



## A Case Study of Khalitya (Hair Fall) - Ayurveda Perspective

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Hair shedding is a natural process where some hairs fall out while others grow in. When the equilibrium between hair production and shedding is disrupted, it is referred to as hair loss. This condition can arise from genetic factors, hormonal fluctuations, medical issues, or simply as a part of the aging process. While anyone can experience hair loss on their scalp, it is more prevalent among men. Baldness typically denotes significant hair loss from the scalp. The most common cause of baldness is hereditary hair loss associated with aging. In Ayurveda, this condition is referred to as Khalitya Roga, categorized under Kshudra Roga or Shiro Roga. Whenever this topic is discussed, it is recognized as a progressive disorder predominantly affecting individuals who lead sedentary lifestyles, endure stress from hectic schedules, and maintain poor dietary habits, all of which can lead to bodily disturbances that manifest as hair loss. This study will explore methods to mitigate and manage the increasing issue of hair fall through the use of Bhringraj oil and Nasya. In this study, A patient suffering from diffuse hair loss were instructed to gently massage Bhringraj Taila onto their entire scalp daily. The response to the treatment was assessed after four weeks. The evaluation of efficacy was based on improvements in clinical symptoms such as hair fall, dandruff, itching, and dryness. The study demonstrated a significant reduction in hair fall, dandruff, and itching. No adverse reactions were reported or observed throughout the study period, and overall adherence to the treatment was excellent. In conclusion, Bhringraj Taila was found to be effective in alleviating Khalitya and had a significant impact on associated symptoms.

**Keywords:** Khalitya, Indralopa, hair oil, Nasya, Bhringraj

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## Introduction

Healthy, beautiful, long, and attractive hair significantly enhances an individual's personality, as hair is frequently regarded as a measure of beauty. To sustain healthy hair, individuals must take responsibility, as hair, similar to the face, reflects the overall health of the body. Proper hair care is essential for maintaining one's crowning glory and ensuring it remains a representation of beauty and health. Hair is deemed a crucial element of personality. In *Ayurveda*, hair loss is termed *Khalitya*[1] and affects both genders. *Khalitya* is categorized as *Kshudra Roga* in classical texts such as the *Sushrut Samhita*, *Ashtang Samgraha*, *Yoga Ratnakar*, and *Madhav Nidan*. *Acharya Charaka* and the author of *Ashtanga Hridaya* categorize *Khalitya* under *Shiroroga* (diseases of the head) based on the location. As per *Ashtanga Hridaya*, when *Pitta* interacts with *Vata* or *Kapha*, it leads to hair loss [2] *Acharya Charak* observes that the combination of *Teja* and *Vatadi Doshas* swiftly impacts the scalp, resulting in *Khalitya*[3] In this condition, *Bhrajaka Pitta* in the skin and *Roma Kupa* becomes disturbed and penetrates the skin along with vitiated *Vata Dosha*, causing hair loss. Disturbed *Rakta* and *Kapha Dosha* subsequently obstruct hair follicles, hindering new hair growth, which ultimately results in baldness. *Khalitya* is characterized as a *Pitta*-dominant *Tridoshaja Vyadhi*, affecting scalp, leading to *Khalitya*. In this condition, *Bhrajaka Pitta* in skin and *Roma Kupa* becomes disturbed and penetrates skin along with vitiated *Vata Dosha*, causing hair loss.[4] Disturbed *Rakta* and *Kapha* dosha subsequently obstruct hair follicles, hindering new hair growth, which ultimately results in baldness. *Khalitya* is characterized as a *Pitta*-dominant *Tridoshaja Vyadhi*, involving *Vata*, *Pitta*, and *Kapha* with *Rakta Dosha*, with a predominance of *Pitta* and *Rakta Dosha*.

## Material and Methods

*Ayurveda* states that human body consists of seven primary *Dhatus* (body elements), namely *Rasa*, *Rakta*, *Mansa*, *Meda*, *Asthi*, *Majja*, and *Sukra*. Most *Acharyas* agree that formation of subsequent *Dhatus* arises from preceding ones through action of their respective *Agni*. For instance, *Rasagni* transforms *Ahara Rasa* into *Rasa Dhatu*, followed by *Raktagni*, which converts a portion of *Rasa Dhatu* into *Rakta*, and this process continues.

Concurrently with the formation of later *Dhatus*, there is also the simultaneous production of *Upadhatu* and *Mala* from the earlier *Dhatus*. During the metabolic process of *Asthi Dhatu*, facilitated by its *Agni*, *Majja Dhatu* is produced from the *Sara* component, while simultaneously, hair on the scalp and body, as well as nails, are formed as *Mala*. The gradual loss of hair is referred to as *Khalitya*. When *Pitta* interacts with *Vata* or *Kapha Dosha* leading to hair loss, it is termed *Khalitya*. According to *Acharya Sharngadhar*, hair on the scalp and body is considered the *Upadhatu* of *Majja Dhatu*. [5]

