

PREVENTION OF KHALITYA (HAIR FALL) THROUGH AYURVEDA: A REVIEW

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ABSTRACT

Khalitya (Hair fall) affects men and women of all ages and often significantly affects social and psychological wellbeing. In current era are prone to sedentary life style this result in disturb routine, irregular dietary habit, lack of physical activity, stress etc. these are most common cause of *khalitya* (hair fall). Hair growth is impacted by today's life style choice, faulty dietary habits, environmental pollution etc . Life vicissitudes, including illness, emotional trauma, protein deprivation (during strict dieting) and hormonal changes like those in pregnancy, puberty and menopause may cause hair fall .Several health condition including thyroid disease, iron deficiency anaemia can cause hair loss. To prevent hair fall we have adopt holistic approach to follow the life style as explained in Ayurveda. We cannot focus on single dimension like only *dincharya* or *ritucharya*. We have to focus multi-dimensionally on *dincharya*, *aahara*, *vihaar*, *nindra*, avoidance of *vegdharana*, *yoga* and *pranayama* etc. to handle the problem of hair fall and achieving the good physical, mental, social and spiritual health.

Keywords *Aahara, Ayurveda, dincharya, khalitya, pranayama, viharaa, yoga*

INTRODUCTION: Increased hair fall in *ayurveda* is termed as *khalitya* and classified under *shiroroga*.¹ Hair fall affects men and women of all ages and often significantly affects social and psychological wellbeing. Disturb daily routine, irregular dietary habit, lack of physical activity, stress etc. these are most common cause of hair fall. Hair growth impacted by our life style choice, diet.

According to survey up to 40% of men and 25% of women in India are victims of hair fall.² Now a day's hair fall commonly seen in youngsters too. Hair loss is silent but divesting problem which may occur to a healthy person also. It has been regarded as geriatric physiological phenomena, generally after the mid-forties. Hormonal imbalance, faulty hair care, pollution etc. all these factor has been attributed for hair fall in early stage.

According to *Ayurveda*, *Virudha Pitta* along with *Vata* reaches *Romakoopa*(hair follicle) and causes hair fall and thereafter *Shleshma* along with *Shonita* obstructs the *Romakoopa* which leads to the stoppage of regeneration of

hair and this condition is known as *Indralupta*, *Khalitya* or *Ruhya*³. According to *Acharya Vaghbhata*, there is a gradual loss of hair. *Acharya charaka* describes that *Tejas* combining with *Vatadi doshas* reaches the *Shira kapala* and causes hair fall by *Dahana* of *Romakoopa* (hair follicles).⁴

AIMS & OBJECTIVE:

- To evaluate and discuss the *hetu* and *samprapti* of *Khalitya*
- To elaborate and discuss the Ayurvedic management of *Khalitya*.
- To re-evaluate the *Khalitya* in various classical Ayurvedic and modern literatures.

MATERIALS AND METHODS:

- The article is based on review of Ayurvedic texts. Materials related to *Khalitya* and *Alopecia* has been collected. Ayurvedic texts mainly used in this study are *Brihatriyi* (*charaka samhita*, *sushurut samhita* and *vaghbata samhita*), *Laghutrayi* (*madhava nidana*,

sharangadhara samhita, bhavaprakasha). We have also point out some modern texts, journals and search various websites to accumulated information on the relevant topics.

CONCEPTUAL STUDY

What is hair fall

Hair fall might also lead to thinning of hair or temporary baldness. The medical term for hair loss is alopecia. Alopecia can be temporary or permanent. The most common pattern of hair fall occurs gradually and is mentioned to as

"androgenic alopecia," meaning that a combination of hormones (androgens are male hormones) and heredity (genetics) is needed to develop the condition. Other types of hair loss include alopecia areata (patches of baldness that usually grow back), telogen effluvium (rapid shedding after childbirth, fever, or sudden weight loss) and traction alopecia (thinning from tight braids or ponytails). Hair loss normally occurs gradually with age in both men and women, but is typically more pronounced in men.⁵

