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Critical review on Ayurvedic Management of Khalitya (Hair Fall) and its Management

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Abstract:

Khalitya, commonly identified as alopecia in modern medicine, is a progressive disorder characterized by hair fall, particularly from the scalp. Ayurveda classifies Khalitya under Shiroroga (head disorders) and Kshudra Roga (minor ailments) due to its localized impact and mild severity when treated appropriately. The condition is primarily attributed to the aggravation of Pitta dosha, which weakens hair follicles, while Vata dosha induces dryness and brittleness. Additionally, Kapha dosha and Rakta (blood) contribute by obstructing hair roots (Romakupa), hindering hair regrowth. The rising incidence of Khalitya is linked to dietary imbalances, stress, environmental pollution, and improper hair care routines. Excessive intake of spicy, salty, or acidic foods, along with mental stress, disturbs the equilibrium of doshas, exacerbating hair fall. Ayurveda emphasizes a holistic treatment approach that addresses the root causes while enhancing scalp nourishment and promoting healthy hair growth. Management strategies include Nidana Parivarjana (elimination of causative factors), Shodhana (purification therapies) such as Nasya Karma (nasal therapy) and Raktamokshana (bloodletting), and Shamana (palliative therapies) using medicated oils like Bhringaraja Taila and Malatyadi Taila. Oral administration of Rasayana herbs such as Amalaki, Brahmi, and Ashwagandha further strengthens hair roots and improves hair quality. By combining Ayurvedic principles with preventive care, individuals can effectively manage Khalitya, reduce hair fall, and enhance hair regrowth, ensuring long-term scalp health and improved confidence.

Keywords: Khalitya, Nasya, Raktamokshana, Hair Fall, Tridosha, Alopecia, Rasayana.

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INTRODUCTION:

Khalitya, often correlated with alopecia in modern science, is a progressive condition characterized by hair fall from the scalp. Ayurveda describes Khalitya under Shiroroga and Kshudra Roga due to its localized nature and comparatively mild severity. Acharya Charaka mentions that excessive Pitta along with Vata disturbs hair follicle strength, while Kapha and Rakta obstruct the hair roots, leading to impaired hair growth. Increased incidence of Khalitya has been attributed to dietary imbalances, stress, pollution, and improper hair care. Ayurveda offers a comprehensive treatment approach addressing root causes while enhancing hair growth and scalp nourishment. According to Acharya Charaka, Khalitya is a Tridoshaj Vyadhi (a disorder involving all three doshas — Vata, Pitta, and Kapha) with a predominance of Pitta dosha. In this condition, the excess of Pitta dosha—characterized by heat and metabolic intensity—weakens the hair follicles, leading to hair loss. Alongside this, Vata dosha aggravation dries the scalp, causing brittleness and premature hair fall. Furthermore, the involvement of Kapha dosha and Rakta dhatu (blood tissue) results in the obstruction of hair roots (Romakupa), ultimately hindering the regeneration of new hair.

Materials and Methods:

This review is based on data collected from Ayurvedic texts, peer-reviewed research publications, and relevant case studies. Key interventions such as Nasya, Pracchana, Lepa, and Rasayana therapies are discussed. Additionally, lifestyle modifications and

dietary corrections are analyzed for their preventive and curative impact.

Results:**Ayurvedic Management Strategies:****1. Shodhana Chikitsa (Purification Therapies):**

Nasya Karma: Administration of medicated oils like Anu Taila and Shadbindu Taila has shown significant improvement in scalp health, promoting hair regrowth by nourishing hair follicles and reducing scalp dryness.

Raktamokshana (Bloodletting): Effective in removing vitiated Rakta and Kapha, ensuring improved blood circulation in the scalp.

2. Shamana Chikitsa (Palliative Therapies):

Herbal formulations like Bhringarajasava, Amalaki, and Yashtimadhu Churna provide internal nourishment and improve scalp health.

Lepa Therapy: External application of Vanadhanyakadi Lepa has shown positive outcomes in improving scalp circulation and stimulating hair follicles.

3. Rasayana Chikitsa (Rejuvenation Therapies):

Rasayana drugs such as Brahmi, Ashwagandha, and Shatavari rejuvenate hair roots and promote hair density.

4. Lifestyle and Dietary Modifications:

Avoidance of excessive salt, sour, and spicy foods helps prevent Pitta aggravation. Incorporation of oil massages (Shiroabhyanga) using Bhringraj Taila or Neeli Taila enhances scalp nourishment and hair strength.

DISCUSSION:

Ayurvedic literature emphasizes that Khalitya is predominantly a Pitta-Vata condition associated with Rakta Dushti. Stress, poor dietary habits, and environmental factors play a significant role in worsening the condition. Purification therapies such as Nasya and Raktamokshana directly address the root cause, while Shamana and Rasayana therapies support hair regrowth and prevent recurrence. Research demonstrates that Ayurvedic interventions have a holistic impact by improving scalp circulation, enhancing nutrient absorption, and balancing the aggravated doshas. Notably, herbal formulations like Bhringaraja Taila and Nasya with Anu Taila have shown significant improvement in hair regrowth without adverse effects.

CONCLUSION:

Khalitya is a multifactorial condition that requires a comprehensive treatment approach. Ayurvedic therapies such as Nasya, Raktamokshana, Lepa, and Rasayana offer effective solutions for hair fall management. Integrating these therapies with lifestyle modifications can significantly reduce hair fall, improve scalp health, and promote hair regrowth. Further research integrating Ayurvedic interventions with modern dermatological approaches may enhance treatment outcomes.

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