For the development of the fetus, hair is referred to as *Pitraj Bhava*, [6] indicating that the structure, color, and quantity of offspring are influenced by the paternal lineage. Hair primarily consists of *Parthiva Mahabhoota*, or the earth element. The formation of hair begins during the sixth month of intrauterine life. In contemporary science, hair is characterized as a modified epithelial structure resulting from the keratinization of germinal cells. [7] Hair serves as an epidermal appendage that is situated within the dermis. Each hair originates from hair follicles, which are akin to slender pockets within the epidermis. The development of hair follows a cyclical pattern. In the scalp, the hair growth cycle comprises three critical phases: Anagen, Catagen, and Telogen. On a healthy scalp, there are approximately 100,000 hair follicles, with around 90% of these follicles consistently in the anagen segment of hair development. Following this phase is the Catagen stage, during which the follicles begin to enter a dormant state, lasting for about 2 to 3 weeks. The telogen stage is characterized as a dormant or resting interval that persists for 3 to 4 months. Upon the conclusion of this stage, hair is shed. Subsequently, the hair follicle re-enters the anagen stage, and new hair commences its development. Thus, the hair growth cycle perpetuates. In a typical hair growth cycle, 50 to 60 hairs are lost daily. [8]

### Samprapti Ghataka

#### Dosha

*Vata*: *Samana*, *Vyana*

*Pitta*: *Pachaka Pitta* and *Bhrajaka Pitta*

*Kapha*: *Tarpaka Kapha*

**Dushya:** *Dhatu: Rasa, Rakta, Asthi*

**Mala:** *Sweda, Keshha*

**Agni:** Jatharagni, Rasagni, Asthyagni

**Ama:** Rasa, Raktagata Ama

**Srotasa:** Rasavaha, Raktavaha, Asthivaha, Swedavaha, Manovaha

**Udbhava:** Amashaya

**Sanchara:** Rasayani (Rasavaha Srotasa)

**Adhithana:** Keshabhoomi

**Rogamarga:** Bahya Ragamarga, Including Trimarma (Shira)

## Case Report

A 27 year old female, a student, reported to the OPD department of Rog Nidan Evum Vikriti Vigyan, Institute for Ayurved Studies and Research, Kurukshetra, Haryana, with the complaints of excessive scalp hair fall along with itching on scalp since 5 months

### History of present illness

The female experienced itching of scalp 1 back. After few months, she suffered from hair fall. Gradually she developed excessive hair loss of scalp like baldness. She was under mental stress due to her exams. She had undergone allopathic treatment but that provide her only temporary relief. With this complains, patient approached to OPD of IASR.

**History of past illness:** There was no relevant past history.

**Family history:** No member of the family had history of such illness.

### Personal history

**Diet:** Vegetarian

**Appetite:** Good

**Micturation:** 4-6times/day

**Bowel habit:** Regular

**Sleep:** Disturbed

**Addiction:** Tea 3-4 times/day

### Clinical Findings

#### General Examination

Temperature: Afebrile  
Respiratory Rate: 18/min  
Sleep: 6-7 hrs, Disturb  
Pulse rate: 82/min  
Weight: 52 kg  
Oedema: Absent  
Blood pressure: 120/70mmHg  
Height: 5 feet 4 inch  
Gait: Normal

#### Systemic Examination

The systemic examination showed no abnormalities in respiratory, cardiovascular and central nervous systems.

#### Investigations

Hematological investigation of patient was within normal limits. Case was diagn. *Khalitya* (Hair fall) on basis of sign & symptoms. Patient was treated at OPD level of Rog Nidan department of IASR. Treatment was given according to Ayurveda principles.

#### Ashthavidha Pariksha

Nadi - 82bpm  
Mala - Sama  
Mutra - Samyak  
Jivha - Shweta  
Shabda - Spasta Swara  
Sparsha - Samshitoshna  
Drik - Spasta  
Akriti - Madhyam

#### Intervention

Nasya Karma with *Bhringaraj* oil 4-5 drops/nostrils, along with its application on scalp given to patient.

The total duration of the study was 28 days.

### Ingredient of *Bhringraj taila* (A.F.I., Part-I,8:42, Pg.147)

Ingredient	Latin name/English name	Composition (Each 10 ml oil prepared from)
Bhringraja	Eclipta alba	20.224 g
Base Oil	Til Taila	10.112 g
<b>Herbs for Kalka (Paste)</b>		
Manjishtha	Rubia cordifolia	0.632 g
Padmaka	Pinus ceradoides	0.632 g
Lodhra	Symplocos racemosa	0.632 g

Candana	Pterocarpus santalinus	0.632 g
Gairika	Red ochre	0.632 g
Haridra	Curcuma longa	0.632 g
Daruharidra	Berberis aristat	0.632 g
Nagkesar	Mesua ferrea	0.632 g
Priyangu	Callicarpa macrophylla	0.632 g
Madhuyashtika	Glycyrrhiza glabara	0.632 g
Prapaundarika	Nelumbo nucifera	0.632 g
Gopi	Hemidesmum indicus	0.632 g
Bala	Sida cordifolia	0.632 g

### Medication Intervention

*Bhringraj Taila Nasya* 4-5 drops/nostrils was administered to the patient for 4 weeks and instructions to apply it every other day on the scalp [6 ml/application].

