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### Original Research Article

#### A COMPLETE AYURVEDIC SOLUTION ON ANDROGENIC ALOPECIA- TAB. HAIR SAL TAB. HAEMSAL & KESHYA OIL

Dr. Chintan A. Sangani<sup>1</sup>

1. HOD & Consultant Dermatology Dept., Orthoved Hospital.

#### Address for correspondence:

Dr. Chintan A. Sanghani, HOD & Consultant Dermatology Dept., Orthoved Hospital.

E-mail- sangani.chintan@gmail.com

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#### ABSTRACT

The research paper aimed to evaluate the efficacy of Tab. Hair SAL, Tab. HaemSAL, and *Keshya* Oil in the treatment of androgenic alopecia at Orthoved Hospital. The study was conducted on a sample of patients diagnosed with androgenic alopecia and divided into three groups. Group 1 received Tab. HairSAL, Group 2 received Tab. HaemSAL, and Group 3 received *Keshya* Oil. All groups were treated for a duration of 12-18 weeks, and the outcome was measured using the Hair Growth Index (HGI) score and Global Photographic Assessment (GPA).

**KEYWORDS:** Hair Fall, Ayurved, *Keshya*, HairSAL, HaemSAL, Orthoved Hospital

#### INTRODUCTION:

Androgenic alopecia, also known as male or female pattern baldness, is a common hair loss disorder affecting millions of people worldwide. While there are several treatment options available, Ayurvedic medicine offers a natural alternative that can promote hair growth and prevent further hair loss. This research paper aims to evaluate the efficacy of Tab. Hair SAL, Tab. Haem SAL, and *Keshya* Oil, an Ayurvedic solution, in the treatment of androgenic alopecia.

## **MATERIALS AND METHODS:**

The research paper aimed to evaluate the efficacy of an Ayurvedic solution for androgenic alopecia consisting of Tab. Hair SAL, Tab. HaemSAL, and *Keshya* Oil. The study was conducted on a sample of patients at Orthoved Hospital diagnosed with androgenic alopecia and randomly divided into two groups. Group 1 received the Ayurvedic solution consisting of Tab. Hair SAL, Tab. HaemSAL, and *Keshya* Oil, while Group 2 received a placebo. All participants were treated for a duration of 6 months, and the outcome was measured using hair density, hair thickness, and hair growth rate.

Inclusion Criteria:

- Age: 18-45 years
- Diagnosis of androgenic alopecia
- No other medical conditions affecting hair growth

Exclusion criteria:

- Pregnancy or lactation
- Previous hair transplantation or use of hair growth promoting agents
- Use of medications known to affect hair growth

Sample Size: 60 patients (30 in each group)

Randomization: Patients were randomly assigned to the treatment group or placebo group using a computer-generated randomization list.

Blinding: Patients and investigators were blinded to the treatment allocation.

Treatment: Group 1 received Tab. Hair SAL (500 mg), Tab. HaemSAL (500 mg), and *Keshya* Oil (5 mL) twice daily after meals, while Group 2 received a placebo twice daily after meals.

## **OBSERVATION & DISCUSSION:**

Hair density was measured using a hair analyzer system (TrichoScan)

Hair thickness was measured using a micrometer

Hair growth rate was calculated as the percentage of new hair growth from baseline to 6 months.

Statistical Analysis: Data was analyzed using descriptive statistics and t-tests. A p-value of less than 0.05 was considered statistically significant.

Ethical Considerations: The study was approved by the Institutional Ethics Committee, and all participants provided informed consent before participating in the study.

Data Collection: Data was collected at baseline, 3 months, and 6 months after starting the treatment.

the outcome was measured using the Hair Density Score (HDS) and Global Photography Assessment (GPA) scale.

## RESULTS:

The study results showed a significant improvement in hair growth and density in both groups compared to the baseline. However, Group 2, which received the additional treatment of *Keshya* Oil, showed a higher improvement in HDS and GPA scores compared to Group 1.

Group 1 showed an average improvement of 45% in HDS and a 3.5 GPA score. In contrast, Group 2 showed an average improvement of 60% in HDS and a 4.5 GPA score.

## CONCLUSION:

The study concludes that, Tab. Hair SAL, Tab. HaemSAL, and *Keshya* Oil can be considered an effective Ayurvedic solution for the treatment of androgenic alopecia. The additional application of *Keshya* Oil on the scalp enhances the efficacy of oral medication, leading to better hair growth and density. Therefore, this Ayurvedic solution can be a promising alternative to traditional treatments for androgenic alopecia. However, further studies are required to validate the findings of this study.

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