

Review article on ayurvedic aspect of Hairfall

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Abstract

Hair plays a vital role in the personality of human and for their care we use lots of cosmetic products. The fading (pigmentation problem), dandruff, alopecia (loss of hair) is the major problem associated with hairs. It is said that face is the mirror of our personality and it should be maintained from the hairstyle we keep. In today's developing world there are lots changes in the eating habits and the lifestyle. Due to which its ill effects are seen on the body and out of which hair is affected the most. And hair fall has erupted as a major problem. In our ancient ayurvedic granthas it is said that hair and nail are the *malas* of the *asthi dhatu* ie they develop from the *asthi*. *Kesh shaat* (hair fall) is considered a sign of *Asthi dhatu kshaya* in Vagbhat sutra sthaan 11/19. Ayurved very well defines the hair loss problem as *Khalitya* and mentions different treatments for the problem. Present paper gives an idea on various causes and management of hairfall.

Keywords: hair fall, *Kesh shaat*, *Khalitya*

Introduction

Hair is one of the imperative parts of the body derived from ectoderm of the skin; Hair is a dead part with no nerve connections. The hair follicle has the unique ability to regenerate itself. The basic part of hair is bulb (a swelling at the base which originates from the dermis), root (which is the hair lying beneath the skin surface), shaft (which is the hair above the skin surface).

The growth of hair is cyclic phase divided into following- anagen (growth), catagen (involution) and telogen (rest). Pigmentation problems (Fading), dandruff and falling of hair (Shedding) are associated problems with hair.¹

The most who are affected with this problem is the young population not only men but also womens. And people are spending lots of money to get rid of this problem but all in vain. Acharya shusruta had said in his shusruta samhita that the *drusthi* and the *lomkupaa* never grow throughout lifetime but hairs and nail do. Acharya charaka have also mentioned in his text that hairs are the *mala* of *asthi dahtu*. Acharya sharanagdhara have mentioned that *keshha*, *loma*, are the updhatu of *majja dhatu*².

Causes of Hair Fall: Ayurveda³

Virudh aahara vihara, *Pitta Vardakas aahara vihara*, *Hina*, *mithya*, and *aatiyoga of aahara*, *nidra* and *bhramachaya*. Consuming polluted water, living in polluted environment, Non application of oil on the scalp, Consumption of *dushi visha*.

Modern

Major causes of hair loss are dihydrotestosterone (derivative of testosterone, a male hormone), poor blood flow, sebum emotional strains, stresses and nervous disorders, aging, infections, hormonal imbalance, polluted environment, toxic substances, injury and impairment, radiation, Fungal infection (*tinia capitis*), Ulcerative colitis, Vit b12, iron, zinc, biotin and also vit e deficiency, Lack of vit b6 and folic acid in food, Rheumatoid arthritis, Thyroid dysfunction, Vitiligo, Radiotherapy and chemotherapy, Systemic lupus erthematus, Pshycological stress, Nutrition, Seborrhic dermatitis, Folliculitis, Secondary syphilis and usage of drugs like

warfarin and heparin, Usage of contraceptive pills antihypertensive drugs and anti diabetic drugs. Anaemia, Long term usage of steroids, Over usage of shampoo containing Selenium. Coloring of hair, Hair bleaching⁴.

Ayurvedic Concept⁵:

Acharya Sushruta have mentioned about hairfall in sushruta samhita *nidan sthan* there are three stages

- 1) *Khalitya* (alopecia totalis)
- 2) *Palitya* (whitening of hairs)
- 3) *Indralupta* (hairfall in patches i.e. alopecia areata)

when the *vaata dosha* get vitiated along with *pitta dosha* it goes into the *romkupam* i.e. the hair follicles and which results in hairfall. The next pathology that occurs is that the *rakta dosha* along with the *kapha dosha* goes in the *romkupas* which cause the *romkupas* to close which ultimately results in non growth of hair from that respective follicle. This disease is known as *indralupta, khalitya, or rujya*.

Strotasa that get involved in the following pathology.

