

# Combine Effect of Tribal Black Tablet and Tribal Black Hair Oil in the Management of Khalitya (Hair Fall)” open level Randomized Clinical Trial

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**Abstract - Hair fall has been emerging as a global issue during past few decades. It is although a health issue but affects the cosmetic appearance of individuals. The natural crown that enhances the adorning appearance of the people especially the teenagers and young adults, “Hair” has been lost by few individuals due to various life style disturbances. According to Ayurveda vitiation of Vata and Pitta Dosha leads to Khalitya which has been closely related with Hair fall. Ayurveda classics have offered efficacious herbs that correct this annoyance caused due to hair fall. One such combination has been prepared by combination of some wonderful herbs Tribal Black Tablet and Tribal Black Hair Oil for curing Hair fall. Thirty patients were enrolled and oral consumption of Tribal Black Tablet along with application Tribal Black Hair Oil was administered for thirty days. The patients were also advised to avoid oily and spicy diet, the results were observed according to the subjective, objective criteria and observations by patient themselves. The results were markedly significant with improvement of their hair texture as well. Patients were highly satisfied by the improvement in their hair quality and the results regarding hair fall and re-growth of lost hairs**

**Keywords - Khalitya, Hair fall, Tribal Black Tablet, Tribal Black Hair Oil**

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## INTRODUCTION

Every strand of hair on head has a lifespan about 3 to 5 years. Hair follicles have a cycle of active growth, transition, and rest. Hair loss occurs when hair's growth cycle is disrupted. Hair loss is most commonly genetical and becomes more common in men and women with age. This condition occurs when more of hair enters the rest cycle, during which it falls out.

Hair loss is a common and distressing symptom. There is neither any specific treatment available for diffuse hair loss, or full understanding of the pathophysiology of this common disorder but dandruff is said to be the common cause of it. According to Ayurveda, hair fall occurs due to vitiation of Vata Dosha along with Pitta Dosha in the body. Shaaririk and Mansik Nidanas include, consumption of Ushna, Tikshna, Ruksha, Katu, Amla, Lavana Rasa in diet ignites Khalitya where as Mansik Bhavas like Krodha, Shok, Bhaya aggravate Vata and Pitta further adding to exacerbation of Khalitya. It has also been observed while enrolling the patients that they were regular

users of harsh chemical shampoos, hair styling tools etc. Also it was observed that females were more afflicted than males in case of hair fall.

As Ayurveda has numerous magical herbs for correcting this disorder. The use of chemotherapeutic agents also cause hair fall.<sup>1</sup> Management of hair fall is extremely complex. Although no sweeping cure exists for hair loss, a number of treatments are available to depending on their unique reasons for experiencing hair loss. The aim of present study was to evaluate etiological factors responsible for hair fall and the assessment of efficacy of Tribal Black Tablet and Tribal Black Hair Oil. The oral medication Tribal Black Tablet is a combination of various herbs like Triphala, Bhringaraaj, Brahmi which are Rasayan, Jatharagni Corrector and provides mental relaxation, improvement in quality and quantity of hair by affecting and rejuvenating body's cells. Massage with Tribal black Hair Oil, will work on scalp and hair

roots, its massage will improve the blood circulation, thus increasing the health of the hair and also scalp.

**AIMS & OBJECTIVES**

1. To assess the efficacy of Tribal Black Tablet and Tribal Black Hair Oil in the Management of *Khalitya* (hair fall)

**MATERIALS AND METHODS (STUDY DESIGN)**

**Sample source:**

Patients presenting with signs and symptoms *Khalitya*, were selected from the OPD and IPD of Shubhdeep Ayurved Medical College and Hospital (P.G Institute) Indore (M.P.)

**Method of collection:**

A minimum of 30 patients fulfilling the diagnostic and inclusion criteria of either sex were selected for the study.

**Diagnostic criteria**

The patients were diagnosed on bases of the following clinical features.

