

ORIGINAL RESEARCH ARTICLE

A Clinical Study of ‘*Tikta Ksheer Sarpi Basti*’ In Baldness and Hair FallPushendra Kumar Sharma¹, Rajendra Singh Ranawat*², Vishnu Prasad Gautam³

¹Associate Professor, Dept. of Basic Principles, MSM Institute of Ayurveda, BPSMV, Khanpur Kalan, Sonapat, Haryana, India

²Assistant Professor, Dept. of Swasthavritta, MSM Institute of Ayurveda, BPSMV, Khanpur Kalan, Sonapat, Haryana, India

³Associate Professor, Dept. of Rasashastra and Bhaishajya Kalpana, MSM Institute of Ayurveda, BPSMV, Khanpur Kalan, Sonapat, Haryana, India

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ABSTRACT

Due to present chaotic lifestyle, people are suffering from various somatic and psychosomatic disorders like premature aging, greying of hairs in early age, baldness and hair fall. The reason is due to faulty life style and not abiding the rules of hygiene i.e. *Dinacharya* (daily regimen), *Ritu Charya* (seasonal regimen), ethical code and conducts as well. Normally baldness is supposed to be associated with a person in his 40's but the recent trend has shown an increasing number of youngsters in their 20's going bald. According to Ayurveda baldness and hair fall are ‘*Asthi Kshayaja Vikara*’ and *Acharya Charak* has mentioned ‘*Tikta Ksheera Sarpi Basti*’ as treatment for the same. This is an enema prepared with *Manjishtha* (*Rubia cordifolia*), *Sariva* (*Hemidesmus indicus*), *Ananta* (*Fagonia cretica*), *Payasya* (*Pueraria tuberosa*), *Madhuka* (*Glycyrrhiza glabra*), Cow ghee and milk. Since baldness and hair fall are considered as *Vatic* disorders and the theory of treatment is ‘*Bastir Vata Haranama Shreshtha*’ so the medication was selected accordingly. 20 diagnosed patients of in age group -16 to 60yrs, were administered with the regimen of *Kala Basti* (16 *Basti*) over 34 days. No complication was observed during the treatment. Pathya – Apathya management was advised accordingly. The results obtained from the study shows that ‘*Tikta Ksheera Sarpi Basti*’ has significant role in alleviating the signs and symptoms associated with baldness and hair fall. This preparation also yields benefits in premature greying of hairs as well as increases lustre of hairs.

Key words: - Baldness, Hair fall, *Tikta Ksheera Sarpi Basti*.

INTRODUCTION

Today people are living in a chaotic life style due to economic competitive atmosphere. They are too busy with their works to have any time even for their health. They generally oversee the rules of hygiene i.e. *Dinacharya* (daily regimen), *Ritu Charya* (seasonal regimen), ethical code and conducts as well. The results can be seen as manifestation in various forms of somatic and psychosomatic disorders in the society. Amongst them are premature aging, baldness and greying of hairs. Normally baldness would be associated with a person in his 40's but in the last some years it is seen that an increasing number of youngsters in their teen age going bald and experts say stress as reason leading to increasing in the production of male hormones, in turn leading to baldness^[1]. The

problem is spreading like an epidemic. Here an attempt has been made to establish some treatment protocol and preventive measures for early aging baldness and hair falling problems according to *Ayurveda*.

Ayurveda is an eternal science of life, deals with the diseased person as well as healthy one. According to health statistics about 40% of the population in India are suffering from baldness and hair falling problems. According to *Ayurveda*, baldness and hair falling are ‘*Asthi Kshayaja Vikara*’^[2] and *Acharya Charak* has mentioned ‘*Tikta Ksheera Sarpi Basti*’^[3] as treatment for the same. This is an enema prepared with *Manjishtha* (*Rubia cordifolia*), *Sariva* (*Hemidesmus indicus*), *Ananta* (*Fagonia cretica*), *Payasya* (*Pueraria*

tuberosa), Madhuka (*Glycyrrhiza glabra*), Cow ghee and milk. Since baldness and hair fall are considered as Vatic disorders and the theory of treatment is 'Bastir Vata Haranama Shreshtha' so the medication was selected accordingly [4].

According to *Sushruta Samhita*, hair fall occurs due to vitiation of Vata and Pitta [5] in the body and this preparation is pacifies Vata and Pitta Doshas.

MATERIAL AND METHODS

Manufacturing process of Tikta Ksheera Sarpi Basti [6]

Manjishtha (*Rubia cordifolia*), Sariva (*Hemidesmus indicus*), Ananta (*Fagonia cretica*), Payasya (*Pueraria tuberosa*) and Madhuk (*Glycyrrhiza glabra*)⁷ were collected in equal quantity and formed coarse powder. Further decoction was prepared from these drugs by adding 16 times of water and reducing it to 1/8th and finally this prepared decoction, milk and cow ghee were cooked collectively till 'Ghrita Siddhi Lakshana'⁸ were obtained.

