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Clinical approach for trichology and Ayurveda

Trichology is a science of human hair and scalp. Ayurveda being a time tested and time trusted system of medicine has narrated more details about hair and scalp and possible diseases and their prevention and managements. Hair has more antiquity for cosmetic, esthetic, and medical reasons. Trichology has more popularity and involving trading and commerce into it. Hair oils, shampoos, combs, hair driers, dye, likewise many are there to prove its importance for current society. skin performs many activities like thermoregulation., protection, cytokines synthesis, pigmentation ,important among them is it helps in Vitamin D3 synthesis. Hair has a great place in Ayurveda . Hair is a Pitruja bhava, contributes as sroto mula, and roga marga. It's a Rasapradodoshaj and Asti pradoshaja and contributes for one set of Asta Nindita Purusha. Distribution of hair on human is swabhavaj. Kesha is Asti mala, Smasru is Shukra mala. Ayurveda mentions about major hair present on humans as kesha, loma, roma, smasru, karna kesha, nasa kesha, and provided details like roma sanjanan and roma stan. Hair distribution is Swabhavaj. On scalp around 1,00,000 follicles, on face 5,00,000 on body 10 million follicles are present. If they are totally absent then called as alopecia and present in excess is hypertrichosis, one pair of Asta Nindita Purusha. Ayurveda mentions 30,956 Roma kupa are present and Drishti and Roma kupa can not be increased in number after birth. This is one of the potential area for research. This shows the great concern of Ayurveda to provide good quality of wanted hair and removal of any unwanted hair with safety as primary concern. Hair nutrition and versatility of hair complaints like

- Khalitya fall of hair from scalp,
- Indralupta, fall of hair from beard,
- Ruhya, fall of hair from body,
- Dharunaka, Diffilivium folliculorum,
- Arumshika and Irivellika, infective conditions of scalp
- Weathering of hair
- Fractured tips
- Pressure Alopecia, Traction Alopecia. etc.

Biography

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