

AYURVEDIC CONCEPTS OF KHALITYA

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ABSTRACT

Nowadays, occurrence of kshudrarogas are very high in Society. Khalitya and Palitya are among those kshudrarogas. Due to changes in lifestyle like excess pollution, use of synthetic chemicals and also improper diet have increased no. of patients with diseases like Khalitya and Palitya. In present era, falling of hair is a commonly found cosmetic problem affecting young people. Healthy and good looking hair makes person good looking and enthusiastic. Khalitya generally found in old age and in pittaj prakruti.

KEYWORDS: kshudrarogas, pittaj prakruti, Khalitya and Palitya.

INTRODUCTION

It is considered that face is the mirror of our personality and it should be maintained from the what hairstyle we keep. In today's developing world there are lots of 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 has erupted as a major problem.

The most who are affected with this problem in the young population not only men but also women. And people are spending lots of money to get rid of this problem but all in vain. In our ancient Ayurvedic granthas it is said that hair and nail are the malas of the asthi dhatu i.e. they develop from the asthi dhatu.

Acharya Sushruta had said in Sushruta samhita that the drushti and lomakupa never grow throughout lifetime but hairs and nail do. Acharya Charaka have also mentioned in his text that hair is the mala of asthi dhatu. Acharya Sharangdhara have mentioned that kesha, loma are the upadhatu of majja dhatu.

- Causes of Hair Fall
 - Viruddha aahara vihara
 - Pitta vardhak aahara vihara
 - Hina, mithya and atiyoga of aahara, nidra and brahmacharya
 - Consuming polluted water
 - Living in polluted environment.
 - Non application of oil on the scalp.
 - Consumption of dushi visha.

- **Way To Grow:** Acharya Sushruta have mentioned about hair fall in Sushruta samhita nidana sthan there are three stages

- 1) Khalitya
- 2) Palitya
- 3) Indralupta

When the Vata dosha get vitiated along with pitta dosha it goes into the romakupa i.e. the hair follicles and which results in Hair fall. The next pathology that occurs is that the rakta dosha along with the kapha dosha goes in the romkupas which cause the romkupas to chose which ultimately results in non growth of hair from that respective follicle. This disease is known as Indralupta, Khalitya or Ruja.

- Ayurvedic Line Of Treatment

- Pachan and deepan
- Snehan and swedan
- Panchakarma (virechana)
- Nasya (yashtimadhu tail)
- Basti (panchatikta kshira)
- Dhumpna
- Shirodhara
- Rasayana chikitsa

- Ayurvedic Yogas :- Sanjivani vati, Arogyawardhini vati, Sutshekhar rasa, Shankha bhasma, Asthiposhak vati, Ashwagandharishta, Brahmi vati, Guduchighana vati, Amrutadi guggula, Shatavari kalpa, Triphala ghruta.

- Hair Care

Always use clean and cold or lukewarm water to wash your head avoid using warm water.

- Regular application of oil on the scalp.
- Eat protein rich food i.e. soya milk, egg etc.
- Comb hair only after hair get dried after bath
- Remove stress from your life.
- Yogasana to be done on regular basis, Shirsasan, Shavasan, Bhramari pranayam, Anuloma viloma pranayam.

- Some Home Remedies

- 1 Pinch of Saffron powder 2 tsp Yashtimadhu churna, 2 tsp milk and make it paste and apply on scalp, keep it for 1 hr and rinse.
- Gokshura churna, Amalki churna, Guduchi satwa same quantity mix and take 1tsp a day with milk.
- Drink milk atleast 2 times a day.
- Eats lots of fruits like guava, orange etc.

- Khalitya is primarily a pitta predominant tridoshajanya vyadhi. But based on the predominance of dosha, is divided into following types

1. Vataj Khalitya – Scalp appears as Agnidagdha, Shyava and Aruna
2. Pittaja Khalitya – Colour of scalp as Peeta, Neela and Harita.
3. Kaphaj Khalitya – More or less same as the colour of the skin and Snigdha.

- At Charak samhita, we offer a very effective treatment methodology based on the classical texts of Ayurveda.
- The treatment comprises of administration of Rasayanas and Keshya wardhak yogas internally.
- Application of formulated oils, powders, pack externally.
- Apart from the medical management, controlling stress, eating healthy and balanced diet rich in proteins, vitamins and minerals and a healthy lifestyle are extremely necessary to arrest hair loss.