



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

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ABSTRACT :

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 *Bhrungaraj*, *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).

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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. ^[5] According to Ayurveda, premature falling of hair is known as khalitya and it is described under *Kshudraroga* by *Acharya Sushruta*¹⁰ 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 awastha*, 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.

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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

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. Recent findings have shown 1 in 4 women i.e. 25% are suffering from this problem

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
- Aneamia,
- 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 vitiates *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^[3].

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 dropper 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 *vatiated 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 rich 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 rich 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:^[4]

- 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 (*urdhwanga*) 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 contains 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*¹⁰ whereas by *Acharya Vagbhata* it is described under *Shiroroga*.¹¹ 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*, *Ritha*, *Amla*, *Bramhi* provides all essential micronutrients for healthy hairs as it contains vitamin c, zinc, biotin, amino acids, proteins, vitamin B complex 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.

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