- Hair fall
- Roughness of hair
- Splitting of hair ends
- Dandruff

**A. Inclusion criteria**

- Patients between age group of 18-50 years.
- Patients fulfilling diagnostic criteria selected, irrespective of sex.

**B. Exclusion criteria**

- Patients below the age of 18 and above the age of 50 years.
- Patient suffering from any systemic illness like HIV, diabetic mellitus etc.
- Patients on chemotherapy or radiation therapy.

**C. Drug Details**

- Tribal black tablet
- Tribal black hair Oil

- License number: MP/25D/15/398
- Marketed by-Saptarishi Herbals LLP
- 307 Atulya IT Park Indore
- Manufactured: Mangal Murti Herbals Indore

**D. Treatment Protocol**

**TRIBAL BLACK TABLET (VATI)**

S. No.	Name of Ingredients	Botanical Name	Part	Each100m g.
1-	<i>Avala</i>	<i>Phyllanthus emblica</i>	FRUIT	5 mg
2-	<i>Bhrangraj</i>	<i>Eclipta alba</i>	PLANT	20 mg
3-	<i>Bhrammi</i>	<i>Bacopa monnieri</i>	PLANT	15 mg
4-	<i>Harar</i>	<i>Terminalia chebula</i>	FRUIT	5 mg
5-	<i>Bahera</i>	<i>Terminalia bellirica</i>	FRUIT	5 mg
6-	<i>Anantmool</i>	<i>Hemidesmus indicus</i>	ROOT	9 mg
7-	<i>Kale til</i>	<i>Sesamum indicum L.</i>	SEED	15 mg
8-	<i>Abhrak bhasm</i>		-	12 mg
9-	<i>Loh bhasm</i>		-	5 mg
10	<i>Expitiens</i>		-	Q.S.

**Dose:** - Tribal Black Tablet 1 BD after Meal with Luke warm water daily.

**TRIBAL BLACK HAIR OIL**

S. no.	Name of ingredients	Botanical name	Part used	Quantity (each 100ml contains)
1	<i>Kaladana</i>	<i>Ipomoea Hederacea</i>	Seeds	4 gms
2	<i>Kalaagar</i>	<i>Aquilaria Agallocha roxb</i>	Kast	3gms
3	<i>Kali musti</i>	<i>Curculigo Orchioides</i>	Root	3gms
4	<i>Kali haldi</i>	<i>Curcuma Caesia Roxb.</i>	Root	3gms
5	<i>Bhringraj</i>	<i>Eclipta Alba</i>	Plant	3gms
6	<i>Brahmi</i>	<i>Bacopa Monnieri</i>	Plant	4gms
7	<i>Amla</i>	<i>Embilca Officinalis</i>	Fruit	2gms

8	<i>Pyaj</i>	<i>Allium Cepa</i>	Seed	5gms
9	<i>Chandan</i>	<i>Santalum Album</i>	Kast	1gm
10	<i>Vanshlochan</i>	<i>Bambusa Arundinacea</i>	Gum	10gms
11	<i>Tulsi</i>	<i>Ocimum Sanctum</i>	Plant	2gms
12	<i>Neem</i>	<i>Azadirachta indica.</i>	Plant	2gms
13	<i>Bargad jata</i>	<i>Ficus Benghalensis</i>	Jata	2gms
14	<i>Jatamansi</i>	<i>Nardostachys Jatamansi</i>	Root	4gms
15	<i>Amar bel</i>	<i>Cuscuta Reflexa</i>	Plant	4gms
16	<i>Gudahal</i>	<i>Hibiscus rosa-Sinensis</i>	Flower	2gms
17	<i>Indrayan</i>	<i>Citrullus Colocynthis</i>	Root	2gms
18	<i>Methidana</i>	<i>Trigonella Foenum Graecum</i>	Seed	2gms
19	<i>Bakayan</i>	<i>Melia Azedarach</i>	Fruit	2gms
20	<i>Khus</i>	<i>Chrysopogon Zizanioides</i>	Plant	4gms
21	<i>Bakuchi</i>	<i>Psoralia Corylifolia</i>	Seed	3gms

