



Review Article

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KESHAROGAS AND THEIR FORMULATIONS AS PER AYURVEDIC CLASSICS: A REVIEW

Ajalamol Devaraj^{1*}, Vijaya Lakshmi A²

¹ PG Scholar, PG Department of Dravyaguna, Dr. BRKR Government Ayurvedic College, KNR University of Health Sciences, Erragadda, Hyderabad, Telengana, India

² Professor & HOD, PG Department of Dravyaguna, Dr. BRKR Government Ayurvedic College, KNR University of Health Sciences, Erragadda, Hyderabad, Telengana, India

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*Corresponding author

E-mail: ajalamoldevaraj@gmail.com

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ABSTRACT

Ayurveda is more than just a system of healing. It is an ancient medical science and art that promotes a healthy lifestyle and helps us to live longer. Adhering to improper Ahara (diet) and Vihara (day to day routines), living in a polluted environment and working in stressful conditions all speed up ageing. The first signs of ageing are observed on the hair. Hair that is beautiful, long and shining is a person's strongest asset. They must be looked after and protected with extreme care. In Ayurveda hair is considered as a mala of Asthi dhatu (bone) by Acharya Charaka, but Sharangdhara considered it as an Upadhathu (tissue) of Majja. The ayurvedic concepts for hair diseases such as Khalithya (Hair loss), Palithya (Premature greying of hairs), Indralupta (Alopecia areata), Arumshika (Seborrheic dermatitis) and Darunaka (Dandruff) are documented in various classics along with various formulations and treatment methods. By addition of Panchakarma (five internal bio cleansing therapies) along with internal medicines and Rasayana medicines (Rejuvenation therapy) relief can be obtained on a large scale.

Keywords: Hair, Hair diseases, Panchakarma, Rasayana.

INTRODUCTION

Hair is the crowning glory of a person. It is a sign of beauty, health and pride. It signifies a person's confidence and over all general well-being. Hair fall, balding, flaky scalp, premature greying etc is a cause of concern for both men and women around the globe. Due to a variety of genetic, systematic, environmental and social issues many young adults and children of both the sexes are suffering from hair and scalp related problems. Even though hair loss is a universal problem India has its own sets of challenges due to the change in life style. Hair and scalp disorders are seen to be increasing in the past few years in India compared to other countries. And there is a steep rise in the number of cosmetic and hair transplant industries in India than compared to other western countries. Now countries like India and Turkey are emerging as the hot spots for all kinds of hair fall and hair loss treatments in the present time¹. Teenagers and young adults in their early 20s are showing signs of premature greying and baldness. Autoimmune diseases are also a source of hair loss in India affecting both men and women equally. And the ever increasing environmental pollution is adding to this crisis. The novel corona virus disease 2019 (covid 19) outbreak was declared a global pandemic by the World Health Organisation (WHO) on march 11, 2020². According to a case series from an International registry from the American Academy of Dermatology and the International League of Dermatological societies have shown that some patients developed hair loss after severe acute respiratory syndrome corona virus 2 (SARS- CoV -2) infections³. The second wave of the pandemic also saw a staggering rise in the number of patients complaining of hair problems. Thankfully effective hair treatment can control and even reverse the hair loss process. In recent times people are turning to Ayurveda for a healthy and safer solution for beauty issues as they become more aware of the negative impacts of chemical goods.

In Ayurveda keshas, Romas and Nakhas are said to be the Asthimalas by Acharya Charaka⁴ and as an Upadhathu of Majja by Acharya Sarangadhara⁵. So any elements that disrupt the normal functioning of Asthi and Majja dhatu can directly affect its byproducts especially the kesha (hair). Hair and scalp related problems are classified as Khalithya (Non- Scarring Inflammatory Alopecia), Palithya (Premature greying of hair), Arumshika (Seborrheic Dermatitis), Darunaka (Dandruff) and Indralupta (Non-scarring Non-inflammatory Alopecia). The common management for these conditions can be divided as following:

