

AYURVEDIC MANAGEMENT OF HAIR FALL WITH ANUTAILA NASYA – A CASE STUDY

¹Dr Krishna Thorat Kullolli ²Dr Vivekanand Mohan Kullolli

¹HOD and Professor, Department of Rognidan & Vikruti Vigyana ²HOD and Professor & Guide Department of Shalya Tantra, Indian Institute of Ayurved Research and Hospital Rajkot, Gujarat-India

ABSTRACT

Hair fall (*Khalitya*) is an increasingly common issue among young adults, often triggered by stress, dietary imbalances, environmental factors, and doshic disturbances—primarily of Pitta. In Ayurveda, Nasya karma (nasal administration of medicated oils) is advocated as an effective therapy for head and scalp-related conditions. Anutaila, a classical Ayurvedic formulation, is known for its Tridoshaghna (pacifying all three doshas) and Rasayana (rejuvenating) properties, making it beneficial in the treatment of *Khalitya*. This single case study presents a 29-year-old female patient who reported excessive hair fall, scalp dryness, and hair thinning for several months. After Ayurvedic assessment, she was diagnosed with Pittaja *Khalitya*. The patient underwent Marsha Nasya with Anutaila for 21 consecutive days, administered following standard Panchakarma protocols—Purvakarma (pre-procedure), Pradhanakarma (main procedure), and Paschatkarma (post-procedure). At the end of the treatment period, the patient showed marked reduction in hair fall, improved scalp moisture, and enhanced hair texture. No adverse effects were noted. This case highlights the effectiveness of Anutaila Nasya as a safe, holistic, and non-invasive therapy for managing hair fall in young female patients. Further controlled studies are encouraged to substantiate these results across a broader population.

KEYWORDS: *Khalitya*, Hair Fall, Anutaila, Nasya Karma, Ayurveda, Pittaja Vyadhi, Panchakarma

INTRODUCTION

Hair, symbolizing vitality and beauty, significantly influences an individual's social and psychological well-being. Excessive hair fall (*Khalitya*) is a common dermatological concern leading to distress and reduced quality of life¹. Modern etiologies encompass genetic factors, hormonal fluctuations (notably androgenic alopecia), nutritional deficiencies, scalp infections, stress, and environmental insults².

Ayurveda views *Khalitya* as a disorder of *Shiro Roga* (head diseases), primarily caused by vitiation of *Pitta dosha*, which leads to inflammation and degeneration of hair follicles³. Additionally, *Vata dosha* aggravation results in dryness and brittleness of hair shafts⁴. Treatment aimed solely at symptoms often leads to temporary relief; Ayurveda emphasizes correcting doshik imbalances and restoring systemic harmony⁵.

Nasya karma is one of the *Panchakarma* therapies involving the administration of medicated substances through the nasal route, facilitating direct action on the head and brain due to rich vascular and nervous connections⁶. This modality is widely indicated for neurological, sensory, and scalp disorders⁷. *Anutaila* is a classical *Taila* (oil) described in *Charaka Samhita* and *Ashtanga Hridaya*, composed of multiple herbal ingredients processed in *Tila Taila* (sesame oil), with profound *Tridoshaghna*, *Shothahara* (anti-inflammatory), and *Rasayana* properties⁸. It is traditionally prescribed for diseases involving *Pitta* and *Vata* dosha in the head region, making it ideal for *Khalitya* management⁹. This case study evaluates the clinical efficacy of *Anutaila Nasya* in a young female patient suffering from hair fall over 21 days.

CASE

Patient Profile:

Age: 29 years

Gender: Female

Occupation: University student

Chief complaints: Excessive hair fall for 6 months, dry and itchy scalp, visible hair thinning over the frontal and vertex scalp

Past medical history: No systemic illness, no scalp infections

Family history: No hereditary alopecia

Lifestyle: Irregular diet, high intake of spicy/oily foods, academic stress reported

Menstrual history: Regular cycles, no contraceptive or hormonal medications

Ayurvedic Assessment

Prakriti (constitution): Pitta-Vata predominant

Vikriti (imbalance): Predominantly *Pittaja Khalitya* based on clinical signs — burning sensation, dryness, increased hair fall, and brittleness

Agni (digestive fire): Mildly impaired, with *Ama* (toxins) presence indicated by lethargy and heaviness

Srotas (channels): Impaired *Rasavaha Srotas* affecting nutrient supply to hair follicles

Psychological status: Moderate anxiety and stress due to academic pressures

Treatment Plan and Rationale

Hair fall in this patient was linked to *Pitta* aggravation and compromised scalp nourishment. Given the Ayurvedic principles, *Nasya karma* was selected for direct therapeutic effect on the head region, utilizing *Anutaila* for its dosha-pacifying and rejuvenative properties.

