



**A REVIEW ON HAIR CARE PRODUCTS AS *DOOSHIVISHA*
(CUMULATIVE POISON) W.S.R.TO SCALP HAIR ABNORMALITIES**

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ABSTRACT

The type of poison being afflicted frequently by the effect of *Desha* (Place) *Kaala* (Time factor) is called *Dooshivisha*. They are the toxins which are deposited in the body in the concealed form known for the delayed action and act as cumulative poison on the body. Ayurvedic classics have enlisted the *Nidanas* (causative factors) and the treatment for the manifestations which are relevant even in present day scenario.

Acharya Vagbhata has mentions "*Uddhwastha Shiroruha*"(severe Hair fall from the scalp) as symptom in *Dooshivisha* which is a commonly encountered problem along with the scalp hair abnormalities which appear still in advance before the hair fall sets in. The major reason for this condition may be prolonged use of wide range of hair care products. Since these cosmetic products employ both Chemical formulations and Physical modalities, there is potential at any time for temporary adverse effects on hair fibers and Scalp skin leading to scalp hair abnormalities like hair loss, thinning of hair and breakage of hair shaft irrespective of gender which are often distressing and can have a significant effect on the patient's quality of life.

Hence this review is planned by screening classical and contemporary literary sources related to *Dooshivisha*, modern day Hair care methods and their relation with toxic effect of the ingredients on scalp hair abnormalities.

Key Words: *Dooshivisha*, Cumulative toxicity, Hair, Scalp, Abnormalities

INTRODUCTION: *Dooshivisha* is an Ayurvedic concept which can be *Sthavara* (Vegetative), *Jangama*, (animal) or *Kritrima*(artificial) *visha*. *Dooshivisha* are the toxins which are deposited in the body in the concealed form. It is responsible for the delayed action and it act as a cumulative poison on the body¹. It will not kill a person due to its less potency but stays in the body for long duration as it is gets encapsulated by *Kapha* for years together².

In Ayurveda, the idea of *Dooshivisha* is very unique and suitable to the current condition. *Dooshivisha*, which is often

compared with cumulative poison, is a slow-acting poison that has not been completely eliminated from the system and is remained in the tissues of living beings for a number of years, damaging the tissue. These poisons build up in the body and cause diseases in living beings.

Dooshivisha is the one which vitiates *Dhatus*(Body tissues). Its signs and symptoms are not present throughout but appear on and off³. *Acharya vagbhata* has mentions *Udhwastha Shiroruha* as symptom in *Dooshivisha*. It is characterized by the hair fall which is

compared with the bird with no feathers in classics⁴.

There are so many toxic elements prevalent in today's world that has the ability to accumulate in the body for long periods of time. Hair cosmetics and some dietary additives have discovered a nature of accumulations within the living organism after being exposed for a long time. Over one billion humans have been exposed to various toxic substances⁵.

Hair cosmetic industry has undergone a revolutionary change with hair care over the last two decades⁶. Hair cosmetics may include Cleansing agents, Gloss, Softeners, Thickeners, Curlers, Straighteners, and Color additives or Color removers. Since these Cosmetic Products employ both Chemical formulations and Physical modalities there is potential at any time for temporary adverse effects on hair fibers and Scalp skin leading to scalp hair abnormalities like hair loss, thinning of hair and breakage of hair shaft irrespective of gender which are often distressing and can have a significant effect on the patient's quality of life.

Hair fall is a condition of cosmetic concern which interferes with mental and familial

health of an individual. Scalp hair abnormalities like hair fall, dryness and redness of the scalp, dandruff, thinning, breaking of hair etc. are the commonly seen condition in day to day practice which has many reasons, one of the reasons being *Dooshivisha* which is always overlooked by the Ayurvedic practitioners.

Considering above factors, there is a need of the hour to examine the involvement of *Dooshivisha* as a *Nidana* for the scalp hair abnormalities and it is necessary to observe the pattern of *Nidana* in the form of Hair cosmetics. A few of the important modern day haircare methods, the chemicals they contain and their toxic effect on the scalp hair is enlisted in the table-1.

