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Ayurvedic Concept Of Hair And Its Management

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ABSTRACT:

In Ayurveda human body is made up of seven dhatus. The production of next (*utro-utar dhatu*) dhatu is from the former *dhatu* by the function of *their respective dhatvagni like rasagni* acts on ahara rasa and turn it into *rasa dhatu* like wise *raktagni* converts some part of *ras dhatu into rakta dhatu* and so on. Hairs are mala of *aasthi dhatu*. Its important to nourish *aasthi dhatu* for health hairs. *khalitya roga* described under the heading of *kshudra roga* (minor disease) or *shiroroga* (diseases of head & scalp). It is progressing disorder people living in sedentary ways of life, stress induced ,hectic schedules. Ayurveda science has already described how to take care of our hair by using herbal drugs.

Key words: *kesh, mala, khalitya*

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INTRODUCTION:

Ayurveda is an ancient and developed science of India. *Kesha* (hair) is a complex and delicate part of our body, which gives a personality. In Ayurveda, our hairs growth depends on our digestion. Hairs are by-products (*mala*) of *aasthi dhatu*¹. Mala are the waste matter or substances that are excreted out of the human-body. *Kesha* is the Mala of *Asthi dhatu*⁷ and *Upadhatu* of *Majja*. As we know there is concept of ahara mala and dhatu mala in Ayurveda². Hair are the dhatu mala. The *dhatu* themselves which are inside the body, the external *mala* give us clues as to what is going in the body. Along with production of later dhatu, there is side by side production of *upadhatu* & mala of former dhatu. Bad quality *mala* from a particular *dhatu* tell us that nutrition is not reaching that *dhatu* and helps us to reach a diagnosis. For example hair fall,

weak splitting nails suggest a problem in the proper formation of *asthi dhatu* and leads us to suspect problems in the bones, cartilage, teeth etc .

AIMS AND OBJECTIVES:

1. TO study the classification of hairs and *keshvikar*.
2. To study the management of hairfall.

MATERIAL & METHOD:

The healthy hairs should be soft, black in colour, small, firm, oily and with a single hair root. These qualities of healthy hairs are criteria to determine the “*Dirghayu*” of a person . Therefore, to keep hair in healthy state is entirely duty of human being, because just like face, hair is also a mirror of healthy state of body. When our hairs are healthy, It reflects our constitution—unique ratio of *vata*, *pitta*, and *kapha*. And because

we each have all three *doshas* in our constitutions, so our hairs definitely express a combination of different doshic characteristics but it is very rare to find single doshaj hair type like vata type hair, pitta type hair, kapha hair type .We will recognize traits from at least two doshas in your hair, and possibly all three.

- In *shushruta samhita* the concept of *drusthi* and the *lomkupaa* never grow throughout lifetime on the other side hairs and nails grow whole life.
- *Acharya charaka* have also mentioned in his text that hairs is the mala of asthi dahtu.
- *Acharya sharanagdhara* have mentioned that *kesha, loma, are the updhatu of majja dhatu*.

The skin receives nourishment from *Rasa Dhatu*. *Kesha* is a part of *Twak*. Therefore *Kesha* also receives nutrients from the *Rasa Dhatu*. Premature graying of hair is caused by the vitiation of *Rasa Dhatu*. Individuals having *Twak Saarata* are characterized by unctuous, smooth, soft, clear, fine, less numerous, deep rooted and tender hair and lustrous skin. A person possesses *Meda Sara* exhibits *Snigdha Nakha, Kesha, Loma*³ etc as it gets *Snigadhata* from *Meda Dhatu*. *Kesha and Mala Kesha* is the *Mala of Asthi*

*dhatu*⁴ and *Upadhatu of Majja*⁵ consequently whenever there is a *Vrudhi* and *Kshaya of Asthi Dhatu*⁶ there it will affect the growth and development of the hairs. This is observed through the sign and symptoms of the *Asthi Kshaya* i.e. falling of hair, nails, hair of the beard, including mustaches and teeth, excretion and looseness of ⁷. There is close relation between *Kesha and Shukra Dhatu*. According to *Acharya Dhalhana* after the complete development of *Shukra Dhatu* there is appearance of its *Mala* i.e. *Smashru*⁸

TYPES OF HAIR⁹:

Vata-Type Hair are thin, but often a bit coarse, may be straight or curly, or a combination of the two, grows quickly.

