



EVALUATION OF ROLE OF SHIROBHYANGA WITH REFERENCE TO KESHA SWASTHYA (HEALTH OF NORMAL HAIR)

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ABSTRACT

Abhyanga is one of the procedures to be practiced routinely in the system of once living. It is the most commonly indicated and extensively applied treatment procedure amongst the Bahirparimarjana Chikitsa. It reduces fatigue, bestows good vision, nurtures the body, prolongs life span and induces sound sleep; make the skin healthy and the body strong. Anointing the head with oil i.e. Shirobhyanga cures the diseases of the head, makes the hairs soft, lengthy, abundant, unctuous, and black; bestows feeling of comfort to the head, good skin of the face, nourishes the sense organs well, and gives a feeling of contentment in the head. Considering all above benefits of Abhyanga an attempt was made to evaluate role of Shirobhyanga with Til Tailam (Sesame Oil) on health of hair. Patients (age group, 20 to 35 years) attending the Outpatient Clinic of Shree Ayurved College & hospital, Nagpur, Maharashtra and meeting all the inclusion criteria were randomly selected irrespective of their sex, religion, occupation etc. Shirobhyanga was done gently with fingertips for 15 minutes daily. The procedure continued for 3 months & clinically evaluated at interval of 30 days, 60 days & 90 days duration. This study confirms the beneficial effect of Shirobhyanga on health of Hair. The mean texture of hair, itching of scalp, dandruff, hair loss, significantly increased ($P < 0.001$) but the mean score of graying of hair was lower than that of baseline value and was clinically insignificant ($P > 0.05$). Statistically decrease in score of texture of hair, itching of scalp, dandruff, hair loss shows improvement in all the parameters except in graying of hair, in which no change is found.

KEY WORDS: Shirobhyanga, Kesha Swasthya, Til Tailam

INTRODUCTION

Ayurveda incorporate oil massage as one among the daily regimen¹ and therapeutic procedure.² Regular application of oil on head, ears and soles are emphasized by Ayurvedic treatises.³ Regular application of oil will delay the process of senility. It reduces fatigue, bestows good vision, nurtures the body, prolongs life span and induces sound sleep; make the skin healthy and the body strong.¹

Abhyanga is one of the procedures to be practiced routinely in the system of once living.¹ It is the most commonly indicated and extensively applied treatment procedure amongst the Bahirparimarjana Chikitsa.² Application of oil on entire body will remove the deranged Dosha from cervix, head, anus, upper limbs, thigh, chest, pelvic region, nose etc. and the whole body. Abhyanga removes the diseases of skin; Kushta, Pama, Mandala, Dadru, Charmamukha etc. application of oil over soles will cure the disease of eyes, instillation of oil to eyes removes the diseases of ears, instillation of oil in ears cures the diseases of head and application of oil to head cures the disease afflicting the whole body.⁴

Head is one among the ten abodes of Prana. In addition to this, head constitute one of the three most important vital areas (Tri-Marma).⁵ Learned scholars have given simily the human body to the tree. As root is main part of plant, similarly head in human body.⁶

Marmas or life centers can be considered as vital points in the body where the subtle energy of Prana is converted, regulated and stored for use by the gross body and mind.⁷ In total there are 107 Marmas throughout the body⁸ and 19 from these are classified as Sadya pranahara Marmas or Vital life centers. From the 19 vital life centres 7 are located in the head region alone.⁹ This shows how very critical and vital the head region is in relation to the whole of our physio-psychological functioning.

Regular application of oil on head will prevent from headache, baldness, graying of hair, hair fall. The strength of head and forehead is specially enhanced. The hair will be black, long and deep rooted. Sense organs work properly. The skin of face will be brightened. Daily application of oil on head will produce sound sleep and happiness.¹⁰

Application of oil on scalp is of four types, they are smearing, irrigation, pad and retention. Each one in the successive order is more and more effective.² It should be particularly practiced on Head, Ears and Soles.³ The indication of Abhyanga whether it is local or general, it should be done after considering the condition of the Dosha's and Mala's. It mitigates the aggravation of the Dosha's and bestows softness.¹¹ The processing of Chakra Taila is described by Charaka which is advised to be applied over the head regularly. The oil should always be cool state for the purpose of application over the head.¹² Anointing the head with oil cures the diseases of the head, makes the hairs soft, lengthy, abundant, unctuous, and black; bestows feeling of comfort to the head, good skin of the face, nourishes the sense organs well, and gives a feeling of contentment in the head.¹² Considering all above benefits of Abhyanga an attempt was made to evaluate role of shirobhyanga on health of hair.

Objective

To evaluate role of shirobhyanga on Kesha Swasthya (health of hair).

MATERIALS & METHOD

The study was an open-label, non-comparative, interventional, and exploratory clinical trial.

Drug (Sesame Oil)

Sesame Oil procured from P. P. Oil private limited & standardized at Qualichem Laboratories, Nagpur, Maharashtra. Results are summarized in Table 1.

Sample Size Calculation

Sample size calculation was based on the assumption that a sample size of 30 cases would provide a 90% power to detect mean change in frequency of growth per fortnight at 5% level of significance.

Institutional Ethics Committee Approval and Regulatory Compliance

Before the initiation of the study, the study protocol and related documents were reviewed and approved by Institutional Ethics Committee at Shree Ayurved College & hospital, Nagpur, Maharashtra. The study was conducted in accordance with Schedule Y of Drugs and Cosmetics act, India, amended in 2005 and ICMR ethical guidelines for biomedical research on human participants 2006.

