



ROLE OF AYURVEDA IN COSMETOLOGY W.S.R. TO HAIRCARE

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ABSTRACT

Cosmetology is broadly denoted as the skill set, required to enhance skin, hair and overall beauty of men and women. Ayurveda emphasizes on both external and internal beauty and external beauty is complimented by internal beauty. In this article, importance is being given to the hair care. According to Ayurveda, *kesha* is the *ashti mala* which has a significant role in cosmetology. Ayurvedic cosmetology starts by following *dinacharya*, *rtucharya* and *rasayana*. Various formulations are explained under *Rasayana* which has cosmetic effect. In the present era, much importance is given to external appearance. The long term side effect of chemicals used for the same are widely known, hence it becomes a necessity to understand the concept of *kesha* which plays a significant role in cosmetology. Conceptual study is made to understand the importance of Cosmetological effect in Ayurveda w.s.r. to haircare, by giving its due importance in maintaining *swastha avastha* by preventive, promotive and curative aspects of various clinical conditions of hair.

Keywords: cosmetology, *kesha*, *dinacharya*, *rtucharya*, *rasayana*.

INTRODUCTION

“BEAUTY IS AN EXPRESSION OF HEALTH”. The cost of hair care in terms of time and money spent is huge in many cultures, and the psychological impact of hair disorders should not be underestimated. 5 million hairs covering all surfaces, apart from the soles of the feet and the palms of the hands (glabrous skin). The appearance of a person's hair, its length, shine and smoothness, is a strong indicator of general age, health and attractiveness.

In Ayurveda, cosmetics (w.s.r to *kesha*) have been mentioned under various contexts like

Kutipravesika rasayana, *Anga raga*, *Varnya dravyas*, *Kesha sanjaja*, *Kesha vardhana*, *Kesha ranjana dravyas*, *Roma janana*, *Roma shatana*, *Krishnikarana*, etc.

Ayurveda emphasizes the composition of *kesha* pertaining to *panchamahabhutha*

and their manifestation as *mala* of *ashti* by Charaka¹ and by product of *majja* by Sharangadhara². *Brajaka pitta* located in *twak* has the function of *bhrajana* i.e, exhibiting the colour, so *bhrajaka pitta* is necessary for the *varna utpatti* of *kesha*³. Acharya Kashyapa has mentioned *prashastha keshabhumi lakshana*⁴ hence we can understand it as *utpatti sthana* of *kesha* and can be correlated to scalp. Acharya have explained *prashastha kesha lakshanas* and also the manifestation of various diseases in different contexts of *chaya* and *vruddhi lakshanas* of *dhatu* and *mala*.

Hair

- Hair is one of the defining characteristics of mammals.
- It is a filamentous biomaterial that grows from follicles found in the dermis.

- The color of hair is primarily due to the amount of melanin pigment in its keratinized cells.
- The function of hair include protection, regulation of body temperature and helps in evaporation of perspiration.

Hair Growth Cycle

1. Anagen/Growing phase
2. Catagen/Transmission phase
3. Telogen/Resting phase

Anagen/Growing phase - almost 85-90% of all the scalp hair are in anagen phase, which lasts from 2years to 8years (onset of mitotic activity).

Catagen/Transmission phase –this starts at the end of anagen phase, where there is detachment of hair bulb from blood supply (mitotic activity is diminished) last for 2-3 week.

Telogen/Resting phase – duration between the completion of follicular regression and onset of next anagen phase, last for 2-4 months.

Kesha in Ayurveda

- *Kesha* is a *prithvi mahabhutha pradhana*, developed and nourished from *pithruja bhava*⁵.
- It develops from 6th month of gestation according to Ashtanga sangraha⁶.
- *Kesha* and *loma* are the *mala* of *asthi dhatu* according Acharya Charaka.
- *Kesha* is the *upadhatu* of *majja dhatu* according to Acharya Sharangadhara.
- Acharya Charaka includes *Atiloma* and *Aloma purusha* under *astaninditha purusha*⁷.

Kesha Sankya

- Acharya Yajnyavalkya(Manu smriti) – 3.5 crores
- Acharya Caraka – 29956, also states that number of kesa, smashru and loma are equal⁸

Kesha Can Be Divided Into

- *Keshagra* (hair end)

- *Kesha bhumi* (scalp)
- *Roma kupa* (follicle)

Acharya's were particular in naming the hair according to the part of the body where it is present.

- Scalp hair – *Kesha*, *Kuntala*, *Siroruha*, *Kachah*, *Bala*
- Hair follicle – *Roma kupak*
- Hair root – *Roma mula*
- Body hair – *Roma*, *Loma*, *Romaraji*, *Romaani*
- Eye lashes – *Pakshma*
- Mustache, Beard – *Smasru*
- Eye brows – *Bhru*
- Genitalia, Armpits – *Vyanja roma*.

Kesha Poshana

Charaka explains that *Aahara* after digestion takes 2 forms, *prasada* and *kitta bhagha*. The *kitta bhagha* provides nutrition to *vata*, *pitta*, *kapha sweda*, *mutra*, *purisha*, *mala* of *karna*, *akshi*, *nasa*, *mukha* and also nourishes the *kesha*, *smashru*, *loma* and *nakha*⁹.