1. Virechana (Therapeutic purgation)
2. Vasti (Therapeutic enema)
3. Nasya (Medication through nasal route)
4. Raktamoksha (Bloodletting)
5. Abyanga (Oil massage)
6. Shirolepa (Application of medicated paste over scalp)
7. Rasayana (Rejuvenation therapy)

"Kesharogas and their formulations as per Ayurvedic classics: A review" was aimed to compile the classical references of various hair related problems and their available treatments, formulations and Rasayana yogas which have been mentioned in various Ayurveda treatises. Commonly used Samhitas such as Sushruta Samhita, Charaka Samhita, Ashtanga Hridaya, Bhela Samhita, Chakradatta, Yogaratnakara and Vrinda Madhava Samhita and were referred for this study. This article looks at various types of hair diseases mentioned in Ayurvedic Samhitas, their causes and treatments. We start by looking at the various aspects of hair loss in both men and women and try to analyse the unique aspects of hair problems in India.

Khalitya (Non-scarring Inflammatory Alopecia)

According to Acharya Charaka, Ashtanga Hridayakara, Sharangdhara Khalitya comes under Shiroroga (Diseases of the head). A per Acharya Sushruta, Ashtanga Samgraha, Yogaratnakara and Madavakara Khalitya comes under Ksudraroga (minor diseases)⁶.

According to Ayurveda the Vata, Pitta, Kapha and Rakta are involved in Khalitya. The vitiated Vayu and Pitta having recourse to the root of the hairs make the hairs fall off, while the vitiated Rakta and Kapha blocks the opening of hair follicles thus preventing any new growth⁷. In modern science it is considered as Alopecia. Alopecia is characterized by round or oval, circumscribed patches of hair loss from part of the scalp and beard. Severity of hair loss can vary from a small area to entire body⁸.

Palithya (Premature Greying of Hairs)

In Ayurveda Palitya come under both the ksudra rogas and kapalagata rogas (scalp disorders). Palitya occurs in two ways as a swatantra vyadhi (primary disease) and paratantra vyadhi (secondary disease). Paratantra palitya refers to the greying caused by some other diseases like Switra (vitiligo) etc. Akalapalitya i.e. the premature greying of hair occurs before the age of 32 (taruna stage), which is caused by excess of Ushna guna of Pitta⁹. According to WHO incidence of premature greying of hair is common in age group of 25-30 years¹⁰. Colour of the hair is mainly due to melanocytes present in hair cells. Hair follicle melanocyte depletion leads to hair greying affecting both bulb and root sheath¹¹.

Arumshika (Seborrheic Dermatitis)

Seborrheic dermatitis also known as Seborrheic eczema, is a very common skin condition that affects children and young adults. It is presented as scaly rashes and dandruff. Most often it affects the scalp, but it can also develop in oily areas like armpits, forehead, chest etc¹². Acharya Sushruta mentions that due to vitiation of Kapha and Rakta dosha and infestation of Krimi small pustular boils appears over the scalp. Acharya Vagbhata opines that along

with Kapha, Rakta and Krimi, Pitta is also involved in Arumshika and the boils are of the size of Kangu/Sarsapa (size of fox tail millet/ mustard)¹³.

Darunaka (Dandruff)

Darunaka is a kapalagata roga, but Acharya Sushruta has described this disease as a Ksudraroga (minor disease) due to the vitiation of Vata and Kapha doshas with symptoms like Kandu (itching on scalp), Keshachyuthi (falling of hair), Swapa (abnormalities of touch sensation on scalp skin), Rookshata (dryness) and Twak sphutana (cracking of skin)¹⁴. Dandruff (Pityriasis Capitis) can be considered as Darunaka in Ayurveda. It is a general condition in which there is excessive shedding of dead skin from the scalp. White dust like substances are found even in face, ears, neck and front of chest. Apart from being a physical condition, dandruff is also associated with social and self-esteem issues in many individuals. Although minor problem, if not treated it can lead to hair loss, seborrheic dermatitis, blepharitis¹⁶ etc.

