

Study of effect of *narikel (Cocos nucifera) oil nasya in khalitya (Hair Fall): A study protocol*

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Abstract

Healthy, beautiful, long and attractive hairs add charm to the personality. But now days the hair loss is quite common in both males and females. According to survey up to 40% of men and 25% of women in India are victims of hair fall. Therefore, to keep the healthy hairs in healthy state is entirely the duty of human beings, because just like face, hair is also a mirror of healthy state of the body. If you are experiencing sudden or unexplained hair loss i. e. >50 hairs a day then one can diagnose this condition as a Hair loss. It is often caused by predetermined Genetic factors, Stress, Anemia, vitamin B12, Zinc, Biotin, Protein deficiencies, Chemotherapy treatments etc.

Aim and Objective: to study the effect of *Narikel Taila Nasya* in *Khalitya* and to observe the effect of *Narikel taila Nasya* on Hair texture and hair fall.

Methodology: In this study, 30 patients will be recruited randomly and will administer 8 drops of oil in each nostril once a day for 15 days. Assessment will be recorded on 0 and 16th day.

Results: Changes will be observed in outcomes.

Conclusion: *Narikel tail Nasya* will be effective in *Khalitya*.

Keywords: *Narikel Oil, Nasya, Khalitya, cocos nucifera, hair fall, hair texture.*

Introduction: Rationale

In Ayurveda Hair fall or loss of hair termed as *Khalitya*. Acharya Sushruta classified it under the *Kshudraroga* and Acharya Vagbhatta under the *Shiroroga*. According to modern medicine hair fall is also known as Alopecia or baldness which refer to partial or complete loss of hair especially from the scalp. The incidence of "*Khalitya*" (Hair fall) is increasing day by day. Changing lifestyle, unhealthy dietary habits, sleep disturbances, systemic diseases, medications and stressful life also contribute to it [1]. Hair adds to the magnificence and the character of a person. Today everybody is very wary about once look. The certain measure of hair fall is typical as the bygone one is supplanted by new hair development. On the off chance that there is inordinate balding then it needs a treatment [2]. The adjustments in hair follicle thickness, size and additionally changes to the hair development cycle are the on a very basic level reasons for hair issue. Balding, otherwise called alopecia is lost hair from the head or body [3].

Rationale of the Study

Ayurveda messages noted as head is base of body and nose is passageway of head. *Nasya karma* has wide field of activity and influences the *Tridosha* just as entire body. For *Khalitya*, *Nasya* is one of the decisions of the board for its prime job in keeping up hair development and forestalling *khalitya*. On the off chance that *nasya* is finished with the *taila* which is sedated by hair developing medications and *vata-pittahara* then more viability can be attractive. So in this current examination *Narikel* (coconut) oil which is having *vata-pittahara* property is chosen for *nasya* in

khalitya. *Narikel taila* possesses anti-inflammatory, analgesic, and antipyretic properties. It is extremely soothing, healing and nourishing in nature and efficiently protects the natural moisture and radiance of skin and hair. *Narikel* oil is an excellent hair growth-promoter, conditioner and scalp nourishes. Exhibits anti-skin-aging activity; *Narikel* oil is a potent antioxidant and free radical scavenger that significantly maintains Skin's Elasticity and effectively delays the onset of signs of Skin Aging, such as wrinkles [4].

Aim and Objectives

Aim

To study the effect of *Narikel oil nasya* on *Khalitya* (Hair Fall).

Objectives

1. To observe the effect of *Narikel oil Nasya* in Hair texture
2. To observe the effect of *Narikel oil Nasya* in Hair fall

Research Question

Whether *Narikel oil nasya* is effective in *Khalitya* (Hair Fall)?

Research Hypothesis

Narikel oil Nasya is effective in *Khalitya* (Hair Fall)

Null Hypothesis

Narikel oil Nasya doesn't effect in *Khalitya* (Hair Fall)

Study Type

Interventional

Trial Design

Pre Post design

Methodology**Study Place**

The study will be conducted in academic hospital MGACH & RC, Salod (H), Wardha.