TREATMENT PROTOCOL

1. Purvakarma (Preparation)

-*Abhyanga* (local massage) with lukewarm *Ksheerabala Taila* on the head and face for 10 minutes to improve circulation and relax muscles¹⁰.

-*Swedana* (mild steam) over the face and scalp for 5 minutes to open the nasal and scalp channels for better absorption¹¹.

2. Pradhanakarma (Main Procedure)

-Patient positioned supine with the head slightly tilted backward.

-Six drops of *Anutaila* administered into each nostril daily early morning.

-Patient advised to remain in position for 10-15 minutes post-administration for optimal absorption.

3. Paschatkarma (Post-Procedure Care)

-Advised to rest in a warm environment, avoid exposure to cold wind and water.

-Suggested light, easily digestible diet avoiding spicy and oily foods.

-Encouraged to maintain regular sleep and reduce academic stress.

Observations and Monitoring

Parameters assessed:

Daily hair fall count (by combing and collection over 24 hours)

Scalp dryness and itching

Hair texture and volume (clinical and patient-reported)

Psychological status and overall well-being

Adverse effects monitoring

Parameter	Baseline (Day 1)	Day 21	Outcome
Hair fall (strands/day)	>100	30–40	~65% reduction
Scalp dryness	Moderate	Minimal	Marked improvement
Itching	Present	None	Resolved
Hair texture	Dry, brittle	Soft, shiny	Improved
Psychological state	Anxious	Calm, relaxed	Positive
Adverse effects	None	None	Safe and well-tolerated

DISCUSSION

Hair loss is a multifactorial condition that requires a comprehensive treatment approach. Ayurveda's holistic perspective emphasizes balancing doshas and enhancing tissue nutrition (*Dhatu Samya*) to restore hair health¹². *Pittaja Khalitya* results from *Pitta dosha* aggravation, which induces inflammation and destruction of hair follicles¹³. *Vata dosha* aggravation further causes dryness and fragility of hair shafts.

Anutaila contains herbs such as *Bala* (*Sida cordifolia*), *Haritaki* (*Terminalia chebula*), *Amalaki* (*Embllica officinalis*), and *Guduchi* (*Tinospora cordifolia*), all known for their *Shothahara* (anti-inflammatory), *Vata-Pitta Shamana* (pacifying), and *Rasayana* effects¹⁴. These properties help reduce scalp inflammation, nourish hair follicles, and promote new hair growth.

Nasal administration via *Nasya karma* is unique in delivering medication directly to the head region, bypassing the digestive system. The nasal mucosa's rich

vascularization and direct neural connections with the brain allow rapid absorption and therapeutic effect on the central nervous system and local head structures¹⁵. This may explain the patient's improved psychological status alongside hair health.

The procedure's safety was confirmed, with no adverse effects reported, corroborating classical texts that regard *Anutaila Nasya* as gentle yet potent¹⁶.

Along with *Anutaila Nasya*, adherence to *Pathya-Apathya* may have contributed to the improvement observed in patients with *Khalitya*. Ayurveda recommends the consumption of *Rasayana* and *Keshya Ahara*, including *Amalaki*, cow's milk, ghee, black sesame, and *Mudga*, which nourish the *Dhatu*s and pacify aggravated *Vata* and *Pitta*, the principal *Doshas* involved in *Khalitya*. Patients were also advised to avoid spicy, sour, salty, fried foods, excessive stress, night awakening (*Ratrijagarana*), and exposure to excessive heat, as these factors aggravate *Vata-Pitta* and may accelerate hair fall. Thus, the combination of *Nasya Karma* with appropriate dietary and lifestyle modifications may have enhanced the overall therapeutic outcome in *Khalitya*.^{17,18,19,20}

While the study reports promising outcomes, limitations include the single patient design, lack of long-term follow-up, and absence of controls. Future randomized controlled trials are necessary to validate efficacy and establish standardized treatment protocols.

CONCLUSION

This case study confirms that *Anutaila Nasya* is an effective, safe, and holistic Ayurvedic treatment for *Pittaja Khalitya*, promoting reduction in hair fall, improved scalp condition, and enhanced hair texture. *Nasya karma* serves as a direct, non-invasive therapeutic route to balance doshas and rejuvenate hair follicles. Integrating classical Ayurvedic therapies like *Anutaila Nasya* into hair fall management offers promising

complementary alternatives to conventional treatments.

