



IMPORTANCE OF LIFESTYLE AAHARA & SINGLE HERBS USED IN KHALITYA-PALITYA (I.E. KSHUDRA ROGA)

Dr. Rahul Agrawal*¹ and Dr. Sunita D. Ram²

¹Post Graduate Scholar, PG Department of Dravyaguna, Govt. Dhanwantari Ayurved College, Ujjain (M.P.)

²HOD, PG Department of *Dravyaguna*, Govt. Dhanwantari Ayurved College, Ujjain (M.P.)



*Corresponding Author: Dr. Rahul Agrawal

Post Graduate Scholar, PG Department of Dravyaguna, Govt. Dhanwantari Ayurved College, Ujjain (M.P.)

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ABSTRACT

This article reviews the importance of lifestyle, *aahar dravyas* & properties and mode of action of *Keshya* herbs on hair. According to *Ayurveda* *kesha* is a *upadhatu* of *majja dhatu* but no detail description available in *samhita granthas* Facial beauty mostly depends on our hair because hair is responsible for the sculpting our face. As a result of changing lifestyle and improper eating habits there is tremendous increase in diseases like *Khalitya* and *Palitya*. In *Ayurveda* there is *Abhyantar* and *Bahya Chikitsa* described for the treatment of *Khalitya*. *Raktamokshana*, *Nasya*, and *Lepas* are the subjects of the majority of research projects. Hair loss is treated with a variety of medications, including *Til Tailam*, *Bhringrajataila*, *AsthiposhakVati Malatyadi Tailam Rasayana medicines*.

INTRODUCTION

In today's world unhealthy lifestyle is one of the most key factor of diseases. Various diseases of skin and hair are common in present time among which *khalitya* and *palitya* are two of them, in *ayurveda* these two are mentioned in *kshudra roga*.

According to *acharya Sharangdhara*, scalp and body hair (*Kesha*) is a *upadhatu* of *majja dhatu*. *Keshya dravya* properties and chemical composition plays a direct role in *majja dhatu* nourishment. In today's progressive world lifestyle, irregular dietary habits and pollution, stress, late night sleep or awaking are directly affecting the hair, causing many hair problems like loss of hair (*Alopecia*), graying of hair, hair damage, greasy hair etc. Anxiety, insomnia, continuous intellectual work, excessive consumption of salty food are other causes contributing to loss of hair (*khalitya*) and graying of hair (*palitya*). Gradual falling of hair is known as *Khalitya*. In modern medicine *khalitya* correlate with alopecia.

Alopecia is a dermatological disorders that has been recognized for more than 2000 years. It is common throughout the world. Nowa-days, whole world is accepting the *ayurveda* and use of herbal products has increased and people are looking forward to adopt more natural way of life. Allopathic system only use chemical and steroid drugs for nourishment & prevention of hair problems but they are proving insufficient and there is need to supplement it with herbal drugs. The most

appropriate way is to utilize modern as well as traditional system to look after the health of the people. Herbs and herbal drugs are clinically proved for hair growth. Hair loss problem is of great concern; the main problems associated with hair loss are hair fading, dandruff and falling of hair. Various allopathy medicines are available for hair loss which does not treat permanently and also shows severe side effects. Using the *ayurveda* is safe and better option in the long run. *Keshya* herbs nourish hairs both internal as well as external. The side effect of these herbs is nil as compared to products with a lots of chemicals. *Keshya* herbs helps to prevent premature graying, hair fall, dandruff and promote hair growth. It works within the root of the hair and gives natural black colour to the hairs.

AIM

To study the importance of lifestyle, *aahar dravyas* and the herbal drugs in hair growth, hair strengthening and greying & dandruff prevention.

OBJECTIVES

To study importance of lifestyle, *aahar* and herbal properties of single *ayurvedic* drugs in daily life.

MATERIALS AND METHODS

This is a conceptual study. For this study, textual material is used from the classical texts and internet from which various references are collected.

1) Khalitya

Khalitya is primarily a pitta predominant *tridoshajanya vyadhi*. But based on the predominance of *dosha*, is divided into following types

1. *Vataj Khalitya* – Scalp appears as *Agnidagdha*, *Shyava* and *Aruna*
2. *Pittaja Khalitya* – Colour of scalp appears as *Peeta*, *Neela* and *Harita*.
3. *Kaphaj Khalitya* – More or less same as the colour of the skin and *Snigdha*.

Hair fall can be caused by decrease in *asthi dhatu* or vitiation of *asthi dhatu*. As formation of hair is by waste product of *asthi dhatu* and hair dependent upon it for growing.

2) Palitya

Palitya according to *Charak Samhita*, *tejas* (heat) of the body in association with *vayu* and other *doshas*, scorches up the hair root giving rise to alopecia. But if there is partial scorching, then it gives rise to premature greying of hairs. *Charak* has described *Palitya* in *Trimarmiya Chikitsa* since the *Trimarma* includes *shir*, *vasti*, *hriday*. *Sushruta* has considered *Palitya* in the *Kshudraroga vyadhis*. *Sushruta* states that mainly *Pitta dosha* is responsible.

Pathya Ahara in khalitya & Palitya

- Yava, mudga, shali chava; & gehu are some of the dhanya which are pathya in khalitya /palitya.
- Patol, lauki, grnajan (carrot), cucumber, jivanti, cauliflower, cabbage are some of the shaka which are beneficial in khalitya & palitya.
- Til taila and Coconut oil are useful in it by external & internal use.
- Some of the fruits which are beneficial in khalitya & palitya are Narikele, Draksha, Amalki, dadima.

