A review on khalitya (hair loss) and its management with ayurveda

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A B S T R A C T: In today’s corporate life, prime importance is given to your appearance, personality and beauty. Due to today’s fast life, a working lady can not give proper attention to maintain a good, healthy and shining hair, so the problem hair loss arises. Recent findings have shown 1 in 4 women i.e. 25% are suffering from this problem. If you are experiencing sudden or unexplained hair loss i.e. >100 hairs a day then one can diagnose this condition as a Hair loss. It is often caused by predetermined Genetic factors, Stress, Anemia, vitamin B12, Zinc, Biotin, Protein deficiencies, Chemotherapy treatments etc. From Ayurvedic perspective hair is a byproduct (malbhag) of ashtidhatu[2]. So if Asthi dhatu is in samyakawastha then hair will be in samyakawastha and vice versa, so firstly we have to treat ashtidhatu by regulating ashtidhatwagni which ultimately produce healthy hair. In Ayurvedic texts very effective remedies were mentioned for the same. Shodhan and Shaman are two basic principles of treatment, Shodhan consists of Nasya, basti etc and Shaman consists of Bhringaraj, Jatamansi, Amalaki Rasayan, Loha bhasma, Kasis bhasma etc.[1] So the present study is carried out to know the traditional ayurvedic treatment for khalitya (hair loss).

Keywords: Hair loss, Khalitya, Nasya, Ayurveda, Bhringaraj.

1. Introduction

Now a day herbal Ayurvedic remedies are becoming more and more popular for cosmetic purpose. Hair loss is one of the major cosmetic issue in current scenario. Hair loss can be the cause lack of confidence and hamper one’s self esteem as well as confidence. Recent findings have shown 1 in 4 women i.e. 25% are suffering from this problem. If you are experiencing sudden or unexplained hair loss i.e. >100 hairs a day then one can diagnose this condition as a Hair loss. It is often caused by predetermined Genetic factors, Stress, Anemia, vitamin B12, Zinc, Biotin, Protein deficiencies, Chemotherapy treatments etc.[3] According to Ayurveda, premature falling of hair is known as khalitya and it is described under Kshudraroga by Acharya Sushruta² whereas by Acharya Vagbhata it is described under Shiroroga.¹¹ Ayurveda believes that hair fall control is very much associated to the deha prakruti, dosha awasitha, and stability of mind and body. Ayurveda considers the hair as a byproduct of Ashti dhatu (bone)². The tissues which are responsible for formation of bones are also responsible for the growth of hair. As per Ayurveda, khalitya is associated with Pitta and vata dosh. Usually the Ayurvedic treatment for hair loss includes shodhan and shaman chikitsa. In shodhan there are Nasya, Virechan and Shiroabhyang is mentioned. Proper diet, regular exercise, meditation, Yoga, is also very helpful to maintain healthy hairs.
**AIM:** Conceptual study of Khalitya (hairloss) and it management with Ayurveda.

**Objective:** To review literature on Khalitya (hairloss), To review management of Khalitya (Hairloss) with Ayurveda.

**Material:** Review of ancient Ayurvedic literature as well as modern.

**Methodology**

**Concept of hair loss** 5

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**Etiology of hairloss** 6

- Virudhha aahar sevan: milk shake, fruit salad
- Salty and spicy diet e.g. pickles, papad. Etc
- Hot waterbath on head
- High fever
- Severe illness
- Child birth,
- Genetic factors
- Stress
- Anemia,
- Calcium, vitamin B12, Iron, Zinc, Biotin, Protein deficiencies,
- Chemotherapy treatments etc.

**Samprapti (pathophysiology)**

Due to constant hetu sevan Vat and Pitta dosha vitiated. The vitiated Vat and Pitta dosha vitiate Rakta dhatu and goes to roots of hair resulting into hairloss condition 7

**Management**

Ayurveda states “Beauty” as the outcome of physical health, mental purity and external care. So that Shodhan, Shaman chikitsa along with yoga and dietary recommendations for hair loss management is described.

2. **Shodhan chikitsa**

2.1 *Nasya karma* : One of the Panchakarmas mentioned in Ayurveda, Nasya therapy is a process where in the drug (herbalized oils and liquid medicines) is administered through the nostrils 9.
Method of Nasya \(^9\)

**Nasya Purvakarma:** In Purvakarma give supine position on a table and Abhyanga with lukewarm Taila was done over face, scalp, temporal and neck region. After completion of Abhyanga, Mrudusvedana was done by covering the eyes.

**Pradhanakarma:** After Purvakarma, the patient was asked to relax and lie down on a table in supine position and head portion was made to extend further from the edge of table bending at an angle. Goghrita was taken in droper and six drops are administered in each nostril. Thereafter patient was asked to inhale deeply and was advised to spit it out the drug that reaches the throat.

