

AYURVEDIC PERSPECTIVE OF KHALITYA: REVIEW ARTICLE**Dr. Shubhangi Girnale^{1*}, Dr. Ramesh Sonwane²**¹PG Scholar, Department of Panchkarma, Csmss Ayurveda College.²Associate professor, Department of Panchkarma, Csmss Ayurveda College.***Corresponding Author: Dr. Shubhangi Girnale**

PG Scholar, Department of Panchkarma, Csmss Ayurveda College.

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ABSTRACT

Khalitya is an Ayurvedic term for hair loss and is classified under Shirg Roga (diseases of the head). According to Ayurveda, it is a Tridoshaja Vyadhi in which all three doshas are involved, with the predominant role of aggravated Pitta Dosha along with Vata, Kapha, and Rakta. In modern medicine, this condition is referred to as alopecia or baldness, characterized by partial or complete loss of hair from the scalp. Hair loss can significantly affect an individual's appearance, confidence, and quality of life. The prevalence of Khalitya is higher among males, particularly between 18 and 40 years of age. Studies indicate that nearly 40% of men and 25% of women in India experience some form of hair loss. Several factors contribute to the development of Khalitya, including unhealthy dietary habits, lifestyle changes, sleep disturbances, psychological stress, systemic illnesses, and the use of certain medications. Although modern treatments are available, they may be associated with adverse effects and variable outcomes. Ayurveda offers a holistic and safe approach to the management of Khalitya through both Bahya Chikitsa (external therapies) and Abhyantara Chikitsa (internal therapies). Common Ayurvedic treatments include Nasya, Raktamokshana, and various Lepa applications. Important medicinal formulations used in the management of Khalitya include Bhringraja Taila, Malatyadi Taila, Tila Taila, Asthiposhak Vati, and several Rasayana drugs. Ayurvedic therapies have shown promising results in promoting hair growth, reducing hair fall, and improving scalp health, often without the side effects commonly associated with conventional treatments. Therefore, Ayurveda provides an effective and holistic approach for the prevention and management of Khalitya.

KEYWORDS: Khalitya, Androgenic Alopecia, pattern hair loss, Jalaukavacharana.**INTRODUCTION**

Ayurveda, often regarded as one of the oldest systems of medicine in the world, adopts a holistic approach to health by emphasizing both prevention and cure of diseases. Originating in India, the term Ayurveda means "the science of life." It is based on fundamental principles such as Panchamahabhuta (five basic elements), Tridosha (Vata, Pitta, and Kapha), Agni (digestive and metabolic fire), and Dhaty (body tissues), which collectively help maintain health and vitality. The primary objective of Ayurveda is to preserve health, prevent disease, and restore the normal functioning of the body and mind.

In modern society, hair is considered an important aspect of physical appearance and personality. Healthy hair enhances self-confidence and plays a significant role in an individual's aesthetic appeal. Hair loss has become a

common concern worldwide, affecting both men and women and often leading to psychological distress, reduced self-esteem, and social anxiety.

The incidence of hair loss has increased considerably due to changing lifestyles, unhealthy dietary habits, environmental pollution, stress, and various systemic disorders. It is estimated that by the age of 30 years, approximately 25% of men and 12% of women experience noticeable hair loss, with the prevalence increasing further with advancing age. As a result, hair loss has emerged as a significant cosmetic and health concern, particularly among younger individuals.

In Ayurveda, hair loss is described under the term Khalitya, which is classified among Kshudra Rogas and Shiro Rogas. Ayurvedic texts explain the pathogenesis of Khalitya primarily through the vitiation of Pitta Dosha,

along with the involvement of Vata, Kapha, and Rakta, Ayurveda offers a comprehensive approach to its management through dietary modifications, lifestyle regulation, herbal formulations, Rasavana therapy, and various therapeutic procedures, aiming not only to control hair fall but also to promote healthy hair growth and improve overall well-being.

In Ayurveda, hair loss is described as Khalitya and is classified under Kshudra Roga (minor diseases). The increasing incidence of Khalitya in recent years has been associated with various causative factors, including unhealthy dietary habits, lifestyle modifications, environmental pollution, psychological stress, and changing climatic conditions. These factors adversely affect hair health and contribute to the progressive loss of hair.

According to Ayurvedic principles, hair (Kेशha) is considered a by-product (Mala) of Asthi Dhatu and reflects the overall nutritional and physiological status of the body. Proper nourishment of the tissues and maintenance of doshic balance are essential for healthy hair growth. Disturbances in these factors can lead to weakening of hair roots and gradual hair fall. Khalitya is characterized by progressive thinning and loss of hair from the scalp and is often indicative of underlying systemic imbalances.

