PREVENTION OF KHALITYA (HAIR FALL) THROUGH AYURVEDA: A REVIEW

ABSTRACT
Khalitya (Hair fall) affects men and women of all ages and often significantly affects social and psychological wellbeing. In current era are prone to sedentary life style this result in disturb routine, irregular dietary habit, lack of physical activity, stress etc. these are most common cause of khalitya (hair fall). Hair growth is impacted by today’s life style choice, faulty dietary habits, environmental pollution etc . Life vicissitudes, including illness, emotional trauma, protein deprivation (during strict dieting) and hormonal changes like those in pregnancy, puberty and menopause may cause hair fall .Several health condition including thyroid disease, iron deficiency anaemia can cause hair loss. To prevent hair fall we have adopt holistic approach to follo

INTRODUCTION: Increased hair fall in ayurveda is termed as khalitya and classified under shiroroga.1 Hair fall affects men and women of all ages and often significantly affects social and psychological wellbeing. Disturb daily routine, irregular dietary habit, lack of physical activity, stress etc. these are most common cause of hair fall. Hair growth impacted by our life style choice, diet. According to survey up to 40% of men and 25% of women in India are victims of hair fall. 2Now a day’s hair fall commonly seen in youngsters too. Hair loss is silent but divesting problem which may occur to a healthy person also. It has been regarded as geriatric physiological phenomena, generally after the mid-forties. Hormonal imbalance, faulty hair care, pollution etc. all these factor has been attributed for hair fall in early stage. According to Ayurveda, Virudha Pitta along with Vata reaches Romakoopa(hair follicle) 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 Indralupta, Khalitya or Ruhya 3. According to Acharya Vaghbhatta, there is a gradual loss of hair. Acharya charaka describes that Tejas combining with Vatadi doshas reaches the Shira kapala and causes hair fall by Dahana of Romakoopa (hair follicles). 4

AIMS & OBJECTIVE:
- To evaluate and discuss the hetu and samprapti of Khalitya
- To elaborate and discuss the Ayurvedic management of Khalitya.
- To re-evaluate the Khalitya in various classical Ayurvedic and modern literatures.

MATERIALS AND METHODS:
- The article is based on review of Ayurvedic texts. Materials related to Khalitya and Alopecia has been collected. Ayurvedic texts mainly used in this study are Brihatriyi (charaka samhita, sushurut samhita and vagbhata samhita), Laghutrayi( madhava nidana,
We have also pointed out some modern texts, journals and search various websites to accumulated information on the relevant topics.

CONCEPTUAL STUDY

What is hair fall

Hair fall might also lead to thinning of hair or temporary baldness. The medical term for hair loss is alopecia. Alopecia can be temporary or permanent. The most common pattern of hair fall occurs gradually and is mentioned to as "androgenic alopecia," meaning that a combination of hormones (androgens are male hormones) and heredity (genetics) is needed to develop the condition. Other types of hair loss include alopecia areata (patches of baldness that usually grow back), telogen effluvium (rapid shedding after childbirth, fever, or sudden weight loss) and traction alopecia (thinning from tight braids or ponytails).

Hair loss normally occurs gradually with age in both men and women, but is typically more pronounced in men.

**TABLE No. 1 Khalitya (hair fall) According to Ayurvedic Texts**

<table>
<thead>
<tr>
<th>No.</th>
<th>Ayurvedic Term</th>
<th>Charaka Chikitsa</th>
<th>Susruta Nidan</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Khaliya</td>
<td>26/132</td>
<td>13/32-33</td>
</tr>
<tr>
<td>2</td>
<td>Khalati</td>
<td>26/132</td>
<td>13/32-33</td>
</tr>
<tr>
<td>3</td>
<td>Indralupta</td>
<td>27/19</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Ruhy</td>
<td>13/32-33</td>
<td>33, Bhoja</td>
</tr>
<tr>
<td>5</td>
<td>Rutya</td>
<td>27/19</td>
<td></td>
</tr>
</tbody>
</table>

