

AYURVED A BOON IN MANAGEMENT OF KHALITYA – A REVIEW ARTICLE

**Dr. Puja Sanjay Wagh^{*1}, Dr. Gunvant H. Yeola², Dr. Sima Jaju³, Dr. Priyanka Yadav⁴,
Dr. Anjali Pote⁵**

^{1,3,4,5}P.G. Scholar, Department of Kayachikitsa, Dr. D. Y. Patil College of Ayurved and
Research Centre, Pimpri, Pune of Dr. D. Y. Patil Vidyapeeth, Pune (Deemed to be
University).

²Principal, Professor and HOD, Department of Kayachikitsa, Dr. D. Y. Patil College of
Ayurved and Research Centre, Pimpri, Pune of Dr. D. Y. Patil Vidyapeeth, Pune (Deemed to
Be University).

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*Corresponding Author

Dr. Puja Sanjay Wagh

P.G. Scholar, Department of
Kayachikitsa, Dr. D. Y. Patil
College of Ayurved and
Research Centre, Pimpri,
Pune of Dr. D. Y. Patil
Vidyapeeth, Pune (Deemed
to be University).

ABSTRACT

Beauty has very important role in our life. Healthy hairs are considered as a sign of beauty. It has great important which directly reflect own personality. So now a day's people are more conscious about hair regarding to cosmetic point of view. The incidence of "Khalitya" (Hair fall) is increasing day by day. **Khalitya** means hair fall as explained in Ayurveda. According to modern science, it is termed as Alopecia or baldness. It is a partial or complete loss of hair from the scalp. Baldness is a curse for one's look and personality. Females are more sufferer than males. 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. It is due to changing lifestyle, unhealthy dietary habits, sleep disturbances, systemic diseases and medications. 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 (external) and Abhyantara (internal) treatment is described for Khalitya (hairfall). Treatment modalities are Nasya, Raktamokshana and Lepa. Various drugs like Bhringraja Tailam, Malatyadi Tailam, Til Tailam, Asthiposhak Vati and Rasayana drugs, Yoga are used for hair loss. So to explore different Ayurvedic treatment modalities in Khalitya (hair fall) this review study was undertaken.

KEYWORDS: Hair fall, Khalitya, Nasya, Basti, Rasayana, Yoga.

1. INTRODUCTION

In today's era, increasing life expectation and quality of life, the desire to look young and beautiful plays a bigger role than ever. Aging of hair is particularly visible, so keeping hair in a healthy state is entirely the duty of human being, because just like face, hair is also a mirror of healthy state of body. Now a day's hair fall is a very common problem due to sedentary life style, stress full life style along with faulty dietary habits. These all habits severely influence the homeostasis of the body and give rise to many other health problems and hair fall is one of them. According to survey up to 40% of men and 25% of women in India are victims of hair fall. Now a day's hair fall is commonly seen in youngsters.^[1] Many years of hair loss have impact on mental health. In Ayurveda Hair fall or loss of hair is termed as Khalitya.^[2] According to modern medicine hair fall is also known as Alopecia or baldness which refers to partial or complete loss of hair especially from the scalp. Khalitya (hairfall) is primarily a Pitta dominant Tridosha Vyadhi. In pathophysiology of Khalitya there is involvement of Rasa, Rakta, Mamsa and Asthivaha Srotas. The certain amount of hair fall is normal as the old one is replaced by new hair growth. If there is excessive hair loss then it needs a treatment. Modern science gives temporary relief and also drugs side effect. Ayurveda is the science of life which deals with the prevention of the disease first and the curative measures of the disease. In Ayurveda various Bahya (external) and Abhyantar (internal) treatment is described for Khalitya (hairfall). In Ayurveda Acharyas have mentioned different line of treatment for Khalitya (hair fall). Every Roga (disorder) basic line of treatment is Nidanparivarjan, Shaman (pacification), Shodhan (purification) and Rasayana (Rejuvenation). In Khalitya depend on severity we give Shaman (pacification), Shodhan (purification), Shiroabhyanga (Oil massage on head), Lepa Chikitsa (external application), Raktamokshana (blood purification procedure), Rasayana (Rejuvenation) and Yoga therapy. Hence to analyze the effectiveness of different Ayurvedic medicines used in the management of Khalitya (hairfall) review article was taken into consideration for the study.

2. MATERIAL AND METHOD

It is a review article, all the information is collected from different Samhitas, literatures, journals, books and internet are compiled.

