

A CLINICAL STUDY TO EVALUATE THE COMBINED EFFICACY OF KANTHA BHASMA AND KASEESA BHASMA IN PREVENTING HAIR LOSS

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Abstract:

Background: Hair loss is a common cosmetically and psychologically distressing condition with a prevalence of about 60.3%. On the basis of clinical features it can be compared with *Khalitya* and the treatment modalities is hair oil, nasal medication etc in practice. The internal medication in this context is hard to find in classics as well as in practice. However this condition attracted the least attention and there are limited studies on its prevention by using *Rasoushadies*, though it is most efficacious. *Rasoushadies* possessing *Keshya*, *Tridosahara* and *Asthidhatuwardhaka* properties helps to remove the vitiated *doshas* to prevent hair loss. **Aim and objectives:** To evaluate the combined efficacy of *KanthaBhasma* and *KaseesaBhasma* in preventing hair loss. **Materials and Methods:** The study was conducted in 30 diagnosed patients of hair loss from OPD of Shalakyatantra in Alva's Ayurveda medical college and they were treated with internal administration of *KanthaBhasma* and *KaseesaBhasma* with the dose of 200mg twice daily with honey as *anupana* for 21days. The pre and post findings were recorded in research proforma and patients were followed up for next 42 days. **Results and Conclusion:** Response to the treatment was recorded after 21 days of continuous administration and therapeutic effect was evaluated through symptomatic relief. The clinical study has shown that internal administration of *KanthaBhasma* and *KaseesaBhasma* with honey is effective in preventing hair loss.

Key words: *KanthaBhasma*, *KaseesaBhasma*, *Khalitya*, Hair loss.

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