MANAGEMENT OF KHALITYA (HAIR FALL) BY AYURVEDIC FORMULATIONS - A REVIEW

1Dr Atul Prakash Pathak  2Dr Sadhana Misar
1PG Scholar  2Associate professor, Department of Kayachikitsa MGACH & RC, SALOD (H)Wardha

ABSTRACT
In Ayurveda Khalitya means hairfall. Acharya Charaka classified it under Shiroroga. Khalitya is primarily a Pitta dominant Tridoshjanya Vyadhi i.e. Vata, Pitta, Kapha with Rakta dosha. According to modern science it is termed as Alopecia or baldness. It is a partial or complete loss of hair especially from the scalp. Hair adds to the beauty and the personality of a human being. Baldness is a curse for one’s look and personality. Millions of people worldwide suffering from hair loss. Hair fall is more in males than in females. Khalitya is commonly seen in the age group of 18-40 years. According to survey up to 40% of men and 25% of women in India are victims of hair fall. It is a slowly progressing disorder. Now a day, hair fall is common in youngsters too. The incidence of “Khalitya” (Hair fall) is increasing day by day. It is due to changing lifestyle, unhealthy dietary habits, sleep disturbances, systemic diseases, medications and stressful life. In modern science many drugs are used for treating hair fall but they have some limitations due to their adverse effects. In Ayurveda various Bahya and Abhyantar Chikitsa is described for Khalitya. Most of the research studies conducted are on Nasya, Raktamokshana and Lepa. Various drugs like Bhringraja taila, Malatyadi Tailam, Til Tailam, Asthiposhak Vati and Rasayana drugs are used for hair loss. These research studies showed marked improvement with no any side effects. So to explore different Ayurvedic treatment in Khalitya this review study was undertaken.

KEYWORDS: Baldness, Hair fall, Khalitya, Nasya, Raktamokshan.

INTRODUCTION
In Ayurveda Hair fall or loss of hair termed as Khalitya. Acharya Sushruta classified it under the Kshudraroga and Acharya Vagbhatta under the Shiroroga. According to modern medicine hair fall is also known as Alopecia or baldness which refer to partial or complete loss of hair especially from the scalp. The incidence of “Khalitya” (Hair fall) is increasing day by day. Changing lifestyle, unhealthy dietary habits, sleep disturbances, systemic diseases, medications and stressful life also contribute to it.

Millions of people worldwide suffering from hair loss. According to survey up to 40% of men and 25% of women in India are victims of hair fall. Now a day’s hair fall commonly seen in youngsters too.

Khalitya is primarily a Pitta dominant Tridoshjanya Vyadhi i.e. Vata, Pitta, Kapha with Rakta dosha. Vitiated Pitta i.e. Bhrajaka Pitta along with vitiated Vata leads to weakening or withering of the hair from the hair roots. Vitiated Kapha along with Rakta obstruct the hair roots (Romakūpa) which prevent further growth of hair.
Hair adds to the beauty and the personality of a human being. Today everyone is very cautious about once look. The certain amount of hair fall is normal as the old one is replaced by new hair growth. If there is excessive hair loss then it needs a treatment.

In Ayurveda various Bahya and Abhyantar Chikitsa is described for Khalitya. Most of the research studies conducted are on Nasya, Raktamokshana and external application of Lepa.

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correction of the *Dosha* working locally by their position in the scalp and nutrition to the roots of the hair. The *Sukshma guna* of *Tail* helps to remove the obstruction of *Srotas* which affects the growth of new hair. Bhavya B.M et al. conducted a study to establish the effect of Para surgical procedures in the management of *Khalitya*. They concluded that *Pracchanna karma* followed by *Lepa* has a very significant effect in pacifying it. They treated 60 patients for 60 days. They showed that *Pracchanna karma* helps to irrigate the impure blood and *Lepa* applied after that over the scalp is absorbed by the hair follicles, which in turn causes the pores to open up and by the *Prabhava* of the drug hair growth can be observed. They observed no any side effects of the drugs during the course of study after administration.

Tarwate Chaitali et al. in their Conceptual study of *Panchatiktaksheerbasti* in *Khalitya* concluded that *Panchatikta ksheer Basti* have *Samshodhan* effect and provide good result in *Khalitya*, thus it can be effectively used in *Khalitya*.

