

**KHALITYA (HAIR FALL) MANAGEMENT – AYURVEDIC
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ABSTRACT

In Ayurveda Khalitya means hair fall. Acharya Charka classified it under shiroroga. Khalitya is primarily a pitta dominant tridoshajanja vyadhi i.e Vata, pitta, kapha with rakta dosha. According to modern science it is a partial or complete loss of hair especially from the scalp. Hair adds to the beauty and the personality of a human being. Baldness is a curse for one's look and personality. Millions of people worldwide suffering from hair loss. Hair fall is more in males than in females. Khalitya is commonly seen in the age group of 18-40 yrs. According to survey up to 40% of men and 25% of women in India are victims of hair fall. It is a slowly progressing disorder. Now a day, hair fall is common in youngsters too. The incidence of khalitya (hair fall) is increasing day by day. It is due to changing lifestyle, unhealthy dietary

habits, sleep disturbances, systemic disease, medications and stressful life. In modern science many drugs are used for treating hair fall but they have some limitations due to their adverse effects. In Ayurveda various bahya and abhyantar chikitsa is described for khalitya. Most of the research studies conducted are on Nasya, Raktamokshan and Lepa. Various drugs like Agastya haritaki, Mandoora bhasma, Navayas loha, Dwipanchmool ghrita and Rasayan drugs are used for hair loss. These research studies showed marked improvement with no any side effects.

KEYWORDS: Hair fall, Khalitya, Hair care, Nasya, Panchakarma.

INTRODUCTION

In Ayurveda Hair fall or loss of hair termed as Khalitya.^[1] Acharya Sushruta classified it under the kshudraroga.^[2] and Acharya Vagbhatta under the Shiroroga.^[3] According to modern medicine hair fall is also known as Alopecia or Baldness which refer to partial or complete loss of hair especially from the scalp. The incidence of Khalitya (hair fall) is increasing day by day. Changing lifestyle, unhealthy dietary habits. These all habits influences the homeostasis of the body and with many other health problems, fall is one of them. Problem of falling of hair is progressively increasing in society which is also affecting quality of life. Many years of hair loss have impact on mental health. Dermatology life quality index scores in patients with hair loss were similar to those recorded in severe psoriasis. This study specifically identify the feeling of self – confidence, low esteem and heightened self-consciousness in people affected by hair loss.^[4]

Khalitya is primarily a pitta dominant Tridoshajanya vyadhi i.e vata, pitta, kapha, with Rakta dosha. Vitiated pitta i.e Bhrajaka pitta along with vitiated vata leads to weakening or withering of the hair from the hair roots. Vitiated kapha along with Rakta obstruct the hair roots (Romakupa) which prevent further growth of hair.^[5] Hair fall has been described in almost all the Ayurvedic literatures as Khalitya. It has been included in Shiroroga by Acharya Charaka & Ashtanga Hriday. This inclusion has been done on the basis of sthana (location) of diseases and similarity of etiopathogenesis of diseases. It is clearly mentioned in Ashtang hriday that nine diseases occurring in the outer part of head over scalp should be called shiroroga.

Sushrut Samhita, Ashtangsamgrah, Yoga Ratnakar and Madhav Nidan, has included Khalitya diseases under kshudra roga is due to mildness of disease. These diseases are not life threatening and are of less severity in comparison to other major diseases.

MATERIAL AND METHODS

Literature of all the Ayurvedic texts (both brihat – trayi and Laghu trayi, modern medicine literature and new researches published are studied for this review work.

KHALITYA

Gradual falling of hair fall is known as Khalitya. When pitta combines with vata or kapha dosha to destroy the hair, it is called khalitya.^[6] According to Acharya Charaka, The tejasa dhatu (heat of body) of instantaneous rise to alopecia (khalitya) in man. When the Kapha

dosha combines with rakta dhatu it results in degeneration and shutting down completely of hair follicles thus leading to baldness. When khalitya is due to vata it causes burning over scalp; when due to pitta it causes sweating and when due to kapha it causes thickening of skin.^[7]