OBJECTIVES: To observe the possible involvement of hair care methods and products as a *Dooshivisha Nidana* for Scalp air abnormalities

MATERIALS AND METHODS

The Review of Classical Ayurvedic texts along with Journals, Articles and Internet sources.

Table-1: MODERN HAIR CARE METHODS & THE EFFECT OF CHEMICALS ON THE SCALP HAIR

MODERN HAIR CARE METHODS	TOXIC CHEMICALS	EFFECT ON HAIR
Shampoo ⁷	Ammonium Lauryl Sulfate Sodium Lauryl Sulphate Parabens	<ul style="list-style-type: none"> • Sulfates take all the oils and residue with them. But while cleansing, they can also damage the hair, make it brittle, and increase frizz. • Parabens are easily absorbed through skin and are harmful to scalp. It also causes the loss of hair color • Alcohol leads to dry, dehydrated,

	Alcohol, Synthetic Fragrances And Colors	rough, brittle, frizzy hair... with breakage in its future.
Hair Gel and Hair Spray ⁸	Corrosive Chemicals Alcohol	<ul style="list-style-type: none"> • Effects skin moisture levels and limit sebum production, • Dry, Brittle, and Breakage prone hair, • Itchy and flaky scalp
Hair straightening ⁹	Guanidine hydroxide Ammonium thioglycolate sodium peroxide	<ul style="list-style-type: none"> • Disulphide aggressively break with the help of strong alkaline solutions (pH above 13) like guanidine hydroxide and ammonium thioglycolate. To neutralize this strong alkaline solution, sodium peroxide is poured on hair, this stops the further breakage of di sulphide bonds.
Hair coloring ¹⁰	<ul style="list-style-type: none"> • Ammonia • Peroxide 	<ul style="list-style-type: none"> • Damages natural state of the hair but also removes the moistures from the hair follicle. This will leads to hair fall and thinning, breaking of hair
Hair dryer ¹¹		<ul style="list-style-type: none"> • Although using hair dryer causes more surface damage than natural drying and the use of hair dryers on a regular basis is damage to the protein integrity of hair fibers.

DISCUSSION: Hair styles are very widely held and eye catching. Present day youth and middle aged people who are at the verge of entering old age, equally find it very attractive and opt it to look attractive. These hair care product consumers look great when they use it and receive compliments but the chemicals in the cosmetics keep on affecting the hairs and the scalp continuously and on prolonged use they may prove hazardous.

There is an increased prevalence of Scalp Hair Abnormalities those who use diverse Hair care methods. In the current scenario the hair care products we are

using consists of many chemicals. The modern hair care methods include use of shampoos, conditioners, hair color, hair gel, hair straighteners, and hair dryer. Because these Cosmetic Products use both chemical and physical modalities, there is the potential for temporary adverse effects on hair fibres and scalp skin. The overall effect of using these hair care methods may lead to various symptoms of *Dooshivisha*.

CONCLUSION: In Ayurveda *Dooshivisha* takes long duration (years together) to show its effect on the body. Its accumulation has a cumulative toxic effect

which produces multiple manifestations due to prolonged accumulation of toxins with in different *Dhatus*. It not only causes the *Dooshana* (*Vitiation*) of *Dhatus* but also *Dooshana* of *Dhathu Malas*(Metabolic waste of tissues) like *Kesha*. Contemporary hair care methods and their long term usage affect the scalp and leads to different scalp hair abnormalities. The chemical content in the hair products can be considered as toxins in long term usage which accumulates in the body. Such accumulated toxins can be correlated to *Dooshivisha*. Physician neglect the possibility of *Dooshivisha* in the clinical practice. Hence, this review is an attempt to point out the clinical importance of *Dooshivisha* limited to scalp hair abnormalities which are the commonly encountered cosmetic as well as health issues in the society.

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