ROLE OF NASYA KARMA IN MANAGEMENT OF KHALITYA W.S.R TO KESHPATANA (HAIR FALL): A REVIEW

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ABSTRACT

There are two disorders, khalitya and palitya described in Ayurveda texts which are related to hair loss. The symptom of generalized hair fall of scalp is somehow different from these disorders. Keshpatana is one of the minor diseases which is affecting approximately 1.7% of the world population and in India up to 40% of men and 25% of women are victims of hair fall. According to concept of tridosha, it may be produced due to prakopa or vridhi of vata and pitta dosha. Kesha has been considered as mala of asthi dhatu, so the nourishment of hair depends on quality of asthi dhatu. The production of first dhatu (rasa dhatu) in qualitative form is responsible for the production of next (Uttarouttar) dhatu and up to sukra dhatu. The nutrients required for asthi dhatu are responsible for the quality and strength of hair. In Ayurvedic terms, hair fall is coined out as ‘Keshtapana’. In Ayurveda, there are various treatment modalities, among them nasya has been given much importance. Acharyas have suggested nasya as the best treatment for all the urdhvajatrugataroga. Administration of nasya in proper time with proper method also keeps eyes, nose and ears healthy. The hair of that person does not turn grey and one does not suffer from hair falling problem, instead hair growth is also accelerated.

Keywords: Khalitya, Palitya, Asthi dhatu, Prakopa, Nasya, Urdhvajatrugataroga and Kesha

INTRODUCTION

Globally the concept of beauty is gaining more and more attention, among which hair is an important one. Beautiful, long and attractive hairs of the scalp add plus factor to the personality. In today’s fast world, there is a race for cosmetics, changing lifestyle or more specifically westernized culture and unhealthy dietary habits has made the hair either turn grey at prematurity or to fall. Changing lifestyle, sleep disturbances, systemic diseases, medications and stressful life also contribute to it. Nowadays it is commonly seen in youngsters too. Hair fall is a physiological phenomenon if it occurs after mid-forties but is considered as pathological condition if it arises early. Hair is derived from ectoderm of the skin and Keratin is the main component of hair fiber. Hair fall has been described in all the Ayurvedic literatures as Khalitya. It has been included in shirahroga by acharya charaka & ashtanga hridayayakar. Sushrut samhita, ashtangsamgrah, madhav nidan and yoga ratnakar, has included khalitya diseases under kshudra roga. There are two disorders, khalitya and palitya described in ayurveda texts which are related to hair loss. The symptom of generalized hair fall of scalp is somehow different from these disorders. Keshtapana is one of the minor diseases which is affecting approximately 1.7% of the world population and in India up to 40% of men and 25% of women are...
victims of hair fall. According to concept of tridosha, it may be produced due to prakopa or vridhi of vata and pitta dosha. Kesha has been considered as mala of asthi dhatu, so the nourishment of hair depends on quality of asthi dhatu. The production of first dhatu (Rasa dhatu) in qualitative form is responsible for the production of next (uttararottar) dhatu and upo sukra dhatu. The nutrients required for asthi dhatu are responsible for the quality and strength of hair. In Ayurvedic terms, hair fall is coined out as ‘Keshpatana’. In ayurveda, there are various treatment modalities, among them nasya has been given much importance. Acharyas have suggested nasya as the best treatment for all the urdhvajatrugataroga. Nasa is considered as a route for drug administration to shirah pradesh. Acharyas have also said that nasa relates to the shirah and the choice of management for the same is nasya. Administration of nasya in proper time with proper method keeps eyes, ears and nose of the person healthy. The hair of that person does not turn grey and one does not suffer from hair falling problem, instead hair growth is also accelerated. When required drug is introduced into nasal tract in form of processed oil, it will produce the effects of drug and as well as pacify dosha in shirah pradesh.

Hetu (Etiological Factors)
Acharya charaka and vagbhatta has mentioned the major factors as follows pitta prakriti, usharbhomi, lavana rasa atisevan, ksharaatisevan, viruddha aharasevan ignorance of pratishayya, combing hair excessively during the ovulatory period of the mother leads to hair fall in the child, taking of excessive lavana rasa during pregnancy could result in congenital hair loss (Khalitya). Common etiological factors of Shirah roga can also be considered as etiological factors of Khalitya such as – vegavidhara (suppression of the natural urges), divaswapna (day sleep), prajagarana (waking at night), sheeta ambu sevana (the use of cold water), manahtapa (mental affliction), desha kala viparyaya (abnormal clime and season), madya (intoxications), rodana (excessive weeping), uchibhashya (talking too loud), abhyanga dvesha (grudge against massage), atimaithuna (excessive sex activity), asatmya gandha (inhilation of unwholesome odours), ama (undigested material), raja (dust), dhooma (smoke), hima (cold), atapa (heat), prakvata (facing head winds) and avashyaya (exposure to frost at night).