Apathya Ahara in khalitya & Palitya

- Excessive intake of Lavana, kshar.
- Excess intake of bread, cakes, chocolate, oily and high starch product.
- Regular use of dadhi, pickles, vegetable ghee etc.

That which exerts beneficial effects on hair is called *Keshya*. There are two types of drugs having *keshya* effect in *ayurveda*.

1. Keshyavardhan

Those which stimulate healthy growth of hair and gives strength to their roots are called as *keshavardhana*. Hair fall is due to lack of nutritions to their roots. This is caused by Aggrevation of *vata* and *pitta*. Many times nutrition to hair gets affected due to obstructios of passage which provides nutrients to hair, such obstructions is caused by *kapha* and vitiations of *rakta*.

2. Keshyaranjana

Pittadhikya enhance greying of hair which can be arrested by consuming *jeevaniya*, *balya*, *brimhana* and *pitta* alleviationg herbs. *Bringaraja*, *bhibhitaki*, *nirgundi*

act as hair dyes. they also alleviate *pitta*. They may be used internally also as medicated oils or ghee.

The *samprapti vighatana* of *khalitya* can be adopted in the following steps:

1. Nidan Parivarjana

Acharya Sushruta states that *nidan parivarjana* is the principle of the treatment. *Nidan parivarjana* in *khalitya* includes avoidance of all causes mentioned under *nidans* for *shiro-roga* in particular.

2. Samshamana

The *samshamana chikitsa* of *khalitya* involves *rasayan*, *abhyanga* and *lepa*.

(A) Rasayana prayoga

Acharya sushruta advises *rasayana* in *khalitya chikitsa*. According to modern science, the specific cause of alopecia is autoimmune disease and *rasayana* drugs acts as immunomodulators in *khalitya*. As premature hair fall is a sign of early aging process and *rasayana* is best for reversing aging process means anti- ageing therapy. Eg. Amalaki *rasayana*.

(B) Abhyanga

Medicated oils are used for local application. There are following oils advised for *abhyanga* in *khalitya*.

1. Bhringaraja tailam
2. Chitrakadya tailam
3. Nilikadi tailam
4. karanjadi tailam
5. Snuhidugdhadhi tailam
6. Bhallatakadi tailam`
7. Shringatakadi tailam

3. Shodhana

It comes under the pre -procedure i.e. before going to main treatment, according to ancient texts purification must be done.

I. Nasya

Administration of medicines through the nose is known as *nasya*. All the *acharyas* have mentioned *nasya karma* for the *urdhvajatrugat vyadhi*. It is said to the nose ‘The gate way of *Mashtiska*’. The medicine given through the nose pervades everywhere in the head and alleviates the head disease. *Nasya* creates *snehana*, which gives nutrition to hair root thus, prevents *khalitya*. *Acharya Sushruta* has also mentioned about *pradhamana nasya* in the management of *khalitya*.

There are following *nasya* in *khalitya*.

1. Yastimadhukadhya tailam *nasya*.
2. Chandanadhya tailam *nasya*.
3. Prapoundrarikadhya tailam *nasya*.
4. Markavadhya tailam *nasya*.
5. Vidarigandhadi tailam *nasya*.
6. Jambuadhya tailam *nasya*.
7. Anu tailam *nasya*.

II. *Astanga samgrahkara* has quoted that application of different types of pralepas should be performed after doing *prachhana* or *shuchi karma*.

There are following lepas in khalitya

1. Gunja lepa
2. Hastidanta masi lepa
3. Kutannatadi lepa
4. Bhallatakadi lepa
5. Kasisadi lepa with kapith swarasa
6. Haridradi lepa with navneeta
7. Keshvardhak lepa with madhu & ghrith
8. Langali mula lepa with mahish dugdh
9. Dhatura lepa

DISCUSSION

Faulty dietary habits, lifestyle and stressful living, inappropriate nutrition or exasperating factors leads to depletion of function of hair root. In Samshamana chikitsa, first Rasayana is best for reversing aging process means anti-ageing therapy and as antioxidant because premature hairs fall is a sign of early aging process. According to modern science, it is an autoimmune disease and rasayana therapy acts as immunomodulators in khalitya. Several types of oils and lepa for abhyang (Massage) greatly improve the blood circulation, thus increasing the nutrition of the hair roots & scalp. In Shodhna chikitsa, Nasya is the first choice of treatment in hair fall (Khalitya) which has doshagna property, pacify the doshas which cause the khalitya. Nasya clears the obstruction of the hair roots by its sookshma srotogaami property leading to the roma koopa vishodhana. The leech therapy, Prachhana also clears the obstruction of the hair roots. The Virechana karma is a specific process for elimination of pitta dosha which is pradhan dosha of khalitya. This process is also useful for elimination of vata along with kapha dosha. At last sarvangasana of yoga also increase flow of blood in brain and prevent khalitya.

CONCLUSION

Ayurvedic drugs and therapy possesses have *Keshya*, *Balya*, and anti-ageing properties, so they will show an excellent result on *khalitya* (hair fall). The *ayurvedic* management of *khalitya* has a strong possibility to breakdown the pathogenesis of this disease and become a ray of light in the darkness. *Rasayana* is best for reversing aging process means anti-ageing therapy.

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