

**AYURVEDIC PERSPECTIVE ON HERBAL AND HERBO-MINERAL
HAIRCARE WITH SPECIAL REFERENCE TO BHAISHAJYA
RATNAVALI: A REVIEW**

Rajendra G. Mane^{1*} and Anuja H. Watve²

¹Associate Professor, Department of Rasashastra and Bhaishajya Kalpana, P.D.E.A' S
College of Ayurveda and Research Centre, Nigdi, Pune.

²Final year PG scholar, Department of Rasashastra and Bhaishajya Kalpana, P.D.E.A' S
College of Ayurveda and Research Centre, Nigdi, Pune.

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***Corresponding Author**

Dr. Rajendra G. Mane

Associate Professor,
Department of Rasashastra
and Bhaishajya Kalpana,
P.D.E.A' S College of
Ayurveda and Research
Centre, Nigdi, Pune.

ABSTRACT

Haircare is one of the most important parts of cosmetology. In Ayurveda *Acharya Charak* has considered *Kesh* (hair) as *Mala* of *Asthi Dhatu*, while *Sharangdhara* has considered it as *Updhathu* of *Asthi Dhatu*. Now-a-days hair problems such as hairfall, premature greying of hair, dandruff have become very common amongst people due to various factors such as stress, pollution and a poor lifestyle. *Bhaishajya Ratnavali* is a compilation of various *granthas* such as *Chakradutta*, *Charak Samhita*, etc and has systematic description of diseases along with their treatment. Most of the hair problems such as *Indralupta*, *Arunshikha*, *Darunak*, etc have been covered under *Kshudraroga prakaran* along with their treatments where there is mention of various herbal and herbo-mineral formulations including hair oils, hair masks,

etc. So, this review focuses on such formulations from *Bhaishajya Ratnavali* which are of cosmetological importance.

KEYWORDS: *Bhaishajya Ratnavali*, *Kesh*, Herbal haircare, Cosmetology, Hair conditions.

INTRODUCTION

Haircare is one of the most important parts of cosmetology. 'Cosmetology' is study and application of beauty treatments for skin, hair, nails, etc. In Ayurveda- terms such as *varnya*, *keshya*, *twachya*, etc. have been used in similar context. The word *keshya* is suggestive of "keshya hitam yat tat" that is- the one which is good for hair.^[1] *Kesha* (hair) has been

considered as *mala* of *asthi dhatu* according to Acharya Charak,^[2] while Sharangdhar has considered it as an *upadhatu* of *asthi dhatu*.^[3]

Now-a-days hair problems such as hair fall, baldness, premature greying of hair, dandruff, etc. have become very common amongst people due to various factors such as poor lifestyle and diet, stress, pollution, etc. *Bhaishajya Ratnavali* of Govind Das Sen is a compilation of various *granthas* such as *Chakradutta*, *Rasendra Sara Sangraha*, *Charak Samhita*, etc. and has a systematic description of diseases along with their treatment. Most of the hair problems such as *Indralupta*, *Palitya*, *Arunshikha*, *Darunak* have been mentioned under *Kshudraroga prakaran* along with their treatments where there is mention of various herbal as well as herbo-mineral formulations including a variety of hair oils, hair masks, etc. for topical use as well as internal use. These ancient formulations are a good natural way of treating all the hair diseases instead of various shampoos and other hair care products containing harmful chemicals which are easily available in the market. Here, in this article different *keshya* formulations from *Bhaishajya Ratnavali Kshudra roga prakaran* have been reviewed. Given the awareness of beauty, skincare and haircare in today's age and the demand and popularity for herbal and natural formulations for the maintenance of the same- this study will emphasize all such formulations mentioned in *Bhaishajya Ratnavali* which is a popular book for *bhaishajya kalpas*.

MATERIAL AND METHOD

A detailed study and review of hair problems and haircare solutions that have been mentioned in *Bhaishajya Ratnavali* was done.

Various research articles, papers and electronic media was used for relevant literature.

All the collected information was presented in systematic manner.

OBSERVATION AND RESULTS

It was observed that hair problems that have mainly been mentioned and elaborated upon in *Bhaishajya Ratnavali* are – *Arunshikha*, *Darunak*, *Indralupta* and *Palitya*.

