

IMPACT OF LIFESTYLE IN SHALAKYA TANTRA W.S.R. TO KHALITYA

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ABSTRACT

Introduction: Lifestyle plays a significant role in the manifestation and management of disorders related to Shalakyta Tantra. The disorders which are not transmitted by person to person, air born particles or any vector but due to faulty lifestyle are called as lifestyle disorders. In Ayurveda, lifestyle is considered crucial for maintaining overall health and preventing diseases. Unhealthy lifestyle choices such as poor dietary habits can adversely affect hair health, smoking has negative impact on circulation, excessive alcohol consumption can disrupt hormonal balance and impair liver function, lack of exercise (exercise promotes overall blood circulation) and prolonged use of electronic devices (disrupt sleep patterns and contribute to stress and anxiety) can contribute to the development of various disorders. Khalitya is indeed a common issue that can be correlated with lifestyle disorders. According to Ayurvedic principles, hair fall is primarily caused by an imbalance or vitiation of the Vata and Pitta doshas. Khalitya, or hair

fall, is indeed a prevalent issue in modern society, and Ayurveda offers various external and internal treatments to address it. Bahya and Abhyantar Chikitsa are commonly employed to manage Khalitya, with a focus on balancing the aggravated dosha. Ayurveda emphasizes the importance of holistic approaches to health, including maintaining a balanced lifestyle, following a nutritious diet, managing stress effectively, and incorporating regular self-care practices like oil massage and herbal treatments. By addressing the root causes of Khalitya and adopting preventive measures, individuals can promote healthy hair growth and maintain vibrant hair. In this article we will enlighten the role of lifestyle in Khalitya.

KEYWORDS: Lifestyle, Khalitya, Hairfall, Bahya and Abhyantar Chikitsa.

INTRODUCTION

The condition of hairfall or loss of hair is termed as "*Khalitya*". *Acharya Sushruta* classified it under the *Kshudraroga* and *Acharya Vagbhata* under the *Kapalgatrog*. According to modern medicine hair fall is also known as Alopecia or baldness which refer to partial or complete loss of hair especially from the scalp. Due to faulty lifestyle the incidence of "*Khalitya*" is increasing. Unhealthy lifestyle choices such as poor dietary habits, smoking, excessive alcohol consumption, sleep disturbances, lack of exercise, and prolonged use of electronic devices can contribute to the development of *Khalitya*.

Poor dietary habits: A diet lacking in essential nutrients such as vitamins, minerals, and proteins can adversely affect hair health. Nutrient deficiencies can weaken hair follicles, leading to increased hair shedding and eventual hair loss.

Smoking: Smoking has been linked to hair loss due to its negative impact on circulation. Reduced blood flow to the scalp can impair hair follicle function and lead to hair thinning and eventual hair loss.

Excessive alcohol consumption: Excessive alcohol consumption can disrupt hormonal balance and impair liver function, both of which are important factors in maintaining healthy hair growth. Additionally, alcohol can dehydrate the body, leading to dry and brittle hair.

Lack of exercise: Regular exercise promotes overall blood circulation, which is essential for delivering nutrients and oxygen to hair follicles. A sedentary lifestyle can impede circulation, potentially contributing to hair loss.

Prolonged use of electronic devices: Prolonged exposure to electronic devices, particularly those emitting blue light (e.g., smartphones, computers), may disrupt sleep patterns and contribute to stress and anxiety, all of which can indirectly affect hair health. Chronic stress has been associated with hair loss, and disrupted sleep can impair the body's ability to repair and regenerate tissues, including hair follicles.

Millions of people are suffering from hairfall and the prevalence of hair fall found to be 60.3%, prevalence of dandruff was found to be 17.1% and the prevalence of baldness was found to be 50.4%.^[1] *Khalitya* is *tridoshaja vyadhi* i.e. *Vata, Pitta, Kapha* with *Rakta dosha*.

All doshas are vitiated but have predominance of *Pitta* and *Rakta dosha* mainly.^[2] When *Pitta* becomes imbalanced, it can lead to excessive heat and inflammation, which can damage the hair follicles and cause hair loss. *Vata dosha's* involvement can lead to the weakening or withering of the hair from the roots. *Vata* is associated with movement and dryness, so its vitiation can cause dryness and brittleness in the hair, making it more prone to breakage and fall. *Kapha dosha's* involvement, along with *Rakta dosha*, can lead to the obstruction of hair roots. *Kapha* governs the structure and lubrication in the body, so when it becomes imbalanced, it can lead to excessive production of sebum, clogging the hair follicles and hindering hair growth. *Rakta dosha's* involvement exacerbates this by causing stagnation and impeding the nourishment of the hair follicles. Also, depletion of *Asthi Dhātu* hairfall.^[3,4]