According to different Acharyas synonyms of Khalitya^[3]

- **Charaka-** Khalitya, Khalati
- **Sushruta** – Khalitya Indralupta, Ruhya
- **Astanga Hridaya-** Khalrti, Chacha
- **Astanga Sangraha** – Khalrti, Rujha
- **Madhav nidan** – Khalitya, Indralupta
- **Bhoja** – Indralupta, Ruhya
- **Harita Samhita-** Keshaghna
- **Yogratnakar** – Khalitya, Indralupta, Ruhya

Hetu of Khalitya^[4]

1. Ati Lavan sevan (Excess salt intake)
2. Virudha Ahar (Incompatible foods)
3. Vegadharan (Controlling natural urges)
4. Diwaswap (Sleeping in day time)
5. Hima (Cold)
6. Atapa (Heat)
7. Ama (Undigested or semi digested)
8. Desha kala viparyaya (Abnormal climate and season)

According to modern

1. B12 deficiency, Calcium deficiency, Iron, Zinc, Biotin, Protein deficiency
2. Stress, drug, cosmetics
3. Anemia, Genetic factors,
4. Severe illness
5. Hot water bath on head,
6. Endocrine disorders
7. Chemotherapy

Purva Rupa^[5]

In Samhitas no specific Purva Rupa of Khalitya (hairfall) is mentioned. According to ayurvedic literature, in such cases appearance of the symptoms in very mild form may be considered as purvarupa.

Rupa^[6]

The cardinal symptoms of khalitya is severe hair fall.

Types of Khalitya^[7]

According to Vagbhata 4 types of Khalitya i.e

1. Vataj Khalitya
2. Pittaj Khalitya
3. Kaphaj Khalitya
4. Sannipataj Khalitya

Whereas Harita Samhita has added Raktaja Khalitya and thus described 5 types.

Samprapti (Pathophysiology)

Khalitya (hairfall) is primarily a Pitta dominant Tridoshaja 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 (Roma kupa) which prevent further growth of hair and results in to hairfall.^[8] In pathophysiology of Khalitya there is involvement of Rasa, Rakta, Mamsa and Asthivaha Strotas.

Samprapti Ghataka^[9]

1. Dosha
 - a. Vata- Samana, Vyana
 - b. Pitta-Pachaka, Bhrajaka
 - c. Kapha –Tarpaka
2. Dushya-
 - a. Dhatu –Asthi, Rasa, Rakta
 - b. Mala – Sweda, Keshha
3. Strotasa- Asthivaha, Rasavaha, Raktavaha, Swedavaha, Manovaha
4. Strotodusti- Sanga
5. Agni - Jatharagni
6. Rogamarga – Bahya
7. Udbhavasthana - Amashyaya
8. Adhithana – Keshabhoomi

Sadhya and Asadhya

Acharya Charak and Sushruta, Khalitya is not life threatening disease. According to Harita and Vagabhata, Sannipataj Khalitya is said to be Asadhya.

Management of Khalitya (Hair fall)

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

2. Shaman(Pacification) - Sanjivani Vati, Arogyawardhini Vati, Sutshekhar Rasa, Shankha Bhasma, Asthiposhak Vati, Ashwagandharishta, Sushma Triphala, Guduchi Ghana Vati.^[10]

3. Shodhan (Purification Procedure) - For the patient of hair fall Vaman, Virechan, Basti, Nasya, Dhoomapana Raktamokshana should be done according to the Dosha involved in it. Because of involvement of mainly Pitta Dosha, Virechana and Rakta Mokshan are commonly indicated in falling of hair & baldness. Pitta and Rakta have Aashray- Aashrayi Bhava hence Virechan Karma is effective in management of Khalitya. Acharya Charaka has mention Vaman and Virechan therapy should be given at first, followed by Nasya and oil massage. According to Sushruta, Rakta-Mokshan (remove impure blood) is the best therapy.

Preventive measures

Hair Care- Along with above measures, patients of hair fall need to adopt a healthy life style for healthy hair which is discussed in Samhita's is as follows-

- **Moordha tail (oiling) and paste for local application over scalp** – Regular application of oil on scalp prevents falling of hair, baldness and also makes the hair black long and deep - rooted. It nourishes the hair follicles and also provides strength to the cortex and fiber of hair.^[11] Mustard oil or Coconut oil can be used on regular should be basis for the head massage.
- **Snana (taking bath)** – Hair wash should be done properly at least three times in a week. Mild, chemical free Shampoos and soaps should be used for hair wash. According to Acharya Sushruta head and hair should not be washed with warm water or with very cold water. Pouring warm water over head reduces the strength of hair & eyes^[12] for washing hair, Decoction or Shampoo made up of herbs like Henna, Bringraj, Jatamansi, Shoe flower, Triphala, Ghrit Kumari, Shikakai, Motha, Bhrami etc. can be used.
- **Kshaurakarma** –Regular Hair cutting & proper care of hair of scalp & beard should be

done. According to Acharya Charaka everybody should have a haircut, shave and nail cut thrice every fifteen day.