Under these various internal and external treatments have been mentioned with herbal as well as herbo-mineral formulations along with *shodhan* treatments such as *rakta mokshan* and *nasya*.

The hair problems along with their treatments are as follows

(a) *Arunshikha*

- It is caused due to vitiation of *kapha* and *rakta dosha* and *krumi* infestation leading to formation of small boils on the scalp which have openings and are pus filled. This pus oozes out and dries to form flakes and removal can lead to formation of *vrana*.
- This can be compared with Seborrhic dermatitis.
- Treatment as per *Bhaishajya Ratnavali*^[4]

(These *yogas* can be considered as *Arunshikha hara yogas*)

1. *Rakta Mokshan* with *sira vedh* or *jalaauka* has been mentioned as the first line of treatment.
2. *Parisechan* with *Nimba Kwath* and then application of *Ashwa varcha* + *Saindhav* as-
Lepa
3. Old *matha* of *pinyak*+ *Kukut vishtha* + *Gomutra*- *Lepa*
4. *Bhrushta Kustha churna*+ *Tila taila*- *Lepa*
5. *Dviharidra Taila*-
Haridra dravya+ *Bhunimba*+ *Triphala*+ *Arishta*+ *Chandana Siddha Taila*- *Shiro abhyanga*

(b) *Darunaka*

- It is caused due to *kapha* and *vata* vitiation because of which *keshabhumi* becomes hard, dry, scaly and itchy and flakes fall out on touching.
- It can be compared with dandruff.
- Treatment as per *Bhaishajya Ratnavali*^[5]

(These *yogas* can be considered as *Darunakhara yogas*)

1. *Snehan*, *swedan* and then *siravedh* is to be done as the first line of treatment.
2. After that *Avapeedan nasya*, *Shirobasti* and *Abhyanga* can be done.
3. *Kodrawa dhanya truna bhasma*+ *Jala* → *Kshar jala*- *Dhavan*
4. *Priyal beej*+ *Madhuk*+ *Kustha*+ *Masha*+ *Saindhav*+ *Madhu* – *Lepa*
5. *Masha* → Soak in *kanji* for *trisaptaha* (3 weeks)- *Lepa*
6. *Neelotpala*+ *Nagakeshar*+ *Yasthimadhu* +*Tila churna*+ *Amalaka churna*+ *Jala*- *Lepa*
7. *Triphaladya Taila*-
Triphala+ *Loha churna*+ *Yasthimadhu*+ *Bhrungaraj*+ *Nilotpala*+ *Anantamoola*+ *Saindhav* →
Siddhi of taila- *Shiro Abhyanga*

8. *Chitrakadya Taila-*

Chitrak+ Dantimoola+ Koshataka → Siddhi of Tila taila- Shiro abhyanga

9. *Gunja taila-*

Bhrungaraj swaras as drava dravya + Kalka of Gunja → Siddhi of tila taila- Shiro Abhyanga

10. *Swalpa Bhrungaraj taila-*

Bhrungaraj swaras as drava dravya+ Kalka of Triphala+ Nilotpala+ Anantamoola + Mandur+ Amra beej → Siddhi of taila - Shiro Abhyanga

11. *Maltyadi taila-*

Malati patra+ Karveer+ Chitrak+ Naktamala beej → Taila siddhi- Shiro Abhyanga

12. *Prapaundarik taila-*

Amalaki swaras as drava dravya+ Kalka of Prapaundarik+ Yasthimadhu+ Pippali+ Rakta Chandan+ Nilotpala- Nasya (Pratimarsha)

13. *Amalaki + Amra majja- Lepa***(c) Indralupta and Khalitya**

- While many *granthakaras* including *Bhaishajya Ratnavali* have not mentioned both the diseases separately but, they have been differentiated in *Ashtanga sangraha*.^[7] In *Indralupta* the hairfall is sudden and in patches while in *khalitya* the hairfall is gradual. There is *dushti* of *vata* and *pitta* leading to hair fall at the site of *romakupa* and after that *kapha* and *rakta* block the *romakupa* so there is no further regrowth.
- *Indralupta* can be compared with ‘Alopecia areata’ while *khalitya* can be considered as general severe hairfall caused due to various factors
- Treatment as per *Bhaishajya ratnavali*^[6]

(These *yogas* can be considered as ***Keshajanan yogas***)

