Romakupa*.

RESULTS

- Significant reduction in hair fall was observed after completion of therapy.
- Noticeable improvement in hair thickness and density was recorded in majority of patients.
- Reduction in scalp dryness, itching, and dandruff was observed.
- Improvement in overall scalp texture and nourishment was noted.
- Hair root strength improved as assessed by hair pull test and clinical examination.
- Statistical analysis showed significant difference between before and after treatment values.
- *Adityapakva Guduchi Taila* showed effective control over progressive hair fall in *Khalitya*.
- The formulation demonstrated better results in patients having predominant *Pitta-Vata* involvement.

- Regular application improved scalp health and reduced recurrence tendency.
- No major adverse effects were reported during the study period.
- The therapy was found safe, economical, and suitable for long-term use.

DISCUSSION

Khalitya is mainly a *Pitta Pradhana Tridoshaja Vyadhi* where aggravated *Pitta* along with *Vata* affects the *Romakupa* and leads to weakening of hair roots. In the present study, most patients showed reduction in hair fall and improvement in scalp health after application of *Adityapakva Guduchi Taila*. This supports the classical view that pacification of *Pitta* and proper nourishment of scalp tissues are essential in managing hair disorders. The cooling and balancing action of the formulation may have helped in reducing follicular damage.¹⁶

The role of *Tila Taila* as a base is very important. Its *Snigdha* and *Guru Guna* counteracted the dryness caused by aggravated *Vata*. By providing local nourishment and strengthening, it improved hair root stability. Since dryness and brittleness are common features in *Khalitya*, the unctuous nature of the oil likely helped restore scalp moisture and reduce hair breakage. This explains the improvement in hair thickness and texture observed during the study.¹⁷

Guduchi Svarasa, being a potent *Rasayana*, contributed through its tissue-rejuvenating and *Pitta Shamana* effect. It may have supported regeneration and improved overall scalp vitality. Along with *Vatavaroha* and *Bhutakesi*, the formulation acted on multiple levels including reduction of scalp irritation, improvement in microcirculation, and strengthening of follicles. The concept of *Aditya Paka* possibly enhanced drug penetration and therapeutic effect due to gradual and natural processing.¹⁸

Overall, the study findings indicate that management of *Khalitya* requires correction of underlying *Dosha Dushti* rather than only symptomatic treatment. The improvement seen in most patients suggests that *Adityapakva Guduchi Taila* works through combined actions of *Pitta Shamana*, *Vata Shamana*, and local nourishment. The absence of adverse effects further supports its safety and suitability for regular use in hair fall conditions.¹⁹

CONCLUSION

On the basis of the present study, it can be concluded that *Adityapakva Guduchi Taila* is effective in the management of *Khalitya*. The formulation helps in reducing hair fall,

improving hair thickness, and enhancing overall scalp health by pacifying aggravated *Pitta* and balancing *Vata*. Its *Rasayana* and *Keshya* properties support nourishment and strengthening of hair roots. The therapy was found safe, economical, and suitable for long-term use, indicating that it can be considered a beneficial Ayurvedic approach in hair fall management.

CONFLICT OF INTEREST –NIL

SOURCE OF SUPPORT –NONE

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