TABLE No. 1 Khalitya (hair fall) According to Ayurvedic Texts

1	<i>Khalitya</i>	<i>Charaka chikitsa 26/132, Susruta nidan 13/32-33</i>
2.	<i>Khalati</i>	<i>Charaka chikitsa 26/132, Ashtanga Samgraha Uttar-Tantra-27/19,</i>
4.	<i>Indralupta</i>	<i>Susruta nidan 13/32-33, Bhoja</i>
5.	<i>Ruhy</i>	<i>Susruta nidan 13/32-33, Bhoja</i>
6.	<i>Rujya</i>	<i>Ashtanga Samgraha Uttar-Tantra-27/19,</i>

HETU (Aetiological Factor)

AHARAJA NIDANA⁶

1. *AtiAmla Ahara* (excessive intake of sour food)
2. *Atisheetambu Sevana* (excessive intake of cold food)
3. *Dusta-Ama Bhojana* (stale and uncooked food leading to indigestion)
4. *Guru Ahara* (Intake of heavy food)
5. *Hina Ahara* (intake of inappropriate food)
6. *Lavana Ati Sevana* (excessive intake of salt)
7. *Atimadyapana* (excessive intake of alcohol)

VIHARAJA NIDANA⁷

1. *Atapa Ati Sevana* (exposure to hot weather)
2. *Ati Maithuna* (excessive sexual indulgence)
3. *Divaswapna* (day sleep)
4. *Sheeta Sevana* (exposure to cold wheather)
5. *Asatmya Gandha Sevana* (inhalation of bad odour)
6. *Pragvata Sevana* (exposure to easternly wind)
7. *Ratrijagarana* (night vigil)
8. *Rajo Dhuma Sevana* (exposure to dust & fumes / smoke)
9. *Rodana* (excessively crying)

10. *Sandharana/Vegadharana* (suppression of natural urges)

11. *Manastapa* (mental agony)
12. *Shiro Abhigata* (Trauma on Head/Scalp)
13. *Desa Kala Viparyaya* (changes in weather & place)
14. *Meghagama* (cloudy weather)

MODERN CAUSE OF HAIR FALL⁸

1. Fungal infection (*tinia capitis*)
2. Ulcerative colitis
3. Vit b12, iron, zinc, biotin and also vit e deficiency
4. Over dosage of vit. A
5. Lack of vit b6 and folic acid in food
6. Rheumatoid arthritis
7. Thyroid dysfunction
8. Vitiligo
9. Radiotherapy and chemotherapy
10. Systemic lupus erythematos
11. Psychological stress
12. Nutrition
13. Seborhhic dermatitis
14. Hormonal imbalance
15. Folliculitis
16. Secondary syphilis and usage of drugs like warfarin and heparin
17. Usage of contraceptive pills, anti –

hypertensive drugs and anti -diabetic drugs.

18. Anaemia

19. Long term usage of steroids

20. Over usage of shampoo (containing selenium).

Approach to Patient of hair fall

- Hair fall can be manifested as primary disease (as independent disease) as well as secondary to other disorder or can be present as symptom of many diseases. Because of its variable etio-

pathogenesis, we need a careful approach to the patients for proper diagnosis and treatment of hair fall. Proper history should be taken including all the criteria like past medical history, family history and personal history along with other general & systemic examinations. Scalp & body should be carefully examined to detect any abnormality in skin.

***Samprapti* ⁹**

NIDANN SEVAN (*Ushna, tikshna ,Ruksha, Atilavansevan, Ksharaatisevan,*

+Divaswapanam, Prajagarana, Atapasevana, Usher bhom +Manahatapa



Samprapti -Ghatak :-

- *DOSHA – Pitta – pachaka, bhrajaka*
Vata -saman, vyan,
Kapha – tarpaka
- *Dushya – dhatu – rasa ,rakta ,asthi*
Mala –sweda , kesh
- *Srotosa – rasavaha, raktvaha,*
asthivaha
- *Srotodushti – snga*
- *Rogmarga – bahyav*
- *Udbhava – Amashya*
- *Adishthana- keshabhom*

Acharya Sushruta says that “The *Pitta*, provoked by its own factors penetrates into the *Romakoopa* and there it unites with the *Vata* to shatter the hair”. Then the *Shleshma* along with the *Shonita* obstructs the

Romakoopa which leads to the stoppage of regeneration of hairⁱ.

Thus, *Acharya Sushruta* has considered the involvement of all the three *Doshas* viz. *Vata*, *Pitta* and *Kapha* along with *Shonita* in the occurrence of *Khalitya*.