Purvarupa (Premonitory Symptoms)
Purvarupa are feature which indicates the forth coming disease. It usually happens during the fourth kriya kala called sthana samshraya. The vitiated doshas getting sthanasamshraya in their respective dhatus (having khavaigunya) presents some of the symptoms which are called as purvarupa. Clinically, this is very important for early diagnosis, treatment and prognosis. There is no specific purvarupa has been mentioned in the classical texts in reference of Khalitya, but we can interpret the purvarupa as initial occurrence of hair fall where the hair fall just started and the number of hair fall is moderate.

Rupa (Symptoms)
Ashtanga Samgrahakara has classified Khalitya in four type’s viz. Vataja, Pittaja, Kaphaja and Samnipataja Khalitya. Khalitya is a Tridoshaja vyadhi its types depend on the dominancy of individual Dosha. Khalitya Rupa according to its types is explained in table1.

Table1: Showing Type and Symptoms

<table>
<thead>
<tr>
<th>Types of Khalitya</th>
<th>Keshboomi Appearance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vataj khalitya</td>
<td>Shyava- aruna verna(blackish in colour), aganidadga saman (appear like burn skin)</td>
</tr>
<tr>
<td>Pittaj khalitya</td>
<td>Pitta-neela-harita verna, swedukta (sweat all over the scalp) siravyapta (surrounded by veins)</td>
</tr>
<tr>
<td>Kaphaj Khalitya</td>
<td>Ghana (thick), snigdha (oily), swetabha (whitish in color)</td>
</tr>
<tr>
<td>Tridoshaj khalitya</td>
<td>Tridosha laxana, nakhaprabha (scalp looks like bears nail), daha (burning sensation), kesharahita</td>
</tr>
</tbody>
</table>

Samprapti (Pathogenesis)
Due to different nidana sevana, prakopa of vata dosha, pitta dosha, kapha dosha occurs than it leads to rasa-rahta dushti & asthidhatwagni dushti which leads to Keshpatana & siramukha avarodh ultimately causes the Khalitya.

Chikitsa Siddhanta (Treatment Protocol)
Acharya charaka stated that after adequate shodhana of patient, he should be subjected to nasya, shiroa-bhyanga and Shirolep. Some minor changes of lifestyle and dietary habits can prevent hair fall. With the Proper hair care like regular oiling, avoiding more hair
wash, protecting from external factors like environment, chemicals, heating etc. prevents hair fall and keeps them healthy. Before starting treatment of hair fall, chikitsaka should identify the cause and first treatment should be nidanparivarjana. Then after other therapies like abhyanga, lepana, shodhana, Nasya, Rasayana should be performed accordingly. In this way, we can treat the khalitya roga or hair fall effectively.

**DISCUSSION**
Viruddha ahara, pitta vardhak ahara vihara, abhishyandi ahara, sedentary lifestyle increases pitta and vata which leads to khalitya. Ayurvedic management for khalitya is abhyanga, shodhan, lepan, nasya, rasayana therapies. Abhyanga chikitsa with oil is best for vata dosha shaman. Abhyanga with oil, which is prepared using kapha, pitta and vatahar dravyas helps in vata shaman along with pitta and kapha shaman.

**CONCLUSION**
Khalitya is a pathological condition as well as a cosmetic need which wants a proper management. Some minor changes of lifestyle and dietary habits can prevent hair fall. Proper hair care i.e. regular hair oiling, hair wash, protection from external factors like environment, chemicals, heating etc is important for preventing hair fall and keeps them healthy. Before starting treatment of hair fall, physician should identify the cause and first treatment should be nidanparivarjana, afterwards other therapies like Abhyanga, lepana, shodhan, nasya, rasayana should be prescribed accordingly. In this way, we can treat the khalitya roga or hair fall effectively. Among all the management Shirolepan karma, which is performed by vatahar, pittahar and kaphahar dravyas normalizes vata, pitta and kapha dosha accordingly. Shodhana and nasya karma is a specialized therapy of ayurveda. Shodhana is a procedure which takes out the doshas from the nearest route of its vitiation. Ashtang samgrahakara adds further that the nose is nearer to the site of the disease hence, it should be opened successively. Different pralepa should also be applied. He suggests another method for the rakamokshana by scratching of the scalp either by suchi, kurchika or by rough leaves before application of Lepa. After snehana, swedana and sravana, acharya vaghbhatta advises to give nasya.

**Mode of Action of Nasya Karma**
The drug administered through the nostrils reaches uttamanga and expels the morbid doshas residing there.

**REFERENCES**
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