Study design

This study was an open, non-comparative, non-randomized, conducted at OPD level. A clinical proforma incorporating all the sign and symptoms was prepared and informed consent was also taken from all the patients. 20 diagnosed patients of age group -16 to 60yrs, were administered 16 (*Kala Basti*) Basti⁹ for 34 days as a single course. Assessment was done on chief and associated complaints like Hair fall, roughness of hair, hair dryness, joint pain, fatigue etc. Clinical assessment of scalp lesions was done objectively (by doctor) and also subjectively (by patient). Thorough scalp examination was done after completion of the study.

Administration of trial drug

The medicine was administered as *Anuvasana Basti* to the patients in a dose of 60 ml. along with *Saindhava* salt and powder of fennel seeds. 10 *Anuvasana Bastis* were administered to each patient just after having meal [10]. This decoction was also used for preparing *Niruhana Basti* by adding honey and *Saindhava* salt. 6 *Niruhana Bastis* were administered alternatively as scheduled in *Chakrapani* commentary on *Charak Samhita*. Total 16 Basti (*Kala Basti*) were administered to each patient.

Composition of Niruhana Basti

340 ml decoction of the mentioned drugs, 60 ml Ghee, 80 ml honey, 6mg *Saindhava* salt.

Snehana (massage with *Dashmoola Taila*) and *Swedana* (steam application over body) was done before administrating each Basti. Details of complete regimen are given in (Table 1).

Table No. 1: Day and Time wise Chart for administration of Basti

Sr. No.	Day	At Morning	At Afternoon	At night
1	1	Normal diet	<i>Anuvasana Basti</i>	Normal diet, Milk
2	2	Luke warm water	Normal diet	Normal diet, Milk
3	3	Milk	Normal diet	Normal diet, Milk
4	4	<i>Niruhan Basti</i>	Normal diet	Normal diet, Milk
5	5	Normal diet	<i>Anuvasana Basti</i>	Normal diet, Milk
6	6	Luke warm water	Normal diet	Normal diet, Milk
7	7	Milk	Normal diet	Normal diet, Milk
8	8	<i>Niruhan Basti</i>	Normal diet	Normal diet, Milk
9	9	Normal diet	<i>Anuvasana Basti</i>	Normal diet, Milk
10	10	Luke warm water	Normal diet	Normal diet, Milk
11	11	Milk	Normal diet	Normal diet, Milk
12	12	<i>Niruhan Basti</i>	Normal diet	Normal diet, Milk
13	13	Normal diet	<i>Anuvasana Basti</i>	Normal diet, Milk
14	14	Luke warm water	Normal diet	Normal diet, Milk
15	15	Milk	Normal diet	Normal diet, Milk
16	16	<i>Niruhan Basti</i>	Normal diet	Normal diet, Milk
17	17	Normal diet	<i>Anuvasana Basti</i>	Normal diet, Milk
18	18	Luke warm water	Normal diet	Normal diet, Milk
19	19	Milk	Normal diet	Normal diet, Milk
20	20	<i>Niruhan Basti</i>	Normal diet	Normal diet, Milk
21	21	Normal diet	<i>Anuvasana Basti</i>	Normal diet, Milk
22	22	Luke warm water	Normal diet	Normal diet, Milk
23	23	Milk	Normal diet	Normal diet, Milk
24	24	<i>Niruhan Basti</i>	Normal diet	Normal diet, Milk
25	25	Normal diet	<i>Anuvasana Basti</i>	Normal diet, Milk
26	26	Luke warm water	Normal diet	Normal diet, Milk
27	27	Milk	Normal diet	Normal diet, Milk
28	28	Normal diet	<i>Anuvasana Basti</i>	Normal diet, Milk
29	29	Luke warm water	Normal diet	Normal diet, Milk
30	30	Normal diet	Normal diet	Normal diet, Milk
31	31	Normal diet	<i>Anuvasana Basti</i>	Normal diet, Milk
32	32	Luke warm water	Normal diet	Normal diet, Milk
33	33	Milk	Normal diet	Normal diet, Milk
34	34	Normal diet	<i>Anuvasana Basti</i>	Normal diet, Milk

Patients were advised certain code of conduct to be followed during regimen. *Pathya* advised were (Do's) sweet, bitter (*Tikta Rasa*) food, Ghee, milk, light meals, bitter gourds, Dalia, Papaya, pomegranates, rest and *Sarvangasana*¹¹. Patients were advised to avoid over eating, unctuous food, spicy and putrefied food, very rough food, banana, jack fruit, and acidic foods, overexertion, worry, anger, day time sleeping, suppression of natural urges and coitus during the treatment course.

Statistical Analysis

Statistical analysis was done according to intention-to-treat principles. The changes in various parameters from baseline values and the values after completion of treatment were evaluated by "Paired 't' Test". The minimum level of significance was fixed at 99% confidence limit and a 2-sided p value of <0.001 was considered significant. Results are represented in (Table 2).

