



Ayurveda Hair formulations - A Review

Hair care and some formulations by Ayurveda

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Abstract : Hair is often associated with beauty and aesthetics. In many cultures, having hair that is thick, healthy, and well-groomed is considered beautiful. People invest their time and resources in styling, caring for, and maintaining their hair to enhance their physical appearance. If they notice any alteration in their hair, they will take every action they can to make it seem better. Hair is as important as that. *Ayurveda* as well has considered hair as an important aspect of a person's overall health and well-being. *Ayurveda* offers recommendations for keeping healthy hair through a combination of lifestyle, nutrition, and natural therapies since the state of one's hair is sometimes considered as an indicator of their general health. There are some list of drugs in *Ayurveda* which helps in hair growth, some medicated oils specifically for hair loss, greying of hair, alopecia, and various other hair related conditions. Some external applications have been discussed by various *Acharya* in their *samhitas*. And most importantly a hair care regime has been mentioned for maintaining beautiful hair just by following everyday routine which is beneficial for hair or its associated systems of body.

IndexTerms - Ayurveda, Hair care, *Keshya*, *Khalitya*, formulations, *Rasayana*, *taila*, *Nasya*.

I. INTRODUCTION

Hair is not just a beauty indicator it also shows the health of a person. Therefore maintaining hair signifies healthy lifestyle. Hair has its description since *vedic puraan kaal*.

The word *Kesha* is derived from root word 'shi' 'ach', 'ke shirasi shete shi'(1) which means grows on head. There are different synonyms given to *Kesha* from various vedas, upanishads, samhitas like *Loma*, *Roma*, *Romashaa*, *Romaraji*, *Baal*, *Shiroruha* etc(2). Hair from different body parts has been given different names in ancient texts. This signifies the importance of hair since ancient period. So for management of hair pathology of different diseases related to hair has been explained. *Khalitya* as hair loss, *indralupta* as complete hair loss from root, *palitya* as graying of hair, *darunaka* as dandruff, etc as *shirorogas*, *kapalgata rogas*, or *Kshudra rogas*. In *dinacharya* (everyday routine), *ritucharya* (seasonal regime) and *sadavrutta* (good conduct), management of hair has been mentioned. Also there are causes described in our routine which leads to these hair related diseases. So, understanding necessary things to be followed for hair care, on the other hand avoiding the causative factors which could be harmful for to it, whereas, knowing some dravyas, formulations, and some procedures which help in hair growth or prevent hair loss, is the rationale of this article.

II. *Kesha*

Kesha origin according to *Ayurveda*, starts with help of *Prithvi* and *Akash mahabhoota*. According to *Charak*, when food (*Ahara rasa*) is consumed, it is converted into a nutritive fluid that may be assimilated, which then separates into two components: *Sara Bhaga* (essential fluid) and *Kitta* (excretory matter/waste matter). This *Sara* part produces next *dhatu* and the waste matter is in charge of producing and nourishing a variety of things, including perspiration, urine, hair, and the follicles that produce body and head hair as well as beard and head hair. *Ayurveda* has a concept of 7 *dhatu* and 3 *dosha* which are the main body building factors. So out of these 7 *dhatu* 1st is *Rasa* which is formed from *Aahar rasa* and produces its *Sara* and *kitta* part. For this process *dhatu agni* i.e, digestive power of each *dhatu* is important. This *rasa dhatu* is later converted into *rakta dhatu* from the *Sara* part. This process is called *dhatu poshana nyaya*. Later 5th *dhatu* i.e. *asthi dhatu* is formed which produces hair and nail as its *kitta* part(3). Therefore, better nourishment of *asthi dhatu* produces good quality hair. Also, any deformity in *asthi* can lead to damage of hair. Also some *acharyas* consider it *updhatu* of *majja* (4), 6th *dhatu* and *mala of sukra*, 7th *dhatu*. Thus in general proper sustenance of all the *dhatu*s is essential for hair care.

III. Diseases related to hair

3.1 Khalitya

According to various acharya, *khalitya* is considered as *Kshudra roga or shiroroga* (5) or *kapalgata roga* (6). In this disease all the 3 doshas *vata, pitta and kapha* along with *rakta* are vitiated. According to *Ayurveda*, vitiated *Vata* and *Pitta* that reach the hair's root cause it to fall out, while the area's vitiated *rakta* and *Kapha* obstruct the hair follicles and prevent new hair development. Due to vitiation of all the disease, *khalitya* is divided in 4 types as *vataja, pittaja, kaphaja* and *sannipataja*.

3.2 Palitya

It is explained in *samhitas* as *kshudra roga* by *Sushruta* (7), *urdhwajatrugata roga* by *Charak* (8) and *shiro roga* by *Vagbhat* (9). Due to exhaustion and stress, the *Agni and Pitta* of the body move to the head, which causes the hair to go prematurely grey.

