

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

¹ Sharma Renu

²Anita Sharma

¹M.D. Scholar Dept. Of AGAD TANTRA, NIA Jaipur

²Prof. & H.O.D. Dept. Of AGAD TANTRA, NIA Jaipur

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*, *vihara*, *nindra*, avoidance of *vegधारana*, *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*, *vihaar*, *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.

²Now 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 Vagbhata*, 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*, *sushrut samhita* and *vagbhata 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 NIDANA ⁶

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 NIDANA ⁷

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. *Desha Kala Viparyaya* (changes in weather & place)
14. *Meghagama* (cloudy weather)

MODERN CAUSE OF HAIR FALL ⁸

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 erythematosus
11. Psychological stress
12. Nutrition
13. Seborrhic 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.

Samprapti⁹

NIDANN SEVAN (Ushna, tikshna ,Ruksha, Atilavansevan, Ksharaatisevan, +Divaswapana,Prajagarana, Atapasevana, Usher bhomi+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- keshabhomi*

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 hair¹.

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.

Shaurakarma¹⁴

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.

Ushnishka¹⁵

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.
- Amla 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.	Amalaki rasayan	Immuno-modulatory, antioxidant properties ¹⁷ , rejuvenating action
2.	Panch tikta ghrita guggul	Pittashamaka, srotoshodhan, rasayan ¹⁸
3.	Draksharishta	Appetizer, keshya, varnya, vayasthapanya ¹⁹
4.	Mahamanjishthadi kwath	Keshya, varnya, rejuvenating action ²⁰

Table no. (3) Single Drugs for Khalitya

S.N.	DRUG NAME	PHARMACOLOGICAL PROPERTY	PHARMACOLOGICAL ACTION
1.	Narikel	Rasa-madhur,	Keshya, piitanilhar, rakta-

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

PATHYA AND APATHYA

Pathya(Do's) :- Pathya: Taila (oil) ,ghrita, dugdha (milk) , Dhaanya (grains), shigru (moringo oleifera), vaastuka (Spinacia oleracea), patola(Trichosanthes dioica) , kaarvellaka (Momordica charantia) , haritaki (Terminalia chebula) , bhringaraaja (Eclipta prostrate), draksha (Vitis vinifera) , aamra(spondias mombin), aamalaki (Emblica officinalis), maatulunga(citrus medica) , naarikela (cocus nucifera) ,chandana(santalum album), karpooora (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 *vegधारana*, 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 *vegधारana*, 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 *vegधारana* yoga and *pranayama* without any side effect.

REFERENCES:

1 Shastri Kasinath Chaturvedi Gorakhnath Commentary on Charak Samhita Vidyodini Hinidi, Chaukhambha Bharati Academy Varanasi Vol. 1; 16 ed. 1989 chikitsa sthan 26/25-28 p741-744
2. Rajani Thankan, Vasant Patil, Aithal Issue 5 different procedures of Nasya with

BhringarajaTaila in Khalitya. Journal of Ayurveda and Holistic Medicine (JAHM). 2014; 2(4).p.1-11)

3 Kaviraj Ambikadatta Shastri Hindi commentary on Sushruta samhita , Ayurvedtatwa sandeepika ,chaukhambha Sanskrit sansthan ,Varanasi , nidan sthana 13/32 -33, 2012, page no. 368

4 Pt. kasinatha sastrai dr. gorakha natha chaturvedi Charaka Samhita,chukhamba bharti akadmi Varanasi , sutra sthana 2015 5 [https:// www.medicinenet.com](https://www.medicinenet.com)≥art

6 Chakrapanidatta Jadavaji Trikamji commentary on Charaka Samhita, Ayurved Dipika chaukhambha krishnadas academy varanansi,2006 editor 1st ed. vimansthan rasvimavijaniya adhyaya 1/17-19 page no. 234

7 Chakrapanidatta Jadavaji Trikamji commentary on Charaka Samhita, Ayurved Dipika chaukhambha krishnadas academy varanansi ,2006, 1st ed. Rogbhishagjitiya adhyaya 8/97 page no. 277

