

## The Efficacy of Dhuththura Oil in the Management of Kalithya

K.A.P.M.Aberathna<sup>1(\*)</sup>, R.H.S.M.Geethapriya<sup>2</sup>, P.Vitarana<sup>3</sup>

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<sup>1</sup>*Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka,* <sup>2</sup>*Department of Dravyaguna Vignana, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka,* <sup>3</sup>*Department of Chikitsa, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka*

(\*)E.mail: prabhashaberathna@gmail.com

Abnormal falling of scalp hair is one of the diseases, which is known as “Kalithya” in Ayurveda. Nevertheless, losing and re-growing hair is a normal phenomenon and as per the American Academy of Dermatology, an average person, generally loses around 50-100 strands of hair each day. Hence anything above this cut off is considered abnormal hair loss. There are various reasons for hair loss including auto immune diseases, poor nutrition, mineral deficiency, stress, medications, and inadequate hair care. This study was aimed at finding efficacy of Dhuththura oil which is known to be a safe and effective external mode of therapy for kalithya without side effects. Daily hair fall, ponytail ring diameter, hair length, hair colour, hair type, splitting of hair and dandruff were the parameters assessed, and the treatment effect was assessed in terms of improvement of clinical features of kalithya using a grading system. Thirty patients of Gampaha Wickramarachchi Ayurveda Hospital were recruited for the clinical study for one month. They were given Dhuththura oil treatment and advised to avoid other treatments for kalithya. Patients were assessed and the data recording was done at the recruitment and one month after the specified treatment. Analysis was done by the Statistical Package for the Social Sciences. The treatment showed a significant improvement with the number of hair fell per day (27/30, 90%) hair length (30/30, 100%) hair colour (26/30, 86.66%) and dandruff (22/30, 73.33%) (P value <0.05). However, there was no any significant effect of the treatment on pony tail ring diameter, hair type and splitting of hair. The study demonstrated that the Dhuththura oil treatment can partly reduce the symptoms, and would potentially be an effective treatment of kalithya.

**Keywords:** Kalithya, Dhuththura oil, falling hair