

Review Article

Study of hetu of Khalitya(hair fall) according to classical texts

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ABSTRACT:

Ayurveda offers the complete regimen for both healthy and diseased one regarding health. It promotes positive health natural beauty and long life. Hairs plays an important role in our appearance. It reflects internal health of individual. Healthy hairs enhances our personality whereas its associated problem like hair fall, graying of hairs affect quality of life indirectly. In today's world of modernization problem of hair fall is progressively increasing in society affecting both the sexes of all races. *Atilavansevan*[salt], *ksharsevana*[alkaline food] *Krimi*, *Virudhha Aahara*[food incompatibilities] are main causes described in classical texts which are majorly found in today's westernized food culture. While treating a disease avoiding *Hetu* [*Nidan Parivarjan*] is the first line of treatment in *Ayurveda*. To prevent and to cure disease promisingly it is necessary to follow this *Ayurvedic* propaganda.

KEY WORDS: *Khalitya*, *Hetu*, *Nidanparivarjan*

INTRODUCTION:

Khalitya is disease mentioned in *Ayurveda* which means hair fall. Hairs of the scalp are most noticeable part of the beauty. Beautiful long, attractive hairs add elegance to the personality. Now a days, changed life style, consumption of unhealthy food, environmental pollution, alternate shift duties and use of synthetic chemicals are affecting healthy hairs hence hair fall is the burning issue which is progressively increasing in society.

In modern science, hair fall is termed as alopecia which means partial or complete loss of hairs from scalp. It can be result from hormonal changes, deficiency of protein, vitamins, pregnancy or a normal part of ageing. It also occurs due to contraceptives, chemotherapy side effect and thyroid disorder. It is normal to lose 50 to 100 hairs every day according to American academy of Dermatology. It is not a big deal because some number of hairs grow back to replace them but if they don't grow back, it is considered as disease.

In *Ayurveda* one more term is used for hair loss is *Indralupta*. In *Indralupta* hairs are lost suddenly and patch by patch where as in *Khalitya* hair loss is gradual and generalized over scalp. *Acharya charaka* and *Sushruta* both have mentioned that hairs are mala of *Asthidhatu* and hair fall can be caused by decrease in *Asthi dhatu* as they hairs depend upon it for nutrition^{1, 2} *Ayurveda* taught science of causes [*Hetu*],

symptoms [*Linga*] and medication [*Aushadha*]. i. e. [*Trisutra*], the supreme refuge for both healthy and ailing³. *Hetu* means factors causing health as well as responsible for disease. *Nidan* is another term use for *hetu*. Symptoms which occur or seen are called *Linga* or *Lakshnas*. *Aushadha* means medication to maintain health.

To avoid the different etiological factors is first line of treatment according to *Ayurveda* which is referred as *Nidan Parivarjan*⁴, hence this article is focusing on prevention of different causes [*Hetu*] of *Khalitya*.

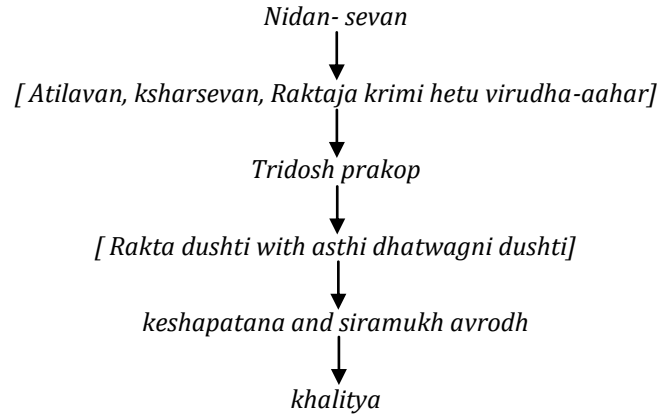
Khalitya:

Gradual fall of hairs is known as *Khalitya*. It is described in almost all Ayurvedic literature. *Acharya Charaka* and *Ashtang Hridaykar* included it in *Shirorogaas* while *Sushruta* has included *Khalitya* under *Kshudraroga*. *Kshudraroga* means mild disease which are not life threatening. Diseases of hairs are mainly considered as *Asthi Pradoshaj* vyadhis.

Hairs are formed by *mala bhaga* [waste product] of *Asthi dhatu*. A reduction in *Asthidhatu* or vitiation in *Asthi dhatu* will definitely reflect in reduction of its mala i. e. hair. According to *Acharya Charaka tejas* combining with *vatadi doshas* reaches at *Shira Pradesh* and causes hair fall by *dahana of romkoop* [hair follicle].⁵

Acharya Sushruta described as *khalitya* is *pitta* dominant *tridoshaj vyadhi* i. e. *vatapitta*, *kapha* with *rakta dushti*. Vitiated *pitta* along with vitiated *vata* leads to the weakening of hairs from hair root. Vitiated *kapha* along with *rakta* obstruct the hair root and prevent further growth of hairs.⁶ *Acharya*

Vagbhtata stated when hair fall is gradual it is known as *Khalitya-Ashtang sangraha* describes the four types of *khalitya* -*vataja*, *pittaja*, *kaphaja* and *sannipataja khalitya*⁸. He stated there is vitiation of all three *doshas* but their dominance denotes type of disease and symptoms also occur accordingly.