Kesha Varnotpathi

Brajaka pitta located in *twak* has the function of *bhrajana* i.e, exhibiting the colour.

So *bhrajaka pitta* is necessary for the *varna utpatti* of *kesha*. (Since *twak* is the *adistana* for *kesha*).

Prashastha Kesha Lakshana

- Charaka – *ekaikaja*, *mrudu alpa*, *snigda*, *subadha moola*, *krishna kesha*¹⁰.
- Vagbhata – *susnigda*, *mrudu*, *sukma*, *naikamoola*, *sthira kacha*¹¹.

Kesha According To Prakruthi

Vata prakruti – *sputitha dusara varna*, *alpa kesha*, *ruksha*^{12,13}.

Pitta prakruti – *mrudu*, *alpa*, *kapila*, *pingala*, *akalpalitya*^{14,15}.

Kapha prakruti – *sthira*, *kutilla*, *atineela*, *ghana*, *snigda kesha*^{16,17}.

Hair Care In Ayurveda

It can done through preventive, promotive and curative aspect.

PREVENTIVE ASPECT – *Dinacharya, Rtucharya.*

In *Dinacharya* – *Shiro abyanga* done regularly prevents baldness, greying of hair, enhances black color and strengthens the root of the hair¹⁸.

Snana removes dirty, strengthens the hairs¹⁹.

Nasya prevents hairfall and promotes hair growth²⁰.

Dhoomapana prevents baldness, greying of hair and hairfall and strengths the hair²¹.

Ksoura karma cleanses and enhances beauty²².

Ushneesham, wearing *usneesa* is good for hair, and protects from breeze, sunlight, dust²³.

In *Rtucharya* –

Rtu shodhana, moordhini taila prevents *kesha shatana, sputana*²⁴.

Vamana will be beneficial in *darunaka* and *indralupta* as they are *kapha pradhana vata dosha vyadhi* and *khalitya* and *palitya* are *pitta pradhana vata dosha vyadhi*, *virechana* will be beneficial in preventing and treating them.

Promotive Aspect –

Yoga abhyasa – *Vajrasana, Surya namaskara, Adomukha swanasana, Pavanamukthasana, Ustrasana, Sashangasana, Sarvangasana, Sirshasana, Uttanapadasana, Uttanasa, Balayam yoga, Pranayama, Anuloma viloma, Kapalabhati pranayama, Bhastrika pranayama*

Table.1 Clinical Conditions Related To Kesha in Ayurveda

	Charaka Samhitha	Sushruta Samhitha	Astanga Hrudaya
<i>Darunaka</i>	-	✓	✓
<i>Indralupta</i>	-	✓	✓
<i>Khalitya</i>	✓	-	✓
<i>Palitya</i>	✓	✓	✓

Darunaka – Is a *ksudraroga* in which the scalp becomes rough, itching, dry and cracked due to aggrevation of *kapha* and *vata*²⁵ and causes hair fall²⁶

Chikitsa: In *darunaka*, *snehana swedana* followed by *sira vidwa(rakta mokshana)*, to be done, then *avapeda nasya*, *shirobasti*, *abhyanga*, should be administered. For *kshalana* (washing) *kodrava truna kashaya, ksharatoya* are used²⁷.

Lepa like *priyalabeejadi lepa, masha lepa, amrabeejadi lepa, neelotpaladi lepa* can be used in *darunaka*

Taila used in *darunaka* *brungaraja taila, gunjadya taila, triphaladya taila, neelakadya taila.*

Indralupta – patchy hair fall due to *romakupanuga pitta* and *vata* and obstructed by *kapha* and *rakta*²⁸.

Chikitsa: In *indralupta*, *siravyada* should be done at the nearest site of patch, then *prachana* should be done followed by application of *lepa* prepared of *kasisa, manashila, tuttha, ushana, / vanya devadaru, /gunja phanaor gunja mula rasa/ langali mula/ karaveera rasa / varthaka with ksoudra/ dhathura patra rasa /*

*bhallathaka rasa / makshika, grutha, tila puspā & trikantaka*²⁹.

Lepa used in *indralupta, tiktapatolapatra swarasa lepa, bruhati swarasa lepa, gunjamoola swarasa lepa, gunjaphala swarasa lepa, hastidantamasi kalka lepa*.

Taila used in *indralupta karanja taila, maha brungaraja taila*.

Khalitya - Condition where *Ushmata* (Heat) of the body along with *vataadi dosha* does *dadga* (scorches-burn the surface with the heat) of *keshabhumi* leads to *kalitya*³⁰.

Palitya – excessive anger, grief and physical exertion causes the heat of the body reaching the head and the *pitta* get vitiated and causes greying of hair³¹.

Chikitsa: In *kaalitya* and *palitya* conditions, *shodhana* should be done later *nasya, lepa* should be given³².

Bruhat aswagandadi gruta, narasimha churna, amrutha ballathaka lehya can be given internally in this condition.