Table 1: Properties of Narikel

Sr. No.	Latin Name	Cocos nucifera
1.	<i>Rasa</i> (Taste)	Sweet
2.	<i>Guna</i> (Property)	Heavy, unctuous
3.	<i>Veerya</i> (Potency)	Cold
4.	<i>Vipaka</i> (End Result)	Sweet
5.	Synonyms	Kerah, Keli, Narikeli, Mahaphalah, Khanodakah, Chanchu, Tunga
6.	Classification	Classical texts of Ayurveda mentions Narikela under different categories by keeping the drug under various Vargas (groups of drugs) like Madhura Skandha (sweet in taste) [5]. Amradi phala varga, Amradi varga [6]. Aushadhi varga [7]. Mahavriksha varga [8]. Haritakyadi varga

Eligibility Criteria

Age between 20 yrs to 40 years, People suffering from *khalitya* will be selected.

Hair loss due Systemic disorders, Chemotherapy, Alopecia Aerate, totalis will be excluded. Psoriasis, fungal infection will be excluded.

Table 2: Pharmacological properties of *Narikela* attributed by different Nighantus [9, 10, 11, 12].

Rasa	Guna	Virya	Vipaka	Doshkarma	Karma	Rogagnata
Madhura	Guru, Snigdha	Shita	Madhura	Pittahara	Balya, Bruhaniya, Basti Shodhan, Trushna nigrahan, Jvaraghna, Hridya, Mutrala, Deepana, Vrushya, Raktapittanashak, Shramhara, Vatarognashak, Raktashodhan, Vishambhi, Keshya, Kandughna, Pramehaghna Shulahara Vajikaran	Daha, Vatapitta, Raktapitta, Mutraroga, Shukradosh, Trushna, Shrama, Hridaya roga, Vaatropa, Rakta vikar, Kshayaroga, Prameha, Daurbalya, Jvara

Table 3: Intervention Table

Intervention	
Sample size	30
Intervention	<i>Nasya</i>
Dose	8 drops in each nostril
Duration	15 days
Follow up period	15 day
Total duration	30 days

Follow up: after 15 days

Primary Outcomes

We will see the effect of *Narikel* oil *Nasya* on Hair fall before and after treatment. It is hypothesized that *Narikel* oil *nasya* will be more effective on hair fall and we will compare the effect pre and post the treatment with no any adverse effects.

Secondary Outcomes

We will see the effect of *Narikel* oil *Nasya* on Hair texture.

Discussion

Alongside numerous different advantages, it forestalls hair fall and furthermore quickens the development of hair. *Nasya* sustains the *srotas* present over the clavicle counting the hair follicles which reinforce the hair and decrease falling [13]. All the *Acharyas* have referenced *Nasya* Karma for the *Urdhvajatrugatvyadhi* for example the master physician ought to manage the nasal treatment in the infection of the Head, as it is said to the nose 'The entryway of *Mashtishka*'. The medication given through the nose swarms wherever in the head and mitigates the head malady. *Nasya* causes *Snehana*, which offers sustenance to hair roots in this way, forestalls *Khalitya* [14]. *Narikel* has *Keshya* Properties. So main purpose of this study to improve the texture of hair

and reduce the frequencies of hair fall. In *Kesharoga*: *Narikel* oil is used for the different types of hair problems [15]. *Nasya* is the important Panchakarma therapy for *Shiroroga* [16]. Before *Nasya* we follow the *snehan* and *swedan* for the patients. *Sweda* gives *ushna upachar* [17]. *Snehan* helps in restoring the normal texture To skin [18]. Hence according to their actions of drugs and mode of action of therapy they help in breaking pathogenesis.

Statistical Analysis

Data will be analyzed on the basis of appropriate statics paired unpaired test by using SPSS software.

Time Duration till Follow up

He patient will be followed up during treatment 15 days and after that follow up for 15 days.

Follow up Period

0 day, 15 days and follow up 15 days.

Time Schedule of Enrolment, Interventions

Nasya will be given from 0 to 15 days.

Recruitment

30 patients will be recruited by simple random sampling Lottery method.

Methods

Literature review search, plan of work, Data collection, management, and analysis.

Data Collection Methods

Assesment criteria.

Data Management

The data entry coding will be done by Principle investigator.

Statistical Methods

non parametric, paired t test

Ethics and Dissemination

Research ethics approval, approval from research ethics committee has taken. no. ref no. dmims(du)/iec/sep-2019/8462.

Consent Assent

The written consent will be taken from the patient before starting the study.

Dissemination Policy

The data will be disseminated by paper publication.

Strengths

If *Narikel* oil *Nasya* works then it directly improve hair texture and benefit in hair fall. If the proposed study results in the positive outcome then it will give the best parallel modalities for the management of Hair fall.

Limitation

Sample size will be so small for better results sample size can be added.

Conclusion

Conclusion will be drawn on the basis of observations and results.

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