

**STUDY ON KHALITYA WITH AYURVEDA AND MODERN  
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**ABSTRACT**

In Ayurveda, hair loss is known as Khalitya, which is classified as a *Kshudra Roga*<sup>[1]</sup> (minor disease) or *Shiroroga*<sup>2</sup> (disease of head and scalp). While Khalitya is fundamentally a *Tridoshaja* condition (involving all three doshas) combined with *Rakta* (blood tissue) vitiation, classical texts like the Ashtanga Samgraha categorize it into four distinct types based on the dominant dosha causing the hair fall. Baldness of head due to loss of scalp hair is known as khalitya. It is caused by vitiation and aggravation of pitta and vata dosas together and cause burning of kesa bhumi (scalp) leading to hair fall due to morbidity in the hair follicles. Maharshi Sushruta has explained it that exacerbated and vitiated pitta and vata reaches romakupa (hair follicle) and burns the scalp skin and demolish romakupa leading to hairfall. Intensified kapha and shonita causes thickening of the scalp due to their impaired qualities resulting

into blockage of hair follicles and causes no more new hair growth. So the falling of scalp hair is also known as Indralupta.<sup>[3]</sup>

**KEYWORDS:** Shirabhumi, Indralupta, Kshudra Rogas, Hair fall, alopecia, Rasayana, Sarvangasana, lepa.

## INTRODUCTION

Hair adds to the beauty and the personality of a human being. Today everyone is very cautious about elegant look. The certain amount of hair fall is normal as the old one is replaced by new hair growth. If there is excessive hair loss then it needs a treatment. Indralupta (Baldness) is the synonym of Khalitya according to Vaidyaka Shabda Sindhu. Vachapatyam has explained that the literal meaning of khalitya means fall of hair. Carak said when vatadi dosas mix with tejas, reaches the scalp it creates khalitya. Susruta's view, pitta with vata effects the root of hair causes falls of hair and kapha and rakta obstructs the srotas of romakupa which stops the regeneration of hair, known as Indralupta. Acharya Vagbhata has explained that the pathology of khalitya and indralupta are same, but in case of Indralupta there is gradual hair loss.

### Synonyms

- a) **Khalati:** Used broadly by Acharya Charaka and Vagbhata to mean the act of going bald.
- b) **Indralupta:** Often used when hair loss occurs rapidly or in patches (similar to alopecia areata).
- c) **Chacha / Ruhya / Rudhya:** Specific regional or clinical variants of scalp hair destruction mentioned across the *Brihatrayi* (the three great treatises).
- d) **Keshaghna:** Literally translating to "that which destroys the hair," noted by Acharya Harita.

| Scholars                  | Synonyms   |
|---------------------------|------------|
| Maharsi Susruta           | Ruhy       |
| Maharsi Susruta           | Indralupta |
| Maharsi Carak and Vagbhat | Khalati    |
| Maharsi Vagbhat           | Chacha     |
| Maharsi Carak and Susrut  | Khalitya   |
| Maharsi Vagbhat           | Rujya      |

Gradual hair fall is termed Khalitya. When Pitta combines with Vata or Kapha Dosha and destroys the hair, Khalitya occurs. Acharya Charaka describes that the Tejas Dhatu (body heat), in association with Vata and other Doshas, scorches the hair roots, leading to alopecia. Indralupta is another term used for hair loss, differing from Khalitya. In Khalitya, hair loss is gradual and generalized, whereas in Indralupta, it occurs suddenly in patches. When Kapha Dosha combines with Rakta Dhatu, degeneration and closure of hair follicles occur, leading to baldness.

| KHALITYA                       | INDRALUPTA                    |
|--------------------------------|-------------------------------|
| Huge area of scalp is involved | Patchy hair loss in the scalp |
| Loss of hairs is gradual.      | Loss of hairs is sudden       |

### AETIOPATHOGENESIS AYURVEDIC VIEW NIDAN

- Viruddha Aahara Vihara
- Pitta Vardhak Aahara Vihara, kshara<sup>[4]</sup>
- Hina, Mithya and Atiyoga of Aahara, Nidra and Brahmacharya
- Consuming polluted water
- Living in polluted environment
- Non application of oil on the scalp
- Consumption of Dushi Visha.

