

Management of Khalitya (Hairfall) with Ayurvedic Protocol: A Single Case Study

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Abstract

In Ayurveda Khalitya is mentioned in Kshudra Rogⁱ and, Shiro Roga.ⁱⁱ Khalitya is primary a Pitta predominant Tridoshaja Vyadhi. Romkupgata vitiated Pitta along with vitiated Vata lead to dislodgement of the hair from the hair roots. Further vitiated Kapha along with Rakta will cover and obstruct the hair roots, which results in the arrest of the growth of hair. Hair fall has been described in Ayurveda by the name of khalitya roga under the heading of Kshudra Roga and Shiroroga (diseases of head & scalp). It is progressing disorder people living in sedentary ways of life, stress, hectic schedules along with bad dietary habits result in many disturbances and deficiencies in the body which directly reflect in loss of hair. It can be reduced & managed by modifying life style, purification therapy and medication practicing in Ayurveda. In Ayurveda various Bahya and Abhyantar Chikitsa is described for Khalitya. Most of the research studies conducted are on Nasya, Raktamokshana and external application of Lepa.

Keywords: Khalitya, Hairloss, Nasya,

INTRODUCTION

Hair is a filamentous structure made of keratin, a protein, that grows from follicles located in the skin. Each strand of hair consists of a shaft (the visible part above the skin) and a root (embedded within the follicle). Hair serves various roles, including protection, sensory input, and aesthetic functions. The colour, texture, and length of hair are determined by genetics, and it can vary significantly among individuals. Hair growth occurs in cycles, including growth, rest, and shedding phases, with the rate of growth being influenced by factors such as age, health, and hormones.

Hair is a mirror of healthy state of body, but with sedentary life style, stress induced hectic schedules along with faulty dietary habits. These all habits cause many other health problems, hairfall is one of them. Problem of falling of hair is progressively increasing in society which is also affecting quality of life and inducing more stress. Continuous and heavy hair loss have impact on mental state.

Hair fall has been described in almost all the Ayurvedic literatures as Khalitya. It has been included in Shiroroga by Acharya Charaka & Ashtanga Hridayakar. This inclusion has been done on the basis of Shtana (location) of diseases and similarity of etiopathogenesis of diseases. It is clearly mentioned in Ashtanghridaya that nine diseases occurring on the outer part of head over scalp should be called shiroroga. While Sushrut Samhita, Ashtangsamgrah, Yoga Ratnakar and Madhav Nidan, has included Khalitya diseases under kshudra roga.

Case Report

A 29-year-old female patient visited Shalakya Tantra OPD of I.T.R.A., Jamnagar, Gujarat. She was having the following complaint –

- Hair falls for 4 months.
- Dryness and itching in scalp.
- History of past illness-there was not any past illness.
- History of any surgery-there was not any major surgery done.
- Family history – Mother- DM, Father- HTN.
- Diet-Nonvegetarian
- Addiction- Nil
- Appetite- Good
- Sleep-disturbed

Asthavidh parikshan- Nadi –Prakrit, Mala- Samyaka, Mootra- Prakrit, Jihva – Niraam, Shabda- Prakrita, Sparsha- Anushna Sheetha, Drika –Spashta, Aakruti- Madhyam

Systemic examination- Blood pressure-128/80 mm hg, Temperature- A febrile, Pulse-80/min., Respiratory rate-18/min., Weight-54kg., Height -5'4 ft., Sleep- slightly disturbed, Gait-normal

Tug test: For a tug test grasps a section of hair and hold it with two hands, one near the root and one near the tip, then tug to see if any of the strands break in the middle. For the patient test was positive.

Drug Formulations used -

1. Neeli- Bhringadi taila- for Shiroabhyangam- Sahastra yogam
2. Rasayana Churna- Orally BD- Anubhuta yoga (Ashtanga Hridaya-39/159)
3. Shiro-Lepam- 3 Times a week- Amalaki+Bhrami+Bhringaraja+Yashtimadhu churna lepm with fresh Aloe vera.