Snehana (anointment) and Swedana (fomentation) are the best remedies for Darunaka. Followed by Siravyedha (taking out impure blood), Avapida Nasya therapy (nasal medication) and Shirobasti¹⁷.

Indralupta (Non-scarring Non-inflammatory Alopecia)

According to Sushrutacharya Pitta located in hair follicles, when get aggravated along with Vata causes hair fall. There after vitiated Kapha along with Rakta block these follicles resulting in the stoppage of growth of new hairs and the condition is called Indralupta and offered synonyms like Khalitya and Rujya¹⁸. Where as Vagbhata mentioned synonyms as Ruhya and Chacha¹⁹.

According to Sushruta and Vagbhata first line of management in Indralupta is Raktamoksa (bloodletting). Siravyedha (venous puncturing) should be done on the veins in the head after anointing and fomentation, after the incision Shirolepana (application of medicated paste overhead) and Abyanga (oil massage) should be done with various drugs²⁰. (Table 1)

Table 1: Treatment modality of various hair and scalp disorders

Hair Disorders	SN	Formulations	Mode of administration	Reference
Khalithya	1	Snuhyadi taila	Abhyanga	CD 55/107-109 ²¹
	2	Suryapaka guduchi taila	Abhyanga	CD 55/110 ²²
	3	Chandanadi taila	Abhyanga	CD 55/111-113 ²³
	4	Yashtimadhukadi taila	Abhyanga	CD 55/114 ²⁴
	5	Saireykadi taila	Abhyanga	Su.Chi 25/32-37 ²⁵
	6	Brihatyadigana sidha taila	Nasya	Ah.Ut 24/34 ²⁶
	7	Jeevaneeyagana sidha taila	Nasya	Ah.Ut 24/34 ²⁶
	8	Nimba taila	Nasya	Ah.Ut 24/34 ²⁶
	9	Mamsikushtadi	Shirolepa	Ah.Ut 24/41-42 ²⁷
	10	Shadbindhu taila	Nasya	YR 66/66-68 ²⁸ VM 62/29-31 ²⁹
	11	Snuhyadi taila	Abhyanga	VM 57/99-100 ³⁰
	12	Chitrakadya taila	Abhyanga	VM 57/103 ³¹
	13	Madhuka Indhivaradi lepa	Shiro lepa	VM 57/114 ³²
	14	Vatakesinyadi lepa	Abhyanga	VM 57/115 ³²
	15	Markavadya taila	Nasya	VM 57/126 ³³
	16	Hastidantha mashi	Shiro lepa	VM 57/127 ³³
	17	Aswagandhadya ghrita	Panam	VM 70/50-61 ³⁴
	18	Vibhitaki taila	Abhyanga	B.S Su 28/21 ³⁵
	19	Shatapaka madhuka taila	Nasyam	B.S.Chi 4/79-86 ³⁶
Palitya	20	Triphaladi lepa	Shiro lepa	CD 55/115 ³⁷
	21	Kapalaranjaka taila	Abhyanga	CD 55/116-118 ³⁸
	22	Nilotpala taila	Abhyanga	CD 55/119 ³⁹
	23	Bringapushpadi taila	Shiro lepa	CD 55/122 ⁴⁰
	24	Shankapurnadi lepa	Shiro lepa	CD 55/123 ⁴¹

