



BHRINGARAJA IN THE MANAGEMENT OF KHALITYA

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ABSTRACT

Alopecia or Khalitya is a physiological phenomenon if it occurs after the mid-forties, but is considered, a disease if it arises earlier. Modern lifestyles, eating habits, pollutants, stress decreased immunity, hormonal imbalance, faulty hair care etc. have increased the incidence of premature graying and loss of hair. Bhringaraja possess Tikta, katu rasa, katu vipaka and ushnavirya which causes pittavirchana and vatakaphashamana in Khalitya.

KEYWORDS: Khalitya, Bhringaraja, Premature graying.

INTRODUCTION

'Hairs of the Scalp' an additive factor of personality. Beautiful, long and attractive hairs of the scalp add plus factor to the personality. But, to keep the healthy hairs in the healthy state, it is entirely the duty of human being. In the fast world of today, there is a race for cosmetics, changed life style or more specifically westernized culture, indifferent dietary habits has made the hairs either grey at prematurity or to fall down. Allopathy has no answer to this problem. But, when we look at Ayurveda for this problem, we have the best choice, because Ayurveda the 'Science of longevity' promotes positive health, natural beauty and long life.

For the treatment of the Hair fall, so many drugs are mentioned in Ayurvedic classics, out of them Bhringraj is a very well known medicinal drug, which is easily available and within the reach of common man.

Bhringraj has been mentioned as Keshya and Kesh rogahara by the various ancient Ayurvedic acharayas. Bhringraj has also been mentioned as keshya, kesh rogahara and rasayana dravya and offer beneficial effects in hair problems such as-

- Prevents graying of hair
- Helps in regaining original hair color
- Promotes thickening of hair
- Prevents scalp infections
- Massage helps to improve blood circulation of scalp which promotes hair growth

Synonyms and their Interpretation

Markav - which kills the disease like baldness or which cures white hairs.

Bhring - like hornet blackens hair due to Rasayana property.

Keshranja - due to the dyeing of hairs

Pantang - Which promotes blackening of hairs

Keshraj - which cares the health of hairs

Properties - Rasa – katu, tikta

Virya – ushna

Vipaka – katu

Guna – laghu, ruksha, tikshna, ushan

Doshaghanata – vatakaphaghana, pittavirechana

Samprapti

The pitta situated in the scalp region gets vitiated. Pitta in the company of vitiated vata, leads to withering or dislodgement of the hair from the roots. Further to this, vitiated Kapha along with rakta will cover and causes obstruction in root-hairs, resulting in baldness in that place.

Samprapti Bhanga

Bhringaraja has the dominance of tikta rasa which is said to be pitta shamaka. Because of its pungent bitter taste, dryness and lightness, it balances kapha dosha. Because of its hot potency, it balances vata.

Bhringaraj has been mentioned as rasayana drug and have keshya, tvachya and vishghana properties.

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