

**SHIROLEPA IN THE MANAGEMENT OF KHALITYA: A
LITERATURE REVIEW****Dr. Mitali Sonawane^{1*}, Dr. Avinash Jadhav² and Dr. Jyoti Khandare³**

¹PG Scholar, Kayachikitsa Dept. Ashvin Rural Ayurveda College, Manchi Hill, Sangamner, Maharashtra.

²Associate Professor, Kayachikitsa Dept. Ashvin Rural Ayurveda College, Manchi Hill, Sangamner, Maharashtra.

³Assistant Professor, Kayachikitsa Dept. Ashvin Rural Ayurveda College, Manchi Hill, Sangamner, Maharashtra.

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***Corresponding Author**

Dr. Mitali Sonawane

PG Scholar, Kayachikitsa

Dept. Ashvin Rural

Ayurveda College, Manchi

Hill, Sangamner,

Maharashtra.

ABSTRACT

In today's corporate life, prime importance is given to our appearance, personality and beauty. Hair plays an important role in it and makes a person mentally enthusiastic and healthy. In ayurveda hair fall or loss has been described by the name of Khalitya roga under the heading of kshudra roga or shiroroga. Khalitya is affecting approximately 1.7% of world population. In India up to 40% of men and 25% of women are victims of hair fall. Changing lifestyle, unhealthy dietary habits leads to khalitya. Khalitya is primarily a pitta dominant tridoshajanya vyadhi i.e. vata, pitta, kapha and rakta dosha. Vitiated pitta along with vitiated vata leads to weakening of hair from hair roots. Vitiated kapha along with rakta obstruct the hair roots which prevent further growth of hair. In ayurveda various bahya and abhyantar chikitsa is described for khalitya. Those are shiroabhyanga, shirolepana, nasya, raktamokshan, rasayan therapies. Among them shirolepana play important role in

normalising the vitiated doshas which is responsible for khalitya. Before shirolepana prachchhana karma is done so the effectiveness of lepana dravyas increases. In ayurveda, the treatment protocol selected for samprapti vighatana was very effective as prachchhana for strotasa dushti sanga and shirolepa for vyadhi shaman. Prachchhana karma is done for removal of obstruction at romakooopa and later application of shirolepa enhances hair growth by its keshya guna and tridoshashamak property. Present study is carried out to know the role

of shirolepa in the management of khalitya.

KEYWORDS: Khalitya, Shirolepa, Hair loss, Prachchhana.

INTRODUCTION

Healthy, beautiful, long and attractive hairs add charm to the personality. Today everyone is very cautious about one's look and hair is a barometer of one's beauty. Though hair loss is not a debilitating or life-threatening condition, the prospect of going bald can cause emotional distress to those who experience it prematurely or excessively. Hair enhances a person's appearance and personality.

In the current era, hair fall is increased due to current lifestyle, diet pattern and stress. It is a widespread problem affecting teenagers and adults both irrespective of their gender, locality and socioeconomical status. Hair fall is affecting approximately 1.7% of world population.^[1] According to survey, up to 40% of men and 25% of women in India are victims of hair fall.

In Ayurveda, hairfall or loss of hair has been described by the name of Khalitya or Indralupta. Khalitya has been included in shiroroga by Acharya Charaka and Ashtanga Hridayakar. Acharya Vagbhata has mentioned shiroroga under the caption of Urdhvajatrugat vyadhi and these are further divided into 9 Kapalgat vyadhi.² Sushruta Samhita, Ashtangasangraha, Yoga Ratnakar and Madhava Nidana has included khalitya under Kshudraroga.^[2] Kartikeya has differentiated Khalitya, Ruhya and Indralupta.

Ayurveda plays a major role in the management of khalitya by using basic principles of Ayurveda and its formulations. In Ayurveda, various *bahya* and *abhyantar* chikitsa is described for Khalitya. These are shiroabhyanga, shirolepana, nasya, shodhan, rasayan therapies. Keshha has been considered as mala of asthidhatu, so the nourishment of hair depends on quality of asthi dhatu.^[3] The production of first dhatu in qualitative form is responsible for the production of next dhatu and up to shukra dhatu.

Khalitya is primarily a pitta dominant tridoshajanya vyadhi i.e. vata, pitta, kapha and rakta dosha. It may be produced due to prakopa of vata and pitta dosha. Shirolepan karma which is performed by vatohar, pittahar and kaphahar dravyas normalises vata, pitta and kapha dosha accordingly.^[4] Because of involvement of pitta dosha, raktamokshana is commonly indicated in this disease. Prachchhana karma is a type of raktamokshana which removes the impure blood.

Hetu - Acharya Charaka and Vagbhata has mentioned the major factors for khalitya as follows pitta prakruti, usharbhoomi, lavan rasa atisevan, ksharatisevan, viruddha aaharasevan, ignorance of pratishyaya,^[5] excessive combing hair. Common etiological factors of khalitya such as Vegavidharan, divaswapna, prajagaran, sheetambu sevan, raja(dust) and atap sevan, chinta, krodha.

Purvarupa - There is no specific purvarupa has been mentioned in the classical texts in reference of khalitya, but we can interpret the purvarupa as initial occurrence of hair fall.