	25	Lohamalakyadi lepa	Shiro lepa	CD 55/124 ⁴¹
	26	Nimba taila I	Nasya	CD 55/125 ⁴¹
	27	Nimba taila II	Nasya	CD 55/126 ⁴¹
	28	Madhuka taila	Nasya	CD 55/127 ⁴¹
	29	Mahanila taila	Abhyanga	CD 55/128-135 ⁴¹ Ca.Ci 26/268-276 ⁴²
	30	Bringaraja ghrta	Nasya	CD 55/136 ⁴³
	31	Sheluphala taila	Abhyanga	CD 55/137-138 ⁴⁴
	32	Nili taila	Abhyanga	Su.Chi 25/28-31 ⁴⁵
	33	Saireyakadi taila	Abhyanga	Su.Chi 25/32-37 ⁴⁶
	34	Brihatyadi gana sidha taila	Nasya	Ah.Ut 24/34 ²⁶
	35	Jeevanceya gana taila	Nasya	Ah Ut 24/34 ²⁶ Ca.Chi 26/263-268 ⁴⁷
	36	Nimba taila	Nasya	Ah.Ut 24/34 ²⁶ VM 57/143 ⁴⁸
	37	Seluvaksadi taila	Nasya	Ah.Ut 24/35-36 ⁴⁹
	38	Sahacharadi taila	Nasya	Ah.Ut 24/37-38 ⁴⁹
	39	Dugdika lepana	Shiro lepa	Ca.Chi 26/263-268 ⁴⁷ Ah.Ut 24/38-39 ⁴⁹
	40	Karaveeraka lepana	Shiro lepa	Ca.Chi 26/263-268 ⁴⁷ Ah.Ut 24/38-39 ⁴⁹
	41	Priyaladi lepana	Shiro lepa	Ah.Ut 24/39-40 ⁵⁰
	42	Tilaamalakyadi lepana	Shiro lepa	Ah.Ut 24/39-40 ⁵⁰ Ca.Chi 26/279 ⁵¹
	43	Ayobringaraja lepana	Shiro lepa	Ah Ut 24/42 ⁵⁰ Sa.S 11/27 ⁵²
	44	Masakodravadi yavagu	Shiro lepa	Ah Ut 24/43 ⁵³
	45	Prapoundarikadi taila	Nasya, Abhyanga	Ah Ut 24/44-45 ⁵⁴ Ca.Chi 26/276-278 ⁵⁵ VM 57/106 ⁵⁶ VM 62/29-31 ⁵⁷
	46	Varijeevanthyadi yamaka sneha	Nasya	Ah.Ut 24/46 ⁵⁸
	47	Mayura ghrita	Nasya, Abhyanga, Panam, Vasti	Ah Ut 24/47-49 ⁵⁹
	48	Mahamayura ghrita	Nasya, Abhyanga, Panam, Vasti	Ah Ut 24/49-56 ⁵⁹
	49	Agastya hareetaki avaleha	Panam	Sa.S 8/30-39 ⁶⁰
	50	Nimbabeejadi taila	Nasya	Sa.S 9/154-155 ⁶¹ VM 57/142 ⁶²
	51	Neelikadi taila	Abhyanga	Sa.S 9/157 ⁶³
	52	Vibeetha nimba taila	Abhyanga	Sa.S 8/46 ⁶⁴