MANAGEMENT OF HAIR FALL THROUGH AYURVEDA

DINCHARIYA

***Abhyanga (oiling)*¹⁰**

- *Abhyanga*(Oiling) should be regularly applied on scalp.
- It prevents falling of hair, baldness and also makes the hair black long and deep - rooted. It provides nourishment to the hair follicles and also gives strength to the cortex and fiber of hair.

*Nasya (nasal drop)*¹¹

- Everybody should take nasal drop of “Anu tail” every year during the rainy, autumn and spring season when the sky is free from cloud.
- Along with many other benefits, it prevents hair fall and also accelerates the growth of hair. *Nasya* nourishes the *srotas* present above the clavicle including the hair follicles which strengthen the hair and reduce falling.

*Snana (taking bath)*¹²

Acharya Sushrut mentions that the head and hair should not be washed with warm water or with very cold water. Pouring warm water over head reduces the strength of hair & eyes. Proper hair wash should be done at least three times in a week.

Decoction or Shampoo made up of herbs like *Henna*(*Lawsonia inermis*), *Bringraj* (*Eclipta prostrata*), *Jatamansi*(*Nardostachys jatamansi*), Shoe flower (*Hibiscus rosa-sinensis*), *Triphala*(*haritiki +amala+bhera*) , *Ghrit Kumari*(*Aloe vera*), *Shikakai*(*Acacia concinna*), *Motha* (*Cyperus rotundus*), *Bhrami*(*Bacopa monnieri*) etc. can be used for washing hair. Shampoos and soaps that made by Ayurveda keshya herbs used for hair wash should be mild and chemicals free .

*Dhoomapana (medicated smoke)*¹³

Along with health of head & senses, *dhoomapana* cures the problem of hair fall by clearing the *dosha* from head region and also improves the firmness of hair on the head, beard & teeth.

*Shaurakarma*¹⁴

Hair cutting & beard shave should be done regularly. *Acharya charaka* mentioned that everybody should have a hair - cut, shave and nail cut thrice every fortnight.

*Ushnishka*¹⁵

The wearing of *ushnishka* (turban or cap) on head protects the hair from wind, heat, dust etc. which is pious and beneficial for hair. Covering of head protect are hairs from environmental factor.

AAHARA:

- Green leafy vegetable and fruits they are rich in vitamin c and vit. B complex, zink, sulphur and some important fatty acids to make the roots of your hair strong.
- Sesame seed –a spoonful white sesame seeds are very effective in hair loss as it is great source of magnesium and calcium.
- *Aamla* it is the best hair tonic as it is rich source of vit. C and anti-oxidants .

YOGA AND MEDITATION¹⁶

- Inverted *asanas* such as *sarvangasana* that tends reverse the gravity on the body are the best suited for prevention of hair fall.
- They stimulate the flow of blood to the head.
- Practice deep breathing exercise to control stress, anxiety and keep your mind balanced.¹⁶ Suggestion of lifestyle modification for prevention of hair fall

Some useful medicine indicted in *khalitya* according various texts:

Table no.2 -- Herb-mineral formulation for *Khalitya*(hair fall)

S.N.	HERBO-MINERAL FORMULATION	PHARMACOLOGICAL ACTION
1.	<i>Amalaki rasayan</i>	Immuno-modulatory, antioxidant properties ¹⁷ ,rejuvenating action
2.	<i>Panch tikta ghritta guggul</i>	<i>Pittashamaka , srotoshodhan, rasayan</i> ¹⁸
3.	<i>Draksharishta</i>	Appetizer, <i>keshya ,varnya, vayasthapanya</i> ¹⁹
4.	<i>Mahamanjishtadi kwath</i>	<i>Keshya, varnya, rejuvenating action</i> ²⁰

Table no. (3) Single Drugs for *Khalitya*

S.N.	DRUG NAME	PHARMACOLOGICAL PROPERTY	PHARMACOLOGICAL ACTION
1.	<i>Narikel</i>	<i>Rasa-madhur,</i>	<i>Keshya , piitanilhar , raktta-</i>

