

THE ROLE OF PRANAYAMA & HERBS IN MANAGEMENT OF KHALITYA W.S.R. TO ALOPECIA

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ABSTRACT

Khalitya is mostly a Tridoshaj Vyadhi who is Pitta dominant. Khalitya, the term for hair loss in Ayurveda, is closely related to baldness or alopecia in contemporary science. Millions of people suffer from hair loss these days. 65.3% of people reported having hair loss, 18.1% reported having dandruff, and 54.4% reported being bald. It is a widespread issue that impacts people of all colors and genders. In Ayurveda, Khalitya has been classified as either Shiroroga (diseases of the head and scalp) or Kshudra Roga (small disease). It is a growing disorder that affects people who lead sedentary lives. Stress-induced busy schedules and careless eating habits cause numerous bodily disturbances and deficits, which are directly reflected in hair loss. A therapy plan that incorporates the Shamana chikitsa and Jalaukavcharana was created based on the patient's condition, Prakruti, and Samprapti Ghatak (pathological variables). With appropriate

dietary guidelines and limits, patients were prescribed a combination of different Ayurvedic medicines, such as Dushivishari Gulika, Saptamirt Loh, Bringaraja Churna, Asthiposak Vati, Anu Tail, and Raktamokshana by Jalaukavcharana. Jalaukavcharana is a form of Raktamokshana that is particularly helpful for Pitta Dushti and Rakta dushti Roga. Jalauka's Raktamokshana, Yog, Pranayama life style modification can offer a straightforward, painless, and cost-effective remedy for this common aspect. We must take a holistic approach and adhere to the lifestyle prescribed by Ayurveda in order to stop hair loss. We are unable to concentrate on just one dimension, such as dincharya or ritucharya. In order to address the issue of hair loss and attain healthy physical, mental, social, and spiritual health, we must

multifacetedly focus on dincharya, aahara, vihara, nindra, avoiding vegdharana, yoga, Pranayama and pranayama, among other things.

KEYWORDS: *Khalitya, Hair fall, Alopecia, Yoga, Pranayama, Herbal Formulation.*

INTRODUCTION

In Ayurveda, increased hair loss is categorized under shiroroga and called khalitya.^[1] Men and women of various ages experience hair loss, which frequently has a major impact on their social and mental health. The most prevalent causes of hair loss include stress, lack of physical activity, irregular eating habits, and disruptions in daily routine. Our dietary choices and lifestyle choices have an impact on hair development. According to a poll, up to 25% of Indian women and 40% of Indian men suffer from hair loss.^[2] Hair loss is now frequently observed in children as well. Hair loss is a quiet yet debilitating issue that can affect healthy people also. Generally beyond the mid-forties, it has been considered a geriatric physiological phenomenon. Early-stage hair loss has been linked to a number of factors, including hormonal imbalance, poor hair care, pollution, and more. Ayurveda states that Virudha Pitta and Vata reach the Romakoopa (hair follicle) and induce hair loss. Then, Shleshma and Shonita block the Romakoopa, which stops the hair from growing back. This condition is called Indralupta, Khalitya, or Ruhya.^[3]

Khalitya is categorized in Ayurveda as a Tridoshajanya Vyadhi that is predominantly dominated by Pitta. Khalitya^[4] is the term for when Pitta mixes with either Vata or Kapha Dosha to ruin the hair. On the basis of Dosha predominance, it is further divided into.

1. Vataj Khalitya: Agnidagdha (fire-burned), Shyava (gray), and Aruna (reddish) Varna emerge on the scalp.
2. Pittaja Khalitya: The hue of the scalp is either Harita (green), Neela (blue), or Peeta (yellow).
3. Kaphaj Khalitya: The color of the scalp resembles that of the skin and appears Snigdha (oily).