	53	Indravaruni beeja taila	Abhyanga	Sa.S 11/26 ⁶⁵
	54	Dhatriphaladi lepa	Shiro lepa	Sa.S 11/28 ⁶⁶
	55	Triphalaloha choornadi taila	Abhyanga	Sa.S 11/31-34 ⁶⁷ VM 57/131 ⁶⁸
	56	Vidharigandhadi taila	Nasya	Ca.Chi 26/263-268 ⁴⁷
	57	Anutaila	Nasya	Ca.Chi 26/263-268 ⁴⁷
	58	Markavayashthyadi taila	Nasya	Ca.Chi 26/263-268 ⁴⁷ VM 57/126 ³³
	59	Priyala yashtimadhukadi lepana	Shiro lepa	Ca.Chi 26/278 ⁵⁵
	60	Candanadya taila	Nasya	VM 57/123-125 ⁶⁹ CD 55/111-113 ⁷⁰
	61	Ikshu girikarnikadi lepana	Shiro lepa	VM 57/135 ⁷¹
	62	Utpala kshara lepana	Shiro lepa	VM 57/136 ⁷¹
	63	Bringayavadi lepana	Shiro lepa	VM 57/137-139 ⁷²
	64	Sinduvara amradi lepana	Shiro lepa	VM 57/139 ⁷³
	65	Suktabhasma kanjikadi lepana	Shiro lepa	VM 57/140 ⁷³
	66	Ayobhasma amalakyadi lepana	Shiro lepa	VM 57/141 ⁷⁴
	67	Bringamadhukadi taila	Nasya	VM 57/144 ⁷⁴
	68	Brigu haritaki/Vyagri haritaki	Panam	VM 10/49-52 ⁷⁵
	69	Brahmamarichadya taila	Abhyanga	VM 51/162-170 ⁷⁶
	70	Manjishtadi taila	Abhyanga	VM 57/63-65 ⁷⁷
	71	Aswagandhadya ghrita	Nasyam	VM 70/50-61 ⁷⁸
	72	Abhayadi modaka	Panam	VM 79/9-14 ⁷⁹
	73	Shatapaka madhuka taila	Nasya	B.S Chi 4/79-90 ⁸⁰
	74	Jeevakadi taila	Nasya	B.S Si 2/18-21 ⁸¹
	75	Bilwadi Niruha	Vasti	B.S Si 8/17-27 ⁸²
	76	Shatavaryadi Rasayanika vasti	Vasti	B.S 8/ 25-36 ⁸³
	77	Guduchyadi Rasayanika vasti	Vasti	B.S 8/38-51 ⁸⁴
	78	Surana Vataka	Panam	Sa.S 9/30-37 ⁸⁵
Arumshika	79	Puranapinyakadi lepana	Shiro lepa	CD 55/84 ⁸⁶
	80	Arumshikahara taila	Abhyanga	CD 55/85 ⁸⁶
	81	Haridradi taila	Abhyanga	VM 57/89 ⁸⁷ CD 55/86 ⁸⁶
	82	Kushta churna taila	Abhyanga	Ah Ut 24/23 ⁸⁸