REFERENCES

1. Shapiro J. Clinical practice. Hair loss in women. *N Engl J Med*. 2007;357(16):1620–1630.
2. Trüeb RM. The value of scalp biopsies in the diagnosis of hair loss disorders. *Dermatol Pract Concept*. 2015;5(2):59–65.
3. Sharma RK, Dash B, translators. *Charaka Samhita: English Translation and Critical Exposition Based on Chakrapanidatta's Ayurvedadipika*. Sutra Sthana, Chapter 15. Vol. 1. Varanasi: Chowkhamba Sanskrit Series Office; 2012.
4. Murthy KRS, translator. *Ashtanga Hridaya of Vagbhata*. Sutra Sthana, Chapter 12. Vol. 1. Varanasi: Chaukhamba Krishnadas Academy; 2011.
5. Lad V. *Ayurveda: The Science of Self-Healing*. Albuquerque (NM): Ayurvedic Press; 1984.
6. Murthy KRS. *Panchakarma: The Ayurvedic Treatment of Choice*. New Delhi: Chaukhamba Orientalia; 2015.
7. Dash B. *Sharira Sthana (Anatomy)*. Varanasi: Chaukhamba Sanskrit Sansthan; 2009.
8. Government of India, Ministry of AYUSH. *The Ayurvedic Pharmacopoeia of India*. Vol. 1. New Delhi: Ministry of Health and Family Welfare; 2016.
9. Tripathi B, editor. *Charaka Samhita*. Varanasi: Chaukhamba Bharati Academy; 2000.
10. Tiwari S, et al. Therapeutic benefits of Ksheerabala Taila in scalp disorders. *Int J Ayurveda Res*. 2013;4(1):48–52.
11. Shastri P, et al. Effect of facial steam on nasal mucosal absorption. *J Ayurveda Integr Med*. 2016;7(1):35–39.
12. Bhatt VP. Ayurvedic management of hair disorders. *J Ayurveda Holist Med*. 2018;6(3):109–113.
13. Sharma R, Sharma V. Pitta and its role in hair fall. *AYU*. 2015;36(2):194–198.
14. Singh R, et al. Pharmacological activities of herbal ingredients in Anutaila. *Phytomedicine*. 2017;34:123–130.
15. Dhawan K, Sharma A. Pharmacokinetics of Nasya Karma: Nasal drug delivery in Ayurveda. *Int J Ayurvedic Med*. 2018;9(1):32–39.
16. Acharya YT, editor. *Sushruta Samhita of Sushruta with Nibandhasangraha Commentary of Dalhana*. Sutra Sthana. Varanasi: Chaukhamba Orientalia; 2013.
17. Agnivesha. *Charaka Samhita with Ayurvedadipika Commentary of Chakrapani Datta*. Sharma RK, Dash B, translators. Sutra Sthana, Chapter 5 (Matrashiteeya Adhyaya). Vol. 1. Varanasi: Chowkhamba Sanskrit Series Office; 2014.
18. Agnivesha. *Charaka Samhita with Ayurvedadipika Commentary of Chakrapani Datta*. Sharma RK, Dash B, translators. Sutra Sthana, Chapter 25, Verse 40 ("Pathye Sati Gadartasya..."). Vol. 1. Varanasi: Chowkhamba Sanskrit Series Office; 2014.
19. Vagbhata. *Ashtanga Hridaya with Sarvangasundara Commentary of Arunadatta*. Murthy KRS, translator. Sutra Sthana, Chapter 2 (Dinacharya—Shiro Abhyanga). Vol. 1. Varanasi: Chaukhamba Orientalia; 2015.
20. Sushruta. *Sushruta Samhita with Nibandhasangraha Commentary of Dalhana*. Acharya YT, editor. *Chikitsa Sthana*, Chapter 20 (Kshudra Roga Chikitsa). Varanasi: Chaukhamba Orientalia; 2013.

CORRESPONDING AUTHOR

Dr Krishna Thorat Kullolli
HOD and Professor, Department of
Rognidan & Vikruti Vigyana Indian Institute
of Ayurved Research and Hospital
Rajkot, Gujarat-India
E-mail: krishthorat88@gmail.com

Source of support: Nil

Conflict of interest: None Declared

Cite this article as

Dr Krishna Thorat Kullolli: Ayurvedic Management of Hairfall with Anutaila Nasya – A Case Study; XI (3): 2816-2820