Table No. 2: Effect of therapy on chief and associated complaints

S. No	Assessment criteria	Mean \pm SEM	% change	't' value
Chief complaints				
1	Hair fall	2.00 \pm 0.21	86.95	9.52
2	Roughness of hair	0.90 \pm 0.23	64.28	3.86
3	Dryness of hair	1.00 \pm 0.26	83.33	3.87
Associated complaints				
1	Joint pain	0.30 \pm 0.15	42.85	1.97
2	Laxity of joints	0.50 \pm 0.22	62.50	2.24
3	Fatigue	0.60 \pm 0.22	85.71	2.71
4	Dryness of nail bed	0.50 \pm 0.17	71.42	3.01
5	Roughness of nails	0.20 \pm 0.13	50.00	1.50

RESULTS AND DISCUSSION

General observations revealed (Figure 1) that maximum males were found to be affected by hair fall. Working and physically active age group is more prone. Other associated observations include *Mandagni* and *Chinta*. These are main reasons for vitiation of *Sharirika* and *Manasika Srotas*. Faulty dietary habits and insomnia were also prevalent in large number of patients. These are outcomes of modern lifestyle and hair fall being their end product. Main complaints observed among patients were 100 % prevalence of hair fall followed by various percentages of associated complaints (Figure 2).

According to *Sushruta Samhita* hair fall occurs due to *Vata* and *Pitta* vitiation in the body and this preparation is considered to pacify *Vata* and *Pitta Doshas*. Moreover, *Basti* is also considered to be the most important treatment to pacify *Vata Dosha*. Contents of the medicine i.e. *Manjishtha* (*Rubia cordifolia*), *Sariva* (*Hemidesmus indicus*), *Ananta* (*Fagonia cretica*), *Payasya* (*Pueraria tuberosa*) and *Madhuk* (*Glycyrrhiza glabra*) pacify *Pitta Dosha* due to *Pitta Shamaka* property of their inherent *Tikta Rasa*. The experts of modern medical science say stress as reason

leading to increasing in the production of male hormones, in turn leading baldness. The higher level of male hormones like adrenaline,

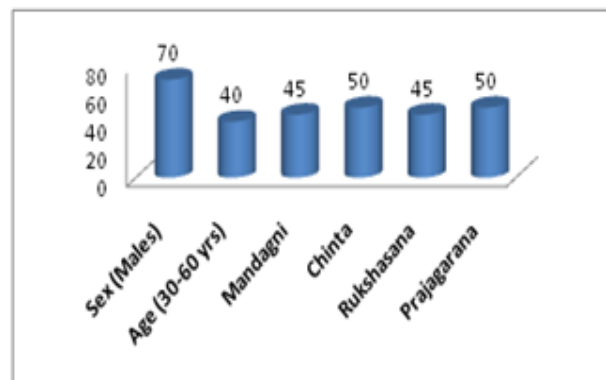


Figure 1: General observations of 20 patients

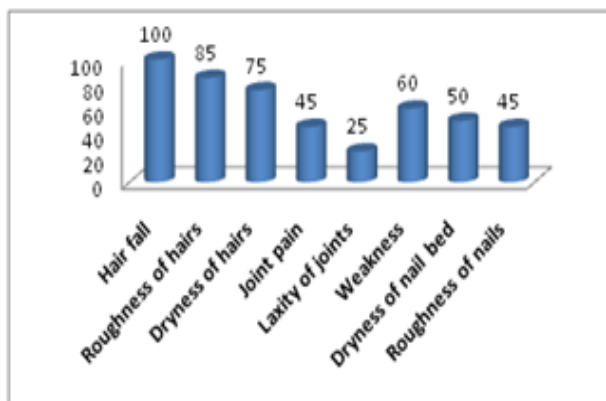


Figure 2: Prevalence of signs and symptoms in 20 patients

Aldosterone^[12] resembles with the vitiation of *Vata Dosha* and *Basti* considered as best remedy to pacify *Vata Dosha* seems also beneficial for the same. *Basti* checks constipation and makes appropriate the digestion and clears all the channels (*Srotas*) i.e. *Ras*, *Rakta*, *Mansa*, *Meda*, *Asthi*, *Majja* and *Shukra*^[13]. Thus it prevents and cures the hair fall because these are mentioned as '*Asthi Kshayaja Vaikara*'. *Basti* also improves metabolism. The results obtained from the study shows that '*Tikta Ksheera Sarpi Basti*' has significant role in hair fall and dryness of hairs as well but seems to be less significant on roughness of hairs. This preparation also yields benefits in premature greying of hairs as well as increases lustre of hairs.

CONCLUSION

The overall findings conclude that faulty dietary habits and lifestyle is one of the main etiological factor behind premature hair fall and other hair related symptoms. This disease is certainly interrelated with *Asthivaha* and *Rasavaha Srotas*. Therefore *Tikta Ksheera Sarpi Basti* proves to be an apt choice of regimen as it has shown significant affect in alleviating hair falling, roughness of hair, dryness and other associated

symptoms. This preparation also yields benefits in premature greying of hairs as well as increases hair lustre. Thus it also supports the dictum '*Basti Vata Haranama Shreshtha*'.

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