Rupa- Ashtanga sangraha kara has classified khalitya in four types viz. vataj, pittaj, kaphaja, sannipataj khalitya.^[6]

Types of Khalitya	Keshbhoomi
Vataj	Shyava-aruna verna, Agnidagdha saman
Pittaj	Pitta-neela-harita verna, Swedayukta, Siravyapta
Kaphaj	Ghana, Snigdha, Shwetabh
Tridoshaj	Tridosha laxana, naktabhabha, daha, kesharahita

Samprapti

Acharya Sushruta have mentioned that vitiated pitta i.e. Bhrajaka pitta along with vitiated vata enters into the romaakopa and leads to weakening of hair from roots, vitiated kapha along with rakta obstruct the romaakopa which prevent further growth of hair.^[7]

Acharya Charaka have mentioned that Teja along with vatadi dosha, burn the keshabhoomi to produce khalitya.^[8]

Management – In khalitya the first line of treatment should be nidhanparivarjana. Then after other therapies like shiroabhyanga, shirolepana, nasya, raktamokshana, rasayan therapy should be performed accordingly.

Various shirolepa according to different Acharyas

Acharyas	Shirolepa
Yogaratanakar ^[11]	1. Bruhati, Madhu 2. Gunjamula/phala 3. Shweta ashwakhurmashi, Navnita 4. Hastidantmashi, Ajaksheera
Charaka ^[12]	1. Chatushpad twak, loma, khur, shringa, asthi mashi 2. Til, Amalaki, Yashtimadhu, Madhu
Sushruta ^[13]	1. Marich, Manashila, Kasis, Morchuda 2. Gunjabeeja kalka

	3. Kasis, Karanja, Kapittharasa 4. Chatushpad khur mashi
Ashtanga hridaya ^[14]	1. Twak, Devdaru 2. Kantakari, Madhu 3. Dhatturpatra swaras 4. Gunjamula, Karveera patra 5. Til, Amalaki, Yashtimadhu, Madhu
Sharangadhar ^[15]	1) Tiktapatola patraswarasa 2) Bruhatirasa 3) Gokshur, Tilpushpa, Madhu, Ghrita 4) Bhallataka rasa
Bhavprakash ^[16]	1) Yashtimadhu, Nilkamal, Mrudvika, Taila, Ajaksheera 2) Gokshur, Tilpushpa, Madhu, Ghrita
Bhaishajyaratnavali ^[17]	1) Yashtimadhu, Bhringaraja, Nilkamal, Murva, Tila, Goghrita 2) Bhallatakaphal, Bruhatiphal, Gunjamula, Madhu 3) Dhattura mula, Gunjaphal, Bruhatiphal 4) Hastidantmashi, Taila 5) Rasanjan, Hastidantmashi, Jal 6) Manashila, Kasis, Tuttha
Chakradatta ^[18]	1) Rasanjan, Hastidantmashi, Ajaksheera 2) Kutannata, Chitraka, Jati, Karanja, Karveera

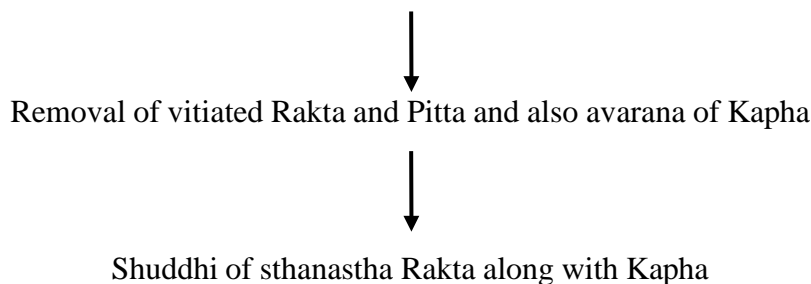
DISCUSSION

All data available on shirolepa in the management of khalitya from different classical texts are compile and discuss them.

Probable mode of action of Shirolepna

Before shirolepana prachchhana karma is done so the effectiveness of lepana dravyas increases. Because of involvement of pitta and rakta dosha, prachchhana karma which is a type of raktamokshana are commonly indicate in this disease. Ashtanga sangraha kara suggest the prachchhana karma in which scratching of the scalp either by suchi, kurchika or by rough leaves is done to remove the impure blood.^[9] Acharya Sushruta and Acharya Vagbhata both described prachchhana karma as a treatment of khalitya.

Prachchhana karma



↓

Release the obstruction of romakooopa and increases the circulation

↓

May hair growth occur

Shirolepana karma which is performed by vatahar, pittahara, kaphahar dravyas normalise vata, pitta and kapha accordingly.^[10]

Shirolepana

↓

Enters in the romakooopa and gets absorbed through swedwahi strotas and Siramukh

↓

By tridoshashamaka and keshya guna of lepana dravyas

↓

May hair growth occur

CONCLUSION

The ayurvedic management of khaliya has a strong prospect to breakdown the pathogenesis of this disease. Some minor changes of lifestyle and dietary habits can prevent hair fall. Regular hair oiling, hair wash, protection from external factors is important for preventing hair fall. As an initial step in treating khalitya, first identify the cause and treatment should be nidanaparivarjana. Other therapies like shiroabhyanga, shirolepana, nasya, shodhan, rasayan should be prescribed consequently. As khalitya is pitta dominant tridoshaja vyadhi, the treatment protocol selected for samprapti vighatana was very effective i.e. prachchhana for strotas dushti sanga and shirolepa for vyadhi shaman. Lepana karma performed by vatadi doshahara dravyas normalise vatadi doshas. Ayurvedic drugs and therapies have keshya, balya, and rejuvenating properties. It can be concludes that khalitya can be successfully treated using ayurvedic therapy and remedies without any side effect.

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