Contents of Neeli- Bhringadi Taila

S.No	Content	Latin name	Part used	Quantity
Kalka dravyas				
1	Yashtimadhu	Glycyrrhiza glabra	Root	1 pala
2	Gunja	Abrus precatorius	Seed	1 pala
3	Rasanjana	Berberis aristata	-	1 pala
Drava dravya				
4	Nili	Indigofera tinctoria	Whole plant	
5	Bhringraj	Eclipta prostrata	Whole plant	
6	Satakratulata	Citrullus colocynthis	Fruit	
7	Dhatrithala Swarasa	Phyllanthus emblica	Fruit	
8	Aja ksheera	Goat milk	Ksheera	1 prastha
9	Narikela ksheera	Cocos nucifera	Ksheera	1 prastha
10	Godugdha	Cow milk	Ksheera	1 prastha
	Mahish ksheera	Buffalow milk	Ksheera	1 prastha
Sneha dravya				
11	Taila	Sesame oil	Oil	1 prastha

Contents of Rasayana churna-

S.No	Content	Latin name	Part used	Quantity
1.	Guduchi	Tinospora cordifolia	Stem	1 part
2	Amalaki	Emblica officinalis	Fruit	1 part
3	Gokshura	Tribulus terrestris	Fruit	1 part

Properties of Shiro lepa ingredients-

S.No.	Content	Latin name	Doshaghanta	Properties
1	Amalaki	Emlica officinalis	Pitta	Anti-oxidant, Keshya
2	Brahmi	Bacopi monnieri	Vata-pitta	Rejuvenation, Hair & memory benefits
3	Bhringaraja	Eclipta alba	Kapha	Keshya
4	Yashtimadhu	Glycyrrhiza glabra	Vata-pitta	Anti-oxidant

RESULTS:

The patient had started recovering during hospital visits and at the end of the treatment i.e., 30 days there was a significant reduction of hair fall. It can be concluded that subjective and objective symptoms got better with the help of ayurvedic treatment.

MATERIAL AND METHODS

Khalitya and Indralupta:

There are some differences between khalitya & Indralupta. In khalitya, hair loss is gradual and generalised over the scalp but hairs are lost suddenly and patch by patch in indralupta. When the kapha dosha combines with rakta dhatu it results in degeneration and shutting down completely of hair follicles thus leading to baldness.

Gradual falling of hair is known as Khalitya. When pitta combines with vata or kapha dosha to destroy the hair, it is called khalitya.ⁱⁱⁱ

According to Acharya Charaka, the tejas dhatu (heat of body) of the body in association with vayu and other dosha, scorches up the hair-root (scalp) giving instantaneous rise to alopecia (khalitya) in man. One more term used in texts for hair fall is Indralupta. Ruchya and chach are two of its synonyms.^{iv}

According to Acharya kartika, falling of hair from all over the body is called ruhya.

According to Acharya Vagbhatta- When Khalitya is due to Vata it causes burning over scalp; when due to Pitta it causes sweating and when due to Kapha it causes thickening of skin.^v

During this process of production of dhatus when metabolism of Asthi dhatu occur by its own Agni & Majja dhatu emerges from sara part and at the same time hair of scalp & body and nails form as mala.^{vi}

According to Acharya Sharngadhar, Scalp and body hair are the Updhatu of Majja dhatu.^{vii}

Among the all the Garbhaj Bhava (factors for development of foetus), hair is Paitrij Bhava means structure, colour and quantity of progeny are dependent on paternal side.^{viii}

According to modern science- Hair can be defined as modified epithelial structure formed as a result of keratinisation of germination cell. On a healthy scalp, there are roughly 100000 hair & 90% of the follicles are consistently in the anagen segment of hair development. Catagen stage follows this phase, when the

follicles begin to end up dormant which lasts for 2-3 week. The telogen stage is a dormant stage or resting interval that lasts 3-4 months. When this stage ends, hair falls out. That hair follicle then returns to the anagen stage & a new hair begins to develop. In this way, hair growth cycle continues. 50-60 hairs are lost per day in normal hair growth cycle.^{ix}