**HETU (Aetiological Factor)**

**AHARAJA NIDANA**

1. Ati Amla Ahara (excessive intake of sour food)
2. Atisheetambu Sevana (excessive intake of cold food)
3. Dusta-Ama Bhojana (stale and uncooked food leading to indigestion)
4. Guru Ahara (Intake of heavy food)
5. Hina Ahara (intake of inappropriate food)
6. Lavana Ati Sevana (excessive intake of salt)
7. Atimadyapana (excessive intake of alcohol)

**VIHARAJA NIDANA**

1. Atapa Ati Sevana (exposure to hot weather)
2. Ati Maithuna (excessive sexual indulgence)
3. Divaswapna (day sleep)
4. Sheeta Sevana (exposure to cold weather)
5. Asatmya Gandha Sevana (inhalation of bad odour)
6. Pragvata Sevana (exposure to easternly wind)
7. Ratrijagarana (night vigil)
8. Rajo Dhma Sevana (exposure to dust & fumes / smoke)
9. Rodana (excessively crying)

10. Sandharana/Vegadharana (suppression of natural urges)
11. Manastapa (mental agony)
12. Shiro Abhigata (Trauma on Head/Scalp)
13. Desha Kala Viparyaya (changes in weather & place)
14. Meghagama (cloudy weather)

MODERN CAUSE OF HAIR FALL

1. Fungal infection (tinea capitis)
2. Ulcerative colitis
3. Vit b12, iron, zinc, biotin and also vit e deficiency
4. Over dosage of vit. A
5. Lack of vit b6 and folic acid in food
6. Rheumatoid arthritis
7. Thyroid dysfunction
8. Vitiligo
9. Radiotherapy and chemotherapy
10. Systemic lupus erythematosus
11. Psychological stress
12. Nutrition
13. Seborrhic dermatitis
14. Hormonal imbalance
15. Folliculitis
16. Secondary syphilis and usage of drugs like warfarin and heparin
17. Usage of contraceptive pills, anti –
hypertensive drugs and anti-diabetic drugs.

18. Anaemia
19. Long term usage of steroids
20. Over usage of shampoo (containing selenium).

Approach to Patient of hair fall

- Hair fall can be manifested as primary disease (as independent disease) as well as secondary to other disorder or can be present as symptom of many diseases. Because of its variable etiopathogenesis, we need a careful approach to the patients for proper diagnosis and treatment of hair fall. Proper history should be taken including all the criteria like past medical history, family history and personal history along with other general & systemic examinations. Scalp & body should be carefully examined to detect any abnormality in skin.

Samprapti

NIDANN SEVAN (Ushna, tikshna, Ruksha, Atilavanevan, Ksharaatisevan, + Divaswapana, Prajagarana, Atapasevana, Usher bhomi + Manahtapa)

\[ \text{Vata prakopa, Pitta prakopa, Kapha prokopa} \]

\[ \text{Rasarakta dushti & Asthidhatwagni dusti} \]

\[ \text{Kesha patina & siramukha avarodha} \]

\[ \text{Khalitya (hair fall)} \]

Samprapti - Ghatak :-

- DOSHA – Pitta – pachaka, bhrajaka
  Vata - saman, vyan,
  Kapha – tarpaka
- Dushya – dhatu – rasa, rakta, asthi
  Mala – sweda, kesh
- Srotosa – rasavaha, raktvaha, asthivaha
- Srotodushti – snga
- Rogmarga – bahyav
- Udbhava – Amashya
- Adishthana- keshabhomi

Acharya Sushruta says that “The Pitta, provoked by its own factors penetrates into the Romakoopa and there it unites with the Vata to shatter the hair”. Then the Shleshma along with the Shonita obstructs the Romakoopa which leads to the stoppage of regeneration of hair.