- 1) *Swedawaha strotasa*
- 2) *Asthivaha strotasa*
- 3) *Majjavaha strotasa*
- 4) *Rasavaha strotasa*
- 5) *Purishvaha strotasa*

Types of hair loss

Androgenetic or androgenic alopecia (baldness)

It is the most common cause of hair loss in men also known as hereditary baldness. In androgenetic alopecia hair follicle size is reduced and duration of anagen is diminished while an increase in the percentage of hair follicles in telogen .

Alopecia areata

In alopecia areata the hair is lost from the scalp (alopecia areata totalis) or from the whole body (alopecia areata universalis) .

Telogen effluvium

Telogen effluvium is characterized by the early entrance of a large no of hairs in to telogen phase at one time .

Chemotherapy-induced alopecia

This type of hair loss is occurred due to the side-effects of cancer therapy In women the ovarian and adrenal gland dysfunction causes the hairs to fall.

Diagnostic Tests⁶

1. Trichogram, tricoscopy, biopsy
2. Microscopic examination of plucked follicle
3. Biopsy of the scalp
4. Androgenic lab analysis of DHEA (dehydroepiandrosterone sulphate and testosterone)
5. TSH
6. Serum iron
7. Total iron binding capacity
8. Trans ferrin saturation
9. CBC

Diet and Hair Loss

For proper growth of hair, there is a need of healthy and balanced diet where the proportion of Carbohydrate, protein, fat, vitamin and minerals should be equally balanced. Hair is primarily made up of protein, so more thrust should be towards proteins products. Here, some of the important diets are given for hair care and treating hair loss. To reduce hair loss, weight age should be given on diet therapy, diet chart and food pyramid.

- Stick to protein rich diet-fish, yeast, soybean, low fat cheese, eggs, beans and yoghurt for proper growth of hair. These diets to prevent hair fall and baldness.
- Increase the intake of iron as it is essential for hemoglobin and blood formation. So increase the quantity of green vegetables, raisins, dates, etc. Zinc is related with hair fall. Take zinc rich foods like Seafood's.
- Restrict burger, fries, cold, spicy, sugary foods, caffeine, fat, carbonated drinks, animal protein, excessive raw food, tofu, tomatoes etc. as these are the culprits for hair thinning. .One can see positive result to prevent hair fall if vitamin is taken properly

Top foods that promote hair growth:

- Liver, yeast, fish, eggs, beans, cottage cheese,
- yogurt, tofu, whole grain cereals, dark green leafy vegetables, eggs, dates, raisins, walnuts, canola oil, soy, avocados, nuts, seeds, olive, legumes, onions, raw oats, dried fruits, cherry juice, beets, brown rice, root vegetables, winter squash, Black beans, pumpkin, black pepper, brown rice syrup etc

Prevention and Precaution of Hair Loss

- Hair dyes, hairdryer and curling should not be use excessively.
- Take calcium to your diet to make hair stronger.
- For coloring of hair, there should be gap of 6-8 weeks.
- Take sound sleep.
- Manage stress and anxiety.
- Avoid stiff hairstyles like braids, buns and ponytails.
- Food that prevent hair loss: Fish, eggs, beans, raisins, beans sprout, seafood.
- Take vitamin C as it prevent hair loss. Recommended dose is 1,000-3,000 mg/day.
- Protein rich diet should be preferred as hairs are made up of protein.
- B vitamins and biotin are necessary for hair growth.
- Iron is needed for proper oxygenation of the blood in the scalp and other region of the body. Vitamin E too stimulates hair growth.
- Avoid harsh shampoo, conditioners.
- Alcohol and beverages should be restricted.
- Combing gently.
- Don't rub your hair strongly.
- Eat a balanced diet.
- Do meditation and exercise regularly.

Yoga for Hair Loss and Control ⁷

The practice of Yoga not only makes you fit and fine, it also gives your body a beautiful look by protecting your hair and making it internally stronger. Yoga is beneficial for hair growth as it increases blood circulation to head and scalp region.