Causes of Khalitya Roga-

- Causes according to modern science –
- Local skin disorder
- Nutritional disorder,
- Endocrinal diseases
- Stress,
- Addiction,
- Cosmetics and Genetics.
- Due to Ushna guna of Pitta Dosha individual of Pitta Prakriti starts to have hair fall and greying of hair earlier than individuals of other Dosha Prakriti.^x
- The hair has tendency to lose its natural colour with advancing age. Pre-mature aging could be a cause of increasing hair fall in peoples.^{xi}
- Excessive consumption of salt and kshara leads to khalitya.^{xii} Improper diet or excess salt in diet consumption by pregnant lady causes khalitya early in her child due vitiation of pitta dosha.^{xiii}
- Getting angry, talking & laughing too much, sneezing and over exertion after taking nasya leads to khalitya and palitya after doing Nasya karma.
- Hair fall can be caused by decrease in asthi dhatu or vitiation of asthi dhatu. As hairs are formed by waste product of asthi dhatu and hair dependent upon it for nutrition.^{xiv}

Management

1. Nidanparivarjan - Nidanparivarjan should be first line.
2. Patients of hair fall must avoid excessive use of salt and kshara in his diet.
3. In hair fall due to premature aging, Rasayana therapy is needed mainly with vayasthapana drugs.
4. Individual of pitta prakriti are more prone to falling of hair. They should follow diet & habit as mentioned for them in Ayurvedic texts. Due to accumulation of pitta dosha in rainy season and vitiation in autumn season, these months of year are more uncertain for patients of hair fall, individual of pitta prakriti or persons with genetic history of baldness. These people are strictly advice to follow proper routine mentioned for rainy and autumn season respectively. management.

Hair Care-

1. Moordha tail (oiling) and paste for local application over scalp – Oil should be regularly applied on scalp.
2. Along with these precautions, patients of hair fall need to adopt a healthy life style for care of hair,
3. Snana (taking bath) – Acharya Sushruta mention that the head and hair should not be washed with warm water or with very cold water. Pouring warm water over head reduces the strength of hair & eyes.^{xv}
4. Dhoomapana (medicated smoke)– Along with health of head & senses, dhoomapana cures the problem

of hair fall by clearing the dosha from head region and also improves the firmness of hair on the head, beard & teeth.^{xvi}

5. Kshaurakarma – Hair cutting & proper care of hair of scalp & beard should be done regularly. Acharya Charaka mentioned that everybody should have a hair - cut, shave and nail cut thrice every fortnight.^{xvii}
6. Nasya (nasal drop) – Everybody should take nasal drop of “Anu tail” every year during the rainy, autumn and spring season when the sky is free from cloud. Along with many other benefits, it prevents hair fall and also accelerates the growth of hair.^{xviii} Nasya nourishes the Srotasa present above the clavicle including the hair follicles which strengthen the hair and reduce falling. Nasya is indicated with- Nimba taila, Anutaila etc. in Khalitya.
7. Purification hairs from Procedure (Panchkarma)- For the patient of hair fall Vaman, Virechan, Vasti and Rakta mokshana should be done according to the dosha involve. Because of involvement of mainly Pitta dosha, virechana and rakta mokshan are indicated also.

DISCUSSION

Khalitya is a common but very challenging disease of the world population and can have a profound effect on physical and emotional state. Viruddha ahara, pitta vardhak ahara vihara, abhishyandi ahara, sedentary lifestyle increases Pitta and Vata which leads to khalitya. Ayurvedic management for Khalitya are Abhyang, shodhan, lepan, Nasya, Rasayana therapies.

Shodhana and nasya karma is a specialised therapy of Ayurveda. Shodhana is a procedure which takes out the doshas from the nearest route of its vitiation. Rasayana therapy has immune-modulators, antioxidant properties and rejuvenating action which is very beneficial for the hair fall caused by any chronic illness, pre mature aging or nutrition deficiency.

CONCLUSION

Ayurvedic drugs and therapy possess Keshya, Balya, Keshya Vardhan, and anti-aging properties suggestive of they will show a significant result in Khalitya. Khalitya is a common disease which needs proper management. Some minor changes of life style and dietary habits can prevent hair fall. Proper hair care, oiling, washing, protection from external factors like environment, chemicals, heating etc is important for preventing hair fall and keeping them healthy. Before starting treatment of hair fall, physician should identify the cause and first treatment should be Nidanparivarjana or management of that cause. Then after other therapies like Abhyang, lepana, shodhana, nasyam, Raktamokshna, Rasayana should be prescribed accordingly. In this way, we can treat the Khalitya roga or hair fall effectively.

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