

PHARMACOTHERAPEUTIC INDICATION OF KESHYA DRAVYA**Dr. Shweta Verma*, Dr. Anjali Jain (MD ayu, Lecturer)**

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INTRODUCTION

The condition of the hair plays an important role in our physical appearance and self-perception. The quantity, quality, and styling of our hair define our gender, age, health, and social status. Keshya drugs are the drugs which are beneficial to hair by helping in origin of hair, promoting hair growth, make hair dense and thick or give dark black colour to hairs.

There are so many diseases like Khalitya, Palitya, Indralupta etc. described in Ayurveda and these drugs are beneficial in these diseases. Drugs like Yastimadhu, Bhringaraja, Amlaki, etc. described in ancient ayurvedic text are not only helps in promoting the hair growth but also improves its quality and prevents the premature greying.

AIM: To evaluate the therapeutic application of Keshya Dravya such as Yashtimadhu, Amlaki, Jatamansi and Bhringraja Narikela etc.

MATERIAL AND METHOD

A review of classical Ayurvedic literature (Charaka Samhita, Sushrut Samhita, Bhavaprakasha) and modern pharmacological studies, online Available article on pubmed, scopus etc were reviewed.

THERAPEUTIC ACTION, MORPHOLOGY, AND CHEMICAL CONSTITUENTS THESE DRUGS ARE**Yastimadhu**

1. Its biological name is Glycyrrhiza Glabra and it grows in the mediterranean, southern and central Russia, Asia Minor to Iran. Its chemical components are 18-beta- glycyrrheticin

acid, nitro glycyrrhizin, and liquiritigenin.

2. It is employed for the treatment of stomach ulcers, non-alcoholic fatty liver disease, dry mouth heartburn it promotes hair growth and clean scalp.
3. Healthy hair is the indicator of proper balanced biological activities of human body. Khalitya and Palitya are the conditions which arise due to the vitiation of Pitta dosha predominantly.
4. Yashtimadhu being sarva Dosha shamaka (pacifying whole body Doshas) hence pacifies the Pitta vitiation in the body through its Sheeta virya (cold potency) hence helps reduce the progress of both Khalitya and Palitya.



Amlaki

1. Its biological name is *Phyllanthus emblica*. It grows in tropical and subtropical areas of China, India, Indonesia, and Thailand.
2. It contains Vitamin C, Chebulagic acid, Pedunculagin, and Vitamin C plays a crucial role in preventing premature gray hair by acting as a potent antioxidant, combating free radical damage to hair follicles, and supporting the production of collagen which is essential for healthy hair structure.
3. One of the best things you can do to prevent hair fall is to massage your hair with Amla oil it increases the blood circulation throughout the scalp.



Role of Amalaki as Keshya Dravya

1. Promotes Hair Growth (Keshavardhana): Rich in Vitamin C and antioxidants, Amalaki nourishes hair follicles and promotes healthy hair growth.
2. Prevents Premature Graying (Palitya): Its cooling properties pacify Pitta dosha, which is the primary cause of premature greying.
3. Strengthens Hair Roots:- The high nutrient content strengthens hair roots and prevents breakage.
4. Reduces Hair Fall (Khalitya): Detoxifies the scalp and improves blood circulation, reducing hair fall.
5. Improves Hair Texture and Shine: Its Rasayana properties rejuvenate the scalp and add natural luster to the hair.

Bhringraj: Bhringraj is Rich in phytochemicals like flavonoids, tannins, and alkaloids, which provide nourishment, strengthen hair roots, and prevent premature greying.

Phytochemical constituents supporting Keshya properties

1. Wedelolactone and Demethylwedelolactone: Stimulate hair growth by enhancing hair follicle activity.
2. Ecliptine (Alkaloids): Strengthens roots and prevents hair fall.
3. Flavonoids: Provide antioxidant effects, protecting hair from environmental damage.
4. Tannins: Maintain scalp health and reduce dandruff.
5. Essential Oils: Nourish the scalp and improve hair texture.

The white flowers represent purity and cooling properties, aligning with its action in pacifying Pitta dosha, which is crucial for preventing hair fall and premature greying.



Jatamansi

1. It is obtained from Rhizomes of *Nardostachys jatamansi*. It is an erect, perennial, aromatic herb. Plant height is 10-70cm. Plant has long, woody greyish, rhizomatous, tail-like rootstock covered with reddish-brown hairs.
2. It belongs to the Valerianaceae family.
3. It contains mainly Bromoacetate, Valeranone, methylchavicol ether, and 1,8-cineol.
4. The rhizomes of Jatamansi contain active compounds like Jatamansin, Nardol, and Valeranone, which are believed to possess antioxidant and anti-inflammatory properties that can help combat hair loss.
5. Studies suggest that Jatamansi oil may promote blood circulation to the scalp, improve follicular health, and potentially lengthen the hair growth cycle.

**Narikel**

1. Its biological name is *Cocos nucifera* Linn. It belongs to the Arecaceae family.
2. It contains lauric acid, decanoic acid, cytokinin, caprylic acid, Cysteine Proline, and polyphenol oxidase. Coconut oil is one of the best natural nutrients for hair.
3. It is an excellent conditioner and helps the re-growth process of damaged hair. By regularly massaging the head with coconut oil, we can ensure that the scalp is free of dandruff, even if the scalp is chronically dry.
4. Coconut oil is therefore used as hair care oil and is used in manufacturing various products like conditioner and dandruff creams. It is applied topically for hair care. Hence it stimulates hair growth.



DICUSSION

from the above study it is observed that most of the keshya drugs described in Bhava Prakasha Nighantu are having Tikta, Kashaya and Madhur rasa, Ruksha guna, Usna Virya, Katu vipaka, and vata kapha shamaka property. As above said that vitiated Vata and Pitta are responsible for hair fall and vitiated Rakta and Kapha are responsible for permanent hair fall. Similarly vitiated Pitta is responsible for discoloration of hair. As Tikta, Kashaya and Madhur rasa are Pitta shamaka, Ruksha guna and Usna Virya are vata shamaka and Katu vipaka is Kapha shamaka. Hence these drugs are helpful in checking hair fall and discoloration of hair. So these drugs are having keshya Dravya.

CONCLUSION

1. Hair is an important part of body. It has very exceptional value enhance of the beauty. Incidence of hair diseases are increase very abruptly. Faulty dietary habits, lifestyle and stressful living, inappropriate nutrition or exasperating factors lead to depletion of the function of the hair root.
2. In traditional system of medicines, various plants and their isolated phytochemical have been used for the treatment of various disorder realted to hair fall and premature greying.
3. Keshya dravyas play a significant role in Ayurvedic therapeutics, offering a comprehensive and natural approach to hair care.
4. These herbs, known for their dosha- balancing, rejuvenating, and nourishing properties, have been extensively utilized for addressing various hair and scalp disorders such as hair fall (khalitya), premature graying (palitya), dandruff (darunaka), and scalp infections.
5. Their pharmacological actions—rooted in their rasa (taste), guna (qualities), veerya (potency), and vipaka (post-digestive effect)— provide both preventive and curative benefits.

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