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Tenets on *Khaalitya* and its causes in classical Indian medicine

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ABSTRACT

The *Vedas* and other ideas transcend ancient Indian medicine. Hairfall, also known as *Khaalitya* in *Ayurveda*, is a prevalent disease that has now evolved into a cosmetic issue. The importance of hair, as well as its cosmetic value, has been acknowledged by *Ayurvedic* science scholars. According to recent figures, the prevalence of hairfall in India is around 60%, indicating that it is already a triggering factor for other disorders. A comprehensive review of the conventional resources accessible can aid in the identification of some short causes of hairfall. A literary analysis of all known *Ayurvedic* Classics sources was conducted, with the goal of addressing the causes mentioned. All the facts which are acquired during the evaluation are reviewed, with likely categorization of reasons, depending on food, regimen and several other elements. Excessive use of salt, alkaline substances, stress, excessive exposure to wind, and other causes listed in Indian classical medicine have contributed to the enumeration of the following reasons.

Key words: *Khaalitya*, *Ayurveda*, *Hairfall*

INTRODUCTION

Ayurveda dates all the way back to the *Vedas*. It's a vast repository of information that covers not just systemic but also localized small illnesses in great detail. Hairfall, also known as *Khaalitya*, has become a top runner in recent years, as well as an aesthetic issue. As per the studies in 2018, hairfall prevalence in India is found to be 60.4%. Hairfall, in addition to being a cosmetic issue, can signal a variety of other underlying health issues,

such as nutritional deficiencies, hormone imbalances, infections, and a variety of other illnesses, as well as hygiene issues that both men and women encounter in today's world.

NEED FOR THE STUDY

Exact *Kaarana* for *Khaalitya* is not found in a single context. They are scattered in various *Ayurvedic* literatures. Though the *Sampraapti* appears to be well explained in *Khaalitya*, as well as the relationship between the *Nidaana/Kaarana* and the *Roga*, the specific *Kaarana* of the involved *Dosha - Dushti* is not clear even today, so it is necessary to piece together the possible causes for *khaalitya* from the scattered references in *Ayurveda*. The link between *Kaarya* and *Kaarana* can be elicited with a thorough understanding of *Kaarana*. Analyzing the *Nidaana/Kaarana* is the first step to understand a disease and its related symptoms.

METHODS

- A detailed literary research of the causes of *Khaalitya* was conducted through diverse

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Ayurveda Classical literature, with critical analysis and categorization of reasons based on *Aahaaraja Nidaanaas*, *Vihaaraja Nidaanaas*, *Maanasika Kaaranaas*, and *Any Kaaranaas*.

- Analysis of the *Dosha* influence with the respective *Gunas* involved in each *Nidaana* for further analysis.
- Application of various fundamental postulates in a disease w.s.r to *Khaalitya*.

REVIEW OF LITERATURE

Khaalitya - Nirukti^[1]

Falling of hair is known as *Khaalitya*.

Definition of *Khaalitya*

Khaalitya is a disorder that causes hair to fall out gradually, eventually leading in full hair loss. *Khaalitya* is an ongoing process, which continues even after the loosening of hair follicles. *Acharyas* have mentioned *Indralupta*, *Rujya*, and *Chaacha* as the synonyms of *Khaalitya Roga*.^[2]

Nidaanaas of *Khaalitya*^[3,4]

<i>Aahaaraja Nidaanaas</i>	<i>Vihaaraja Nidaanaas</i>	<i>Maanasika Nidaanaas</i>
<i>Amla Aahara Atisevana</i> (excessive intake of sour food)	<i>Atapa Ati Sevana</i> (exposure to hot weather)	<i>Chinta</i> (Over thinking)
<i>Atisheetambu Sevana</i> (excessive intake of cold food)	<i>Ati Bhaashya</i> (excessive talking)	<i>Any Kaaranaas</i>
<i>Atimadyapana</i> (excessive intake of alcohol)	<i>Atimaithuna</i> (excessive sexual indulgence)	<i>Abhyanga Dwesha</i> (Not following oleation therapy)
<i>Guru Ahara Atisevana</i> (Intake of heavy food)	<i>Bhaashpa Nigraha</i> (suppression of tears)	-
<i>Harita Shaaka Atisevana</i> (excessive intake	<i>Divaswapna</i> (day sleep)	-

of green leafy vegetables)		
<i>Hima Aahara Atisevana</i> (intake of cold food)	<i>Hima Sevana</i> (exposure to cold whether)	-
<i>Lavana Ati Sevana</i> (Intake of salty foods)	<i>Pragvata Sevana</i> (exposure to easterly wind)	-
<i>Lavanaahaara</i> with <i>Ksheera</i>	<i>Ratrijagarana</i> (night vigil)	-
-	<i>Rajo Dhuma Sevana</i> (exposure to dust & fumes / smoke)	-
-	<i>Rodhana</i> (excessively crying)	-

