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“Therapeutic Role Of *Abha Guggulu* In *Asthi Kshaya*-Induced *Khalitya*: A Case Report”

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Abstract: Healthy Hair adds beauty and self-confidence. Healthy, long and vibrant hair helps a lot in improvement of personality. In Ayurveda, hair-fall is known as *Khalitya*. *Acharya Sushruta* and *Acharya Vagbhata* mentioned it under the heading of *Kshudra Roga* and *Shiroroga* respectively. It is the most common condition in both young age. *Khalitya* is primarily a *Pitta* dominant *Tridoshjanya Vyadhi* and *rakta dushti*. *Khalitya* is primarily caused by the overuse of various hair products, poor dietary habits; and lifestyle choices. contamination; hormonal imbalances; and others. Indulging in *Vatacara aahara* and *vihara* leads to *vata prakopa* in turn further leads to *Asthi Kshaya*. “In *Asthi Kshaya*, *Keshapatana* is described as a characteristic manifestation. This indicates that depletion or reduction of *Asthi Dhātu* adversely affects its mala, thereby leading to *Keshapatana* (hair loss).” A 29-year female patient reported at the Kaya chikitsa department’s OPD in the Ayurveda Mahavidyalaya and Hospital, Hubballi with chief complaints of knee joint pain on prolonged standing and Hairfall. In this case, patient was suggested to take *Abha Guggulu* thrice a day with milk for 45 days. The effectiveness of the therapy was assessed by examining the difference in the patient's signs and symptoms before and after treatment. A distinct scoring scheme was devised for the purpose of evaluating.

Key Words: *Asthi kshaya*, *Khalitya*, *Abha Guggulu*

INTRODUCTION

Ayurveda explains Human body as a homeostasis of *Dosha*, *Dhatu* and *Mala*. *Dosha Dhatu Mala Mulam hi shariram¹*. It gives shape to the body and protects the vital organs. Increase or decreases in the *Dhatu* will lead to *Vyadhi Utpatti*. Two conditions mentioned in *Ayurveda* may be discussed in this regard. *Asthi kshaya* and *Asthi Soushirya*. *Asthi Kshaya* is decrease in the bone tissue & *Asthi Soushirya* means porosity of the bones. Hemadri has mentioned on the word *Soushirya* as ‘*Sarandhratvam*’ which means with pores². According to the principles of *Ashrayaashrayi Bhava* by *Acharya Vagbhata*,³ *Asthi Dhatu* is the seat of *Vata Dosha*⁴ and is inversely related to each other i.e., if there is *Vata Vruddhi* there is *Asthikshaya*. The function of *Dhatu* is *Dharan*, *Majjakrita*, *Mala Poshana*- To keep *Nakha*, *Loma Keshha* etc *Mala* of *Asthi Dhatu* in *Prakrutavastha* and their nourishment is also the function of *Asthi dhatu*. Due to waning *Asthi Dhatu* falling of head and body hair, nails, beard, and teeth observed. Along with these manifestations looseness in joints & pain in bones are precipitated. To uphold the qualitative and quantitative normalcy of the *Dhatu* while elucidating the concept of *Dhatu Utpatti*, it is crucial for *Jataragni*, *Bhutagni*, and *Dhatwagni* to function properly as part of the “*Samyak Dhatu Posana Prakriya*”⁵.

Any functional deformity in these *Agni*, particularly the *Dhatwagni*, causes *Vikruti* during the transformation of *Posaka Dhatu* (nutrients specific to Dhatu) into *Posya* or *Sthayi Dhatu*, leading to *Dhatuvikruti*. Thus, the principles of *Dhatu Posana Krama* are adapted for this purpose as well in order to clarify the *Samprapti* of *Asthi Kshaya*. Hence by proper *Asthi Poshana* its *mala* i.e *Kesha Poshana* is done and helps for *Khalitya* maintenance. Hence *Abha Guggulu*⁶ is used to treat the *Asthi Kshaya* and prevent *kesha patana*. i.e., *Khalitya*.

Case History

Centre of Study

OPD of the Kaya Chikitsa Department, Ayurveda Mahavidyalaya and Hospital.

Case Report

A 26-year-old female patient with registration number 24011737 came to the OPD of department of Kaya Chikitsa Department, Ayurveda Mahavidyalaya and Hospital. Main complaints Hair fall since 2 months, Knee joint pain on prolong standing since 6 months.

History of Past Illness

There was no relevant past history, nor was there any history of chronic or major illness.

Family History

There was no family history found in this case.