Patients screening and recruitment

Patients (age group, 20 to 35 years) attending the Outpatient Clinic at Shree Ayurved College & hospital, Nangpur, Maharashtra and meeting all the inclusion criteria were randomly selected irrespective of their sex, religion, occupation etc. Detailed history was taken according to the proforma prepared for the study incorporating all the relevant points from both Ayurvedic view.

Inclusion criteria

The patients presenting with dandruff, hair loss, graying of hair, itching of scalp, rough texture of hair are selected irrespective of Age, Sex and Socio economic status

Exclusion criteria

- Any diseases of scalp hair.
- One who practice application of oil very rarely.
- Patients with albinism, endocrine disorder, malignancy.

Study procedure

At the screening visit, following written informed consent, patients were considered for study. Patients were assessed and evaluated on the basis of subjective parameters at basis of subjective parameters at interval of 30 days for 3 months.

Application of Sesame Oil

Application of Sesame oil on the scalp region was performed in the sitting position. Abhyanga was applied gently and in the direction of the hairs for 15 minutes daily in morning

hours. Shiro abhyanga was done gently with fingertips because forceful massage can damage the hair. The process is continued for 3 months & clinically evaluated at interval of 30days, 60 days & 90 days duration.

Gradation of Subjective parameters**Texture of Hair**

- 0 – Normal
- 1 – Mild dry
- 2 – Dry
- 3 – Rough

Dandruff

- 0 – Absent
- 1 – Scattered
- 2 – Frontal parietal & occipital region
- 3 – Whole scalp area

Itching

- 0 – Absent
- 1 – Occasionally
- 2 – Day/night
- 3 – Constantly

Hair Loss

- 0 – Absent
- 1 – During washing
- 2 – during combing
- 3 – Automatically

Graying of hair

- 0 – Absent
- 1 – Scattered
- 2 – Frontal parietal & occipital region
- 3 – Whole scalp area

Statistical analysis

Statistical analysis of the study data was performed by an independent statistician using statistical software SPSS 10.0. Data describing quantitative measures were expressed as median or mean $\pm$ SD or SE or the mean with range. Data was interpreted on Kuskal Wall's test with Dunn's multiple comparison test (one way ANOVA test).

Table 1: Report of Analysis of Til Tailam (Sesame Oil)

Test	Standard		Result
	Not less than	Not more than	
Butyric Refractometer reading at 40°C	58	61	59.4
Iodine Value	105	115	113.66
Specific gravity at 30°C	0.915	0.919	0.917
Moisture (% w/w)	-	0.25	0.08
Saponification value	188	193	190.6
Unsaponifiable matter (%w/w)	-	1.5	0.48
FFA as Oleic acid (%w/w)	-	3.0	1.75
Peroxide value (mequ/1000gm)	-	5	1.13

Table 2: Effect of Shirobhyanga on various parameters after 90 days

Parameter	Before Treatment Mean $\pm$ SD	After Treatment Mean $\pm$ SD	'p'
Texture of Hair	2.433 $\pm$ 0.678	0.233 $\pm$ 0.568	<0.001
Dandruff	2.333 $\pm$ 0.711	0.3 $\pm$ 0.651	<0.001
Itching of Scalp	1.933 $\pm$ 0.784	0.3 $\pm$ 0.596	<0.001
Hair Loss	2.1 $\pm$ 0.758	0.3 $\pm$ 0.596	<0.001
Graying of hair	1.467 $\pm$ 0.681	1.467 $\pm$ 0.681	>0.05

RESULT

Of 30 patients included in the trial, 25 were male while 5 were female. All thirty patients completed the study. No patient was dropped out or withdrawn due to the adverse event or an adverse reaction. Study treatment did not cause any significant change in vital signs like pulse rate, body temperature, respiratory rate, and the blood pressure. Changes observed after 90 days of Shiro abhyanga revealed observations as mentioned below & summarized in **Table 2**. Statistically decrease in score of texture of hair, itching of scalp, dandruff, hair loss, shows improvement in all parameters except in graying of hair, in which no change is found.

DISCUSSION

The practice of abhyanga as mentioned in the dinacharya, seems to be its usefulness in maintaining health of hairs. The procedure of the shiro abhyanga consists of soft, gentle massage of the scalp by patients own finger tips. By this procedure the friction and hair loss is reduced. It also helps to endure massage procedure for 15 minutes.

The mode of action of Shiroabhyanga can be understood by analyzing different aspects related to it. The following are few of the factors by which the mode of action can be studied.

The soft and gentle massage improves blood circulation to the head. The oiliness (snigdha) present in the oil pacifies dryness thereby preventing the shedding of scales and hair fall. The snigdha & ushna gunas of sesame oil takes care of the microbial content and other aspects of health of hairs. Thus Shiro abhyanga counteracts different aspects of the disease process in dandruff thereby achieving normal growth of hair.

Abhyanga provides soothe at the site due to temperature created. The heat causes the blood vessels to dilate, which increases blood circulation and promotes healing, evacuation and cleansing of the secretory passages of sebaceous glands. The pressure effect and the heat produced by this procedure enhance the absorption of oil through the skin.

This study confirms the beneficial effect of Shiro Abhyanga

on health of Hair. The mean texture of hair, itching of scalp, dandruff, hair loss, significantly increased ($P < 0.001$) but the mean score of graying of hair was lower than that of baseline value and was clinically insignificant ($P > 0.05$).

The present investigation was an open-label, uncontrolled, and pilot study and was performed to gather the preliminary report of effect of Shiro Abhyanga on health of Hair. A randomized, double blind, comparative clinical study with placebo or other conventional formulations in larger population may endorse the findings of the current study.

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