BOOK OF ABSTRACTS & ARTICLES

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Graduate Studies Division
Gampaha Wickramarachchi Ayurveda Institute
University of Kelaniya
Yakkala, Sri Lanka.
Tel.: +94332222739; Fax:+94332222739
Email: ayurgmp@slinet.lk
http://www.kln.ac.lk/institutes/wickramarachchi/
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Tel: +94 33 22 22 739 | Fax: +94 33 22 22 739
e-mail: ayurgmp@slt.net.lk
www.kln.ac.lk/institutes/wickramaratne/
An evaluation of kāshmaryāḍī oil (traditional formula) in the management of khālitya

Pramodani MPN¹, Peiris KPP²
¹Gampaha Wickramaarachchi Ayurveda Institute, University of Kelaniya
²Department of Shalya Shalakya, Gampaha Wickramaarachchi Ayurveda Institute, University of Kelaniya

Abstract

Hair loss is silent but devastating problem that may occur to a healthy person also. It has been regarded as geriatric physiological phenomena, generally after the mid forties. Early hair fall has been attributed to be the result of varied factors like modern day life style, eating habits, pollutants, stress, decreased immunity, hormonal imbalance and faulty hair care. To solve the above query and to find out a promising remedy, the present study has been undertaken. In Ayurvedic approach, loss of hair is coined out as in term of khālitya under the broad heading of śiroroga. For this moordha taila (śiro abhyanga) is the management and when is done with taila which is medicated by hair growing drugs is more efficacious. So in present study kāshmaryāḍī oil advocated in traditional medicine that has keshya properties has been selected. Sixty patients were selected; they were examined and recorded their history in the performa that prepared including all the necessary aspects of Ayurveda and modern medical science. The patients were advised to give gentle massage to the scalp covering whole area with hair oil at night and rinse it in the morning. The clinical condition was assessed before, after two weeks, after four weeks and after follow up period. Using grading system assessed signs and symptoms. Hair fall, dārunaka, kandu, keśa yukhatwa, keśa kātinya, keśa tanutva, keśa bhoomi dāha, keśa bhoomi durganda were assessed and observed the significant reduction of symptoms. Considering the total treatment assessment there were 42% complete remission, 29% marked improvement, 18% moderate improvement, 8% mild improvement and 3% unchanged. No adverse reaction reported in this study period. It is concluded that kāshmaryāḍī oil is very effective in the treatment of hair loss.

Key words: Hair loss, khālitya, Hair oil

e-mail: nadeeka.mpn@gmail.com