Sandhya Pathak et al. treated a case of *Khalitya* using *Jalaukavcharana* with oral medication for 2 months regularly. They proved that it is clinically safe and effective therapy in the management of *Khalitya*.

Pawar Deepak et al. conducted clinical study of 20 patients of *Khalitya*. They used *Shwadanshradi Rasayan* and *Madhukadi Tail Nasya* for 2 months in these patients. They advocated that it helps in terminating the *Samprapti* of *Khalitya* and resulting in the alleviation of vitiated *Doshas* by which cessation of hair fall was achieved.

Pramod Yadav et al. conducted a clinical study on 31 patients for 28 days. They used application of *Kesharaja Taila* to treat these patients. They showed *Kesharaja Taila* was effective in reducing the diffuse hair loss in *Khalitya*. They also observed that a highly significant reduction in all chief complaints due to excellent antidendruff action of *Kesharaja Taila* might have been due to the synergistic antifungal, anti-inflammatory and local immune-stimulatory actions of its ingredients.

Vijay Ganpatrao Bodkhe et al. conducted a comparative study on 40 patients for 45 days in the local application of *Malatyadi Tailam* and *Til Tailam* in *Khalitya*. They found better results of *Malatyadi Tailam* as compared to *Til Tailam*.

Shiv Prasad Dwivedi et al. conducted comparative clinical study on 15 patients by using *Panchtikta Ghrita ksheer Basti* and *Panchtikta Ghrita Ksheer Basti* along with oral administration of *Kukkutand Twaka Bhasma* 500 mg. BD after meal. They observed that relief in sign and symptoms of hair fall was found in the both group correlatively but group treated with *Kukkutand Twaka Bhasma* showed better results in *khalitya*.

**DISCUSSION**

*Khalitya* (Hairfall) is the most common condition in young and old age. In pathophysiology of *Khalitya* there is involvement of *Rasa, Rakta Mamsa* and *Asthivaha Srotas*. 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,*
Raktamokshan, Basti, local application and use of Rasayan drugs.

Nasyakarma is specially indicated in Uradhava-Jatrugata Vyadhi. The drugs like Bhringaraja tail, Shadbindu tail, Chandanadhya tail, Madhukadi tail are mainly used for nasya. They have Raktashodhaka, Keshya and Asthiposhak property which help to break the pathogenesis by correcting vitiated doshas. These drugs get absorbed locally from highly vascular nasal mucosa. The Sukshma guna of Tail helps to remove the obstruction of Srotas which affects the growth of new hair and gives nutrition to the roots of the hair.17,18

Raktamokshana is one of the shodhana therapies. Vitiation of Rakta and pitta dosha is predominant in Khalitya. Raktamokshana is the best therapy for pacifying the Rakta and pitta. In this, impurity of body and toxic waste of the body is removed through blood and open the blocked hair follicle which helps in growing new hair follicle19.

Acharya vagbhata said that Asthidhara kala reside on Pakwashaya and Pakwashaya is the main site of Vata. Basti is the main treatment for Vatadushthi. Panchtiktaksheera Basti provides nourishment to Asthidhatu after that Mala of Asthi (hair) also get nourishment and improved hair fall20.

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 hair21.

Thus by Panchkarma procedure in combination with Ayurveda formulations proved to be effective in the management of Khalitya.

CONCLUSION

From the data obtained it can be concluded that Pittaja Prakruti makes the individuals more susceptible to Khalitya. Various herbomineral drugs are mentioned in Ayurveda to treat the disease. Most of these are Keshya and Asthiposhak. Many research studies on nasya, basti, Jalaukavcharan are proved to be effective in treatment of Khalitya. Hence it can be concluded that Khalitya can be effectively treated using Panchakarma therapy and Ayurvedic formulations without any side effects.

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CORRESPONDING AUTHOR
Dr. Sadhana Misar (wajpeyi)
Associate Professor
Department of Kayachikitsa
MGACH & RC, SALOD (H) Wardha
Maharashtra-India
E-mail : atul.pthk@gmail.com

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