Personal History

<i>Aahara</i>	Mixed
Dietary Habits	Regular
<i>Aahara Vidhi</i>	<i>Vishamashana</i>
<i>Gunapradhana</i>	<i>Ushna, Snigdha</i>
<i>Rasa Pradhana</i>	<i>Madhura, Katu</i>
<i>Ahara Pramana</i>	<i>Madhyama</i>
<i>Agni</i>	<i>Sama</i>
<i>Koshta</i>	<i>Madhyama</i>
Defecation	Regular
Micturation	Regular
Sleep	Sound
Emotional Status	Normal
<i>Vyasana</i>	Coffee
<i>Vyayama</i>	Regular
Head bath	Shampoo
<i>Taila</i>	<i>Narikela taila</i>

Menstrual History:

- Menarche: 15 years old
- Regular, 3-4/28-29 days

ON EXAMINATION:

Samanya Pareeksha (General Examination):

Raktchapa (BP) – 110/70mm of Hg

Nadigati (PR) – 74/min

Deshosmata (Body Temp) – 98.6⁰ F

Shwasagati (RR) – 15/min

Shareeradhairgya (Height) – 161cm

Shareera Bhara (Weight) – 50kgs

BMI – 19.3 (Normal)

Ashtavidha Pariksha:

- *Nadi – Vataja*
- *Mala – 1 time per day,*
- *Mutra – Day- 5-6 times/day,*
- *Jihwa – Aipta*
- *Shabda – Prakruta*
- *Sparsha – Anushna-sheeta*
- *Drik – Prakruta*
- *Akriti - Madhyama*

Dashavidha Pariksha:

- *Prakriti: Vata- Pitta*
- *Vikriti:*
 - ✓ *Dosha: Pitta*
 - ✓ *Dhatu- Asthi*
 - ✓ *Mala- Kesha*
- *Sara: Madhyama*
- *Samhanana: Madhyama*
- *Pramana: ht.: 161cm, wt.: 50 kg*
- *Satmya: Madhyama*
- *Satva: Madhyama*
- *Ahara shakti: Abhyavarana Shakti: Madhyama*
- *Jarana Shakti: Madhyama*
- *Vyayama shakti: Madhyama*
- *Vaya: Yuva (29 yrs)*

ASSESSMENT CRITERIA

SUBJECTIVE PARAMETER

CLINICAL FEATURES	GRADING	BT	OBSERVATION			AT
			15 ST Day	30 th Day	45 th Day	
Hair fall	0 –100 (Normal)- 0 100 – 300 (Mild) - 1 300 – 500 (Moderate) -3 500 – 700 (Severe) -4 More than 750 (Very Severe) -5					

OBJECTIVE PARAMETERS

BMD TEST	GRADING			BT		AT
B.M.D (t-score)	Grade 0-Normal Grade 1 -“t” score greater than -1 Grade 2-“t”score between -1 to -2.5 Grade 3-“t”score greater than or equal to -2.5					
SIMPLE HAIR PULL TEST	GRADING	BT	OBSERVATION			AT
			15 ST Day	30 th Day	45 th Day	
	< 2% Hair -Grade 0 2 -4% Hair – Grade 1 4 -6% Hair - Grade 2 6- 8% Hair - Grade 3 > 8% Hair – Grade 4					

NIDANA PANCHAKA:

- Nidana -**

Aharaja- Ushna, Ati Katu Ahara, Atilavana Ahara, Guru bhojana

Vihara- Ati-Chesta, Akala Bhojana

- Poorva Rupa** – Knee joint pain
- Roopa** - Keshapatana
- Upashaya** - Hita ahara, Vihara, Achara, Regular sheero abhyanga and sheera snana
- Anupashaya**-

Aharaja- Ushna, Katu, Tikshna, Vidhahi, Viruddha Ahara

Vihara- Ati Ushna jala sheera snana, ratri jagarana

Vicharaja- Ati-chinta, Ati-krodha

SAMPRAPTI



SAMPRAPTI GHATAKA:

- *Dosha –Vata-Pitta*
- *Dusya – Asthi*
- *Agni – Jatharagni and Dhatwagni*
- *Agni dusti – Vishamagni*
- *Aama – Jatharagnijanya Aama*
- *Srotas – Asthivaha*
- *Srotodusti – Sanga*
- *Udbhava Sthana- Pakwashaya*
- *Sanchara Sthana- Rasayani*
- *Adhishthana –Romakupa*
- *Vyakta Sthana- Kेशha*
- *Svabhava – Chirakari*
- *Rogamarga –Bahya*
- *Sadhyasadhyata- Sadhya*

VYADHI VINISHCHAYA:

Asthi Kshaya induced Khalitya

INTERVENTION:

The patient was prescribed with the following medicine on OPD basis: *Abha Guggulu* 500mg thrice a day with *Ksheera*, after food was administered for 45 days.