Jalauka is used for bloodletting in Khalitya, especially when Pitta and Rakta dominance are strong.^[5] Because it can discriminate between pure and impure blood, the medicinal leech (*Hirudo medicinalis*) consumes the impure blood. Hirudin, which is found in leech saliva, binds to thrombin to slow blood coagulation. The leech also increases blood flow to the affected area, reducing inflammation and infection. Vata Dosha mainly vitiates Pitta and

Rakta Doshas in Khalitya. In order to promote pure blood circulation throughout the afflicted area, Jalaukavcharana helps to eliminate obstructions caused by Vata and Kapha Doshas as well as Pitta and Rakta Doshas.

MATERIALS AND METHODS

The review of Ayurvedic texts served as the basis for the article. Alopecia and Khalitya-related materials have been gathered. The primary Ayurvedic texts used in this study are Laghu trayi (Madhava Nidana), Brihatryi (Charak Samhita, Sushrut Samhita, and Vagbhata Samhita), and In order to gather knowledge on the pertinent subjects, we have also highlighted a few recent books and periodicals and looked through a number of websites.

AIMS AND OBJECTIVES

- To elaborate and discuss the Herbs & Yoga, Pranayama useful in Khalitya.
- To re-evaluate the Khalitya in various classical Ayurvedic and modern literatures.

Hair fall Relation to Yoga & Pranayama

Yoga is an ancient Indian science that, through its many practices, creates a way of life. It is done by practitioners in a variety of ways and styles, including asana (posture), pranayama (breathing control), and meditation (concentration technique) helps to reduce stress and improve blood circulation all over body. Due to reduce stress its helps in controlling the hair fall cause stress is the main factor for hair fall in today's era.

Through consistent practice, pranayama lowers dead space ventilation and respiratory effort. Unlike shallow breathing, which only rehydrates the base of the lung, whole lung ventilation occurs. Regular pranayama practice enhances respiratory, cardiovascular, and parasympathetic (vagal tone) dominance in the autonomic nervous system.^[6,7,8]

Consequently, this lessens the impact of strain and stress on different systems. As a result, both mental and physical health generally improve. The therapeutic effects of each pranayama method vary depending on the breathing cycle, tidal volume, and other elements such as the position of the glottis, the usage of the mouth and nostrils, and the tightness of the laryngeal muscles.^[9] The self-induced humming sound used in this exercise is similar to the mantra repetition approach when considering the advantages of this pranayama. With a prolonged exhale and a brief inhalation, alters the regular breathing pattern, which has a major effect on the physiological system and relives stress. Characterizes stress as a

component that causes people to feel as though it is difficult to adjust to and maintain homeostasis with their internal and external environment. Everybody experiences stress in their lives, and it has an impact on their bodies and brains. Stress symptoms include anxiety, worry, trouble unwinding, a fast heartbeat, trouble breathing, irregular sleep patterns, changes in eating habits, and an increase in drug use. Mind-body therapies can assist with mental and physical issues brought on by stress. Yoga encourages mental and physical relaxation, which reduces stress and anxiety and encourages hair growth.

Conceptual Review

Additionally, hair loss may result in temporary baldness or hair thinning. Alopecia is the medical word for hair loss. Both transient and permanent alopecia are possible. Known as "androgenic alopecia," the most prevalent type of hair loss happens gradually and is caused by a mix of hormones (androgens are male hormones) and heredity (genetics). Other forms of hair loss include traction alopecia (thinning from tight braids or ponytails), telogen effluvium (rapid shedding after childbirth, fever, or severe weight loss), and alopecia areata (patches of baldness that typically grow back). Both men and women often experience gradual hair loss as they age, but males usually experience it more severely.^[10]

Hair follicles, or romakupa, are affected when the pitta and vata doshas become vitiated. This leads to hair loss. The rakta and kapha doshas then enter the romkupas, causing them to choose, which ultimately prevents hair from growing from that particular follicle. This is the next disease that arises. Rujya, Khalitya, or Indralupta are the names given to this illness. Khalitya is a tridoshajanya vyadhi that is predominantly pitta. However, it is separated into the following categories according to the dosha's predominance.