Thus, Acharya Sushruta has considered the involvement of all the three Doshas viz. Vata, Pitta and Kapha along with Shonita in the occurrence of Khalitya.

MANAGEMENT OF HAIR FALL THROUGH AYURVEDA

DINCHARIYA

Abhyanga (oiling)

- Abhyanga(Oiling) should be regularly applied on scalp.
- It prevents falling of hair, baldness and also makes the hair black long and deep-rooted. It provides nourishment to the hair follicles and also gives strength to the cortex and fiber of hair.
Nasya (nasal drop)\textsuperscript{11}

- 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. Nasya nourishes the srotas present above the clavicle including the hair follicles which strengthen the hair and reduce falling.

Snana (taking bath)\textsuperscript{12}

Acharya Sushrut mentions that the head and hair should not be washed with warm water or with very cold water. Pouring warm water over head reduces the strength of hair & eyes. Proper hair wash should be done at least three times in a week.

Decoction or Shampoo made up of herbs like Henna (Lawsonia inermis), Bringraj (Eclipta prostrata), Jatamansi (Nardostachys jatamansi), Shoe flower (Hibiscus rosa-sinensis), Triphala (haritki +amala+bhera), Ghrit Kumari (Aloe vera), Shikakai (Acacia concinna), Motha (Cyperus rotundus), Brhami (Bacopa monnieri) etc. can be used for washing hair. Shampoos and soaps that made by Ayurveda keshya herbs used for hair wash should be mild and chemicals free.

Dhoomapana (medicated smoke)\textsuperscript{13}

Along with health of head & senses, dhoomapana cures the problem of hair fall by clearing the dosha from head region and also improves the firmness of hair on the head, beard & teeth.

Shaurakarma\textsuperscript{14}

Hair cutting & beard shave should be done regularly. Acharya charaka mentioned that everybody should have a hair - cut, shave and nail cut thrice every fortnight.

Ushnishka\textsuperscript{15}

The wearing of ushnisha (turban or cap) on head protects the hair from wind, heat, dust etc. which is pious and beneficial for hair. Covering of head protect are hairs from environmental factor.

AAHARA:

- Green leafy vegetable and fruits they are rich in vitamin c and vit. B complex, zink, sulphur and some important fatty acids to make the roots of your hair strong.
- Sesame seed – a spoonful white sesame seeds are very effective in hair loss as it is great source of magnesium and calcium.
- Amla it is the best hair tonic as it is rich source of vit. C and anti-oxidants.

YOGA AND MEDITATION\textsuperscript{16}

- Inverted asanas such as sarvangasana that tends reverse the gravity on the body are the best suited for prevention of hair fall.
- They stimulate the flow of blood to the head.
- Practice deep breathing exercise to control stress, anxiety and keep your mind balanced.

Suggestion of lifestyle modification for prevention of hair fall

Some useful medicine indicted in khalita according various texts:

| Table no. 2 -- Herb-mineral formulation for Khalita(hair fall) |
|---|---|---|
| S.N. | HERBO-MINERAL FORMULATION | PHARMACOLOGICAL ACTION |
| 1. | Amalaki rasayan | Immuno-modulatory, antioxidant properties\textsuperscript{17}, rejuvenating action |
| 2. | Panch tikkta ghritta guggul | Pittashamaka, srotoshodhan, rasayan\textsuperscript{18} |
| 3. | Draksharista | Appetizer, keshya, varnya, vayasthapanya\textsuperscript{19} |
| 4. | Mahamanjishthadi kwath | Keshya, varnya, rejuvenating action\textsuperscript{20} |

