



## KHALITYA (HAIR FALL) MANAGEMENT - AYURVEDIC PERSPECTIVE

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Article Received on 03/04/2024

Article Revised on 23/04/2024

Article Accepted on 14/05/2024

### ABSTRACT

Hair is among the valuable parts of the physique derived from ectoderm of the skin and is a protective appendage on the physique. Hair plays an important role in making body externally beautiful, good looking long hair makes a person mentally enthusiastic and healthy. Khalitya is mainly a Pitta dominant Tridoshaja Vyadhi. In Ayurveda Khalitya means hair fall and it closely resembles to baldness or Alopecia in modern science. In present era millions of people are suffering from hair fall. Alopecia is one of the minor diseases which is affecting approximately 1.7% of the world population and challenging task for physicians. Khalitya has been described in Ayurveda under the heading of Kshudra Roga or Shiroroga (diseases of head & scalp). In Ayurveda various Bahya and Abhyantar Chikitsa is described for Khalitya. Like Nasya, Raktamokshana, Virechana Karma (Purgation), Taila abhyanga, Lepa and Rasayana drugs are used for hair loss. This study has been undertaken to find a more Ayurvedic promising remedy.

**KEYWORDS:** Khalitya, Alopecia, Kshudra roga, Raktamokshana.

### INTRODUCTION

Hair fall has been described in almost all the Ayurvedic literatures as Khalitya.<sup>[1]</sup> It has been included in Shiroroga by Acharya Charaka & Ashtanga Hridayakar. This inclusion has been done on the basis of Sthana (location) of diseases and similarity of etiopathogenesis of diseases. It is clearly mentioned in Ashtanghridaya that nine diseases occurring on the outer part of head over scalp should be called shiroroga.<sup>[2]</sup> Sushrut Samhita, Ashtangsamgrah, Yoga Ratnakar and Madhav Nidan, has included Khalitya diseases under kshudra roga. This inclusion in kshudra roga is due to mildness of disease. These diseases are not life threatening and are of less severity in comparison to other major diseases. Khalitya is primarily a Pitta dominant Tridoshjanya Vyadhi i.e. Vata, Pitta, Kapha with Rakta dosha.<sup>[3]</sup> Vitiated Pitta i.e. Bhrajaka Pitta along with vitiated Vata leads to weakening of the hair from the hair roots. Vitiated Kapha along with Rakta obstruct the hair roots (Romakupa) which prevent further growth of hair. Hair adds to the beauty and the personality of a human being. Every human has the desire to appear respectably elegant, attractive, or handsome. The condition of the hair is important in this regard. It is crucial to understand how to maintain healthy, lustrous hair that is free of numerous pathogens and disorders. Modern science uses a variety of medications to treat hair loss, however these medications have some restrictions because of

unfavourable side effects and high cost. Khalitya is treated in Ayurveda with Nasya, Virechana, Leech therapy, Rasayana, Abhyang, different type of Lepa & Yoga. Conservative management, along with Rasayana therapy, is also effective for the treatment of khalitya.

### AIMS AND OBJECTIVES

To expand on and talk about Khalitya in Ayurveda.

### NIDANA

➤ In Ayurvedic literature there is reference regarding the causative factors of Khalitya except Acharya Charaka, who has mentioned the major factors as follows<sup>[4]</sup>:

- 1) Lavan Rasa Atisevan
- 2) Kshara Atisevan
- 3) Ushar Bhoomi
- 4) Viruddha Ahara Sevan

➤ Ashtang Samgrahakara has described Shirogata Rogas under the caption of Urdhvajatrugata Rogas and these are further subdivided into nine Kapalaroga. Khalitya is one of them. So the general etiological factors of Urdhvajatrugata Roga can be considered as etiological factors of Khalitya. Which are as follows:

- 1) Vegvidharana, Divaswapna
- 2) Asatmyagandh, Sheetamboosevan

- 3) Deshkala Viparyaya
  - 4) Atimaithun, Rodana
  - 5) Dhooma Aatapa
  - 6) Uchchabhashya
  - 7) Prajagarana, Manasantapa
- Due to usna guna of pitta dosha individual of pitta prakriti starts hair fall and greying of hair earlier than individuals of other dosha prakriti.<sup>[5]</sup>
  - Excessive combing during ritual leads to hair fall in child.
  - Hair fall can be caused by decrease in asthi dhatu or vitiation of asthi dhatu. As hairs are formed by mala of asthi dhatu and hair dependent upon it for nutrition.

### SAMPRAPTI OF KHALITYA<sup>[6]</sup>

As per acharya Sushruta, Vitiated pitta along with vata reaches romakoopa and causes hair fall and thereafter shleshma along with shonita obstructs the romakoopa which leads to the stoppage of regeneration of hair and this condition is known as khalitya. Acharya Charaka describes that tejas combining with vatadi doshas reaches the shira kapala and causes hair fall by dahana of romakoopa (hair follicles).