Patient was also instructed to gently massage the scalp for 10 minutes following the application of the hair oil. They were advised to use the oil in the morning. On the day designated for hair washing, they were instructed to apply the oil post-bath. The total amount of oil was left to the discretion of each patient's usage practices.

The study lasted for a total of 28 days. Patient was evaluated in the outpatient department once a week throughout the 28-day study period. Clinical evaluations of scalp lesions were conducted both objectively (by a physician) and subjectively (by the patient). A comprehensive examination of the scalp was performed after one week and at the conclusion of the study.

### Assessment

Assessment was conducted following the completion of procedure and after the follow up. Both subjective as well as clinical improvements were utilized for the assessment of the impact of the procedure. All symptoms which were chosen for assessment, their improvements were thoroughly examined and the severity of each of them was rated prior and after the trial of the procedure. Grading was done for the assessment.

### Subjective criteria[10]

#### Keshpata (hairfall)

1.	No hair fall	0
2.	Hair fall once in the morning while washing/combing	1
3.	Hair fall on every time of morning	2
4.	Hair fall even without combing and raised hairline in frontal region (mild baldness)	3

#### Keshbhoomi Rukshata (Roughness)

1.	Smooth hair surface	0
2.	Occasional rough hair surface	1
3.	Slight rough hair surface	2
4.	Rough hair surface	3

#### Keshbhoomi Kandū (itching)

1.	Absent	0
2.	Mild itching	1
3.	Moderate itching	2
4.	Severe itching	3

#### Darunaka (Dandruff)

1.	Absent	0
2.	Mild	1
3.	Moderate	2
4.	Severe	3

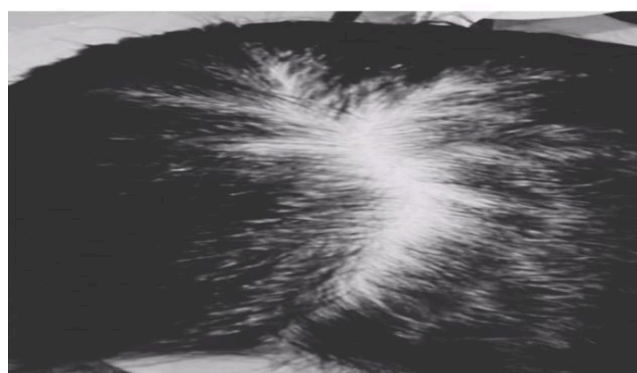
#### Simple pull test

1.	<2 hair	0
2.	2-4 hair	1
3.	4-6 hair	2
4.	6-8 hair	3

### Overall assessment

SN	Symptoms	BT	AT	After follow-up
1.	Keshpata (hair fall)	3	1	1
2.	Keshbhoomi Rukshata (Roughness)	2	1	1
3.	Keshbhoomi Kandū (itching)	3	1	2
4.	Darunaka (Dandruff)	1	0	0
5.	Pull test	3	1	1

**BEFORE**



AFTER



## Discussion

*Khalitya* is a prevalent yet highly complex and unpredictable condition affecting the global population, significantly impacting both physical and emotional well-being. The consumption of *Viruddha Ahara*, along with *Pitta Vardhak Ahara*, *Vihara* contributes to this issue. Additionally, *Abhishyandi Ahara* and a sedentary lifestyle exacerbate the increase of *Pitta* and *Vata*, ultimately leading to *Khalitya*. The Ayurvedic approach to managing *Khalitya* includes therapies such as *Abhyang*, *Shodhan*, *Lepan*, *Nasya*, and *Rasayana*. Specifically, *Abhyang Chikitsa*, particularly when performed with oil, is most effective for alleviating *Vata Dosha*. The application of oil, formulated with *Kapha*, *Pitta*, and *Vatahar Dravyas*, aids in balancing *Vata* while also addressing *Pitta* and *Kapha*. *Nasya Karma* represent specialized Ayurvedic therapies. *Shodhana* is method designed to eliminate *Doshas* from closest route of their disturbance. *Rasayana* therapy, known for its immune-modulating, antioxidant, & rejuvenating properties, proves to be highly advantageous for hair loss resulting from chronic illnesses, premature aging, or nutritional deficiencies.

## Conclusion

*Khalitya* is a serious condition that requires appropriate management. Implementing minor adjustments in lifestyle and dietary practices can help prevent hair loss. Adequate hair care, including oiling, washing, and protection from external factors such as environmental influences, chemicals, and heat, is crucial for preventing hair loss and maintaining hair health. Prior to initiating treatment for hair loss, it is essential for physician to determine underlying cause,

With the initial treatment focusing on *Nidanparivarjana*, or the management of that cause. Subsequently, other therapies such as *Abhyang*, *Lepana*, *Shodhan*, *Nasya*, and *Rasayana* should be recommended as needed. This approach allows for the effective treatment of *Khalitya Roga*, or hair loss.

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