Follow up:

There were 4 follow ups taken after 15 days each.

DIFFERENCES BEFORE AND AFTER TREATMENT:**SUBJECTIVE PARAMETER**

Particulars	Before treatment	After treatment
Hair fall	Grade -01(200 hairfall per day)	Grade -0 (0 hairfall per day)
BMD Test	-1.3	-0.6
Simple Hair Pull Test	01	01

Dietary Advice:

Pathya - *Aharaja- Laghu Supachya Aahara*

Vihara- Timely consumption of food and timely sleep, *Sukhoshna jala sheera snana*, Regular *shiro abhyanga* and *sheera snana*

Vicharaja- *Ati-chinta*, *Ati-krodha* Tyaga

Apathya - *Aharaja- Ushna, Katu, Tikshna, Virudha, Vidhahi Aahara*

Vihara- *Ratri-jagarana*, *Diwaswapna*, *Akala Bhojana*

Vicharaja- *Ati-chinta*, *Ati-krodha*

DISCUSSION

Khalitya, described as a *Kshudra Roga* by *Acharya Sushruta* and as a *Shiiroroga* by *Acharya Vagbhata*, is primarily a *Pitta*-dominant *Tridoshaja Vyadhi* with *Rakta Dushti* as a major factor. However, the close association of *Vata Dosha* with *Asthi Dhatu* through the *Ashraya-Ashrayi Bhava* explains. *Asthi Kshaya* (bone tissue depletion) manifests as *Keshapatana* (hair loss), as its *mala*—hair, nails, and teeth—are directly

dependent on the nourishment of *Asthi Dhatu*. The patient presented with two key clinical features—knee joint pain and excessive hair fall—both classical signs of *Asthi Dhatu Kshaya*.

According to the principles of *Dhatu Poshana Krama*, when *Jatharagni* and *Dhatwagni* become impaired, transformation of *Poshaka Dhatu* into *Sthayi Dhatu* is hindered, leading to *Dhatu Kshaya*. In this case, *Vishmaggni* (irregular digestive fire) and *Vata Prakopa* due to *Vatacara Ahara-Vihara* (improper diet and regimen) appear to be the initiating factors for *Asthi Kshaya* and its *mala* dysfunction. This correlates with the clinical findings of mild osteopenia (BMD -1.3) and hair fall (200 hairs/day).

Role of Abha Guggulu:

Abha Guggulu is a classical formulation mentioned in *Bhaishajya Ratnavali*, composed of *Abha*, *Triphala*, *Trikatu* and *Guggulu*. This herbal medicine is used for *Asthi Dhatu Poshana* and pain management. Its properties can be discussed as follows:

- ***Asthi Dhatu Poshaka*:** *Abha Guggulu*, due to its *Rasayana* (rejuvenative) and *Asthi Kshaya Hara* actions, nourishes and strengthens bone tissue. This directly improves the quality of its *mala*—hair, nails and teeth—leading to reduction in hair fall.
- ***Vata Shamaka & Vedanasthapana*:** *Guggulu* itself is well-documented for *Vatahara* action and alleviating pain in joints, explaining the improvement in knee pain noted in the patient.
- ***Dhatwagni Deepana*:** *Abha Guggulu* helps stimulate and regulate *Dhatwagni*, thereby enhancing the proper assimilation of nutrients into *Asthi Dhatu*.
- ***Srotoshodhana & Rasayana*:** By clearing obstructed channels (*Srotas*), *Abha Guggulu* allows proper circulation of nutrients and strengthens tissues at the cellular level, which can explain the improvement in BMD from -1.3 to -0.6 after 45 days of treatment.

Outcome in the Present Case:

The patient showed marked improvement in hair fall (Grade 1 → Grade 0) and BMD (from -1.3 to -0.6), indicating reversal of early Osteopenia. The knee joint pain on prolonged standing also subsided. These improvements can be attributed to the *Asthi Dhatu Poshana* and *Keshapatana Hara* properties of *Abha Guggulu* along with advised *Pathya-Apathya* (dietary and lifestyle modifications).

This case highlights that in *Asthi Kshaya-induced Khalitya*, addressing the root cause—*Asthi Dhatu* depletion—rather than merely symptomatic hair care leads to significant clinical benefits. *Abha Guggulu* is multi-dimensional action on *Vata Dosha*, *Asthi Dhatu*, and *Dhatwagni* makes it an effective formulation for such presentations.

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