**Pashchatkarma:** In supine position again massage and fomentation with palms were done around face, nose, head, neck and chin. It was advised to spit out nasal secretion reaching the throat and to do gargle with warm water. After this, the patient was given instructions neither to take cold food and water nor to have a cold water face wash and to avoid wind, sun and dust.

**Mode of action of Nasya karma:**

Since nose is the gateway of the head, the therapy is highly effective in curing all urdhwajatrugata vyadhi. The Oil used in nasya reduces the vitiated Vat and Pita dosha. The therapy cleanses and opens the channels of the head, thereby improving the process of oxygenation (Prana), which has a direct influence on the functioning of brain. It increases the blood circulation of scalp and nourishes hair roots thereby it prevents the early graying of hair and hair loss \(^8,9\)

### 2.2 Shiroabhyanga (Medicated Herbal Oil Massage):\(^{12}\)

Shiroabhyanga stimulates the hair roots and increase the blood circulation at scalp. Coconut oil, Amla oil, or Mustard oil can be used to stimulate growth in hair follicles.

**Ayurvedic Herbs**

**SHAMAN CHIKITSA**\(^{12}\)Bhringaraaja: promotes hair growth and effectively stops and reverses balding and premature graying. It helps to calm the mind promoting sound sleep. Bhringaraaja is taken internally and used externally as Bhringraj oil and is an excellent rejuvenator

* Brahmi: If brahmi vati is taken internally it relaxes mind resulting into sound sleep. Also hair pack is used with curd is an excellent results.

* Amla: It is best hair tonic as it is reach source of Vitamin C and antioxidants. In powdered form it can be mixed with hina, brahmi powders along with curd to make a great hair pack.

* Neem: This is a natural remedy against dandruff and lice and also has blood purifying abilities. Use in powdered form with coconut oil or curd to massage scalp.

* Ritha: These are natural soap nuts that are used for cleaning hair without stripping off the natural oils.

**Dietary Recommendations for Hair Loss**\(^4\)

- Sesame seeds: A spoonful white sesame seeds are very effective in hair loss as it is great source of magnesium and calcium.
- Green leafy vegetables and fruits: As they are rich in Vitamin C, vitamin B-complex, zinc, sulphur and some important fatty acids to make the roots of your hair strong.
- Diet should consists of sprouts, buttermilk, nuts, milk, soya beans and whole grains which are reach source of proteins, calcium and vitamin D that is excellent in preventing hair fall.
- Drink plenty of water , it flush out the toxins accumulated in your body.
Yoga and Meditation for Hair Loss Treatment:
- Inverted asanas such as Sarvangasana that tend to reverse the gravity on the body are best suited for treatment of hair loss. They stimulate the flow of blood to the head.
- Practice deep breathing exercises to control stress, anxiety and keep your mind balanced.

Observation

1. The Nasya therapy enhances the activity of sense organs and protects the person from diseases pertaining to head (urdhwaanga) thus Nasya karma ensures the proper and healthy growth of hair.
2. Shiroabhyanga stimulates the hair roots and increase the blood circulation at scalp.
3. Amla Bramhi, Bhrungaraj, all these Ayurvedic herbs contain all essential micronutrients, vitamins, proteins which are beneficial to strengthen the hair roots.
4. Sarvangasana increases scalp blood circulation resulting in healthy hairs

Discussion

According to Ayurveda, premature falling of hair is known as khalitya and it is described under Kshudraroga by Acharya Sushruta whereas by Acharya Vagbhata it is described under Shiroroga. It is associated with an imbalance in Vata and Pitta dosha. Ayurvedic principles of chikitsa focuses on equilibrium of all doshas, dhatus and malas by Nasya, Shiroabhyanga, Yoga and meditation. Ayurvedic herbs like Bhrugaraj, Nimba, Ritima, Amla, Bramhi provides all essential micronutrients for healthy hairs as it contains vitamin c, zinc, biotin, amino acids, proteins, vitamin Bcomplex etc. All these therapies helps in increasing blood circulation of scalp, relaxes mind and body, removes toxins, strengthens the hair roots and ultimately avoids hair fall.

Conclusion

The treatment modalities described in Ayurveda such as Nasya, Shiroabhyang and healthy diet plays an important role in balancing all doshas’s in equilibrium resulting into good physical status as well as balanced healthy mental status by Yoga and Meditation. Ayurvedic recommendations for your hair are not only effective in maintaining hair strength, colour and lusture but they also steer you away from chemical based hair care. So we may conclude that Nasya, Shiroabhyang, healthy diet and yoga are effective Ayurvedic remedies for hair loss.

Reference