Nidan sevana → Vata prakopa, Pitta prakopa, Kapha prakopa → Rasarakta dushti & Asthidhatwagni dusti → Keshha patana & Siramukha avarodha → Khalitya

### SAMPRAPTI GHATAKA

Dosha: Pitta- Pachaka, Bhrajaka, Vata- Saman, Vyan, Kapha- Tarpaka

Dushya: Dhatu- Rasa, Rakta, Asthi, Mala- Sweda, kesh

Srotasa: Rasavaha, Raktavaha, Asthivaha, Swedavaha, Manovaha,

Srotodusti: Sanga

Agni : Jatharagni, Rasagni, Raktagni, Asthyagni

Rogamarga: Bahya

Udbhava: Amashaya

Adhithana: Keshabhommi

### MANAGEMENT OF BADHIRYA

- ❖ **NIDAN PARIVARJANA** - Acharya Sushruta states that nidan parivarjana is the principle of the treatment. All the causative factors & risk factors should examine carefully and must be avoided to reduce development of disease. Prevention is better than cure. Individual of pitta prakriti are more prone to falling of hair. They should follow diet & habit as mentioned for them in Ayurvedic texts. Harsh Chemical, heating treatment used in practice for cosmetic purpose should be avoided or minimally used.
- ❖ **SAMSHAMANA** - The samshamana chikitsa of khalitya involves Abhyanga, Lepa and Rasayana & keshya aushadhi.
- **Abhyanga** - Acharyas have included it in the Dincharya as local treatment. There is a vitiation of Vata in Khalitya and it should be treated by Sneha which is usually used in Abhyanga as it is said the

best Vatashaman. This procedure also gives nutrition to hair roots which helps the hair to be thicker and black. There are following oils advised for abhyanga in khalitya- Bhringaraja tailam, Mahaneel tail, Chitrakadya tailam, Snuhyadi tail, Chandanadhya tail, Karanjadi taila. Mustard oil or Coconut oil can be used on regular basis for the massage oil hair.

- **Lepa** - It is mainly used to pacify the Pitta by applying the drug having cool and vishaghna properties. It also increases the circulation of blood and prevents the Strotorodha. There are following oils advised for abhyanga in khalitya- Hastidanta masi, Triphala masi, Amalakiyadi lepa, Bhallatakadi lepa, Madhukadi lepa, Loha churna + triphala, Madhuka, Amalaka + Honey, Tila.
- **Rasayana & keshya aushadhi**  
Rasayana therapy has immune-modulators, antioxidant properties and rejuvenating action which is very beneficial for the hair fall caused by any chronic illness, pre mature aging or nutrition deficiency. These Dravyas pacifies the Aama thus, makes the digestion properly.<sup>[7]</sup> It helps to produce the Rasadi Dhatu properly which corrects the production of further Dhatu like asthi dhatu and Malas like hairs. It also gives nutrition to hair and prevents the Khalitya. There are some drugs - Amalaki rasayana, Narsimha rasayana, chyavanprash lehya, Agastya haritaki, navayasa lauha, Dhatri lauha, saptamrita lauha. Amalaki Churna, Bhrangaraj Churna, Yastimadhu Churna.
- ❖ **SHODHANA** - It comes under the category of pre-procedure, meaning that purification is necessary before beginning the main course of treatment, in accordance with Shashtras. For the patient of hair fall Vaman, Virechan, Vasti and Rakta mokshana should be done according to the dosha involve. Because of involvement of mainly pitta dosha, virechana and rakta mokshan are commonly indicated in falling of hair & baldness.
- **Nasya** - All the Acharyas have mentioned Nasya Karma for the Urdhvajatrugatvyadhi. The medicine given through the nose pervades everywhere in the head and alleviates the head disease. Nasya produces Snehana, which feeds the hair root and stops Khalitya. Nasya nourishes the srotas present above the clavicle including the hair follicles which strengthen the hair and reduce falling. Everybody should take nasal drop of "Anu tail" every year during the rainy, autumn and spring season when the sky is free from cloud. Along with many other benefits, it prevents hair fall and also accelerates the growth of hair. There are following nasya in khalitya - Yastimadhu taila, Chandanadhya taila, Anu taila, panchendriya vardhana taila, shadbindu taila, Nimba Taila.
- **Virechana** - Khalitya's Samprapti is a Pitta Pradhan, The Shodhan best acceptable for a condition elevated by Pitta is Virechana Karma. This procedure is additionally beneficial for removal of Vata alongside with Kapha dosha. In Khalitya,

Virechana Karma by Eranda taila, Trivruta lehya, Abhyadi Modaka may be helpful.

### DISCUSSION

Khalitya (Hairfall) is the most common condition in young and old age. Hair fall is a cosmetic disorder affecting patient psychologically. Millions of people worldwide suffering from hair loss. Most of the Research studies conducted on Khalitya are found on Nasya, taila abhyanga and use of Rasayana drugs. In Uradhva-Jatrugata Vyadhi, Nasyakarma is specifically recommended. The Sukshma guna of Taila facilitates to eliminate the obstruction of Srotas that have an impact at the improve the blood circulation, increase of recent hair and nourishes the roots of the hair. Premature hair fall is a sign of early aging process and Rasayana is the best for reversing aging process means anti-ageing therapy. Rasayana nourishes the Asthi dhatu and thereby enhances the growth of hair. Some minor changes of life style, dietary habits and practice of Yoga can prevent hair fall.

### CONCLUSION

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. Before starting treatment of hair fall, physician should identify the cause and first treatment should be Nidanparivarjana or management of that cause. Then after other therapies like Abhyang, lepana, shodhan, nasya, Rasayana should be prescribed accordingly. In this way, we can treat the khalitya roga or hair fall effectively.

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