3.3 Indralupta

Also known as alopecia areata, is loss of hair from the roots in patches form. It can be caused by poisonous drugs application.

3.4 Darunaka

Various Ayurvedic texts mention hair disorders like *Darunaka*, where the scalp becomes hard, scratchy, and flaky as a result of *kapha, vata prakopa*. Due to the vitiation of *Vata and Kaphadosha*, *Darunaka* suffers from dead tissue shedding from the scalp with symptoms like *Kandu, Kesha Chyuti, Rukshata*, etc.

3.4.1 Combinations for *darunaka*

- *Priyala bijadi lepa*
- *Nilotpaladi lepa*
- *Malati karviradi lepa*

3.4.2 Oil formulations for *Darunaka* (10,11)

- *Sarivadya tailam*
- *Bhrungarajadyam tailam*

IV. Keshya Dravyas

These are mentioned as *keshya dravyas* in *samhitas*. '*Keshaya Hitam yat tat*' which means beneficial for hair. *bhavprakash* has given 16 drugs as *keshya*.(12)

- *Vibhitaka - Myrobalanus bellirica*
- *Yastimadhu - Glycyrrhiza glabra*
- *Bakuchi - Psoralea corylifolia*
- *Bhallataka - Semecarpus anacardium*
- *Gambhari - Gmelina arborea*
- *Sinduvara - Vitex negundo*
- *Japa - Hibiscus rosa- sinensis*
- *Bijaka - Pterocarpus marsupium*
- *Gunja - Abrus precatorius*
- *Nili - Indigofera tinctoria*
- *Bhringraja - Eclipta prostrate*
- *Sairaiyaka - Barleria prionitis*
- *Kasish - ferrous sulphate*
- *Tila - Sesamum indicum*

- Kadli - (banana) *Musa acuminata*
- Avidugdha - sheep milk

4.1 Other dravyas as kesha are (13) (14)-

- Jatamansi - *Nardostachys jatamansi*
- Nirgundi - *Vitex nergundo*
- Bramhi - *Bacopa monnieri*
- Amla - *Emblica officinalis*
- Narikela - *Cocos nucifera*.
- Shikakai - *Acacia concinna*
- Ritha - *Sapindus mukorossi*

These *keshya dravyas* can also be classified into *kesha vardhana* (hair growth), *kesha Ranjana* (hair colour) and *kesha Sanjanan* (hair strengthening or origin). (15- 17)

4.2 Kesha sanjanana dravya helps in strengthening of *Asthi* and *shukra dhatu*. Following are the drugs used for it.

- Vatama - *badama*
- Narikela pulp
- Jyotishmati - *celastrus paniculata*
- Kajutaki - *cashew*
- Bhallataka *beejamajja*

Some preparation useful for it are -

- *Badama taila*
- *Jyotishmati taila*
- *Hastidanta mashi with tila taila (18)*
- *Godhum taila*

4.3 Kesha Ranjana helps in restoring natural colour of hair with the help of *Ranjaka pitta* and *bhrajaka pitta* and these drugs include -

- *Bhringaraja*
- *Neeli*
- *Sharapunkha - Tephrosia purpuria*
- *Indravaruni (Citrullus colocynthis)*
- *Madayantika - Lawsonia inermis*
- *Amalaki*
- *Haritaki - Terminalia chebula*
- *Gunja*
- *Shikakai*

4.3.1 And the formulations include- (19-22)

- *Bhringaraja taila*
- *Neelibhringadi taila*
- *Neelinyadi taila (21)*
- *Maha nila taila (22)*
- *Manjishthadi taila*
- *Amalakyadi taila*



- *Sahacharadi taila*
- *Prapondaraki taila*
- *Sheilu taila*
- *Nimba taila*
- *Vidarigandha taila*
- *Madhuka-Amalakadi lepa*
- *Triphala-loha churnadi lepa*
- *Ayorajadi lepa*