Hair is a symbol of beauty from a long time. Hair is a subject that is very important to both men and women and their self-esteem. We often see our hair as a reflection of our identity. On average, people can lose between 50 to 100 hairs per day, and this is considered normal. This shedding is part of the hair's natural growth cycle, which includes a phase of growth (anagen phase), a transitional phase (catagen phase), and a resting phase (telogen phase), during which old hairs shed to make way for new growth. However, if someone is experiencing excessive hair loss beyond this normal range, it may indicate an underlying issue that requires attention and treatment. *Ayurveda* offers various *Bahya* and *Abhyantar chikitsa* for *Khalitya*. Most of the research studies conducted are on *Nasya*, *Raktamokshana* and external application of *Lepa*. *Ayurveda* emphasizes three main aspects for the management of any disease, known as the "Tri-fold approach"-

1. *Ahara*

2. *Vihara*

3. *Aushadh*







Ahara- Diet plays a crucial role in *Ayurvedic* treatment. It is believed that proper nutrition is essential for maintaining health and treating diseases. Studies suggest deficiencies in vitamins B12 and D, biotin, riboflavin, iron, and other nutrients are associated with hair loss.^[5] Few foods that will help in improving hair health are mentioned here in the table given below--


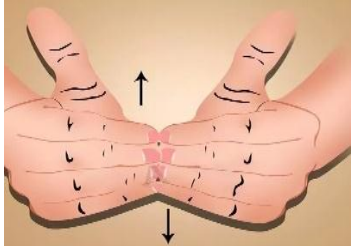
S. No.	Food name	Benefits
1	Moong bean	The essential copper element of mung beans aids in preserving the health of the scalp.
2	Amla	It contains calcium, which promotes healthier hair. It helps

		strengthen hair follicles and reduces hair thinning.
3	Cucumber	Minerals and vitamins present in cucumbers can help to repair damaged hair. Eating cucumber can hydrate your skin and prevent hair fall. The vitamin A, C, and silica content of cucumber juice repairs and adds strength to thinning tresses.
4	Buttermilk	Buttermilk is high in proteins, which nourish and promote hair development.
5	Almonds	The biotin present in the Almond helps to reactivate dormant follicles by producing enough keratin to thicken and grow thinning hair.
6	Walnuts	It is rich in Biotin as well as Omega-3 fatty acid. Biotin is essential for hair growth. It helps to strengthen hair follicles and promotes healthy hair growth. The omega-3 fatty acids in walnut help to prevent hair loss by reducing inflammation in the scalp and improving blood circulation.
7	Moringa	Moringa is rich in vitamins and minerals that are essential for healthy hair, including vitamin A, B vitamins, vitamin C, vitamin E, iron, and zinc. These nutrients work together to nourish hair follicles, strengthen hair strands, and improve the overall health of hair.
8	Peanuts	Peanuts are rich in Vitamin E, a powerful antioxidant that promotes healthy hair growth and prevents hair loss.
9	Ghee	Ghee is rich in vitamins A, D, E, and K, along with healthy fatty acids that nourish and stimulate hair growth.
10	Sesame seed	Sesame seeds are rich in iron and fatty acids, which nourishes hair roots and trigger new hair growth. Additionally, sesame seeds contain antioxidants that help prevent premature greying and thinning of hair.
11	Coconut	Coconut oil can improve the health and condition of hair. It works by helping prevent protein loss in hair.
12	Pomegranate	Punicic acid, found in pomegranate seeds is known to make hair follicles stronger and also ensures proper blood circulation to scalp.

Vihara- Lifestyle factors greatly influence health and disease according to *Ayurveda*. *Vihara* encompasses daily routines, physical activities, mental practices, and environmental influences. *Ayurveda* emphasizes the importance of maintaining a regular daily routine (*Dinacharya*) and seasonal regimen (*Ritucharya*) to promote balance and prevent imbalances. Additionally, lifestyle recommendations may include practices such as *yoga*, meditation, adequate rest, stress management techniques, and maintaining harmonious relationships.

Yoga- *yoga* practices into a regular routine, along with maintaining a healthy lifestyle and diet, may contribute to overall well-being and support healthy hair growth. Some of the *yogasana* preventing hairfall are-

Yogasana	Benefits	Image
<i>Adho Mukha Svanasana</i> ^[6] (Downward-Facing Dog Pose)	It helps improve blood circulation to the scalp and promotes relaxation.	
<i>Ustrasana</i> ^[7] (Camel Pose)	Help balance hormones related to hair growth.	
<i>Sarvangasana</i> ^[8] (Shoulder Stand)	It improves blood circulation to the scalp and helps balance hormonal secretions, potentially benefiting hair health.	
<i>Padahasthasana</i> ^[9] (Hand to foot pose)	It promotes blood flow to the head and scalp, stimulating hair follicles and encouraging growth.	
<i>Vajrasana</i> ^[10] (Diamond Pose)	It aids in digestion and can indirectly support hair health by promoting overall well-being.	
<i>Sasangasana</i> (Rabbit Pose)	It stimulates the scalp and may help improve hair texture and growth.	
<i>Kapalabhati Pranayama</i> ^[11] (Skull Shining Breath)	It helps detoxify the body, improve circulation, and reduce stress, which can indirectly benefit hair health.	

