

**IMPORTANCE OF KESHYA DRAVYA AND ITS IMPLICATIONS WITH  
REFERENCE TO AYURVEDIC HAIR PROMOTERS****Dr. Umayya Sayyad\***

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**ABSTRACT**

People's overall appearance and sense of self-worth are greatly influenced by their hair, thus taking care of it is a crucial component of personal hygiene and cosmetics. The term "*Keshya Dravya*" in Ayurveda describes compounds that support hair growth, vigour, and health. These consist of formulations, oils, and herbs that have historically been used to promote hair growth, stop hair loss, postpone greying, and nourish the scalp. Classical Ayurvedic scriptures and current scientific research are used to elucidate the mechanisms of action, which range from enhancing scalp circulation to lowering oxidative stress and hormonal imbalance. The focus is on Ayurveda's holistic approach, which treats hair diseases' underlying causes, such as dosha imbalances and lifestyle choices, in addition to their symptoms.

**KEYWORDS:** Prakriti, *keshya*, ayurveda, dosha, *agni*, *asthi*, dhatu, amla.

**INTRODUCTION****Importance of Keshya Dravya in Ayurveda**

Holistic Hair Care: Ayurveda views hair health as an extension of the body's internal balance, particularly related to the health of the bones (Asthi dhatu), hormones, and digestive fire (Agni). *Keshya Dravya* not only nourish the hair externally but also address the root causes of hair problems, including digestion, blood circulation, and toxin accumulation.

Dosha Balancing: Different doshas impact hair health in distinct ways:

Vata Imbalance: Leads to dry, brittle hair and split ends.

Pitta Imbalance: Causes premature greying, hair thinning, and scalp inflammation.

Kapha Imbalance: Results in excessive oiliness, dandruff, and hair that appears dull. *Keshya Dravya* are often cooling and nourishing, which helps to pacify Pitta and balance Vata, ensuring strong, vibrant, and healthy hair.

### **Natural Solution for Hair Fall and Growth**

*Keshya* herbs, such as Bhringraj, Amla, and Brahmi, are well-known for their hair-strengthening properties. These herbs boost hair growth by revitalizing hair follicles, improving blood flow to the scalp, and stimulating hair growth cycles. Their use minimizes hair fall and improves hair density over time.

### **Prevention of Premature Greying**

Premature greying is often attributed to Pitta aggravation and oxidative stress. *Keshya Dravya* like Amla (Indian Gooseberry) and *Shikakai* are rich in antioxidants and cooling properties, which help slow down the greying process by reducing heat and oxidative damage to the hair follicles.

### **Scalp Health and Dandruff Control**

Many *Keshya* herbs have antimicrobial, anti-inflammatory, and moisturizing properties, which treat and prevent dandruff, scalp infections, and itchiness. Herbs like Neem and Reetha cleanse and detoxify the scalp, preventing conditions that can disrupt healthy hair growth.

### **Improvement of Hair Texture and Shine**

Regular use of *Keshya Dravya* makes hair more lustrous, smooth, and manageable. They nourish the hair shaft, seal in moisture, and enhance the natural shine and softness of hair. Herbs such as Hibiscus and Aloe Vera deeply condition the hair, making it appear healthy and revitalized.

### **Detoxifying and Purifying Effects**

Toxins (Ama) accumulation can impact hair quality. *Keshya Dravya*, such as Neem and Tulsi, detoxify the scalp and body, eliminating toxins that may be affecting hair health. This detoxifying property ensures that the hair roots receive proper nourishment.

### Enhanced Blood Circulation to Hair Follicles

Good circulation is vital for hair growth. Keshya Dravya, through their heating or cooling effects, stimulate better blood circulation in the scalp, bringing essential nutrients to the hair follicles and promoting new hair growth.

### DISCUSSION

Kesha is the upadhatu of majja dhatu and mala of *asthi dhatu*. In Ayurveda, the concept of Keshya Dravya refers to substances that promote the health, strength, and growth of Kesha (hair). Derived from classical Ayurvedic texts such as the *Charaka Samhita*, *Sushruta Samhita*, and *Bhavaprakasha*, Keshya Dravyas are used for preventing hair loss, promoting new hair growth, improving hair luster, and addressing scalp disorders. With the rising global interest in natural and holistic wellness, these traditional herbal remedies are gaining popularity as natural hair promoters, with potential implications in the cosmetic, dermatological, and pharmaceutical industries.

**keshya** = Hair + Promoting/Supporting Agent

**Dravya** = Substance

**Ayurveda classifies Keshya Dravyas broadly based on their**

- **Dosha-specific actions**
- **Method of application** (internal or external)
- **Function** (e.g., nourishing, cleansing, cooling)

### Mechanism of action of ayurvedic hair growth promoters

Brahmi and jatamasi- Promote microcirculation, *strotoshodhan*, balance *vata pitta*.

Amalaki, yashtimadhu and bhringaraja- nourishes hair follicles and act as rasayana

Amalaki, yashtimadhu and shatavari- balance hormones.

Amalaki, guduchi and bhrungaraj- reduce oxidative stress and act as rasayana

Neem, reetha and shikekai- supports healthy scalp environment

Brahmi, ashwagandha and guduchi- stress reduction and act as Medhya rasayana

Amalaki, yashti and bhringaraj- prevention of greying.

The buildup of toxins (Ama) might affect the quality of hair. Tulsi and neem, two Keshya Dravya, cleanse the body and scalp of impurities that can be harming hair health. This cleansing quality guarantees that the hair roots are properly nourished. Many Keshya plants

have antibacterial, anti-inflammatory, and moisturizing qualities, which treat and prevent dandruff, scalp infections, and itching. Herbs that purify and cleanse the scalp, such as reetha and neem, help avoid problems that can interfere with normal hair development. As there are 6 rasa's in ayurveda each rasa play an important role on *sharira* according to their rasa, guna, virya, vipaka.

## CONCLUSION

In summary, hair growth stimulants play an important role in combating hair loss and enhancing hair health for those experiencing different types of alopecia and thinning hair. These substances, which include natural options, over-the-counter solutions, prescription therapies, and advanced biotechnological products, function through mechanisms such as activating hair follicles, improving blood flow to the scalp, and adjusting hormonal levels. Ultimately, how well a hair growth stimulant works depends on the specific cause of hair loss, the individual's response, and regular usage. Ongoing research and innovation are crucial for creating more precise, safer, and more effective options for hair restoration. Healthy blood circulation is crucial for hair development. *Keshya Dravya*, by providing either heating or cooling effects, enhances blood flow to the scalp, delivering vital nutrients to the hair follicles and encouraging the growth of new hair.

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