AIMS AND OBJECTIVES:

1. To study *Hetu* of *Khalitya* from classical texts critically.
2. To correlate *Granthokt hetu of Khalitya* with causes of hair fall in modern lifestyle.

MATERIAL AND METHODS:

Classical textbooks like *Bruhatrayi* were studied to understand various causative factors of *Khalitya*.

Online Data base including Research work related to topic like Google scholar, ARD, Pubmed were searched.

Ayurvedic literature and research articles also searched through net surfing to collect data.

Hetu[causes] of khalitya:

In *Ayurveda* texts there is no specific reference regarding to the causative factors of *Khalitya* except *Acharya charaka* who has mentioned major factors responsible for hair fall.

In *Vimansthana* while describing about the harmful effect of over intake of *Lavana*, *kshara* has mentioned *Khalitya* as consequence of it.^{9,10}

1. *Lavanatisevan*
2. *Ksharatisevan*
3. *Pitta prakriti*
4. *Ushar bhumi*
5. Head massage with contaminated oil
6. *Krimi*
7. Hetus of *Shiroroga*
8. *Upadrava of Dushta Pratishyaya*

Asthi Dhatu kshaya /Asthi dhatu pradoshaj

1. Lavanatisevan:

Lavan rasatmak Aahara [food containing excessive salt] causes increase in *pitta* and *kapha* with *rakta vridhhi*. Today's transforming dietary patterns include more and more processed food which are particularly high in salt such as ready meals, cheese, salty snacks, instant noodles, pasta. This food is increasing in availability and becoming more popular and affordable hence they are consumed frequently in larger amount.

Spicy chicken tenders, processed meats, dried salty fish, french fries, barbeque, chinese food items are today's popular food. Besides this, Burger sandwiches containing mayonnaise can have more salt for flavours. Salt is also used as binder and preservative in packed food. Due to its hot and sharp [*ushna and tikshna*] properties, it becomes harmful for hairs resulting in hair fall.

In modern point of view, when salt is consumed in massive quantities, it can be toxic to hairs since deposits will build around hair follicle can block important nutrients from entering into hair follicle which are essential for hair growth.

2. Ksharatisevan:

Ayurveda has described huge variety of *Kshara* depend on their origin such as *Vanaspatija*, *Pranija* & *Khanija*. *Kshara* means Alkali which defines as salt that is extracted from ashes of sea plant or ashes of the plant from land. They are known as *Sajjikshar* & *Yavkshara*. It consist of sodium or potassium carbonate. *Tankankshara* consist of sodium & borik acid. As per *Ayurveda*. its prolong and excessive use either internally or externally causes hair fall.

Excessive use of *Kshara* [alkali] in *aahara* leads to *pitta prakopa*. Chinese food various types pickles and *Papad* contains *Kshara*. *Papadkshar* is obtained from alkaline earth. It is easily available in market. As *kshara is ushna, tikshna*[hot and sharp], when such type of food consumed constantly in higher amount result in *khalitya*.

It has pH of 7. pH of scalp and the rest of the skin is about 5. 5. Research suggest that product with pH higher than 5. 5 may damage the scalp.

3. *Pitta Prakriti*:

Acharya charaka and *Sushruta* states that person with *pitta prakriti* are more prone to hair fall¹¹. *Prakriti* is one of the important aspect in *Ayurved* hence considering it we get acknowledged that individual with *pitta prakriti* are more prone to *Khalitya*. Reason behind that is *Samprapti* of *Khalitya* runs in superiority due to *pitta dosha*. Individuals with *pitta pradhan prakriti* are nourished due to *pitta dosha* hence *Khalitya* is mostly seen affecting this individual.

4. *Ushar bhumi*:

Ushar bhumi means barren land. soil belongs to this region has more percentage of *lavana* that's why Food and water found in such type of region contains large amount of *lavana* and *kshara* hence people living in such area are more prone to *Khalitya*¹².