### SAMPRAPTI

In Ayurveda, hair loss is referred to as Indralupta or Khalitya or Rujya. Its pathogenesis (*Samprapti*)<sup>[5]</sup> is primarily driven by the vitiation of *Pitta* and *Vata Doshas*, which damage the hair roots, combined with *Kapha* and *Rakta (Shonita)* which block further growth. Here is the sequential Ayurvedic flow chart detailing the pathogenesis of *Khalitya*.

### Nidana Sevana (Etiological Factors)

(Excessive intake of Salt/Lavana, Sour/Amla, Spicy/Katu, Junk Food, Stress, Late Nights,

Pollution)



Aggravation of Pitta Dosha & Vata Dosha



Dehoshma / Bhrajak Pitta (Body Heat/Scalp Pitta) is carried upward to the scalp



Sthanasanshraya (Localization of Doshas)

Doshas enter the Romakupa (Hair Follicles/Roots in Scalp)



Vidagdha Pitta burns/damages hair roots



KESHA PATANA (Hair Fall)

Vitiated Shleshma (Kapha) along with Rakta (Blood) accumulates in the follicles



Srotorodha (Obstruction of the hair follicle channels)



Blockage prevents nutrient supply & new hair regeneration



KHALITYA (Baldness / Alopecia)

### **SAMPRAPTI GHATAKA**

Dosha: Pitta (Bhrajaka), Vata (Vyana), and Kapha

Dushya (Affected Tissues): Rakta (Blood), Asthi Dhatu Mala (Hair is considered a byproduct of bone tissue)

Srotas (Channels): Romakupa (Hair follicles), Rasavaha and Raktavaha Srotas Adhithana (Site of Manifestation): Shiroruhabhumi (Scalp)

### **MODERN VIEW**

#### **Causes of alopecia are**

1. Exposure to allergens, irritants, toxins, burns, injuries and infections
2. Certain Medications specially anabolic steroids like testosterone
3. Chronic Kidney Failure
4. Radiation and chemotherapy
5. Malnutrition

#### **Flow chart of pathogenesis of Alopecia Areata**

Genetic Vulnerability + Environmental Triggers (e.g., Stress)



Collapse of Hair Follicle Immune Privilege (IP)



Upregulation of MHC Class I & II on Follicular Epithelium



Presentation of Autoantigens to CD8+ T cells & NK cells via NKG2D



Activation of the JAK-STAT Pathway



Dense Inflammatory Infiltrate ("Swarm of Bees") [Around the Anagen Hair Bulb]



Premature Induction of Catagen/Telogen Phases (Follicular Arrest)



Dystrophic Hair Shaft Exfoliation (Exclamation Mark Hairs)

## CLINICAL FEATURE MODREN SYMPTOM

### 1. Alopecia Areata (Autoimmune Hair Loss)

This is an inflammatory, typically non-scarring condition where the immune system mistakenly attacks hair follicles.

**Patchy Hair Loss:** Presents as smooth, flesh-coloured, sharply demarcated round or oval bald patches. It most commonly affects the scalp, but can involve the beard, eyebrows, and eyelashes.

**Exclamation Point Hairs:** Short, broken hairs found at the margins of active patches. They are narrower at the base near the scalp and thicker at the tip.

**Positive Hair Pull Test:** Gently pulling a cluster of hairs at the edge of a patch yields several easily removed hairs, indicating active disease progression.

**Sensory Symptoms:** While usually asymptomatic, some individuals experience itching, tingling, or a burning discomfort (trichodynia) before the hair falls out.

**Nail Changes:** Seen in 10% to 15% of patients, presenting as tiny dents (pitting), roughness, ridges, or brittle nails.

### Severe Variants

- a) *Alopecia Totalis*: Complete loss of all hair on the scalp.
- b) *Alopecia Universalis*: Complete loss of all hair across the entire scalp and body.
- c) *Ophiasis Pattern*: Band-like hair loss localized to the sides and lower back of the scalp.

### 2. Androgenetic Alopecia<sup>[6]</sup> (Pattern Hair Loss)

This is the most common form of progressive hair thinning, driven by genetics and androgens (hormones).

**Male-Pattern Baldness:** Typically begins with a receding hairline at the temples (M-shaped recession) followed by gradual thinning at the crown (vertex) of the head.

**Female-Pattern Baldness:** Presents as diffuse thinning across the central scalp, typically sparing the frontal hairline, resulting in a widened partline (often described as a Christmas tree pattern).

### 3. Telogen Effluvium (Stress-Induced Shedding)

**Diffuse Thinning:** Characterised by sudden, widespread shedding across the entire scalp rather than distinct bald patches.