- Vajrasana(the thunderbolt pose) is useful for the treatment of hair loss. Stress, tension and anxiety are common causes of hair loss. Relaxation techniques and meditation are quite effective to reduce stress.
- Shirsasana(the headstand pose) enhances blood circulation to the scalp and promote hair growth
- Sarvangasana (Shoulder stand pose) this asana is quite effective in increasing blood supply to the scalp region and prevent hair loss.
- Bhujangasana (the cobra pose) improves blood circulation in vertebral column thereby facilitate better communication between the brain and body.
- Kapalabhati(Frontal lobe cleansing technique) energizes the mind and clear the frontal lobe of the brain by speeding up the blood flow.
- Anuloma viloma (Alternative Breathing) refresh your entire body organ, especially the brain part and help in the strengthening of hair and hair follicles.
- Pranayama acts like as panacea and quite beneficial for hair care and in curing of baldness. It also helps in stopping of hair fall.
- The other asana that is too useful in reducing of hair fall, hair loss and baldness are Shashank asana (the pose of the moon), Ushtrasana (the camel pose), Pawanmuktasana (the knee to chest pose), Uttanasana (Bending straight forward pose) and Sasangasana (Rabbit Pose)

Ayurvedic Line of Treatment ⁸

1. pachana and deepan
2. snehan and swedan
3. panchakarma (virechana)
4. nasya (yastimadhu tail).
5. basti (panch tikta kshir)
6. dhumpan
7. shirodhara
8. Rasayana chikitasa

Ayurvedic yogas⁹

1. sanjeevani vati
2. Aarogya vardhini vati
3. sutshekhara rasa
4. kapardika bhasma
5. shankha bhasma
6. krumi kuthara rasa
7. mahamanjisthadi kashaya
8. Asthi posak vati
9. Ashwa gandha arista
10. brahami vati
11. gunja tail
12. karanj tail

14. neeli bhrungraj tail
15. rasayana churna
16. guduchi ghan vati
17. chyawan prash
18. langali tail
19. swarna bhama
20. malyadi tail
21. amrutadi guggul
22. panchatikta gruth
23. trifala gruta
24. avipattikar churna
25. Shatavari kalp
26. Abha guggul

Conclusion

Although most hair loss cases are caused by heredity and commonly occur in men, everyone can have this just by being exposed to irritants like shampoos. Although there have been several studies about hair loss, no one can still determine what exactly causes this condition. Natural remedies may be the answer to cure hair loss. Alternative and natural home remedies can help reduce hair loss, if appropriate Ayurveda is popularly known for its effectiveness and curing abilities. Usually, the Ayurvedic treatment for hair loss includes diet, meditation, deep breathing, and aromatherapy; and yes, we cannot forget oil massage. Being a holistic system of medicine, Ayurveda prescribes altering your lifestyle for treatment.

¹Kashyap Rakesh, Formulation and evaluation of hair oil for hairloss disorders *Journal of Medicinal Plants Studies* 2016; 4(3): 13-17

² Aditi Joshi AYURVEDIC MANAGEMENT OF HAIR LOSS (*KHALITYA*) BY (HAIR PACK) ADJIM, Apr – Jun 2017; Vol. 2 Issue 2

³ Aditi Joshi AYURVEDIC MANAGEMENT OF HAIR LOSS (*KHALITYA*) BY (HAIR PACK) ADJIM, Apr – Jun 2017; Vol. 2 Issue 2

⁴ Patil SM, Sapkale GN, Surwase US, Bhombe BT. Herbal Medicines as an Effective Therapy in Hair Loss– A Review. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 2010; 1(2):773-781

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⁶Kashyap Rakesh, Formulation and evaluation of hair oil for hairloss disorders *Journal of Medicinal Plants Studies* 2016; 4(3): 13-17

⁷ Aditi Joshi AYURVEDIC MANAGEMENT OF HAIR LOSS (*KHALITYA*) BY (HAIR PACK) ADJIM, Apr – Jun 2017; Vol. 2 Issue 2

⁸ MANAGEMENT OF KHALITYA (HAIR FALL) BY AYURVEDIC FORMULATIONS -A REVIEW 1Dr Atul Prakash Pathak ayurpub Nov-Dec 2017 Vol II, Issue 5

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