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## “A REVIEW LITRATURE OF HAIR LOSS AND THEIR TREATMENT ACCORDING TO AYURVEDA”

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### ABSTRACT:

One of the most worrying problems for any adult is hair loss. Because rich, lustrous hair boosts self esteem and confidence, contributing to a younger, more beautiful look, it is an important part of our self-image. Losing it can create fear and distress. Unfortunately, hair loss has become more common in modern times. The stressful modern lifestyle, increasing environmental pollution, and unhealthy food habits are all factors that cause damage to your health and are reflected in the quality of your hair. According to *Maharishi Ayurveda*, there are three main reasons for hair loss. First of all, anyone with an imbalance in *Vata Dosha*, or a *Vata* body type, is more prone to hair loss. *Vata Dosha* is responsible for movement and transportation of food nutrients through the empty channels and spaces of the body. Excessive or imbalanced *Vata Dosha* can result in an obstruction in the flow of the food nutrients that supply nourishment to the hair cells, leading to dry scalp, dry hair, split ends, and finally, thin hair or hair loss. Second, healthy hair also depends on healthy bones. This is because hair and nails are by-products of the process of transformation from food to bones. The third reason for hair loss is old age, from 60 years on. According to *Ayurveda*, the later time of life is governed by *Vata Dosha*, which results in increased hair loss. Other factors, also associated with *Vata Dosha*, include: genetics/*Vata* body type; severe illness; post-pregnancy; rapid weight loss (which can result in slow but significant hair loss); worry and stress; dry scalp, severe and uncontrollable dandruff; irregular routine, excess traveling, and irregular eating habits and lack of sleep; eating cold foods, deep-fried foods, or packaged, processed,

canned or frozen foods; and eating too many sugary foods or foods with chemical additives. All of these disturb the digestion and can create digestive toxins and an increase in *Vata Dosha*. Other causes include smoking cigarettes; consuming excess alcohol; consuming too much vinegar, pickles, carbonated drinks and spicy foods; pulling your hair back into tight hairstyles; using hair rollers and hot blow-drying on your hair; using too many harsh hair dyes, chemical shampoos, setting gels and hair sprays; and using polluted water for drinking and hair washing.

**Keywords:** *Kshudra Roga* in Ayurveda, ayurvedic beauty article.

## INTRODUCTION

According to Ayurveda, everything in the universe is made up of the five elements - air, fire, water, earth and ether - and the three *Doshas*, namely *Vata*, *Pitta*, and *Kapha*. Ayurvedic experts say that we can achieve sparkling health by balancing these within our body. *Doshas* apparently govern everything about us, from hair colour to body type to the kind of illnesses we can get afflicted with. Generally, we have one or two dominant *Doshas*. To put it simply, *Vata* relates to air, *Pitta* to fire and *Kapha* to water. *Vata's* role is believed to be confined to our nervous system, *Pitta* is responsible for digestion and metabolism while *Kapha* lubrication of joints, strengthening of immunity and protection of body tissues. Aggravation of any of these *Doshas*, for whatever reason, can lead to various kinds of diseases. Hair fall, experts say, is attributed to the exacerbation of the *Pitta Dosha*. Taking our pulse is the key to finding out about our *Dosha*. For people with *Pitta*, the main thing to remember is that health comes



Include lots of green leafy vegetables and sweet juicy fruits. Dairy products such as milk, fresh cheese, and Lassi (a light yogurt drink) will also help. Fresh coconut, almonds, pumpkin seeds, and walnuts are considered excellent "hair food." Grate them and add them to your veggies. Whole grains and leafy greens such as kale, chard, collard, mustard greens, and arugula are also excellent for hair growth. Flavor your food with spices to aid digestion and assimilation of nutrients. Good spices for hair growth include curry leaves, cilantro, parsley, cumin, turmeric, and black pepper. Plan and manage your time and tasks to increase ease and efficiency and to minimize multi-tasking, which is a major cause of stress. Learn the Transcendental Meditation® technique to prevent stress. Exercise daily, and practice *Yoga Asanas* and breathing exercises (*Pranayama*) to relieve mental and physical stress. Enjoy leisure time in nature to help restore balance to your mind<sup>1</sup>. Listening to soothing, calming music can also be

therapeutic and reduce stress. Practice the ayurvedic daily routine (*Dinacharya*), which includes waking up before 6:00 a.m., eating your main meal at lunch, and going to bed before 10:00 p.m. This is very important for balancing the three fundamental mind-body principles of *Vata*, *Pitta* and *Kapha*.