	83	Malati taila	Abhyanga	Ah Ut 24/24 ⁸⁸	
	84	Triphaladi taila	Abhyanga	Sa.S 9/153 ⁸⁹	
	85	Arumshika taila	Shiro lepa	Sa.S 11/16 ⁹⁰ VM 57/87 ⁹¹	
	86	Bringaraja kushta taila	Abhyanga	VM 57/88 ⁹¹	
	87	Triphaladya taila	Abhyanga	VM 57/102 ⁹²	
Darunaka	88	Kodravakshara jala	Prakshalana	CD 55/88 ⁹³ Su.Chi 20/29-30 ⁹⁴ VM 57/90-92 ⁹⁵	
	89	Priyalabeejadi lepa	Shiro lepa	CD 55/89 ⁹³ VM 57/90-92 ⁹⁵	
	90	Masha kalka	Shiro lepa	CD 55/90 ⁹⁶	
	91	Nilotpaladi taila	Shiro lepa	CD 55/91 ⁹⁶	
	92	Triphaladi taila	Abhyanga	CD 55/92 ⁹⁶	
	93	Bringarajadi taila	Abhyanga	CD 55/95 ⁹⁶	
	94	Prapoundarikadi taila	Abhyanga	Ah Ut 24/44-45 ⁵⁴ Ca.Chi 26/276-278 ⁵⁵ VM 57/106 ⁵⁶ VM 62/29-31 ⁵⁷ CD 55/96 ⁹⁶	
	95	Malatyadi taila	Abhyanga	CD 55/97 ⁹⁷ VM 57/97 ⁹⁸	
	96	Neelikadi taila	Abhyanga	Sa.S 9/157-161 ⁹⁹	
	97	Bringaraja taila	Abhyanga	Sa.S 9/161 ⁹⁹	
	98	Priyalabeeja madhukadi kalka	Shiro lepa	Sa.S 11/18 ¹⁰⁰ VM 5/95 ¹⁰¹	
	99	Kakhasabeejadi lepa	Shiro lepa	Sa.S 11/9 ¹⁰²	
	100	Lakshadi lepa	Shiro lepa	VM 57/93 ¹⁰³	
	101	Madanaphala kalka	Shirolepa, Nasya	VM 57/94 ¹⁰³	
	102	Nilotpaladi yoga	Shiro lepa	VM 57/90 ¹⁰⁴	
	103	Bringaraja taila I	Abhyanga	VM 57/104 ¹⁰⁵	
	104	Bringaraja taila II	Abhyanga	VM 57/105 ¹⁰⁵	
	Indralupta	105	Dhatri amramajja lepana	Shiro lepa	CD 55/98 ⁹⁷
		106	Manasiladi yoga	Shiro lepa	CD 55/98 ⁹⁷ Su.Chi 20/24 ¹⁰⁶
107		Kutannatadi lepa	Shiro lepa	CD 55/99 ¹⁰⁷ VM 57/108 ¹⁰⁸ Su.Chi 20/24 ¹⁰⁶	
108		Gunjaphala kalka	Shiro lepa	CD 55/100 ¹⁰⁷ VM 57/109 ¹⁰⁸ Su.Chi 20/24 ¹⁰⁶	
109		Hastidantha mashi	Shiro lepa	CD 55/101 ¹⁰⁷ Ah.Ut 24/31-32 ¹⁰⁹ Sa.S 11/23 ¹¹⁰ VM 57/127 ³³	
110		Ballatakadi lepa	Shiro lepa	CD 55/103 ¹⁰⁷	
111		Gunjaphala dhaturamula swarasa	Shiro lepa	CD 55/103 ¹⁰⁷ Ah.Ut 24/28 ¹¹¹	
112		Maricha churna	Gharshana	CD 55/104 ¹⁰⁷ VM 57/112 ¹⁰⁸	
113		Malatyadi taila	Abhyanga	CD 55/97 ⁹⁶	
114		Malati taila	Abhyanga	Ah.Ut 24/24 ⁸⁸	
115		Malatkaraviradi taila	Abhyanga	Su.Chi 20/26 ¹⁰⁶	
116		Kasisadi lepana	Shiro lepa	Ah.Ut 24/28-31 ¹¹¹ VM 57/130 ¹¹²	
117		Vanyaamrataru kalka	Shiro lepa	Ah.Ut 24/29 ¹¹³	
118	Karaveera swarasa	Shiro lepa	Ah.Ut 24/29 ¹¹³		
119	Ksudravartaki kalka	Shiro lepa	Ah.Ut 24/30 ¹¹³		
120	Tilapushpadi kalka	Shiro lepa	Ah.Ut 24/31 ¹¹³ VM 57/116 ¹¹⁴		
121	Karanja taila	Abhyanga	Sa.S 9/156-157 ¹¹⁵		
122	Bringaraja taila	Abhyanga	Sa.S 9/161-162 ¹¹⁶		
123	Tikta patola swarasa	Pratisarana	Sa.S 11/20 ¹¹⁷		
124	Brihati swarasa	Pratisarana	Sa.S 11/21 ¹¹⁷		
125	Gokshura tilapushpadi kalka	Shiro lepa	Sa.S 11/24 ¹¹⁷		
126	Yashtimadhukadi taila	Abhyanga	Sa.S 11/24 ¹¹⁷		
127	Markavadya taila	Abhyanga	VM 57/117-122 ¹¹⁸		