1. *Sira vedh* at the site of head followed by *Manahsheela+ Kasis+ Tuttha- Lepa*
2. *Musta+ Chitrakmoola+ Jaati phool+ Karanj + Karveer – Lepa* or *Tila taila siddhi* for *Abhyanga*
3. *Chedan* of the affected site then *Gunja kalka- Lepa*
4. *Hasti danta mashi+ Rasanjan – Lepa*
5. *Hasti danta mashi → Tila taila siddhi- Shiro Abhyanga*
6. *Bhallatak* or *Bhruhati* or *Gunja moola kalka + Madhu – Lepa*
7. *Bruhati phala rasa+ Gunja kalka- Lepa* (*purvakarma – gharshan* with *dhattur phala* or *shastra prachaan*)

8. *Maricha churna- Avachurnan (purvakarma- gharshan with karkasha patra)*
9. *Chagala kshir+ Rasanjan+ Puta dagdha gaja danta churna- 7 days Lepa application*
10. *Yasthimadhu+ Nilotpala+ Murvamoola+ Tila +Ghruta+ Bhrungaraj → mix with Godugdha – Lepa*
11. *Snuhyadya Tail-*
Tikshna taila+ Aja mutra+Snuhi kshir+ Arka kshir+ Bhrungaraj + Langali visha+ Indravaruni+ Shweta sarshap → Siddhi of taila – Shiro Abhyanga
12. *Bhrungaraj taila (some tikakar have named it as Mahabhrungaraj taila)-*
Bhrungaraj swaras as drava dravya+ Kalka of Manjistha+ Padmak+ Lodhra+ Rakta Chandan+ Gairik+ Bala+ Haridra+ Daruharidra+ Nagakeshar+ Priyangu+ Yasthimadhu+ Prapaundarik+ Gopi→ Taila siddhi- Nasya/ Shiro Abhyanga
13. *Adityapaka Guduchyadi taila-*
Guduchi swaras as drava dravya+ Kalka of Vatajata churna + Bhutakeshaki Churna → Keep in sunlight till the moisture disappears- Shiro Abhyanga
14. *Yasthimadhvadya Taila-*
Dugdha as drava dravya+ Kalka of Yasthi+ Amalaki → Siddhi of taila- Nasya

(d) *Palitya*

- Due to *krodha, shoka*, etc mental factors *shirogata ushma* and *pitta* get vitiated leading to *paaka* of *kesha* causing *shweta/ peeta* discolouration of hair.
- This can be compared with premature greying of hair.
- Treatment as per *Bhashajya Ratnavali*^[8]

(These yogas can be considered as **Kesharanjan yogas**)

1. *Triphala+ Nilini patra+ loha churna + Bhrungaraj+ Avimutra – Lepa*
2. *Ishat pakwa narikel phala → Add Triphala churna+ loha bhasma + Bhrungaraj swaras → Keep for 1 month- Lepa*
(Application process- *Shiro mundan* → Application of *lepa* → Cover with *kadalli patra* and cloth → Removal after 7 days → *Dhavan* with *Triphala kwath*)
3. *Utpala+ Paya → Keep in lohapatra kept inside Bhoomi → Removal after 1 month → Kalka- Lepa*
4. *Bhrungaraj pushpa+ Japa pushpa + Meshi dugdha bhavana* in *loha patra* keep inside *Bhoomi* for 7 days → Mix with *Bhrungaraj swaras* and *Ghruta*—*Shirolepa* and cover with *Kadalli patra*.
5. *Taila of nimba beej+ Bhavana of Bhrungaraj and Asan swaras- Nasya*