Sampraapti of *Khaalitya Roga*

Vrudda Pitta, together with *Vata*, reaches *Romakoopa* and causes hair loss, whilst *Shleshma*, together with *Shonita*, causes *Avarodha* of the *Romakoopa* channels, preventing hair regeneration, and this condition is known as *Indralupta*, *Khaalitya*, or *Ruhya*.^[5]

DISCUSSION

Khaalitya Nidaana and *Dosha Sambandha*

Probable *Dosha* vitiation by *Aahaaraja Nidaana*

S N	<i>Nidaana</i>	<i>Vitiated Dosha and Dooshya</i>	<i>Vitiated Guna</i>	Type of vitiation	<i>Karma</i> manifested
1.	<i>Amla Aahaara Ati Sevana</i>	<i>Kapha</i> <i>Pitta</i> <i>Rakta</i>	<i>Snigdha</i> <i>Ushna</i> <i>Laghu</i>	<i>Kapha Vruddhi</i> <i>Pitta Vruddhi</i> <i>Rakta Dushti</i>	<i>Snigdhatata</i> <i>Shithilath a</i> <i>Bhrama</i> <i>Kandu</i> <i>Trut</i>
2.	<i>Lavana Rasa Ati Sevana</i>	<i>Pitta</i> <i>Kapha</i>	<i>Sneha</i> <i>Ushna</i> <i>Guru</i>	<i>Pitta Vruddhi</i> <i>Kapha Vruddhi</i>	<i>Stambhana</i> <i>a</i> <i>Snehana</i>

					Swedana Trut Daaha
3.	Kshaara Aahaara Atisevana	Vata Pitta	Rooksha, Sookshma Sara Drava	Vata Vruddhi Pitta Vruddhi	Rookshana Langhana Daaha Paaka
4.	Guru Aahaara	Kapha	Guru Snigdha Manda	Kapha Vruddhi	Stambhana Agnimandya Gaurava Avipaaka
5.	Harita Shaaka Ati Sevana	Vata	Rooksha Laghu Sheeta	Vata Vruddhi	Rookshana Langhana Graahi
6.	Hima Aahaara / Dravya	Vata	Sheeta Rooksha Laghu	Vata Vruddhi	Stambhana Rookshana Jeevana Hrudya
7.	Atimady apaana	Vata Pitta	Rooksha Teekshna Ushna Laghu Drava Sookshma	Vata Vruddhi Pitta Vruddhi	Rookshana Langhana Swedana Dhaatukshaya
8.	Lavana Aahaara with Ksheera	Tridosha, Rakta	Sheeta Ushna Snigdha Teekshna Guru	Tridosha Vruddhi Rakta Dushti	Stambhana Agnimandya Dhaatukshaya

			Drava Manda		Avipaaka
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Probable Dosha vitiation by Vihaaraja Nidaana

S N	Nidaana	Vitiated Dosha and Dooshya	Gunavitiated	Type of vitiating	Karma manifested
1.	Atapa Sevana	Vata Pitta	Rooksha Teekshna Ushna Drava	Vata Vruddhi Pitta Vruddhi	Swedana Langhana Glaani Trut Krushneekarana
2.	Praagva ata Sevana	Vata	Laghu Sheeta Rooksha	Vata Vruddhi	Rookshana Langhana Shoshana
3.	Ratri Jagaran a	Vata	Rooksha	Vata Vruddhi	Rookshana Langhana Abalata Dukha Kleebata Ajnaana
4.	Dhooma Atisevana a	Vata	Laghu Rooksha Sookshma Sheeta	Vata Vruddhi	Langhana Chalatwa Rookshana Stambhana
5.	Hima Sevana	Vata	Sheeta	Vata Vruddhi	Stambhana
6.	Baashpa graha	Vata	Chala Avarodha	Vata Vruddhi	Stambhana
7.	Diva Swapna	Kapha Pitta	Snigdha Guru	Kapha Vruddhi	Snehana Bumhana

			Sneha	Pitta Vruddhi	Sukham Pushti Bala Vrushata
8.	Ati Maithuna	Vata	Rooksha Chala	Vata Vruddhi	Langhana Rookshana Swedana Shoshana
9.	Ushanjal a Shiro- Snaana	Pitta	Ushna Drava	Pitta Vruddhi	Swedana Tarpana Daaha
10.	Ati Pralaapa	Vata	Rooksha Chala	Vata Vruddhi	Rookshana Chalatwa

