

8. KHĀLITYA (ALOPECIA AREATA/ BALDNESS)

A. Single formulations

| Sl. No. | Name of the formulation (Botanical/ Mineral/ Metallic preparations) | Auṣadha kalpanā (Dosage form)* | Mātrā (Daily dose) | Anupāna (Vehicle) | Textual reference |
|---------|--|-----------------------------------|-------------------------|----------------------|--------------------------------|
| 1. | Bhr̥ṅgarāja swarasa (Eclipta alba) | Swarasa | Q. S. | - | B. R. Kṣudrarog ādhikāra |
| 2. | Guñjā kalka (Abrus precatorius) | Kalka lepa | Q.S (Ext. appln.) | - | B. R. Kṣudrarog ādhikāra |

B. Compound formulations

| Sl. No. | Name of the formulation | Auṣadha kalpanā (Dosage form)* | Mātrā (Daily dose) | Anupāna (Vehicle) | Textual reference |
|---------|-------------------------|-----------------------------------|---------------------------------|----------------------|--------------------------------|
| 1. | Bhr̥ṅgarāja Taila | Taila | Q.S. Ext. Appli cation | - | B. R. kṣudrarog ādhikāra |

| | | | | | |
|----|--------------------|-------|---------------------------------|-------|---|
| 2. | Candanādi Taila | Taila | Q.S. Ext. Applic ation | - | C.D. Kṣudraro gādhikāra 54/102- 104 |
| 3. | Nīlīkādyā Taila | Taila | Q. S. Ext. appln.) | - | S.S.Ma. K. 10 / 157-160 |
| 4. | Pañcanimbādi Cūrṇa | Cūrṇa | 3 gm BD | Water | B. R. Kūṣṭhag ādhikāra |

C. PATHYAPATHYA (Do's and Don'ts)

| | Pathya (Do's) | Apathya (Don'ts) |
|------------|---|--|
| Others | Triphalā, bhr̥ṅgarāja, honey, black pepper, sesame oil | Food causing burning sensation, alcohol |
| Life style | Uction, sudation, therapeutic blood letting, external application of medicinal paste (pralepa), massage, massage on head, snuffing | Smoking |

Note:

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.