6. *Dugdha+ Bhrungaraj swaras as drava dravya + Kalka of Yasthimadhu → Siddhi of taila- Nasya*
7. *Mandur+ Japa pushpa+ Dhatri pushpa- 3 Days Lepa*
8. *Chandanadya taila- Bhrungaraj swaras as drava dravya + Kalka of Chandan+ Yasthimadhu+ Murva+ Triphala+ Nilotpala+ Priyangu+ Vata jata+ Guduchi + Bees +loha churna + Bhutakeshaki + Sariva dvaya → Taila siddhi – Nasya*
9. *Mahaneela taila- Bibhitaka Taila+ Dhatri swaras as drava dravya+ Kalka of Adityavalkal+ Krushna aireyak+ Tulasi patra+ Krushna shana+ Bhrungaraj+ Kakmachi+ yasthimadhu+ Devdaru+ Pippali+ Triphala+ Lodhra+ Krushna agaru+ Prapaundarik+ Manjistha+ Bilotpala+ Amra asthi+ Kardam+ Mrunal+ Ralta Chandan+ Nili+ Bhallatak asthi+ Kasis+ Madayantika pushpa+ Somarajya+ Asan+ Loha churna+ Krushna Chitrak+ Arjun+ Gambhari+ Amra+ Jambu → Adityapaka or paka on manda agni in loha patra- Pana/ Nasya and Shiroabhyanga*
10. *Bhrungaraj Ghruta- Goghruta+ Bhrungaraj swaras as drava dravya+ Kalka of Sikhi pitta- Nasya*
11. *Sheelu phala majja → Pishti in Kanji → Keep in sachidra lohapatra in sunlight → Taila is obtained- Nasya/ Shiro Abhyanga*

(e) Lomashatan yogas^[9]

- Different herbal as well as herbo mineral formulations for hair removal have been mentioned in Bhaishajya Ratnavali-
1. *Shudha haratala + Ushna jala mardana- Lepa*
 2. *Dagdha shankha nirvapan in Kadali swarasa + Equal quantity of Haratala → Kadali swarasa mardana -Lepa*
 3. *Palasha kshara+ Kadali kanda kshara+ Haratala → Mardana with kadali kanda jala- Lepa*
 4. *Haratala + Shankha Bhasma + Palash kshar→ Mardana with kadali kanda swaras -Lepa*
 5. *Kusumbha Taila- Abhyanga*
 6. *Shankha Bhasma→ Bhavana of kaddali kanda swaras + Hartala→ Mardana with kadali kanda swaras- Lepa*
 7. *Raktajani puccha churna+ Sharshap taila → Mardana → kept in sunlight for 7 days - Abhyanga*

8. *Karpooradi taila*- *Karpoor*+ *Bhallatak*+ *Shankha churna*+ *Yava kshar*+ *Manasheela* → *Siddhi of tila taila* → Mix with *Haratala* –*Lepa*
9. *Kshara taila*- *Shukthi bhasma*+ *Shambuka bhasma*+ *Shankha bhasma* + *Shyonak bhasma* + *Patala twak bhasma* → *Kshar mutra bhavana* → *Taila siddhi*- *Abhyanga*
10. *Aragwadadi taila*- *Aragwadh moola*+ *Shankha churna*+ *Hartala churna*+ *Khara mutra* → *Taila paka of sarshap taila*- *Abhyanga*

DISCUSSION

In this review, hair problems along with their line of treatment were studied. It was found that there are many *kalpas* related to hair care explained in *Bhaishajya ratnavali*. These *kalpas* can be used for external application as well as for internal use such as for *pana* or for *nasya karma*. *Raktamokshan* has been mentioned as the first line of treatment in *Arunshikha*, *Darunaka* and *Indralupta vyadhis* where *rakta dushti* is prominent. The *kalpas* that have been mentioned can be classified as *Arunshikhahara yogas*, *Darunakahara yogas*, *Keshajanan Yogas*, *Kesharanjak Yogas* and *Lomashatan yogas* which can be compared with antidandruff, anti hair fall, hair dyes and hair removal formulations which are easily available and widely used by many people facing hair problems in their day-to-day life.

The main aim of Ayurveda is maintaining the health of healthy and treating the diseases of the diseased similarly all these formulations can be used to maintain the beauty of our hair as well as for natural treatment purposes.

CONCLUSION

Now-a-days cosmetology has gained more popularity due to increased awareness amongst the youth as well as the old about beauty. Along with that, there is also increased awareness about use of chemical free, natural and organic products for maintenance of the beauty. Modern haircare solutions include use of harsh chemicals which can lead to more damage and more side effects in comparison with the Ayurvedic formulations. *Bhaishajya ratnavali* of *Govind Das Sen* has significant amount of haircare formulations. Most of which are herbal and comprising of natural ingredients. These unique and effective formulations also have long lasting effects and therefore, have a wide scope for usage in today's era for both cosmetological and therapeutic purposes proving that *Keshyayurveda* (Haircare in Ayurveda) is an emerging branch in cosmetology.

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