22	Ashwagandha	Withania Somnifera	Root	2gms
23	Kantkari	Solanum Xanthocarpus Schrad and Wendl	Plant	3gms
24	Marodfali	Helicteres Isora	Phali	3gms
25	Halo	Lepidium Sativum Linn	Fruit	3gms
26	Fragrance and colour	-	-	q.s
27	Base oil	-	-	q.s

### Direction for Application

- **Men:-**Apply 5-6 ml of Tribal Black Hair Oil on scalp and massage gently for 1-2 minutes daily.
- **Women:-**Apply 8-10 ml of Tribal Black Hair Oil on scalp and massage gently for 1-2 minutes thrice a week.
- **Study duration:** 30 days
- **Follow up:** On 15<sup>th</sup> and 30<sup>th</sup> day.

### Assessment criteria:

Detail proforma adopted standard methods of scoring subjective and objective parameters were analyzed statistically.

### Subjective parameters:

- Hair fall
- Roughness of hair
- Splitting of hair ends
- Dandruff

### OBJECTIVE PARAMETERS

KOH, CBC, Sr. Creatinine, S. Bilirubin, SGOT, SGPT, ESR were carried out before and after the treatment to rule out any other pathological condition or safety of tribal black tab.

### Grading for Assessment Criteria:

<b>A</b>	<b>Hair Falling</b>	
	Symptoms	Gradation
	No Hair Fall	0
	Mild Hair fall(Hair Fall on Washing)	1
	Moderate Hair fall (Hair Fall on combing)	2
	Severe Hair fall (Hair Fall on Milled pulling)	3
<b>B</b>	<b>Roughness</b>	
	Smooth hair surface	0
	Occasional Hair Surface	1
	Slight Rough Surface	2
	Very Rough Surface	3

<b>C</b>	<b>Splitting of Hair ends</b>	
	No Visible	0
	Splitting end visible with difficulty	1
	Splitting end visible with easily	2
<b>D</b>	<b>Dandruff</b>	
	No Dandruff	0
	Dandruff seen on scalp only	1
	Dandruff visible on scalp and hair	2
	Dandruff visible on neck and back	3

### FINAL ASSESSMENT OF RESULT

A detailed proforma according to disease was prepared and all the subjective and objective values recorded and result was generated. Assessment was also done according to the observations made by the P.I and experiences of the patients while following the one month treatment protocol.

### TABLE NO 1

- **Combine effect of Tribal Black Tablet (Vati) and Tribal Black Hair Oil on Subjective Criteria Sign And Symptoms**

Sign& Symptoms	Mean Score		% Of Relief	S.D.	SE	T	N	P	Df
	B.T.	A.T.							
Hair Fall (Kesh Patan)	2.233	0.733	67.16	0.5085	0.0128	16.15	30	<0.0001	29
Roughness (Kesh Rukshva)	2.000	0.700	65	0.5350	0.0976	13.31	30	<0.0001	29
Splitting of Hair Ends (Kesh Sphutan)	1.433	0.600	58.13	0.6477	0.1183	7.047	30	<0.0001	29
Dandruff (Darunaka)	1.300	0.500	61.53	0.7144	0.1304	6.13	30	<0.0001	29

### TABLE NO 2

- **Combine effect of Tribal Black Tablet (Vati) and Tribal Black Hair Oil On Objective Criteria**