The pathogenesis of hair loss is multifactorial and may involve nutritional deficiencies, hormonal disturbances, impaired tissue nourishment, and local inflammatory changes affecting the scalp. Therefore, effective management requires a comprehensive approach that addresses the root causes rather than merely treating the symptoms.

Ayurveda offers several safe, economical, and holistic treatment modalities for the management of Khalitya. These include Shodhana therapies such as Raktamokshana, along with various local applications and herbal formulations aimed at promoting hair growth, improving scalp health, and restoring tissue balance. Among these, Jalaukavacharana (leech therapy) and Asthimasi Avachurnana have been described as beneficial therapeutic measures.

In modern medicine, Khalitya is commonly correlated with androgenetic alopecia, for which treatment options are often limited to pharmacological agents and surgical procedures such as hair transplantation. Although these interventions may provide temporary or cosmetic benefits, they can be expensive and may be associated with adverse effects. In contrast, Ayurveda emphasizes a holistic treatment approach that focuses on correcting the underlying pathology and restoring overall health. Considering the growing prevalence of hair loss and the need for safe and effective treatment options, the present study is proposed to evaluate the therapeutic efficacy of Asthimasi Avachurnana and Jalaukavacharana in the

management of Khalitya. The study aims to assess their effectiveness through a systematic clinical evaluation of selected patients over a treatment period of three months.

Need for Study

Khalitya (hair loss) is one of the most common cosmetic and psychological concerns affecting individuals worldwide. In contemporary medicine, it is often correlated with androgenetic alopecia, a condition characterized by progressive hair thinning and loss. Although not a life-threatening disorder, hair loss can have a considerable impact on an individual's self-esteem, confidence, social interactions, and overall quality of life.

The prevalence of hair loss has increased significantly due to factors such as stress, unhealthy dietary habits, hormonal imbalances, environmental pollution, and changing lifestyles. As a result, there is a growing demand for safe, effective, and affordable treatment options. Conventional treatment modalities, including topical and systemic medications, corticosteroids, and hair transplantation procedures, may provide symptomatic relief or cosmetic improvement. However, these therapies are often associated with limitations such as high cost, variable efficacy, recurrence of symptoms, and potential adverse effects following prolonged use.

Ayurveda offers a holistic approach to the management of Khalitya by addressing the underlying etiological factors and correcting the imbalance of doshas responsible for hair loss. Therapeutic procedures such as Raktamokshana and local applications like Asthimasi Avachurnana have been described in Ayurvedic literature for promoting hair growth and improving scalp health. Among the various methods of Raktamokshana, Jalaukavacharana (leech therapy) is considered a safe and effective procedure for disorders involving vitiated blood and local tissue pathology.

Disease Review

Khalitya is an Ayurvedic term used to describe the gradual loss of hair from the scalp, leading to thinning of hair and, in severe cases, baldness. It is classified under Kshudra Roga (minor diseases) and is considered a significant cosmetic and psychological concern. According to Ayurvedic literature, Khalitya develops due to the vitiation of Tridoshas Vata, Pitta, and Kapha-along with the involvement of Rakta Dhatu. Impairment of tissue nourishment, particularly of Rasa Dhatu, plays an important role in its pathogenesis. Conditions such as Aruchi (loss of appetite) and improper nutrition can further contribute to inadequate nourishment of body tissues, ultimately affecting hair growth and health.

Ayurvedic classics provide detailed descriptions regarding the anatomy, physiology, growth, and maintenance of hair. Kashyapa Samhita emphasizes that the production, growth, and preservation of hair depend upon an individual's Swabhava (natural constitution) and

Prakriti (body constitution). Proper nourishment of the tissues and maintenance of doshik balance are essential for healthy hair growth.

Different Ayurvedic texts have described hair disorders with slight variations. In Ashtanga Sangraha, Indralupta and Khalitya are explained as separate disease entities. While Indralupta is characterized by localized patchy hair loss, Khalitya refers to the progressive and generalized loss of hair from the scalp. Understanding these distinctions is important for accurate diagnosis and appropriate treatment planning.

The pathogenesis of Khalitya involves the aggravation of Pitta Dosha, which, in association with Vata, causes weakening and falling of hair. Subsequently, Kapha and vitiated Rakta obstruct the hair follicles, preventing the regeneration of new hair. This results in progressive hair loss and reduced hair growth. Therefore, Ayurvedic management focuses on correcting doshic imbalance, improving tissue nourishment, and promoting healthy hair regrowth through appropriate therapeutic interventions.

Treatment

The management of Khalitya described in various Ayurvedic classics follows a comprehensive approach aimed at correcting the underlying doshic imbalance, purifying the body, and promoting healthy hair growth. Although the treatment modalities mentioned in different Samhitas vary slightly, the fundamental principles remain similar.