9 Shastri Ambikadatta Sushrut Samhita Ayurveda tattvasandipika hindi commentary chaukhambha Sanskrit academy Varnasi, vol.1 ,1990 nidan sthan chapter 13/ 32-33 page no. 368

10 Dr Kunte A.M., Ashtang hridaya, commentry of Arundatta Chaukhamba Sanskrit sansthana, varanasi, sutrasthana, chapter 2/8-9, 2011 pg 26

11 Pandit Kashinatha Shastri and Dr.. Gorakh Nath Chaturvedi Charaka samhita, ,chukhamba bharti akadmi Varanasi , sutra sthana adhaya 5 / 57-58 page no. 127

12 Dr Kunte A.M.Ashtang hridaya, Chaukhamba Sanskrit sansthana, varanasi, sutrasthana, chapter 2/16-17, 2011pg. 28

14 Pandit Kashinatha Shastri and Dr.. Gorakh Nath Chaturvedi Charak samhita, Chaukhamba Sanskrit sansthana, varanasi, sutrasthana, chapter5/99,2013 pg129

15 Pandit Kashinatha Shastri and Dr.. Gorakh Nath Chaturvedi Charaka samhita ,chukhamba bharti academy Varanasi , sutra sthana adhaya 5 shloka 99 pg. 131
16 Dr. pawan sharma ,A comparative study of keshyakalpayogya & sarvangasan in the management of alopecia, International research journal , july 2010,Vol 1 Issue 10
17 Pandit Kashinatha Shastri and Dr.. Gorakh Nath Chaturvedi Charaka Samhita,chukhamba bharti academy Varanasi , chi. Sthana adhaya 1 /75 pg 18
18 Brahmananad tripathi Astanga Hridayam chikitsa sthan chapter 21 ,vatavyadhi adhyaya 58-61 chukhamba bharti academy Varanasi2017
19 Brahmananad tripathi Sharangadhara Samhita Brahmananad tripathi , madham khand asavaarishta kalpna chukhamba bharti academy Varanasi 2007 page. 260
20 Brahmananad tripathi ,sharangadhara samhita madham khand , chukhamba bharti academy Varanasi2007 page no. 154
21 Prof. P.V. Sharma, Dravyaguna-vijnana vol.2 chukhamba bharti academy Varanasi, 2013 page no. 117
22 Prof. P.V. Sharma, Dravyaguna-vijnana vol.2 chukhamba bharti academy Varanasi, 2013 page no.123
23 Prof. P.V. Sharma, Dravyaguna-vijnana vol.2 chukhamba bharti academy Varanasi, 2013 page no.126

24 Prof. P.V. Sharma, Dravyaguna-vijnana vol.2 chukhamba bharti academy Varanasi, 2013 page no.120
25 Prof. P.V. Sharma, Dravyaguna-vijnana vol.2 chukhamba bharti academy Varanasi, 2013 page no.253
26 Prof. P.V. Sharma, Dravyaguna-vijnana vol.2 chukhamba bharti academy Varanasi, 2013 page no.761
27Prof. Ramanath dwivedy, sri chakrapanidatta Chakradatta vidyodini Hinidi Commentary shudraroga-chikitsaparakarna Chaukhambha Bharati Academy Varanasi chapter 55: reprint, 2014 p.320-321
28 Shri Rajeshwardatta shastri Bhaisajyaratnavali bhisagratna , vidyodini Hinidi Commentary shudraroga chikitsa prakarna Chaukhambha Bharati Academy, Varanasi chapter 60/183- 184, reprint-2015p962

Corresponding Author:Dr Renu Sharma
M.D. Scholar Dept. Of AGAD TANTRA,
NIA Jaipur
Email: renusharma301001@gmail.com

Source of support: Nil Conflict of interest:
None Declared

Cite this Article as :[Sharma Renu et al : Prevention of Khalitya (Hair Fall) Through Ayurveda: A Review] www.ijaar.in : IJAAR, VOLUME IV ISSUE VI JAN -FEB 2020 Page No: 632-638