Objective Criteria	Mean Score		% Of Relief	S.D.	SE	T	N	P	Df
	B.T.	A.T.							
KOH	0.400	0.100	75	0.4661	0.0851	3.52	30	0.0014	29
HB%	11.447	11.453	0.32	0.4230	0.077	0.47	30	0.6385	29
SGOT	22.400	21.367	4.61	4.930	0.9002	1.1148	30	0.2604	29
SGPT	22.433	21.267	5.2	3.724	0.6799	1.716	30	0.0968	29
Total Bilirubin	0.5960	0.5900	1.00	0.1530	0.0280	0.2140	30	0.8321	29
ESR	4.700	4.400	6.38	0.149	0.2098	1.430	30	0.1635	29
Sr. Creat.	0.7467	0.7227	3.21	0.6463	0.1180	2.034	30	0.0512	29

## DISCUSSION

Both male and female have been suffering from hair fall worldwide. The patients of hair fall have increased since passed few years due to increasing cases of Hormonal changes, auto-immune disorders, thyroid diseases and the leading cause of today's era disturbed lifestyle as well as stress are pre-cursors and catalysts for hair fall. Unhealthy packed and junk food strongly affects the hair health.

According to *Ayurveda*, hair fall occurs due to vitiation of *Vata Dosh*a along with *Pitta Dosh*a in the body. *Shaaririk* and *Mansik Nidan*as include, consumption of *Ushna*, *Tikshna*, *Ruksha*, *Katu*, *Amla*, *Lavana Rasa* in diet ignites *Khalitya* where as *Mansik Bhavas* like *Krodha*, *Shok*, *Bhaya* aggravate *Vata* and *Pitta* further adding to exacerbation of *Khalitya*. *Acharya Charak* mentions that the *Tejas* with the help of the *Vatadi Dosh*as scorches the scalp rapidly so as to cause *Khalati* to a person. In *Khalitya*, *Bhrajaka Pitta*<sup>4</sup> sites in skin and *Roma Kupa* (opening of hair follicle) get vitiated and enter in skin through *Roma Kupa* with vitiated *Vata Dosh*a due to which hair fall occurs, after that vitiated *Rakta* and *Kapha Dosh*a blocks the opening of hair follicle due to which production of new hair stop. Overall in *Khalitya*, hair fall occurs and new hair does not appear that leads to baldness. *Khalitya* is *Pitta Pradhana Tridosh*aja *Vyadhi* i.e. *Vata*, *Pitta*, *Kapha* with *Rakta Dosh*a. All *Dosh*as are vitiated but have predominance of *Pitta* and *Rakta Dosh*a mainly. *Acharya Sushruta* considering it as *Kshudra Roga*<sup>5</sup> says that the *Pitta* provoked by its own factors penetrates into the *Roma Kupa* and there it unites with the *Vata* to shatter the hair. Out of total 30 patients 40% were male and 60% of patients were female. As females opt for more hair styling chemicals and tools as compared to males, it might be a reason for more hair fall. Out of total 30 patients enrolled 83.34% were suffering from anxiety and mental stress while 16.66% were stable mentally. As mental stress leads to vitiation of *Vata* and *Pitta Dosh*a which is a triggering factor for hair fall therefore 83.34% more patients of stress suffer from hair fall. Out of total 30 patients enrolled 13.34% patients were from rural habitat and 86.66 % were from Urban Habitat. As people receding in urban area are more exposed to pollution, chemicals and hair styling tools which leads to comparatively more hair fall. Out of total 30 patients enrolled 33.30 % were of upper class, 16.70 % patients were of middle class, and 70% were of poor

class. As malnutrition is also a dominant reason for hair fall the people who suffer from malnutrition face more hair fall. Out of 30 patients, 40 % patients were student, 30 % patients were of working class, 20% patients were homemaker, 7 % patients were farmer, 3 % patients were worker. It has been observed that patients who are involved in mental activities like studying, IT sector jobs have comparatively more stress and disturbed lifestyle again a triggering factor for hair fall.

It has also been observed while enrolling the patients that they were regular users of harsh chemical shampoos, hair styling tools etc. Also it was observed that females were more afflicted than males in case of hair fall.