4.4 Kesha Vardhana promotes hair growth and the *dravyas* include - (23-25)

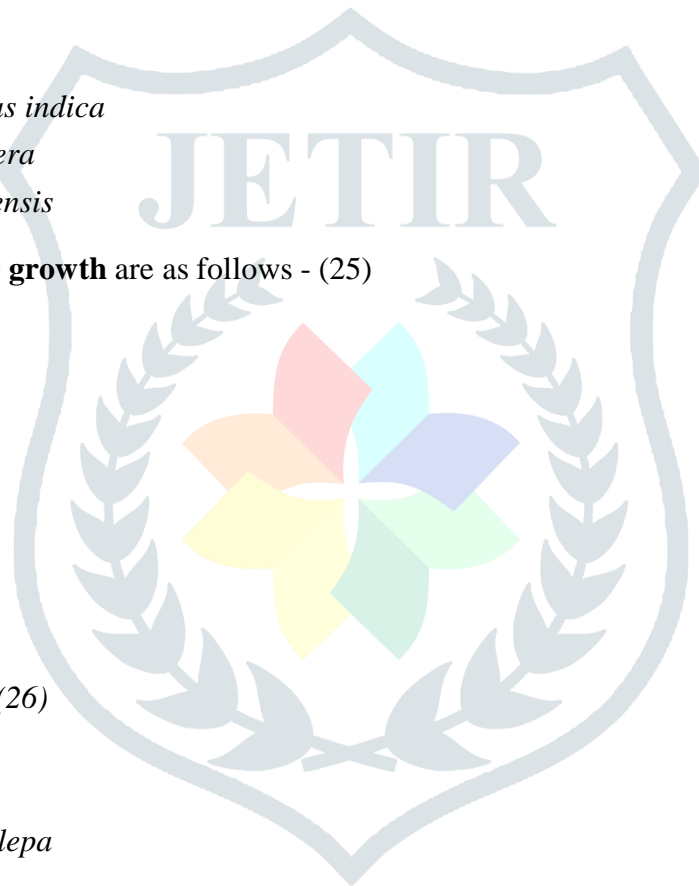
- *Malati - Jasminum grandiflorum*
- *Kumari - Aloe vera*
- *Methika - Trigonella foenum*
- *Japa*
- *Amalaki*
- *Bhumyamlaki - Phyllanthus indica*
- *Kamala - Nelumbo nucifera*
- *Vatankur - Ficus bengalensis*

4.4.1 Formulation for hair growth are as follows - (25)

- *Amalaki taila*
- *Kayyuniyadi taila*
- *Malatyadi taila*
- *Chemparutyadi taila*
- *Utpaladi taila*
- *Snuhidugdha taila*
- *Vidarigandhadi taila*
- *Jambu dvyadi taila*
- *Bhringarajadhya tailam (26)*
- *Bhringaraja tailam (27)*
- *Triphaladi lepa*
- *Raktagnimantha pushpa lepa*

4.4.2 External application as *lepa* (28)

- *Gunja seed powder*
- *Hasti danta mashi lepa*
- *Hasti danta mashi with romasanjanana lepa*
- *Gokshur (Tribulus terrestris), tila, madha, ghruta lepa*
- *Patol (Vigna radiata) leaves swaras*
- *Bhallatakadi lepa*
- *Madhukadi lepa - Yasthimadhu, lotus, Manuka (Vitis vinifera), oil, ghrut and dugdha*
- *Chameli (Jasminum officinale), Karanja (Pongamia pinnata) and Varun (Crataeva nurvala) paste*
- *Triphala, Nilivruksha, Loha Bhasma, Bhringaraja mixed with avi mutra*



V. Some practices for promoting hair care

5.1 Hair care routine practices (29-30)

1. *Abhyanga* (massage) with oil or *shiro abhyanga* - According to *Acharyas*, a person who regularly applies oil to his head does not experience baldness or hair thinning.

His hair turns dark, long, deeply rooted, and all of his sense organs function better.

2. *Dhupana* is where medicinal vapours are shown to hair, also some *keshya dravya* can be used for *dhupana* i.e. fumes applied to hair. It should be exercised every day.

Dhupana provides strength to scalp hairs, skin, and sense organs while treating head problems, alopecia (hair loss), and hair greying.

3. *Rasayana* - *Rasayana* are the remedies that slow down a person's aging process. *Rasayana* like *Amalaki*, *dugdha*, *bhringraja* and many other drugs mentioned above can be used in curing hair disorders.

4. *Nasya* - *Nasya karma* is the practice of introducing medicine into the nostrils to treat head problems. As nose is considered the closest entry to head, it helps in strengthening the skeletal structures in the head and neck region, and prevents wrinkles, greying hair, baldness, and freckles from appearing. Examples - *Anu taila nasya*, *Yastimadhuktaila nasya*.

5. When going outside, should wear a turban or cover the head to protect hair from the sun, dust, wind, etc. It stops the vitiation of the pitta and vata doshas in the skull. Combing hair is good for hair because it removes *raja*, *jantu*, and *mala*. (31)

6. *Ushna ambu snana* - one should never indulge in hot water head bath. It damages hair and also reduces its lifespan.

7. Mental condition - having reduced stress and increased cheerful condition helps in less hair loss.

8. Diet - most important for any condition is the food intake of a person. It overall affects the nourishment of the body resulting in development and growth of various bodily factors.

9. Salt - over intake of salt, alkaline (*kshara*) or food items containing these are considered to be cause of hair loss or early greying of hair. (32)

VI. Conclusion

The hair on our bodies plays a vital role. In addition to enhancing attractiveness, it protects the skull from minor injuries by absorbing stress by having cushion-like properties. Hair disorder is a warning indication for various persistent and generalised illnesses. Utilising *Ayurvedic* hair care products and being aware of the harmful elements can assist to lessen the toxicity of hair cosmetics. *Ayurveda* also offers *keshya* medications as therapeutic and preventative methods of hair care.

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