| Table no. (3) Single Drugs for Khalita |
|---|---|---|
| S.N. | DRUG NAME | PHARMACOLOGICAL PROPERTY | PHARMACOLOGICAL ACTION |
| 1. | Narikel | Rasa-madhur, | Keshya, piitanilhar, raktta- |
| ( coconut) | guna – guru snigdh, vipak – madhur, virya - sheet | pittnashak<sup>21</sup> |
| 2. Bhringraj | Rasa – katu,tikkta Ghuna – ruksha,laghu Vipak- katu Virya – ushna | Keshya, rasayan , vat-kapha nashak, pandunashak<sup>22</sup> |
| 4. Til (sesamum) | Rasa – madhur Guna –guru,snigdh Vipak- madhur Virya- ushna | Keshya , tavchya, agnivardhak<sup>24</sup>, |
| 5. Yashtimadhu | Rasa- madhur Guna –guru, snigdh Virya- sheet Vipal–madhur | Keshya, srotoshodhan, rasayan,<sup>25</sup> immunomodulatory, hepatoprotective |
| 6. Giloya | Rasa –tikka ,kashya Guna-guru, snigdh Vipak- madhur Virya- ushna | Pitt-kapha shaman, immunomodulator<sup>26</sup> |

**PATHYA AND APATHYA**

*Pathya* (Do’s) :- Pathya: Taila (oil) ,ghrita, dugdha (milk), Dhaanya (grains), shigru (moringo oleifera), vaastuka (Spinacia oleracea), patola(Trichosanthes dioica), kaarvellaka (Momordica charantia ), haritaki (Terminalia chebula ), bhringaraaja (Eclipta prostrate), draksha (Vitis vinifera ), aamra(spoundias mombin), aamalaki (Emblica officinalis), maatulunga(citrus medica ), naarikela (cocus nucifera ),chandana(sandalum album), karpoora (Cinnamomum camhora ), sweda(heating ), nasya (nasal drops ),dhooma (smoking ),virechana ( purgation ), lepa , seka, langhan(fasting ), shirobasti. <sup>27</sup>

*Apathya* (don’t )

Amla rasa (sour ), guru ahara ( heavy food )maricha(chilli),ati sheeta (excessive cold ) & ati ushna (excessive hot ),virudha anna( incompatible food), diva-svaapa (day dreaming ), ashru (tearing), nidra(sleep), pureesha vega(stool) dhaarana .<sup>28</sup>

**DISCUSSION:** Every individuals constitution has its unique balance of tridosha .The wrong diet, habits, life style, incompatible food combination, seasonal changes repressed emotions & stress factors can all act either together separately to change the balance of tridosha. Faulty dietary habits, lifestyle and stressful living, inappropriate nutrition or exasperating factors leads to depletion of function of hair root We should have adopt holistic approach of basic principle of Ayurveda to prevent Khalitya( hair fall). We have to focus multi-dimensionally on dincharya, aahara, vihara, nindra, avoidance of vegdharana, yoga and pranayama etc. to handle the problem of hair fall. Moordha tail (oiling) and paste prevents falling of hair, baldness...
and also makes the hair black long and deep-rooted. It provides nourishment to the hair follicles and also gives strength to the cortex and fiber of hair. The wearing of ushnisha (turban or cap) on head protects the hair from wind, heat, dust etc. which is pious and beneficial for hair. Dhoomapana cures the problem of hair fall by clearing the dosha from head region and also improves the firmness of hair on the head, beard & teeth. Nasya nourishes the srotas present above the clavicle including the hair follicles which strengthen the hair and reduce falling. According to this, all the āhāra and vihāra (diet and lifestyle) which aggravate the vāta and pitta (primary) become the nidāna of Khalitya as mentioned by Charaka.

CONCLUSION: From the data obtained it can be conclude that changes in life style and excess use of cosmetic products make the individuals more susceptible to khalitya. various herb minerals drugs and follow the dincharya aahara, vihara, nindra, avoidance of vegdharaana, yoga and pranayama are mentioned in Ayurveda to treat the disease. many research studies on nasya, abhangya, aahara yoga and pranayama are mentioned in Ayurveda to treat the disease. many research studies on nasya, abhangya, aahara, vihara, nindra, avoidance of vegdharaana, yoga and pranayama are mentioned in Ayurveda.
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