

## Ayurvedic Approach towards Hairfall (Khalitya)

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### ABSTRACT

The science which teaches us the Art of living is Ayurveda. External appearance and Beauty take priority over intellectual achievement and simplicity. To appear honestly beautiful or handsome, noble and majestic is the dream of every human being. It also gives people self-confidence, personal style. A Person's body without hair is seen like a tree without leaves. Hair plays a very crucial role not only in females but also in males. Khalityain Ayurvedacan can be correlated with hair fall. The incidence of Khalitya is increasing by day by day. According to a poll conducted in India, up to 40% of males and 25% of women in the country suffer from Khalitya. It is a condition that progresses slowly. It is very common in youngsters too; various factors like sleep disturbances, stress, various systemic disorders, changing lifestyle, unhealthy dietary habits and medications contribute in occurrence of khalitya. In Ayurveda there is Abhyantar and BahyaChikitsa described for the treatment of Khalitya. Raktamokshana, Nasya, and Lepas are the subjects of the majority of research projects. Hair loss is treated with a variety of medications, including Til Tailam, Bhringrajataila, AsthiposhakVati, MalatyadiTailam, and Rasayana medicines. The main aim of this article is to review about the unhealthy lifestyle which leads to extreme hair fall. Various Acharyas has described not only about treatment of Khalitya but also prevention of this disease. All the data, information and references related to Khalitya (hair falls) has been collected and compiled from Ayurvedicsamhitas. Various research articles were also searched from different websites. All the information which were collected were analysed for discussion and conclusions has been made from this information.

**Keywords:** Alopecia; Ayurveda; Baldness; Hair fall; Keshpatan; Khalitya

### DESCRIPTION

In Ayurveda the gradual falling of hair is termed as Khalitya. It comes under the heading of Kshudra roga (minor disease) or Shiroroga (diseases of head & scalp). Hair fall is a physiological phenomenon, generally after the midforties, it is considered as disease if it occurs before this period. For the treatment of the Hair fall, so many drugs are mentioned in Ayurvedic classics. It includes amla, shikakai. In today's era, there is a race for modern lifestyle, various cosmetics or more important is adaptation of western culture, unhealthy dietary habits has to made their hair either falling down or greying at a younger age. Varieties of chemical products like hair oils, shampoos, conditioners, soaps, gels and various beauty products, in the name of

'SAUNDARYAPRASADHANA' as pharmaceutical propaganda were launched to promote the growth of hair which made the situation even worse. Khalitya is considered as natural physiological phenomenon, it normally occurs after the mid-forties, but when it occurs before this time then it is considered as disorder [1].

Falling of the hair or loss of hair can be correlated with Khalitya according to Ayurveda. [2] Acharya Vagbhata has mentioned this disease under Shiroroga while Acharya Sushruta considered it under Kshudraroga [3]. Khalitya is essentially a TridoshjanyaVyadhi with Pitta dominance, i. e. Raktadosha combines Vata, Pitta, and Kaphadoshas. In Ayurvedic scriptures, a variety of therapy techniques for hair loss are listed. Khalitya

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(hair loss) is linked to Alopecia, which refers to partial or complete hair loss from the scalp, according to modern medicine. In this today's era, there is a race for modern lifestyle, various cosmetics or more important is adaptation of western culture, unhealthy dietary habits are contributing to hair fall, loss of the hair and greying at prematurity. There is increase in incidence of Khalitya day by day [4]. Those individuals who are very conscious about their style, personality and look, cannot ignore about their hair and its disorder. As it is imperative to understand, how one can take care of the hair to maintain its length, thickness, lustre, volume and staying away from any hair and scalp disorders [5].

Hair is a modified epithelial structure generated as a result of keratinisation, according to contemporary science. A germination cell is a type of cell that is used to germinate seeds. Hair is a type of epidermal tissue. An appendage that is attached to the dermis. Every hair grows from hair follicles, which are found in the scalp insides look like a slim pocket epidermis. Aside from the palms, soles, and lips, hair can be found in every area of the epidermis. Hair growth follows a predictable pattern. The hair development cycle in the scalp has three phases: Anagen, Categen, and Telogen.

The anagen phase is a stage of development that typically lasts 3-5 years. There are around 100000 hair on a healthy scalp, and 90% of the follicles are continually in the anagen phase of hair production. Categen stage occurs after this phase, when the follicles begin to go dormant for a period of two to three weeks. There are around 100000 hair on a healthy scalp, and 90% of the follicles are continually in the anagen phase of hair production. Categen stage occurs after this phase, when the follicles begin to go dormant for a period of two to three weeks [6].

Hair fall is the most prevalent ailment in both young and old people. Rasa, Rakta Mamsa, and Asthivaha Srotas are all involved in the pathophysiology of Khalitya. Hair loss is a cosmetic issue that has a psychological impact on the patient. Hair loss affects millions of people throughout the world. The majority of Khalitya research studies may be found on Nasya, Raktamokshan, Basti, and other related sites. Rasayan medicines are applied and used locally. Nasyakarma is highlighted in Uradhava-JatrugataVyadhi in particular [7]. Nasya is treated with medications such as bhringarajataila, shadbindutaila, chandanadhya tail, and madhukadi tail. They have the properties of raktashodhaka, keshya, and asthiposhak, which aid to break the pathogenesis by rectifying the vitiated doshas. The highly vascular nasal mucosa absorbs these medicines locally.

Taila's Sukshmaguna aids in the removal of srota obstructions that impede the formation of new hair and feeds the hair roots. According to astangasamgrahkara, the application of various forms of pralepas should be done following prachhana or shuchi karma. In khalitya, lepas that can be used with kapithswarasa. Kutannatadilepa. Bhallatakadilepa. Premature hair loss is a sign of early ageing and Rasayana is the finest antiageing medication for reversing the ageing process. Rasayana nourishes the Asthidhatu and hence promotes hair development. Thus, the use of panchkarma in conjunction with Ayurvedic formulations has been shown to be effective in the treatment of khalitya [8].

## CONCLUSION

Ayurvedic medications and therapies have Keshya, Balya, and anti-aging characteristics, they will have a positive impact on khalitya (hair fall). The ayurvedic treatment of khalitya can break down the disease's pathophysiology and create a ray of light in the darkness. Rasayana and Panchakarma are the greatest anti-aging therapies for reversing the ageing process. Many studies have shown that nasya, basti, and Jalaukavcharan are useful in the treatment of Khalitya. As a result, it can be stated that Khalitya can be efficiently treated without side effects using Panchakarma therapy and Ayurvedic formulations.

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