Pitta-Type Hair is straight, soft, and of moderate thickness, but very fine.

Kapha-Type Hair is typically wavy, lustrous, full, strong, coarse, and thick.

If the tri-doshas get vitiated or imbalance in any dosha like

- *Excess Vata* causes the hair to be dry, frizzy, brittle, and lustreless. It also causes the hair to thin, fall out in clumps, become shorter and more

difficult to grow out, and present with split ends.

- *Excess Pitta* causes excess heat in the hair follicles, which can damage the hair and lead to premature thinning, early greying, and baldness. Heat in the hair follicles is often accompanied by a tendency to be hot-headed, short-tempered, or excessively ambitious.
- *Excess Kapha* causes excessive oiliness, heaviness, and thickness in the hair.

KESHVIKAR:

Acharya Sushruta have mentioned about hairfall in *sushruta samhita nidan sthan*⁹ there are three stages

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

Khalitya - Falling of hairs is a continue process but new hair does not appear and leads to baldness. vitiated *Rakta and Kapha Dosha* block the opening of hair follicle, which prevent growth of new hairs¹⁰. Now a days most of people are suffering with this problem i.e *khalitya*. It is increasing day by day because of busy life style, stress, polluted environment, unhealthy diet and

fast food. Dandruff is also the main cause of *Khalitya*.

Palitya - premature graying of hair .*Palitya* is pitta disorders. It means, when you continuously disturb ‘pitta’ it can gray your hair. So, according to Ayurveda, if you consume pitta enhancing substances, your pitta aggravates and cause gray hair¹¹.

Management of hair

we can prevent hair falling (*Khalitya*) and grayness of hairs (*palitya*) and promote growth of new hairs by adapting following steps:

1. *Nidaanparivarjaan*- important step for line of treatment, so treat firstly the root cause i.e to balance the vitiated doshas.

2. Diet Consume foods that are rich in vitamins and minerals like Carrot, alfalfa, spinach and lettuce are some of the foods you should consume regularly. Drink lot of water

3. Nasal medication (*nasya karma*): Benefits of *Nasya Karma* The hair doesn't grey, and also doesn't fall. The hair growth is proper with extra long and black in color. *Nasya Karma* not only has the impact on Scalp hair (*Shirastha Kesha*) but also on beard .

Nasal medication should be done with

1. *Anu tail Nasya*¹² (A.S.)
2. *Brihatyadi navana* (A.S.)
3. *Nimba tail* (Chakradutta)
4. *Bhrigaraja rasa + mulethi + milk + tail paka* (Chakradutta)

- coconut oil made with fenugreek & onion seeds.
- Hair mask (mix curd, egg, ripe banana, cap Vit E)

4. **Rasayana** for the patient of hair fall mentioned in Charaka Samhita are

1. *Agastya haritaki*
 2. *Kankarishta*
 3. *Amalaki rasayana*
 4. *Navayas lauha*
 5. *Mandoora bhasma*
- 5-. **Nityam Snehardra Shirasam**¹³ -

Daily oiling of hair Benefits are

1. Headache doesn't occur
2. No falling of hairs,
3. No graying of hairs,
4. the roots of hairs are strengthen, they grow long,
5. Hairs grow black in colors and with good health.

CONCLUSION:

From ayurvedic point of view, good hair growth is linked to one's physical and mental health. Some minor changes of life style and dietary habits can prevent hair fall. Proper hair care life oiling, washing, protection from external factors like environment, chemicals, heating etc is important for preventing hair fall and keeping them healthy. So, We have to take care of hair by using all the steps of management of hairs

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