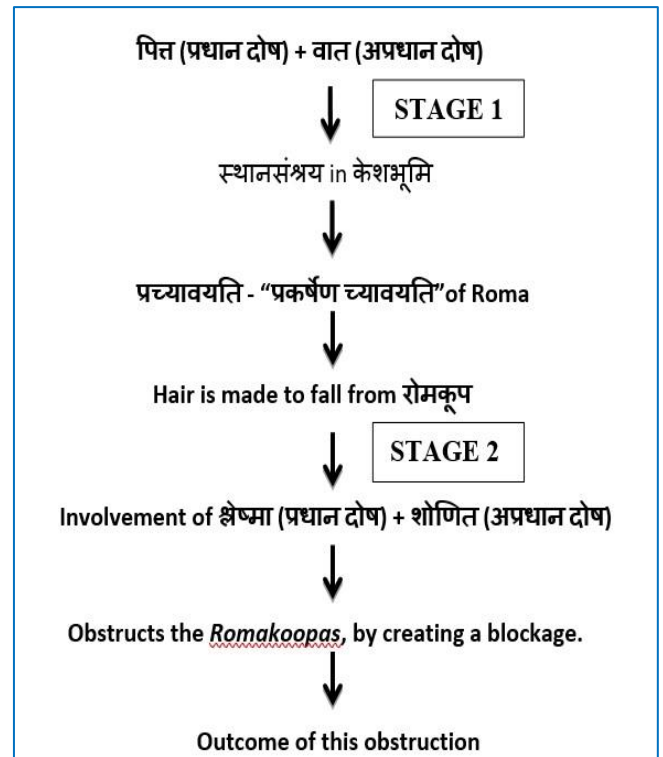
Probable Doshā vitiation by Maanasika Kaarana and Anya Kaarana

Maanasika Vikaara	Chinta
Dravya	Manas
Dosha vitiated	Vata
Guna vitiated	Chala
Type of vitiation	Vata Vriddhi
Karma manifested	Chintyam
Anya Kaarana	Abhyanga Dwesha
Dravya	Taila
Vitiated Dosha	Vata
Guna vitiated	Rooksha, Laghu
Type of vitiation	Vata Vriddhi
Karma manifested	Rookshana

DISCUSSION

Two phases of *Sampraapti* are described, which were fully comprehended by the *Samskruta Vyaakarana*

Prayoga of the present continuous tense term *Prachyaavayati*. It also implies that this is a continuous process that continues even after the hair follicles loosen. We were able to decipher that the sutra's *Adhikarana* is *Indralupta Roga* by employing *Tantrayukti*. We can identify the *Sampraapti* in two stages based on the *Sootra*; in the verse "*Pittam Vaatena Saha Moorchitam*" (represents the first stage of *Sampraapti*), *Pitta* (*Pradhaana Dosha*) becomes vitiated, and *Vata* (*Anubandha Dosha*) becomes vitiated. The term *Prachyaavayati* represents the hair is made to fall from the *Romakoopas*. As a continuation, the second stage is explained with the involvement of *Shleshma*, which is the *Pradhaana Dosha* along with *Shonita* (*Anubandha Dosha*) which obstructs the *Romakoopas*, thereby creating a blockage. The indulgence of *Vata*, *Pitta* and *Kapha* i.e., all three *Doshas* has been held responsible for the production of *Khaalitya*.



CONCLUSION

Khaalitya is a significant aesthetic issue that affects people of all ages and genders. There are many sources of hairfall according to *Ayurveda*. *Khaalitya* pathogenesis is a two-stage procedure that continues

after the hair follicles have become loose. *Pitta* and *Vata* cause hair follicles to relax from hair roots, whilst *Kapha* and *Rakta* cause hair follicles to become obstructed. There are both self-contained and systemic causes. Hair loss can be caused by a variety of factors, including changes in food, regimen, and psychological status, as well as other factors. As analogous *Dosha* vitiation has already occurred, history of previous illness, particularly the history of Dandruff, plays an inextricable role in the manifestation of *Khaalitya*. Other reasons, such as aversion towards oil application, are more powerful in causing *Khaalitya* to develop, as it produces an excess of dryness in the scalp. As *Ati-Chintana* immediately leads to *Dhaatu Kshaya*, *Maanasika Vikaara*, like *Chinta*, plays a crucial part in *Khaalitya*. Excessive exposure to direct wind causes *Rookshata*, *Laghutwa*, and *Chalatwa*, while excessive exposure to cold weather causes *Sheetata*, vitiating *Vata Dosha* and resulting in *Khaalitya*. As it does the *Kapha Prakopa*, day time sleep is proven to be a stronger cause of *Khaalitya* manifestation. Excessive usage of heavy meals, salty foods and cold foods/drinks also can lead to *Khaalitya* due to the vitiation of *Kapha*, *Pitta*, and *Vata Doshas* respectively. Head bath with hot water and late sleep/awakening at night, exposure to sun and smoke, excessive speaking, excessive sexual activity, control of tears were discovered to be causes in *Khaalitya* among the *Vihaaraas*. Other dietary causes revealed as causative factors in *Khaalitya* include excessive usage of sour foods, pickle/ vinegar added foods, leafy vegetable usage and salty foods along with milk and excessive consumption of alcohol. Family history of hairfall, or paternal side hairfall, has a role in the manifestation of *Khaalitya*.

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