As the treatment protocol has been advised Tribal Black Tablet and Tribal Black Hair Oil after the completion remarkable changes were observed.

### Tribal Black Tablet:-

Tribal Black Tablet is a herbo-mineral combination prepared exclusively for hair health and regeneration of hair follicles. The ingredients of the tablet overall promotes hair growth, fights dandruff, nourishment of scalp and improves hair quality. *Triphala* is a well-known poly herbal formulation. *Triphala* is considered as a *Rasayana* drug due to it's nutritive and regenerative properties. *Triphala* is one among the *Ayurvedic* medicinal herbal formulation mostly preferred by medical practitioners for curing a wide spectrum of diseases<sup>3</sup>. As *Amla* is good for hair health, *Haritaki* and *Vibhitaki* is good for Gut health, hence improves hair health from in and out. *Bhringaraaj* is also known as *Kesharaj* which means "Ruler of the hair". It is rich in proteins, vitamins and antioxidants which help protect the body against certain infections. *Lauha Bhasma* strengthens the body and improves the production of RBCs. The person who suffers from low hemoglobin level suffers from the consequences like pale skin, hair fall, loss of memory, fatigue etc. Being *Rasayan Aushadhi* it helps in enhancing the hair cells and reduces hair fall.

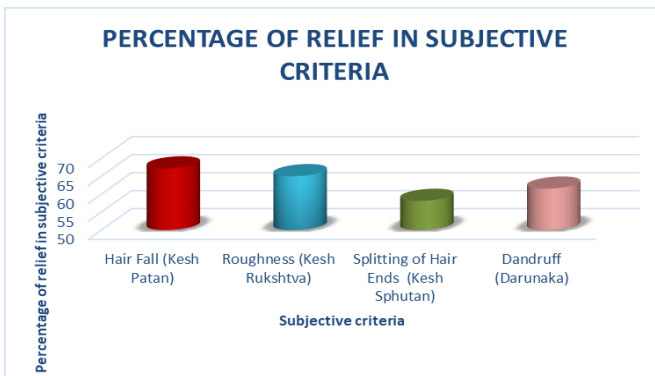
This potent mineral formulation is blessed with the ability of pacifying the *Tridoshas*, i.e. *Vata*, *Pitta* and *Kapha*. Being a powerful *Rasayani Dravya* or ingredient, *Abhraka Bhasma* not only provides adequate energy to carry out various activities but also has a calming effect on both the mind and body. Over all the ingredients of Tribal Black Tablet enhances the *Jatharagni*, Pacifies and balances *Tridoshas*, increases the hair growth and improves quality of hair hence reducing the hair fall.

### Tribal Black Hair Oil:-

The ingredients like *Ashwagandha*, *Amla*, *Musli*, *Kali Haldi* being *Rasayan* in nature helps to nurture scalp

and hair roots. *Bhringaraaj* oil is effective in promoting hair growth as well as reducing the graying of hair. This is due to the presence of various nutrients in *Bhringaraaj* that provide nourishment to the hair scalp. *Brahmi* and *Jatamansi* are also helpful in promoting sleep and reduce stress. *Gudahal* helps to fight grey hair. *Neem*, *Tulsi* helps to fight the infections and dandruff present on scalp. *Pyaz* extract promotes hair growth. Thus the combination of Tribal Black Tablet and Tribal Black Hair Oil has proved itself to be excellent in treating the cases of hair fall. All the ingredients help to fight the hair problems like hair fall, dandruff, dryness of hair and splitting hair. Massage with Tribal Black Hair Oil has been proved to be reasonably effective and safe in patients as per their experience and Investigator's Observations.

## RESULT AND OBSERVATION



## Percentage of Improvement of objective criteria

Objective Criteria	Percentage of Improvement
KOH	75 %
HB	0.32 %
SGOT	4.61 %
SGPT	5.2 %
Total bilirubin	1.00 %
ESR	6.38 %
Serum Creatinine	0.72 %

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