Lepa in this condition *madhukadi lepa, tiladi lepa*.

Taila for *abyanga brungaraja taila, neelibrungadi taila, neelikadya taila, saireyakadi taila, dhurdhuradi taila*.

Taila for *nasya yastimadhu taila, shadbindu taila, anu taila*.

Causes for Hair Fall

Physiology - The growth rate of the hair follicle on the crown of the scalp it averaged approximately 0.5mm/ 24 h, being slightly less on the margins³³.

Altered Physiology – pregnancy, lactation, menopause

Pathology –

Illness – Metabolic disorders, Hormonal imbalance

Drug induce –

- Vitamin A – (large doses)
- Anti-depressants
- Birth control pills

- Anticoagulant
- Beta blockers
- Chemotherapy

Infection –

- Bacterial
- Viral
- Fungal
- Parasitic

Chemical –

- Shampoo
- Colouring of hair
- Straightening of hair

Environmental Factors –

- Pollution
- UV rays

Others –

- Insufficient nutrition
- Tricotilomania
- Tricophagia

Alopecia: The term alopecia means loss of hair.

Types of alopecia

- Alopecia areata – this non-scarring condition appears as sharply defined non-inflamed bald patches usually on scalp.
 - Alopecia totalis – complete loss of scalp hair³⁴.
 - Alopecia universalis – complete loss of all hair³⁵.
 - Scarring alopecia – is rare scalp disorder that destroy the hair follicle, replace it with scar tissue and causes permanent hair loss³⁶.
 - Traction alopecia – caused by tight pulling of hair i.e. tying of hair too tightly.
 - Androgenetic alopecia – caused by dihydro-testosterone (DHT).
 - Telogen effluvium – is a scalp disorder characterized by the thinning or shedding of hair resulting from early entry of hair in the telogen phase.
- Dandruff: Dandruff is a condition of less severity than seborrheic dermatitis. Although some patients may complain of a

minor itching from time to time, its effects are entirely cosmetic. An examination of the scalp shows that borders are indistinct, but there are often several roundish patches from which loose cells are shed³⁷.

Kesha Yuka Nashaka Yoga

Vidanga taila

Rasendra prayoga

Kesha Kanduhara Yoga

Dhurdhuradi taila

Gunjaadya taila

Jeemuthabrunyadi taila.

Roma Shathana Yoga –

Shankabhasmadi yoga

Harithaladi yoga

Kadalibhasmadi yoga

Bhallatakyadi taila

Aragvadaadyam taila.

Kshara taila

Kusumba taila

• **Pathya Ahara** - Madhura pradhana ahara³⁸

• **Pathya Vihara** – Dinacharya, Rutucharya, Yogaabyasa

• **Apathya Ahara** - Atimatra amla rasa pradhana and lavana rasa pradhana ahara³⁹, kshara⁴⁰.

• **Apathya Vihara** - Abhyanga dveshi, Vegadharana, Ratrijagarana, Divaswapna, Ati ushna jala shira snana⁴¹.

DO'S

- Apply oil to hair regularly.
- Use combs with widely spaced teeth/bristles & smooth tips.
- Always keep your brushes/combs clean, hence one as to use their own comb.
- Use of scarf or cap for hair protection.

DON'T S

- In wet condition, hairs are fragile & may break off, so do brushing/ combing in dry hair only.
- Tying of hair too tight should be avoided.

- Avoid hair coloring by artificial dyes which contains chemicals and substances which are not good for growth of hair return causes hair problems.
- Avoid excessive blow drying of hair.

DISCUSSION

- Ayurveda being the science of life has successfully dealt with the cosmetic science in detail in view of its preventive as well as promotive aspects of beauty and curative aspects of ailments related to beauty.
- Rasayana therapy is a unique concept of Ayurveda, which is highly indicative of higher Cosmetic sense of the Acharya.
- Ayurveda emphasises on *swasthasya swasthya rakshanam*; this can be achieved by following *dinacharya* and *rutucharya*.
- Various references regarding haircare are found to be scattered in our Samhithas, but it is upto the *yukthi* of the physician to choose and utilize.
- Drugs can used for hair care
- For hair colouring – *Tila, Triphala, Madayanthika, Japa.*
As cleanser – *Aristaka.*
As conditioner – *Kumari.*
- Knowledge about the anatomy and physiology of hair also helps us in understanding the conditions of hair and helps in proper treatment.

CONCLUSION

Cosmetics are used in healthy and diseased conditions to uplift the outlook of a person which improves the social wellbeing and boosts up the confidence of a person. The synthetic cosmetics can cause various adverse reactions, whereas the cosmetics with reference to *kesha* explained in Ayurveda has more benefits to its credit than adverse reaction(if any). Ayurveda has both upper edge and limitation in the field of treatment in Tricology.

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Source of support: Nil

Conflict of interest: None

Declared

*Cite this Article as : [A .S. Nagalakshmi et al :
Role of Ayurveda in Cosmetology w.s.r. to
Haircare] www.ijaar.in : IJAAR VOLUME IV
ISSUE III JUL -AUG 2019 Page No: 271-279*