- **Ushnishka** –Ushnishka (turban or cap) on head protect the hair from wind, heat, dust etc. It is pious and beneficial for hair.^[13]
- **Nasya (Nasal drop)** – Instilling drop of “Anu tail” can be done every year during the rainy, autumn and spring season when the sky is free from cloud. It prevents hair fall and also accelerates the growth of hair.^[14] Nasya nourishes the organs present above head. It strengthen the hair and reduces falling. Following are the some Nasya combination explained in the classics-
 1. Anu tail Nasya (A.S.)
 2. Brihatyadi Navana (A.S.)
 3. Sahacharadi Navana (A.S.)
 4. Nimba taila (Chakradutta)
 5. Bhrigaraja Rasa + mulethi + milk + tail paka (Chakradutta)
 6. Virarighandhadi tail (Cha,Chikitsa 26)
 7. Brhatyadi (Hrasva Pancamula), Jivaniya Gana (Chapter 15 Sutrasthana)
- **Dhoomapana (Medicated Smoke)** – Dhoomapana cures the problem of hair fall by clearing the dosha from head region and it also improves the firmness of hair on the head,
- **Shiroabhyanga are –**
 1. Neeli tail (Sushrut)
 2. Sairiyaka tail (Sushrut)
 3. Mahaneel tail (A.H.)
 4. Snuhyadi tail (Chakradutta)
 5. Chandanadhya tail (Chakradutta)
 6. Mulethi + amlalaka + milk + tail paka (Chakradutta)
- **Rasayana (Rejuvenation)**-Rasayan prayoga for the khalitya (hair fall) mentioned in Charaka Samhita are^[16]
 1. Agastya haritaki
 2. Kankarishta
 3. Dwipanchamool ghrita
 4. Amalaki rasayana
 5. Navayas lauha
 6. Mandoora bhasma

- **YOGA**-Yoga may act against hair loss and enhance hair growth. Excess stress can lead to hair loss. Yoga helps to reduce inflammatory markers in the body. It also encourages blood flow to the head which can reverse hair loss. Yoga poses like.^[17]
 - **Uttasana** (standing forward bend)
 - **Adho Mukha svanasana** (Downward –facing dog)
 - **Prasarita Padottanasana** (wide legged standing forward bend)
 - **Shasangasana** (Rabbit pose)
 - **Shishuasana** (childs pose)
 - **Sirsasana** (head stand)
 - **Vajrasana** (thunderbolt pose)
 - **Uttanasana** (forward bending camel pose)

3. DISCUSSION

Khalitya (hair fall) is a very common but still challenging and capricious disease of the world population and it 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 (hair fall). Management of khalitya (hair fall) in Ayurveda are Abhyang, Shodhan, Lepa, Nasya, Rasayana therapies. Abhyang chikitsa, especially with oil is best for vata dosha shaman. Shirolepan karma performed by Vatahar, Pittahar and Kaphahar dravyas normalizes vata, pitta and kapha dosha respectively. Shodhana is a procedure which takes out the doshas from the nearest route of its vitiation. Nasya karma is a specialised therapy of Ayurveda. Indicated in Uradhava- Jatrugata Vyadhi Bhringaraja tail, Shadbindu tail, Chandanadya tail, Madhukadi tail are mainly used for Nasya. Raktamokshana is the best therapy for pacifying the Rakta and pitta. Panchtikta ksheera Basti provides nourishment to Asthi dhatu after that Mala of Asthi (hair) also get nourishment and improved hair. Shaman chikitsa drugs have Keshya and Asthiposhaka properties. Rasayana is the best for reversing aging process means anti-ageing therapy. Rasayana nourishes the Asthi dhatu and thereby enhances the growth of hair. Yoga is also plays importance in khalitya its encourages blood flow to the head which can reverse hair loss.

4. CONCLUSION

Khalitya is a wicked disease which needs proper management. Some minor changes of life style and dietary habits can prevent hair fall. Proper hair care like oiling, washing, protection from external factors like environment, chemicals, heating etc is important for preventing hair

fall and keeping them healthy. Before starting treatment of hair fall, physician should identify the cause and first treatment should be Nidanparivarjana or management of that cause. Then afterwards other therapies can be adopted like Abhyang, Lepana, Shodhan, Nasya and Rasayana. In this way, we can treat the khalitya Roga (hair fall) effectively without any adverse effect.

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