

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

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**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*<sup>1</sup>. *Acharya Sushruta* classified it under the *Kshudrarooga*<sup>2</sup> and *Acharya Vagbhatta* under the *Shiroroga*<sup>3</sup>. 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<sup>4</sup>.

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<sup>5</sup>.

*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<sup>6</sup>.

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*.

Sl.No.	Formulations	References
1	<i>Bhringraja taila</i>	Charak samhita sutra sthana , chapter 5 verse no. 57-62, p. 192
2	<i>Malatyadi Tailam</i>	Bhaishajya Ratnavali Chp 60, p. 192.
3	<i>Saptamrita Loha</i>	Bhaishaj Ratnavali, p.g. 628
4	<i>Chandanadhya Taila</i>	Charak Samhita, Vidhyotini
5	Shwadanshtradi Rasayan	Ashtanga hridya (Rasayanavidhi Adhyaya- 39/159 Uttaraasthanam)
6	Madhukadi Tail	<i>Chakradatta</i> 54/105
7	Shadbindu tail	Bhava Mishra ,Verse No. DhanyaVarga : 62/37/38page no. 612
8	<i>Panchtikta Ghrita</i> <i>Ksheer Basti</i>	Kashinath Pandey. (2011). <i>Charak Samhita</i> , (Ed.)(vidyotini tika) Chikitsa Sthan, Part 1 , p. 573
9	<i>Kesharaja Taila</i>	Sharangadhara Samhita. Madhyama Khanda9/1. Ed.

Most of the drugs have *Keshya* and *Asthiposhaka* properties. The aim of this study is to explore the different *Ayurvedic* formulations in management of *Khalitya* (Hair fall) which treat it in the natural way without any side effects.

Ayurvedic literatures as well as research articles on *Khalitya* were searched through net surfing to collect data.

### OBSERVATIONS

Following Research studies were found on *Khalitya*. Most of the studies found were on *Nasya*, *Raktamokshan*, *basti*, local application and use of *Rasayan* drugs.

Rajani Thankan (2014) et. al. conducted comparative study on *Vagbhatokta Nasya Vidhi* (continuous stream of pouring) and *Charakokta Nasya Vidhi* (drop by drop pouring) using *Bhringaraja tail* in *Khalitya*. The study showed significant results and

long term effects on the signs and symptoms of *Khalitya* for both, they found better results with *Charakokta Nasya vidhi* as compared to *Vagbhatokta nasya Vidhi*<sup>7</sup> Nagraj Goutam et. al. conducted a study to establish the principle “*Nasa hi shirso Dwaram* “. They treated 30 patients with *Shadbindu tail nasya*. Study showed that *nasya vidhi* with *Shadbindu tail* provided a significant relief of the signs and symptoms of *Khalitya* mainly in hair fall and breaking of hair<sup>8</sup>.

Jigisha Patel et al. conducted a clinical study on 15 patients with *Nasya Karma* along with restricted diet pattern for 8 weeks. The treatment was done with the *Chandanadhya tail* in 15 patients. They found good results of *Nasya Karma* in *Khalitya*. They concluded that *Nasya Karma* breaks out the cycle of pathogenesis with its internal

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<sup>9</sup>.

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<sup>10</sup>.

Tarwate Chaitali et al. in their Conceptual study of *Panchatikta ksheerbasti* in *Khalitya* concluded that *Panchatikta ksheer Basti* have *Samshodhan* effect and provide good result in *Khalitya*, thus it can be effectively used in *Khalitya*<sup>11</sup>.

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*<sup>12</sup>.

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<sup>13</sup>.

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 antidandruff action of *Kesharaja Taila* might have been due to the synergistic antifungal, anti-inflammatory and local immune-stimulatory actions of its ingredients<sup>14</sup>.

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*<sup>15</sup>.

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*<sup>16</sup>

## 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.<sup>17,18</sup>

*Raktamokshana* is one of the *shodhana therapies*. Vitiating 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 follicle<sup>19</sup>.

*Acharya vagbhata* said that *Asthidhara kala* reside on *Pakwashaya* and *Pakwashaya* is the main site of *Vata*. *Basti* is the main treatment for *Vatadushti*. *Panchtikaksheera Basti* provides nourishment to *Asthidhatu* after that *Mala* of *Asthi* (hair) also get nourishment and improved hair fall<sup>20</sup>.

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<sup>21</sup>.

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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