

HAIR LOSS AND ITS TREATMENT: AN AYURVEDIC PERSPECTIVE***Dr. Pavan Sudhakar Darole**

Associate Professor, Department of Kriya Sharir, Siddhakala Ayurved Mahavidyalaya,
Sangamner.

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Corresponding Author*Dr. Pavan Sudhakar Darole**

Associate Professor, Department of
Kriya Sharir, Siddhakala Ayurved
Mahavidyalaya, Sangamner.



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ABSTRACT

Hair loss (Khalitya) is a prevalent condition affecting both genders, often associated with physical, psychological, and social distress. According to Ayurveda, the condition is primarily due to an imbalance in the three doshas—Vata, Pitta, and Kapha—along with disturbances in Rakta and Asthi dhatus. Pitta dosha plays a major role in causing follicular damage, while Vata and Kapha contribute to dryness and obstruction, respectively. Ayurvedic management focuses on addressing the root cause through purification (Shodhana), pacification (Shamana), rejuvenation (Rasayana), and lifestyle modification. Herbs such as Bhringraj, Amalaki, and Brahmi, along with therapies like Nasya, Shirodhara, and Taila Abhyanga, play a significant role in controlling hair loss and promoting hair regrowth. This article reviews the Ayurvedic understanding and holistic management of hair loss for long-term restoration of

hair health and systemic balance.

KEYWORDS: Hair loss, Khalitya, Ayurveda, Bhringraj, Pitta dosha, Panchakarma, Rasayana.

INTRODUCTION

Hair is not just a cosmetic feature but also an indicator of internal health and systemic balance. Hair loss (Khalitya) has become more prevalent due to modern lifestyle habits, stress, poor dietary choices, and exposure to environmental pollutants. Ayurveda offers a comprehensive approach to understanding and treating hair loss by balancing the doshas, nourishing tissues, and promoting mind-body harmony.

In classical Ayurvedic texts such as Charaka Samhita and Sushruta Samhita, *Khalitya* is described as a Pitta-predominant disorder where aggravated Pitta damages hair follicles and destroys hair roots, leading to baldness. Vata dosha contributes to dryness and weakness, while the involvement of Kapha and Rakta causes blockage and inflammation of hair follicles.

Pathogenesis (Samprapti)

The excessive aggravation of Pitta dosha, combined with Vata and Kapha imbalance, leads to the destruction of the hair follicle (*romakupa*). The process begins with scalp dryness, itching, or a burning sensation, followed by thinning and hair fall. If not addressed promptly, it progresses to complete baldness.

Etiological Factors (Nidana)

Common causative factors include:

- Excessive intake of spicy, oily, or fermented food
- Prolonged mental stress and anxiety
- Hormonal disturbances
- Inadequate sleep and irregular lifestyle
- Hereditary predisposition
- Nutritional deficiencies
- Excessive use of chemical-based or heat-styling hair products
- Environmental and water-related causes

Ayurvedic Management

1. Shodhana Chikitsa (Purification Therapy)

Detoxification is the first step to eliminate aggravated doshas.

- *Virechana* (purgation) is beneficial for pacifying Pitta dosha.
- *Nasya* (nasal administration of medicated oils such as Anu Taila, Bhringraja Taila) nourishes the scalp and strengthens hair roots.
- *Shirodhara* and *Shiro Abhyanga* improve cerebral circulation, relax the mind, and enhance follicular activity.

2. Shamana Chikitsa (Palliative Therapy)

After purification, palliative management involves internal medications and tonics to restore doshic balance and encourage hair growth.

Common formulations include Bhringrajasava, Amalaki Rasayana, Triphala Churna, Brahmi Ghrita, and Chyawanprash.

3. External Therapies (Keshya Dravyas)

- **Bhringraj (Eclipta alba):** Promotes hair regrowth and prevents premature greying.
- **Amla (Embolica officinalis):** Strengthens hair roots; rich in antioxidants.
- **Brahmi (Bacopa monnieri):** Improves mental calmness and circulation.
- **Neem and Hibiscus:** Cleanse scalp, prevent dandruff and infections.
- **Taila Abhyanga:** Regular massage with *Neelibringadi Taila* or *Kuntalakanti Taila* provides nourishment and relaxation.

4. Diet and Lifestyle (Ahara and Vihara)

Ayurveda emphasises the importance of a balanced diet and a regulated lifestyle.

- Eat iron- and protein-rich foods like leafy greens, sesame, amla, milk, and ghee.
- Avoid spicy, sour, and fried foods that aggravate Pitta.
- Practice yoga and pranayama to reduce stress.
- Maintain good sleep and scalp hygiene.

DISCUSSION

The Ayurvedic approach to hair loss focuses on the balance of mind and body, detoxification, and nourishment. Panchakarma therapies, Keshya Rasayana herbs, and dietary changes provide both preventive and healing effects. Modern studies also support the hair growth-promoting properties of Bhringraj, Amla, and Brahmi through antioxidant, anti-inflammatory, and circulation-boosting mechanisms. Combining traditional Ayurvedic principles with scientific evidence offers a sustainable way to address hair loss.

CONCLUSION

Hair loss (Khalitya) is a multifactorial condition reflecting doshic imbalance and systemic disharmony. Ayurveda offers a holistic approach addressing the root cause through purification, nourishment, and rejuvenation therapies. Consistent use of Ayurvedic herbs, oils, and lifestyle correction ensures healthy, strong, and naturally growing hair. Thus, Ayurveda remains a reliable and time-tested system for managing hair loss and promoting overall wellness.

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