5. *Head massage with contaminated oil*:

In *charak Chikitsa-sthan, dushivishsha chikitsa adhyaya*, *Acharya* explained that head massage with contaminated oil can lead to *kesha-chyuti*[hair fall].¹³

Sulphates, mineral oil formaldehyde synthetic fragrances containing oil may prove harmful to hairs

6. *Krimi*:

Krimi is one of the most common and important aspect causing various health issues. In *charak Viman-sthan, vyadhitrupiya adhyaya*, while describing about *krimi*, it is mentioned that *keshad* and *lomad* are types of *Rakta kkrimi*. They are microscopic and circular in nature. They engulf hairs which result in *Khalitya* and their *hetus* are similar to that of *Kushta roga*. So causes of *kushta roga* should be considered while treating *Khalitya*¹⁴. *Acharya Sushruta* have also explained about 7 subtypes of *Raktaj Krimi* such as *Keshad, Romad, Nakhad, dantaad* etc.¹⁵

Shonitaj krimi, the subtype directly affect hair root causing hair loss. In such type of pathogenesis hair fall generally associated with indigestion. Due to *Krimi* and *Raktajpradoshaj* pathogenesis there is loss in flexibility in subcutaneous tissue of scalp which causes reduction in blood flow in peripheral blood vessel that adversely affect hair follicle and hair growth. Eating Sweets, jam, noodles, junk food, curd, over eating are mainly responsible for *krimi* pathogenesis.

Virudhha ahar:

As mentioned above *Acharya Charaka* already stated that causes of *Raktaj krimi* are same as that of *Kushta Roga*. *Viruddha aahar* is most important causative factor of *Kushta Roga*. The food which is opposite in combination can lead to inappropriate processing, consumed in an incorrect dose or in incorrect time is termed as *virudhha -ahara*.

Acharya charaka has described 18 types of *Virudhha ahar* with examples but those food combinations are not used in today's eating habits. So it is essential to identify those new food incompatibilities which causes indigestion leading to the imbalance of *doshas* resulting in various disorder. Cold drink after eating samosa, heating honey before consumption, adding curd with chicken, meat, vegetables, milk and sour fruits together, eating egg after milk or simultaneously are examples of *virudhha aahar* found in today's lifestyle. Above *hetus*[causes] are *raktadushtikar* and responsible for initiating pathology of disease.

Virudhha aahar → *mandagni* → *indigestion*
 → *aamotpatti* → *krimi utpatti* →
raktaja krimi(keshad, lomad) → *khalitya*.

As per new branch of Science, topography(science related to combination of food) proteins must not get combined with starch and carbohydrates and may be consumed differently.

Consuming proteins and starches together will result in absorption of one being delayed by the other¹⁶.

7. *Hetus of Shiroroga*

According to *Ashtang sangrahkara khalitya* is mentioned under *Shiroroga*. Hence common Causative factors of *shirorogas* should be considered as *hetus* of *Khalitya* such as smoke, sunlight, excessive or incomplete sleep, drinking water in larger quantity, *vegavidharan*[suppressing natural urges], *aatapa* and *rodana*.¹⁷

8. *Upadrava of dushta pratishyaya*

Acharya Charaka has included *Khalitya* in *urdhvajatrugat rogas* and has been described to occur due to negligence of *Dusht-Pratishyaya*.¹⁸

9. *Asthi kshya(asthipradoshaj) vikar*

Problem of hairs considered as *Asthipradoshaj vikar* by *Acharya charaka* and *Asthikshayjanya vikar* by *Acharya vagbhat*.¹⁹ Dissipation of *Asthi dhatu* is related with aggravating *vata dosha* as they share *Ashraya-aashrayi sambandh*. In *Bruhatrayi samhitas*, *Kesha* are considered as mala of *Asthidhatu* which are indirectly harmed due to aggravated *vata dosha*. *Granthokt* reference nourishes this *hetu*[causes] hence causes responsible for *vataprakopa* should be considered as well.

DISCUSSION:

Ayurved samhitas are nector of health flowing in every yuga/era. Basic principles stated by Acharyas thousands of year ago are very useful for each and every era. It is as fresh and useful to the human today as it was in the ancient time, yet more relevant and applicable in this modern time.

Causative factors of various diseases described in Ayurvedic classics are so unique and important that they can be easily correlate with today's changing food habits and life style.

Hetu is the prime factor to cause the disease that's why *Acharya* mainly suggest to avoid the etiological factors of various disease. It inhibit the prognosis of disease *Acharya Charaka* has mentioned this concept as *Nidan parivarjan*.

While treating any disorder a perfect causative factor may be ruled out for impressive treatment.

CONCLUSION:

Causative factors of *Khalitya* described in *Ayurvedic* sahitas are very specific. They can be easily correlate with today's changing food habits and life style. Treatment of *Khalitya* needs proper medicinal management with essential change in life style and dietary habits. Prevention of causes like *Atilavana-ksharatisewan* etc. can prove very useful while treating hair problem. Physician should identify such causes and first line of treatment should be to avoid them. Along this therapies like *Nasya*, *Shodhana*, *Rasayanawe* can treat *khalitya roga* [hairfall] effectively.

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