ORIGIN OF HAIR

Ayurveda mentioned that human body is made up of main seven dhatus (body elements) viz. Rasa, Rakta, Mansa Meda, Asthi, majja & shukra. Majority of Acharyas believe that the production of later dhatu by the function of their respective agni i.e the rasagni turns the ahara rasa into rasa dhatu then raktagni converts part of rasa dhatu in rakta and so on. Along with production of later dhatu, there is side by side production of upadhatu & mala of former dhatu. During this process of production of dhatus when metabolism of asthi dhatu occurs by its own agni & majja dhatu emerges from sara part and at the same time hair of scalp & body and nails form as mala.^[8] According to Acharya Sharangdhar, scalp and body hair are the upadhatu of Majja dhatu.^[9]

Among all the garbhaj bhav (factors for development of foetus), hair is pitraj bhav means structure, colour and quantity of progeny are dependant on paternal side.^[9] Hair made up mainly parthiva mahabhuta (earth element). Hair formation starts during sixth month of intrauterine life.^[10]

According to modern science, hair can be defined as modified epithelial structures formed as a result of keratinisation of germination cell. Hair is an epidermal appendage that lies with the dermis. Every hair emerges from the follicles which resembles like a slim pocket inside epidermis. Hair is present in every discipline of the epidermis beside the palm, sole & lips. Hair development undergoes a repetitive cycle. In the scalp, hair growth cycle has three essential phases; ANAGEN, CATAGEN & TELOGEN. The Anagen segment is a progress phase which most commonly lasts 3 – 5 yrs. On a healthy scalp, there are roughly 100000 hair & 90% of the follicles are consistently in the anagen segment of hair development. Catagen stage follows this phase, when the follicles begin to end up dormant stage or resting interval that lasts 3 – 4 months. When this stage ends, hair falls out. That hair follicle then returns to the anagen stage & a new hair begins to develop. In this way, hair growth cycle continues. 50 – 60 hairs are lost per day in normal hair growth cycle.^[11]

CAUSES OF KHALITYA

- ❖ Due to ushna guna of pitta dosha individual of pitta prakriti starts hair fall and greying of hair earlier than individuals of other dosha prakriti.^[12]
- ❖ The hair has tendency to lose its natural colour with advancing age. Although, Aging is genetically predetermined but lifestyle, dietary habits, mental status, social & family life and many other environmental factors may influence the aging process and their unfavourable effects cause premature aging. In a survey 81.66% patients of premature aging of 30-40 yrs age had complaint of hair fall. Pre-mature aging could be a cause of increasing hair fall in peoples.^[13]
- ❖ Causative factor of shiroroga are too much, drinking water & wine in range quantity, presence of worms in side body, suppression of urges, avoiding the use of pillow, bath and oil anointing, always looking downwards, unhealthy, vitiated or raw smell, too much speaking etc. by indulgence in these and similar causes the dosha get aggravated and produces diseases in head. This can produce khalitya because of same place of manifestation.^[14]
- ❖ DARUNAKA(DANDRUF)-Deranged kapha and vayu cause minute fissures on the scalp which are dry and show sign of itching and leads to hair fall. Many times along with kapha and vata, pitta gets deranged leading to darunaka.^[15] Darunaka mean hard. Although vitiation of kapha and vata has been mentioned in darunaka, association of pitta and rakta is also seen.^[16]
- ❖ Excessive consumption of salt and kshara leads to khalitya.^[17] Improper diet or excess salt in diet consumption by pregnant lady causes khalitya early in her child due to vitiation of pitta dosha.^[17]
- ❖ Getting angry, talking & laughing too much, sneezing and over exertion after taking nasya leads to khalitya and palitya. Here, hair fall occurs because of not following agenda after Nasya procedure.
- ❖ Hair fall can be caused by decrease in asthi dhatu or vitiation of asthi dhatu. As hairs are formed by waste product of asthi dhatu and hair dependent upon it for nutrition.^[18]
- ❖ Causes according to modern science – Nutritional disorder, skin disorder, Endocrinal diseases, stress, drugs, cosmetics and genetic tendencies.

APPROACH TO PATIENT OF KHALITYA

Hair fall can be manifested as primary 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 (khalitya). Proper history should be taken including all the criteria like past medical history, family and personal history along with other general & systemic examinations. Scalp & body should be carefully examined to detect any abnormality in skin.