RASAYANAS MENTIONED IN SAMHITAS FOR KESHAROGAS

Hair is considered as a mala and upadhathu of Asthi and Majja by Acharya Charaka and Acharya Sharangdhara respectively.

Nutrition of Asthi dhatu is paramount in maintaining healthy growth and texture of hair. So even after administering all the purificatory procedures and external applications some Rasayana oushadas (Rejuvenating medicines) should be administered in the last stage of treatment. (Table 2)

Table 2: Rasayanas mentioned in Samhitas

SN	Rasayana	Indication	References
1	Bringaraja rasayana	Krishna kesha	CD 66/16 ¹¹⁹
2	Vridhadaraka rasayana	Palitya	CD 66/17-18 ¹²⁰
3	Dhatrichurna rasayana	Palitya	CD 66/22 ¹²¹ VM 69/33 ¹²²
4	Jala nasya	Palitya	CD 66/33 ¹²³ VM 69/44 ¹²⁴
5	Siva gutika	Palitya	CD 66/185-193 ¹²⁵
6	Amalakyadi yoga	Palitya	YR 76/17 ¹²⁶
7	Krishnatiladi yoga	Palitya	YR 76/18 ¹²⁶
8	Dhatritiladi yoga	Krishna kesha	YR 76/20 ¹²⁷
9	Vardamana bhallataka	Palitya	YR 76/21-23 ¹²⁷ VM 69/38-41 ¹²⁸
10	Gandhaka rasayana	Palitya, Krishna kesha	YR 76/36 ¹²⁹
11	Jyotishmati phala taila	palitya	YR 76/36 ¹²⁹
12	Palasha phala taila	palitya	YR 76/36 ¹²⁹
13	Chyavanaprasha	Kesha vardana	Ah Ut 39/33-41 ¹³⁰
14	Tuvaraka taila nasya	Palitya	Ah Ut 39/95 ¹³¹
15	Loharaja vella rasayana	Krishna kesha	Ah Ut 39/150 ¹³²
16	Swadamstradi rasayana	Krishna kesha	Ah Ut 39/150 ¹³²
17	Dhatri tila bringaraja rasayana	Krishnakesha	VM 69/24 ¹³³
18	Triphala jala nasya	Palitya	VM 69/47 ¹³⁴
19	Amrutha bhallataka rasayana	Palitya	VM 69/62-71 ¹³⁵

DISCUSSION

Many over the counter products like shampoos, conditioners, lotions, dyes etc are available nowadays which are found to show little to no results and are expensive and not easily accessible by the common people. Some of these products are doing more damage than good to the hair and scalp health. This review was done to show that there are several classical formulations and treatment modalities in ayurveda that are more effective, affordable and shows long term results with little to no side effects.

In this study around 120 herbal, herbo-mineral and mineral formulations were found out, along with 19 rasayana yogas. Disease wise categorization has been cited in the above table. From the results formulations are in taila, ghrita and in churna form. Most of the formulas cited are used as external applications as shiroabhyanga, shiro lepana and shiro pichu. In the case of Panchakarma therapy, Nasya, Virechana, Vasti and Siravyedha is indicated. Even though different samhitas provided different treatment modalities and recipes, Vasti was seen to be only mentioned in Bhela Samhita and Ashtanga Hridaya. Bhela Samhita included two types of Rasayanika vasti and one Bilwadi niruha vasti both which is indicated in Palitya.

Hunger, thirst, ageing and death are natural phenomenon. Changes during ageing are inevitable and these are to be controlled in a systematic way. The Rasayana drugs help to control this natural consequences and delays the process of decaying by improving the health of individuals. Most of the formulations and rasayana yogas mentioned are easily available and if not easy to prepare. Here Rasayana is mentioned as both preventive and curative aspect.

CONCLUSION

Hair is an integral part of our body that is an indicator of both health and beauty. Conditions like balding, greying, dandruff etc.

creates a sense of embarrassment, low self-esteem and body image issues and in a sense reduces the quality of life. People who have strong, healthy and vibrant hair are generally healthier overall. And the lush and thick hair provide them with a wealth of confidence. The current situations like pollution, stress, sedentary lifestyle and chemical products are compromising the general health and thereby the human body is not getting the required sustenance. If our hair is not getting enough vitamins and minerals - for example through a lack of iron in the diet then it is showing up in the hair before anywhere else. So, diseases of hair are also an indicator of some chronic and systemic disorders. Since it being a part of Asthi dhatu, proper and adequate nutrition is also important. So more than the treatments and the products used, the food and drinks that we consume should be given prime importance. Hair disorders can also be due to the deficiency of calcium, vitamins folate, riboflavin, biotin and B12. The Rasayana medicines are a rich source for these vitamins and minerals. So in the end it is essential that the treatment protocol adopted for each hair disorders should end with rasayana medicine as it is difficult to cure and as such cannot easily be eliminated as is seen by their constant reappearance. Rasayanas provides nutrition, increases quality of dhatus (tissues), immunity etc.

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