



Conceptual study on Khalitya

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In Ayurveda Khalitya means hair fall, in present era millions of people are suffering from hair fall. Khalitya is primarily a Pitta dominant Tridoshjanya Vyadhi i.e., Vata, Pitta, Kapha with Rakta Dosha. Hair adds beauty and the personality of a human being. In present era, falling of hair is a commonly found cosmetic problem affecting young people. Healthy and good looking hair makes person good looking and enthusiastic. It is due to changing lifestyle, unhealthy dietary habits, sleep disturbances, systemic diseases, medications and stressful life. Khalitya has been described in Ayurveda under the heading of Kshudra Roga (minor disease) or Shiroroga (diseases of head & scalp). It is progressing disorder people living in sedentary life, stress induced hectic schedules along with indiscriminate dietary habits result in many disturbances and deficiencies in the body which directly reflect in loss of hair. Most of the research studies conducted are on Nasya, Raktamokshana and Lepa. Various drugs like Bhringraja Taila, Malatyadi Tailam, Tila Taila, Asthiposhak Vati and Rasayana drugs are used for hair loss.

Keywords: Kshudra Rogas, Khalitya, Hair fall

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Introduction

In *Ayurveda* Hair fall or loss of hair termed as *Khalitya*. [1] *Acharya Sushruta* classified it under the *Kshudraroga* [2] and *Acharya Vagbhata* under the *Shiroroga*. [3] 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. [4] According to survey up to 40% of men and 25% of women in India are victims of hair fall. Now a day's hair falls commonly seen in youngsters too. [5] *Shabdakalpadruma* and *Vachaspatya* have mentioned as "*Khalati Skahalyanti Kesha Asmar*", this means word *Khalitya* is falling of the hair. Here, *Teja* and *Vatadi Dosha* when enters into the *Kesha Bhoomi*, it results in *Khalitya*, while commenting on this *Acharya Chakrapani* clarifies that the word *Teja* denotes *Dehoshma* and is directly proportional to *Pitta Dosha*. [6] *Kesha* is the *Mala* of *Asthi Dhatu* [7], consequently whenever there is a *Vrudhi* and *Kshaya* of *Asthi Dhatu* there it will affect the growth and development of the hair. This is observed through the sign and symptoms of the *Asthi Kshaya* i.e., *Kesha*, *Loma*, *Nakha*, *Shamshru*, *Dwija Prapatanam*, *Shrama* and *Sandhi Shaithilyam*. [8]

Millions of people are suffering from hair fall and the prevalence of hair fall found to be 60.3%, prevalence of dandruff was found to be 17.1% and the prevalence of baldness was found to be 50.4%. [9] It is a universal problem affecting both sexes of all races. [10] According to modern science hair fall is one of the main symptoms which indicate many pathological conditions. It may occur due to hormonal disturbance. In *Ayurveda* there is no clear description about the causative factors of *Khalitya* except *Acharya Charaka* and *Vagbhata* who has mentioned the major factors as follows- *Pitta Prakarti*, *Ksharaatisevan*, *Lavanrasa Atisevan*, *Ushama Bhoomi*, *Viruddha Aharasevan* [11], ignorance of *Pratishyaya* [12], intake of *Atilavana* during pregnancy would be result in congenital hair loss (*Khalitya*). [13] *Khalitya* is mainly a *Pitta* dominant *Tridoshaja Vyadhi* [14] where *Tejas Mahabhoota* combining with *Vatadi Dosha* reaches the *Shira Kapala* and causes hair fall by *Dahana* of *Roma Koopa* (hair follicles). [15] *Indralupta* and *Ruhyam* these are 2 words which is also described in *Ayurveda* as a symptom of Hair fall. [16]

According to *Acharya Charaka*, the *Teja Dhatu* (heat) of the body in association with *Vayu* and other *Dosha*, scorches up the hair-root (scalp) giving instantaneous rise to *Indralupta* (alopecia). According to *Acharya Kartika*, falling of hair from all over the body is called *Ruhyam*. There are some differences between *Khalitya* & *Indralupta*. In *Khalitya*, hair loss is gradual and generalized over the scalp but hair is lost suddenly and patch by patch in *Indralupta*. [17]

Causes of Hair Fall

- *Viruddha Aahara Vihara*
- *Pitta Vardhak Aahara Vihara*
- *Hina*, *Mithya* and *Atiyoga* of *Aahara*, *Nidra* and *Brahmacharya*
- Consuming polluted water
- Living in polluted
- Non application of oil on the
- Consumption of *Dushi Visha*.