	(coconut)	guna – guru snigdh, vipak – madhur. virya - sheet	pittnashak ²¹
2.	Bhringraj	<i>Rasa – katu,tikkta</i> <i>Ghuna – ruksha,laghu</i> <i>Vipak- katu</i> <i>Virya – ushna</i>	<i>Keshya, rasyan , vat-kapha nashak,</i> <i>pandunashak</i> ²²
3.	Neelini	<i>Rasa – tikkta</i> <i>Ghuna- laghu ,ruksha</i> <i>Virya- ushna</i> <i>Vipak- katu</i>	<i>Keshya , vishnashka, vat-kaph-rakta</i> <i>nashak</i> ²³
4.	Til (sesamum)	<i>Rasa – madhur</i> <i>Guna –guru ,snigdh</i> <i>Vipak- madhur</i> <i>Virya- ushna</i>	<i>Keshya , tavchya, agnivardhak</i> ²⁴ ,
5.	Yashtimadhu	<i>Rasa- madhur</i> <i>Guna –guru, snigdh</i> <i>Virya- sheet</i> <i>Vipal –madhur</i>	<i>Keshya, srotoshodhan, rasayan,</i> ²⁵ immunomodulatory, hepatoprotective
6.	Giloya	<i>Rasa –tikkta ,kashya</i> <i>Guna-guru, snigdh</i> <i>Vipak- madhur</i> <i>Virya- ushna</i>	<i>Pitt-kapha shaman,</i> ²⁶ immunomodulator

PATHYA AND APATHYA

*Pathya(Do's) :- Pathya: Taila (oil) ,ghrita, dugdha (milk), Dhaanya (grains), shigru (moringo oleifera), vaastuka (Spinacia oleracea), patola(Trichosanthesdioica) , kaarvellaka (Momordica charantia), haritaki (Terminalia chebula), bhringaraaja (Eclipta prostrate), draksha (Vitis vinifera), aamra(spondias mombin), aamalaki (Emblica officinalis), maatulunga(citrus medica), naarikela (cucus nucifera),chandana(santalum album), karpoora (Cinnamomum camhora), sweda(heating), nasya (nasal drops),dhooma (smoking),virechana (purgation), lepa , seka, langhan(fasting), shirobasti.*²⁷

Apathya (don't)

Amla rasa (sour), guru ahara (heavy food)maricha(chilli),ati sheeta (excessive cold) & ati ushna (excessive hot),virudha anna(incompatible food), diva-svaapa

(day dreaming), ashru (tearing), nidra(sleep), pureesha vega(stool) dhaarana .²⁸

DISCUSSION: Every individuals constitution has its unique balance of *tridosha*. The wrong diet, habits, life style, incompatible food combination, seasonal changes repressed emotions & stress factors can all act either together separately to change the balance of *tridosha*. Faulty dietary habits, lifestyle and stressful living, inappropriate nutrition or exasperating factors leads to depletion of function of hair root We should have adopt holistic approach of basic principle of Ayurveda to prevent *Khalitya* (hair fall). We have to focus multi-dimensionally on *dincharya, aahara, vihara, nindra*, avoidance of *vegdharana*, yoga and *pranayama* etc. to handle the problem of hair fall. *Moordha* tail (oiling) and paste prevents falling of hair, baldness

and also makes the hair black long and deep - rooted. It provides nourishment to the hair follicles and also gives strength to the cortex and fiber of hair. The wearing of *ushnishka* (turban or cap) on head protects the hair from wind, heat, dust etc. which is pious and beneficial for hair. *Dhoomapana* cures the problem of hair fall by clearing the *dosha* from head region and also improves the firmness of hair on the head, beard & teeth. *Nasya* nourishes the *srotas* present above the clavicle including the hair follicles which strengthen the hair and reduce falling. According to this, all the *āhāra* and *vihāra* (diet and lifestyle) which aggravate the *vāta* and *pitta* (primary) become the *nidāna* of *Khalitya* as mentioned by Charaka.

CONCLUSION: From the data obtained it can be conclude that changes in life style and excess use of cosmetic products make the individuals more susceptible to *khalitya*. various herb minerals drugs and follow the *dincharya aahara, vihara, nindra*, avoidance of *vegdharana*, yoga and *pranayama* are mentioned in Ayurveda to treat the disease .many research studies on *nasya , abhangya, ahara* yoga are proved to be effective in treatment of *khalitya*. Hence it can be conclude that *khalitya* can be effectively treated using *dincharya, aahara, vihara, nindra*, avoidance of *vegdharana* yoga and *pranayama* without any side effect.

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