According to Acharya Charaka, the treatment of Khalitya should begin with Shodhana Chikitsa (purificatory therapy) to eliminate vitiated doshas from the body. This includes procedures such as Kamana (therapeutic emesis) and Virechana (therapeutic purgation), followed by Nasya Karma and the application of Shiro Lepa (medicated pastes over the scalp). These therapies help in restoring doshic balance, improving tissue nourishment, and promoting hair regrowth.

Acharya Sushruth has emphasized Raktamokshana (bloodletting therapy) as an important treatment modality for Khalitya. Procedures such as Siravedhana (venesection) and other forms of Raktamokshana are recommended to eliminate vitiated blood and improve local circulation to the scalp. These therapies are considered particularly beneficial when Rakta and Pitta Dosha are predominantly involved in the pathogenesis of the disease.

Various external therapeutic applications have also been described for the management of Khalitya. These include Lepa (topical applications) and Avachurnana (local dusting of medicinal powders) using formulations such as Hastidanta Masi, Bhallatakadi Lepa, and Brihatyadi Lepa. Such preparations help stimulate hair follicles, improve scalp health, and support hair regeneration.

Several medicated oils (Taila) are traditionally used for hair nourishment and growth, including Gunjaphala Taila, Vidarigandhadi Taila, Sahacharadi Taila, and Bhringaraja Taila. These formulations possess Keshhya (hair-promoting) properties and help strengthen hair roots, reduce hair fall, and improve the overall condition of the scalp.

In addition, Nasya Karma is considered an important therapeutic procedure in the management of hair disorders. Yashtimadhukadi Taila and other medicated oils are commonly used for Nasya to nourish the tissues of the head and scalp, improve circulation, and promote healthy hair growth.

Thus, Ayurvedic management of Khalitya incorporates both internal and external therapeutic measures, providing a holistic approach that addresses the root cause of the disease while promoting the regeneration and maintenance of healthy hair.

DISCUSSION

Importance of Ayurveda

Ayurveda, one of the oldest documented systems of medicine, advocates a holistic approach to health and disease management. Its primary objective is to maintain the equilibrium of body, mind, and spirit through preventive and curative measures. Based on the fundamental principles of Tridosha, Agni, Dhātu, and Srotas, Ayurveda aims to restore physiological balance and enhance the vitality of body tissues. Through its emphasis on natural therapies and individualized treatment, Ayurveda provides a comprehensive framework for promoting overall health and well-being.

Hair Health in the Ayurvedic Perspective

In modern society, hair is considered an important aspect of physical appearance, personality, and self-confidence. Consequently, hair loss has become a significant cosmetic and psychological concern, particularly among younger individuals. The condition can adversely affect self-esteem, social interactions, and quality of life.

In Ayurveda, hair loss is described under the term Khalitya, which is classified among Kshudra Rogas. The disorder is primarily associated with the vitiation of Pitta Dosha along with the involvement of Vata, Kapha, and Rakta. Various factors such as improper diet, unhealthy lifestyle practices, stress, environmental pollution, and nutritional deficiencies contribute to the development of Khalitya.

Ayurvedic management focuses not only on reducing hair fall but also on correcting the underlying doshic imbalance, improving tissue nourishment, and promoting healthy hair growth. Therapeutic modalities such as Jalaukavacharana. Various Keshhya formulations are employed to achieve these objectives. Thus, Ayurveda offers a safe, holistic, and cost-effective approach for the

management of hair loss and the restoration of scalp health.

CONCLUSION

Ayurveda, one of the oldest and most comprehensive systems of medicine, emphasizes a holistic approach to health through the maintenance of doshic balance, proper nourishment of body tissues, and prevention of disease. In recent years, the increasing prevalence of hair loss disorders has emerged as a significant health and cosmetic concern, affecting the psychological well-being and quality of life of individuals worldwide.

Khalitya, described in Ayurvedic literature as a disorder of hair loss, is primarily associated with the vitiation of Pitta Dosh along with the involvement of Vata, Kapha, and Rakta. Various factors such as unhealthy dietary habits, lifestyle modifications, stress, environmental pollution, hormonal disturbances, and nutritional deficiencies contribute to its development. Ayurveda offers a holistic management approach that focuses on correcting the underlying pathology improving tissue nourishment, and promoting healthy hair growth through safe and natural therapeutic interventions.

The proposed clinical study aims to evaluate the efficacy of these Ayurvedic interventions through a systematic and scientific approach. The findings of this study may contribute to the evidence-based validation of traditional Ayurvedic therapies and provide safe, effective, and cost-efficient treatment options for patients suffering from Khalitya.

Furthermore, this research has the potential to strengthen the integration of Ayurvedic principles with contemporary clinical practice, thereby expanding the scope of holistic healthcare. By bridging traditional wisdom with modern scientific evaluation, the study may open new avenues for the management of hair loss and contribute to the growing body of evidence supporting Ayurvedic medicine.

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