Get adequate, good-quality sleep to help the natural process of rejuvenation, prevention of stress, balancing of *Vata Dosha* and increase in energy levels. Give your hair a warm-oil scalp massage using 1-2 teaspoons of organic coconut, almond or olive oil infused with a drop of rosemary, rose, jasmine, or lavender essential oil. Apply the mildly-warmed oil to your hair and gently massage it into your scalp evenly with your fingertips. Leave on overnight if you can; if not, leave on for at least an hour or two, then rinse it out with an herbal shampoo. Do these scalp massages 2-3 times a week to aid sound sleep, promote relaxation, stimulate circulation, and moisturize the scalp. Use gentle, natural shampoos and hair products that do not contain harmful chemicals. Wash your hair with chlorine-filtered water (use a shower filter that can remove the chlorine).

#### **AIMS AND OBJECTIVES:**

- 1) To understand the causes of hair loss.
- 2) To understand and explore how to prevent hair loss

3) To understand which factors affecting the hair loss.

#### **MATERIALS AND METHODS:**

Ayurveda texts and articles.

*Vata Vridhhi in Kapha Sthana.*

*Asthi Kshaya lakshana.*

Seen in *Rasavaha Strotodushti*.

#### **CAUSES:**

Ageing, hereditary factors, poor hygiene, local skin condition (dandruff), reaction to certain drugs like lithium, stress, radiation therapy, anemia, hypothyroidism<sup>2</sup>.

Treatment and principal according to *Ayurveda*:

*Khalitya Chikitsa*<sup>3</sup>

*Asthi Pushtikar Chikitsa*

*Keshya Chikitsa*

*Pandu Chikitsa*

*Rasayan Chikitsa*

To regulate *vata* and strengthen *kapha*

Internal medicine

*Triphala Churna* -10 grams with honey morning and night after food

*Jivanyadi Ghritam* – 10ml with milk at night after food.

*Mahathikta Ghritam* – 20ml with milk at night after food with luke warm water|milk.

*Yashtimadhu Churna* - 3 grams with warm water morning and night after food

External Medicine

*Triphala Churna* is mixed with buttermilk and apply on scalp for 20 mins for 2-3 days.

In iron deficiency ;

Draksha rishtam -25ml morning and night after food.

*Saptammrit loha* 1gm with 10 ml morning and night after food

*Lohasav* – 25ml morning and night after food

*Praval bhasma* -500 mg with honey morning and night after food

From 4<sup>th</sup> day

*Manjishtadi Tailam, Prapundarikadi Thailam, Nilibhrungyadi Thailam, Triphaladi Thailam, Irrimedadi Tailam, Kutajpatradi Tailam.*

*Virechanam* - *Kalyanak Ghritam* 25 ml at night once ln 15 days.

*Nasyam* - *Yashtimadhu Tailam* is done in evening 1 ml I each nostril, *Anutilam* is done in evening 1 ml I each nostril.

*Rasayan* – *Chavanprash Rasayana* 20 gms with milk at bed time.

Preventive measures according to Ayurveda : take green leafy vegetables, dried grapes, dates, milk etc . Fenugreek, *Amalaki*, diluted vinegar, *Mehendi*, egg white, lemon extract. Maintain scalp hygiene. Cofffee and tea decoction act as a conditioner.

Things to be avoided: do not use shampoo frequently. Shampoo can be applied once in 5 days. Avoid stress, food and activities which aggravates *Vata Pitta* like deep fried chips junk food etc.

## DISCUSSION:

Principles of maintaining proper wellbeing of body and mind are in corporate in Ayurveda. In form of *Dincharya Rutucharya* balance diet and the observance of personal moral seasonal and spiritual conduct. Ayurveda also prescribed *Sadvrrittaa Rasayan* theory is useful for disease free long life and helps in quality of uplifting their life.

## CONCLUSION:

The combination of *Vata Vridhi* in *kapha* stahn and determination in *Rasadi Dhatu Strotas* and *Agni* responsible for hairloss and process of baldness.

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