**Trigger Event:** It typically occurs 2 to 3 months after a significant physical or emotional stressor, such as high fever, severe illness, childbirth, major surgery, or extreme

psychological stress.

#### 4. Cicatricial (Scarring) Alopecia

**Irreversible Destruction:** This represents a diverse group of rare disorders where the hair follicle is permanently destroyed and replaced by scar tissue.

**Skin Alterations:** Unlike non-scarring

types, the scalp skin appears smooth and shiny with a loss of visible pore openings (follicular ostia). It is frequently accompanied by severe itching, pain, redness, scaling, or pustules.

#### AYURVEDIC SYMPTOM

##### Vataja<sup>[7]</sup>

In this type, the *Vata* dosha dominates. Characteristics: The hair becomes dry, rough, and thin.

**Scalp Appearance:** The scalp (*Keshbhoomi*) looks thin, discoloured (*Shyava* or *Aruna* - brownish/reddish-black), and behaves as if it has been singed or slightly burned (*Agnidagdha*).

##### Pittaja

*Pitta* dosha is inherently associated with heat, and its excess directly scorches the hair follicles. Characteristics: There is a pronounced burning sensation, localized heat, and redness on the scalp.

**Scalp Appearance:** The scalp may present a yellowish (*Peeta*), bluish (*Neela*), or greenish (*Harita*) tint. The blood vessels or veins (*Siras*) on the scalp become prominently visible, and excessive sweating is common.

##### Kaphaja

When the *Kapha* dosha dominates, it blocks the nutrient channels of the hair roots.

**Characteristics:** This type is marked by an oily scalp, itching, and a feeling of heaviness in the head. **Scalp Appearance:** The skin of the scalp remains close to its normal skin colour, but it becomes thick (*Ghana*) and greasy/unctuous (*Snigdha*) to the touch.

##### Sannipataja<sup>[8]</sup>

This type occurs when all three doshas (*Vata*, *Pitta*, and *Kapha*) are simultaneously and profoundly vitiated along with the *Rakta* dhatu.

**Characteristics:** It displays a mixed combination of symptoms from all three individual dosha types.

### CLASSIFICATION MODERN TYPES

There are different types of alopecia .The main types of hair loss are –

Alopecia Areata, Alopecia Totalis, Alopecia Universalis, Alopecia Barbae, Androgenic Alopecia, Scarring Alopecia.

| Types                  | Description                                                                                                                                                                                                                                                                                                                            |
|------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1.Alopecia Areata      | It is an autoimmune condition which causes patchy hair loss.It can result in a single bald patch or extensive patchy hair loss.                                                                                                                                                                                                        |
| 2.Alopecia Totalis     | It is a more advanced form of alopecia areata which results in total loss of all hair on the scalp.                                                                                                                                                                                                                                    |
| 3.Alopecia Universalis | It results in total loss of all hair on the body, including eyelashes and eyebrows.                                                                                                                                                                                                                                                    |
| 4. Alopecia Barbae     | It is localized to the beard area .It can be a single bald patch or more extensive hair loss across the whole of the beard area.                                                                                                                                                                                                       |
| 5.Androgenic Alopecia  | It is known as male pattern baldness or female pattern baldness. It is hereditary. In both men and women its linked to having an excess of male hormones(androgen) around the hair follicles, which can block hair growth. Women are most likely to develop androgenic alopecia after menopause, when they have fewer female hormones. |
| 6. Scarring Alopecia   | It is also known as Cicatricial Alopecia where a group of rare disorders cause Permanent hair loss. It is caused by inflammatory processes which causes permanent damage to hair follicles (Burns, Bacterial infections, autoimmune diseases).                                                                                         |

### AYURVED TYPES

According to Astanga Samgraha, there are 4 types of Khalitya. Vataja, Pittaja, Kaphaja, Sannipataja (trisosaja).