MANAGEMENT OF KHALITYA

1. NIDANPARIVARJAN – Nidanparivarjan should be first line of management. All the causative factors & risk factors should examine carefully and must be avoided to reduce development of disease.

- Prevention is better than cure. Individual of pitta prakriti are more prone to falling of hair. They should follow diet & habits as mentioned for them in Ayurvedic texts. Due to Accumulation of pitta dosha in rainy season and vitiation in autumn season, these months of year are more uncertain for patients of hair fall, individual of pitta prakruti or persons with genetic history of baldness. These people are strictly advice to follow proper routine mentioned for rainy and autumn season season respectively.
- In hair fall due to premature aging, Rasayana therapy is needed mainly with vayasthapana drugs.
- Patient should protect himself from all the causes mentioned for Shiroroga as hair fall numerated under shiroroga according to some author. He should protect himself from dust, smoke, fog, cold water, sunlight etc. he should avoid sleeping in day time and awakening late night.

2. HAIR CARE- along with these precautions, patients of hair fall need to adopt a healthy life style for care, discussed in Samhita for the health of hair are as following.

- Moordha taila (oiling) and paste for local application over scalp-
Oil should be regularly applied on scalp. It provides nourishment to the hair follicles and also gives strength to the cortex and fibre of hair.^[19]
Mustard oil / coconut oil can be used.
- Snana (taking bath)- Acharya Sushruta mention that the hair should not be washed with warm water or very cold water. Pouring warm water over head reduces the strength of hair.^[20] Proper hair wash should be done at least 3 times in a weak. Shampoos & soaps used for hair wash should be mild & free from chemicals. Decoction or shampoo made up of herbs like Henna, Bhringraj, jatamansi, triphala, kumari, shikakai, etc. can be used for washing hair.

- Nasya – everybody should take nasal drop of Anu taila 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.^[21]
 - Dhoompana (medicated smoke)- Along with health of head and senses, dhoompana cures the problem of hair fall by cleansing the dosha from head region and also improves the firmness of hair on the head.^[22]
3. **PANCHAKARMA** – for the patient of hair fall Vaman, Virechan, Basti and Rakta mokshan should be done according to the dosha involve. Because of involvement of mainly pitta, virechana and rakta mokshan are commonly indicated in falling of hair & baldness.

4. Local application /paste over scalp are

- Madhuk, amalaki + honey
- Tila, amalaki +honey
- Kapalaranjaka lepa
- Bhringpushpadi lepa etc.

5. RASAYAN THERAPY

- Agastya haritaki
- Kankarishta
- Dwipanchmool ghrita
- Mandoora bhasma
- Amalaki rasayan
- Navayas loha etc.

DISCUSSION

Khalitya is a common but very challenging and capricious disease of the world population and can have a profound effect on physical and emotional state. Viruddha ahara, pitta vardhak ahara- vihara, abhishyandi ahara, sedentary lifestyle increases pitta and vata which leads to Khalitya. Ayurvedic management for khalitya are Abhangya, shodhan, lepan, nasya, rasayana therapies.

Abhyanga chikitsa, especially with oil is best for vata dosha shaman. Abhyanga of oil which prepared by kapha, pitta and vatahar dravyas helps in vata shaman along with pitta and kapha

shaman. Shirolepan karma which performed by vatahar, pittahar & kaphahar dravyas normalizes vata, pitta and kapha dosha accordingly.

Shodhan and nasya karma is a specialised therapy of Ayurveda. Shodhan is a procedure which takes out the doshas from the nearest route of its vitiation. Rasayan therapy has immune- modulators, antioxidant properties and rejuvenating action which is very beneficial for the hair fall caused by any chronic illness, premature aging or nutrition deficiency.

CONCLUSION

Khalitya is a wicked disease which needs proper management. Some minor changes of life style and dietary habits can prevent hairfall. Proper hair care life oiling, washing, protection from external factors like environment, chemicals, heating etc. is important for preventing hairfall and keeping them healthy. Before starting treatment of hair fall, physician should identify the cause and first treatment should be Nidanparivarjan or management of that cause. Than after other therapies like abhaynga, lepan, shodhan, nasya, rasayana should be prescribed accordingly. In this way, we can treat the khalitya roga or hair fall effectively.

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