1. Agnidagdha, Shyava, and Aruna are all portrayed by Vataj Khalitya-Scall.
2. The color of Pittaja Khalitya's scalp is similar to that of Peeta, Neela, and Harita.
3. More about Kaphaj Khalitya.

Internal administration of Rasayanas and Keshya wardhak yogas is part of the treatment. External application of prepared oils, powders, and packs. In addition to medication, stress management, eating a well-balanced diet high in proteins, vitamins, and minerals, and leading a healthy lifestyle are all crucial for halting hair loss.

Assimilable nutrition fluid (Ahara rasa), which is further separated into two parts—essential fluid (Sara bhaga) and excretory matter (kitta)—is produced from the food that has been

consumed, according to Acharya Charak. Hair follicles, beard and head hair, and body hair are among the many things that are produced and nourished by the waste product, including perspiration, urine, hair, nails, and more.^[10] The end portion of the dhamanis, which are connected to the romakooopa, is where Kesha obtain their nourishment, according to Acharya Sushruta.^[11]

Management through Herbs & Ayurveda

According to Acharya Sushruta, the treatment's guiding premise is nidana parivarjana. In Khalitya, nidana parivarjana entails avoiding all of the causes listed under nidans, especially for Shiro-roga.^[12]

In khalitya chikitsa, Acharya Sushruta gives rasayana advice. Modern science has determined that autoimmune illness is the specific cause of alopecia, and rasayana medications function as immunomodulators in khalitya. Anti-aging therapy is recommended since rasayana is the finest treatment for reversing the aging process and premature hair loss is an indication of an early aging process. For example, Amalaki rasayana.^[13]

Also can use diff. Lepana over scalp Such as

- Gunja lepa
- Hastidanta masi lepa
- Kutannatadi lepa
- Bhallatakadi lepa

Yoga

The thyroid, C.V.S., and C.N.S. are all impacted by Sarvangasana. Sarvangasana promotes blood flow to the brain, nourishing both the brain and the hair. As a result, it stops hair loss and encourages the growth of new hair.^[14] Sirsaasana also promotes blood supply to scalp and promote in growth of hair.

Pathya-Apathya

- Dhanya: Gehu, Mudga, Yava, and Shali Chawal.
- Jivanti, Kasmard, Patol, Tomato, Lauki, Patrashaka, Carrots, Cucumber, Cauliflower, Cabbage, and so on are examples of Shaka Varga.
- Fruits: Amlaki, Dadim, Matulanga, Narikele, Draksha, etc. □ Coconut oil and Tila Taila for internal and external use

- Others: honey, milk, etc.

Avoid

- A lot of Lavan, Amla, and Kshara sevan; too much starchy, fattening, and greasy food.
- Cakes, bread, chocolates, and other baked goods, junk foods.
- Tea, pickles, curd, etc.

DISCUSSION

The function of the hair root is diminished by poor eating habits, a stressful lifestyle, inadequate nourishment, or aggravating circumstances. Since premature hair loss is an indication of an early aging process, Rasayana is the finest anti-aging treatment and antioxidant in Samshamana Chikitsa for reversing the aging process. It is an autoimmune disease, according to contemporary science, and rasayana therapy works as an immunomodulator in khalitya. Numerous oils and lepa for abhyang (massage) significantly increase blood circulation, which in turn boosts the nourishment of the scalp and hair roots. Removal of both the kapha and vata doshas from sodhana karma and Finally, sarvangasana in yoga also prevents khalitya and increases blood flow in the brain. We can prevent hair fall through Ayurveda herbs and by yoga, Pranayama.

CONCLUSION

The oldest medical system, Ayurveda, emphasizes body balance and sickness prevention in order to provide a holistic approach to health. Growing health problems associated with beauty standards, especially hair loss, as demonstrated by diseases like Khalitya (alopecia), are underscoring its importance. Ayurveda offers efficient natural remedies while addressing the underlying reasons of hair loss, such as hormonal imbalances and nutritional inadequacies. People who are losing hair should take a holistic approach to hair care in addition to these preventative steps. The Samhita sheds light on a number of topics related to healthy hair.

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