### LINE OF TREATMENT IN AYURVEDA

In *Ayurveda* various *Bahya* and *Abhyantar Chikitsa* is described for *Khalitya*. Nidan parivarjan like excessive heat treatments, chemical hair products, salt and alkaline types of food is helpful for the patient of *khalitya*. Most of the research studies conducted are on *Nasya*, *Raktamokshana* and external application of *lepa*.

| Name of therapy                                  | Applied aspect                                                                                                                                                                                                                                                                                                             |
|--------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. <i>Moordha Tail</i> (oiling) and paste        | According to Astanga samgraha-mixture of tila, amalaka, madhu, taila or Dugdhika, karveera, milk) for local application over scalp – Regular scalp massage make strong the roots of hair by improving blood circulation and providing nutrition. Susruta told about neeli taila, Chakradatta told about chandanadya taila. |
| 2. <i>Nasya</i> (nasal drop)                     | Application of nasal drop with anu taila, Nimba taila (Chakradatta) during varsa, sarat, Vasanta ritus helps in more hair growth by giving pusti to srotas.                                                                                                                                                                |
| 3. <i>Snana</i> (taking bath)                    | person should take bath and wash hair with balanced water (not too much hot, not too much cold) with triphala kwatha or bhringaraaj kwatha for healthy hair.                                                                                                                                                               |
| 4. <i>Dhoomapana</i> (medicated smoke)           | Smokes prepared with medicated herbs balances the dosas of sira Pradesh .                                                                                                                                                                                                                                                  |
| 5. <i>Kshaurakarma</i>                           | maharsi susruta explained within 15 days one person should cut his nail 3 times.                                                                                                                                                                                                                                           |
| 6. <i>Panchakarma</i>                            | <i>For khalitya (caused by pitta dosha) virechan and raktamokshan is applicable. For vataja types of khalitya basti is best, for kaphaja types khalitya vamana is best.</i>                                                                                                                                                |
| 7. <i>Shirodhara</i>                             | Helps to pacify the aggravated pitta                                                                                                                                                                                                                                                                                       |
| 8. <i>Rasayana Chikitsa</i>                      | Helps in rejuvenation of hair                                                                                                                                                                                                                                                                                              |
| 9. <i>Shirsasan, Shavasan, Bhramari Pranayam</i> | Enhance in blood flow of scalp.                                                                                                                                                                                                                                                                                            |

### Ayurvedic Yogas

Shankha Bhasma, Asthiposhak Vati, Brahmi Vati, Shatavari Kalpa<sup>[9]</sup>, Triphala Ghrita, Sanjivani Vati, Sutashekhar Rasa.

### Keshya Drugs

Keshya is a drug beneficial to hairs. Bhavprakash Nighantu has mentioned a total of 16 drugs (Vibhitaka<sup>[10]</sup>, Bhringaraja, Sinduvra, nili, Arishta, Kadli, Gunja, Bakuchi, Gambhari, Japa, Saireyaka, Avidugtha, Bhallataka, yasthimadhu, Tila, Kasisa<sup>[11]</sup>) which possess Keshya property. These drugs can be used for therapeutic and preventive purpose in the hair disorder.

### MODERN MANAGEMENT MANAGEMENT

a) Always use clean and cold or lukewarm water to wash your head avoid using warm

- b) Eat protein rich food e., soya milk, egg etc.
- c) Comb hair only after hair get dried after bath
- d) Remove stress from your brain
- e) Androgenetic Alopecia (Pattern Baldness): Managed with minoxidil topical solutions/foams for both men and women, and prescription oral Finasteride or anti-androgens like spironolactone for women.
- f) Alopecia Areata (Patchy Hair Loss): Often treated with intralesional corticosteroids, anthralin, topical immunotherapy.
- g) Infections (Tinea Capitis): Treated using targeted oral antifungal medications alongside antifungal shampoos.
- h) Cosmetic Support: Wigs, scalp prostheses, microblading, and clever styling techniques help camouflage thinning areas.

## PROGNOSIS

According to Ayurveda -Vataja, pittaja, kaphaja types of khalitya are Sadhya .Sannipataja type of khalitya is asadhya.<sup>[12]</sup>

## CONCLUSION

In this modern era we the people are effected with anxiety, stress by irregular lifestyle and inappropriate food habit. As a result our hair root becomes weak lack of nutrition. Ayurveda provides us the healing effect by balancing the vitiated dosas and rejuvenation therapy and by proper diet and lifestyle like asana (sarvangasana) and pranayama and yogas. Among all types of prakriti the pitta prakriti people are mostly victim of khalitya roga. Keshya and asthiposhak types of herbomineral drugs are very much helpful for treatment of khalitya. Panchakarma therapy specially the leech therapy treated khalitya with grand success. Ayurvedic herbs and drugs are blessing for the patients of khalitya as they make the Chikitsa without any harmful effect.

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