		
<i>Balayam Yoga</i> (Rubbing Nails Technique)	It is believed to stimulate hair follicles and improve circulation to the scalp, promoting hair growth.	

Ausadha (Medicines): *Ausadha* refers to the use of herbal remedies, minerals, and other natural substances for the treatment of diseases. Various *Ausadha* are mentioned by *Acharya's* for *Khalitya*. Some of those are mentioned here in this table-

S. No.	<i>Chikitsiya Yoga</i>	Reference	Remark
1	<i>Jeevaniya Gana siddha taila</i>	A.H. U. 24/34	<i>Nasya</i>
2	<i>Bruhatyadi siddha Taila</i>	A.H. U. 24/34	<i>Nasya</i>
3	<i>Nimba taila</i>	A.H. U. 24/34	<i>Nasya</i> , Restraining of diet to milk only
4	Black sesame, <i>amalaka</i> , <i>padmakinjalka</i> , <i>yashtimadhu</i> ponded in honey	A.H. U. 24/40	<i>Lepa</i> (Provides nourishment to hair)
5	<i>Jatamansi</i> , <i>kushta</i> , black sesame, <i>sariva</i> and <i>nilotpala</i> macerated in milk and mixed with honey	A.H. U. 24/41	<i>Lepa</i> (Promotes hair growth)
6	<i>Shadbindu Taila</i>	<i>Bhaishajya Ratnavali</i> , <i>sirorogadhikar</i> , Verse 78-80	<i>Nasya</i> (Provides strengthening to hair)
7	<i>Narikel Taila</i>	<i>Kaiyadeva Nighantu</i> , <i>Aushadhiparg</i> , 71, Verse 274-275	Local application, (<i>Keshya</i> , Promotes hair growth)
8	<i>Til Taila</i>	<i>Rajnighantu</i> , <i>Kshiradivarga</i> , Verse 109	Local application, (<i>Keshya</i> , Promotes hair growth)

As mentioned earlier depletion of *Asthi Dhatu* causes hairloss and these drugs have *Keshya* and *Asthiposhaka* properties. Hence, these drugs are useful in *Khalitya*.

Preventive measures for *khalitya*

- **Promotion of health-** *Ayurveda* places a significant emphasis on maintaining the health of healthy individuals. This involves following a balanced daily regimen (*Dinacharya*), seasonal regimen (*Ritucharya*), rules of eating (*Aahar Vidhi*), maintaining proper conduct (*Sadvritta*), and adhering to ethical principles (*Aachar Rasyana*). By incorporating these practices into daily life, individuals can enhance their overall well-being and prevent the onset of diseases.
- **Prevention of lifestyle disorders-** *Ayurveda* recognizes the importance of preventing lifestyle-related disorders by adopting a holistic approach to health. This includes identifying and avoiding factors that contribute to imbalances in the body and mind, such as poor dietary habits, lack of exercise, stress, and unhealthy lifestyle choices.
- **Physical activities-** *Ayurveda* advocates for the adoption of preventive measures such as routine exercise, *yoga*, meditation, and other lifestyle modifications to maintain health and prevent the onset of diseases.

By incorporating these principles into their lives, individuals can achieve balance and harmony in body, mind, and spirit, leading to a state of optimal health and well-being according to Ayurvedic principles.

DISCUSSION

Hair fall or "*Khalitya*" is indeed a common condition affecting individuals of various ages. According to Ayurvedic principles, the pathophysiology of *Khalitya* involves the derangement of *Rasa*, *Rakta*, *Mamsa*, and *Asthi dhatu* as well as the *Srotas* associated with them. When these fundamental components of the body are imbalanced or affected, it can lead to hair fall. The involvement of *Rasa dhatu* signifies the disturbance in the initial nourishment of hair follicles, while *Rakta dhatu* indicates issues with blood circulation to the scalp and hair follicles. *Mamsa dhatu* is related to the strength and integrity of muscles, including those supporting hair follicles. *Asthi dhatu* represents bone tissue, implying a connection between bone health and hair growth. The derangement of these *dhatu*s and *Srotas* can disrupt the normal growth cycle of hair, leading to hair loss. Hairfall not only affects physical appearance but also has psychological implications, impacting the individual's self-esteem and emotional well-being.

CONCLUSION

Various treatment modalities are mentioned by *Acharyas*. *Acharya Charaka* suggested treating *Khalitya* with *Nasya*, *Shiroabhyanga*, *Pralepa*, along with *Shodhana Chikitsa*(*Vaman-Virechan*).^[12] *Acharya Sushruta* mentioned *Pradhamana Nasya* as a treatment for *Khalitya*. *Pradhamana Nasya* involves the administration of powdered medicines through the nasal route.^[13] *Acharya Vagbhata* recommended first addressing the *dosha* imbalance through *Shodhana* therapy, followed by treatments mentioned for *Indralupta* and *Palitya* in the context of *Khalitya*. Treatment for *Khalitya* typically involves addressing the underlying imbalances in the body through dietary adjustments, lifestyle modifications, herbal remedies, scalp therapies and stress management techniques.

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