Following treatment of *Khalitya* are described by different *Acharya* in our text. *Acharya Charaka* mentioned that patient of *Khalitya* should be treated by *Nasya*, *Shiroabhyanga* and *Pralepa* on head and face along with *Shodhana Chikitsa*. [18] *Acharya Sushruta* has also mentioned about *Pradhamana Nasya* in management of *Khalitya*. [19] *Acharya Vagbhata* mentioned that after *Shodhana of Dosha*, treatment which is mentioned in *Indralupta* and *Palitya*, should be done in *Khalitya*.

Ayurvedic Line of Treatment

- *Moordha Tail* (oiling) and paste for local application over scalp
- *Nasya* (nasal drop)
- *Snana* (taking bath)
- *Dhoomapana* (medicated smoke)
- *Kshaurakarma*: Haircutting & proper care of the hair of scalp & beard
- *Ushnishka*: The wearing of *Ushnishka* (turban or cap)
- *Panchakarma* (*Virechana*)
- *Basti* (*Panchatikta Kshira*)
- *Shirodhara*
- *Rasayana Chikitsa* - *Amalaki Rasayan*

Ayurvedic Yogas

Sanjivani Vati, Arogyawardhini Vati, Sutshekhar Rasa, Shankha Bhasma, Asthiposhak Vati, Ashwagandharishta, Brahmi Vati, Guduchighana Vati, Amrutadi Guggula, Shatavari Kalpa, Triphala Ghrita.

Hair Care

- Always use clean and cold or lukewarm water to wash your head avoid using warm
- Regular application of oil on the
- Eat protein rich food e., soya milk, egg etc.
- Comb hair only after hair get dried after bath
- Remove stress from your
- *Yogasana* to be done on regular basis, *Shirsasan, Shavasan, Bhramari Pranayam, Anuloma Viloma Pranayam.*

Khalitya is primarily a *Pitta* predominant *Tridoshajanya Vyadhi*. But based on the predominance of *Dosha*, is divided into following types

1. *Vataj Khalitya* - Scalp appears as *Agnidagdha, Shyava* and
2. *Pittaja Khalitya* - Colour of scalp as *Peeta, Neela* and *Harita*.
3. *Kaphaja Khalitya* - More or less same as the colour of the skin and *Snigdha*.

Keshya Drugs

Keshya is a drug beneficial to hairs. *Bhavprakash Nighantu* has mentioned a total of 16 drugs, which possess *Keshya* property (mentioned in a *shloka* from). These drugs can be used for therapeutic and preventive purposes in hair disorders.

a) Vibhitaki	b) Bhringraja
c) <i>Sinduvara</i>	d) <i>Nili</i>
e) <i>Arishta</i>	f) <i>Kadli</i>
g) <i>Gunja</i>	h) <i>Bakuchi</i>
i) <i>Gambhari</i>	j) <i>Japa</i>
k) <i>Saireyaka</i>	l) <i>Avidugdha</i>
m) <i>Bhallataka</i>	n) <i>Yastimadhu</i>
o) <i>Tila</i>	p) <i>Kasisa</i>

Conclusion

Hair is an important part of body. It enhances the beauty of individual. Incidence of hair diseases increasing day-by-day due to faulty dietary habits,

Lifestyle and stressful living, inappropriate nutrition or other factors lead to depletion of the function of the hair root. Several types of oils and *Lepa* for *Abhyanga* (Massage) greatly improve the blood circulation, thus increasing the nutrition of the hair roots & scalp. *Sarvangasana* also increases the flow of blood in the brain and prevents hair fall.

Many products related to hair care flooded in the market that claims they are Ayurvedic and Herb. But use of any one of the products may not be used before consultancy of physician, as does not give desired benefit. In Ayurveda various type of therapy is prescribed in different disease. Thus, hair disease can only be cure by strictly following the Ayurvedic Fundamental of treatment.

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