

ROLE OF NASYA AND PATHAYA APATHAYA IN THE MANAGEMENT OF HAIR FALL IN AYURVEDANarendra Narware¹, Pradipkumar Suryawanshi², Manjari Chandrawanshi³¹Lecturer, Department of Swasthavritta and Yoga, Om Ayurved College, Betul, M.P., India²Reader, Department of Swasthavritta and Yoga, Govt. Ayurved College, Bilashpur, C.G., India³Lecturer, Department of Shalyatantra, Shri N. N. Ayurvedic College, Paikmal, Odisha, IndiaCorresponding Author: narendranarware1988@gmail.com<https://doi.org/10.46607/iamj1810052022>

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**ABSTRACT**

Hair fall is a common condition that affected men and women of all ages in the present era. It can be caused by various disorders that can be congenital or acquired and now a day's adults may notice mild physiology thinning of hair starting in their 30s and 40s. Many new treatments have been introduced in the recent year, so we here suggest Nasya and Pathaya Apathaya. Which keeps hair healthy and attractive to patients. Siroroga Chikitsa is an important part of the treatment of hair fall. Nasya is the gateway of Shira. Nasya is a treatment or detoxification therapy that applies herbal oil and powder through the nostril. The drug administers through the nose as Nasya reaches the brain and eliminates only morbid doses responsible for producing the disease. Nasya has been described in Charaka Samhita and Pathaya Apathaya has been described in a chapter of Siroroga Chikitsa by Yogaratanakar. This review article will focus mainly on the common acquired causes of hair fall and the basic knowledge and management of hair loss.

Keywords: Hair fall, Khalitya, Nasya, Pathya-Apathya

INTRODUCTION

Today's life is very fast, stressful, and materialistic having high dependence on pharmacological intervention. People are unable to follow Swasthavritta and Sadvritta Parichariya. If one follows Swasthavritta and Sadvritta they are never affected by the disease. One of the important parts of our body is Hair and Hair plays a vital role in making you look younger or old and also plays an important role in the personality of a human. Hair loss is a disease in which hair loss from the scalp is the major clinical presentation. It is the clinical condition classified under one among the Shiro Roga (disease of the head) by Yogaratnakar, Kshudra Roga (Minor disease) by Sushruta¹, and Kapalgata Roga by Acharya Vagbhata². The disease is also called Khalitya. There are many reasons behind these hair fall issues like stress, low nutrition, and other medical-related condition. Pitta along with vata and getting into the root of the hair (Romakupa) causes a fall of hair then Kapha along with Rakta obstructs the channel of Romakupa (Pores of hair) leading to the stoppage of the regeneration of new hair that is known as Indralupta, Khalitya or Rujya¹. Hair or beard and mustache do not become white or gray, hair does not fall rather they grow abundantly who that practice administer regular Nasya. Sushruta has explained that Urdhwajatrugata Rogas like Indralupta get suppressed when treated with Nasya karma. Nasya karma helps to prevent diseases like Vali, Palitya, and

Khalitya.

Aim and Objectives

- To study hair fall.
- To study the role of Nasya Karma in hair fall detail as per Ayurvedic classical text.
- To evaluate the efficacy of Pathaya-Apathaya in hair fall.

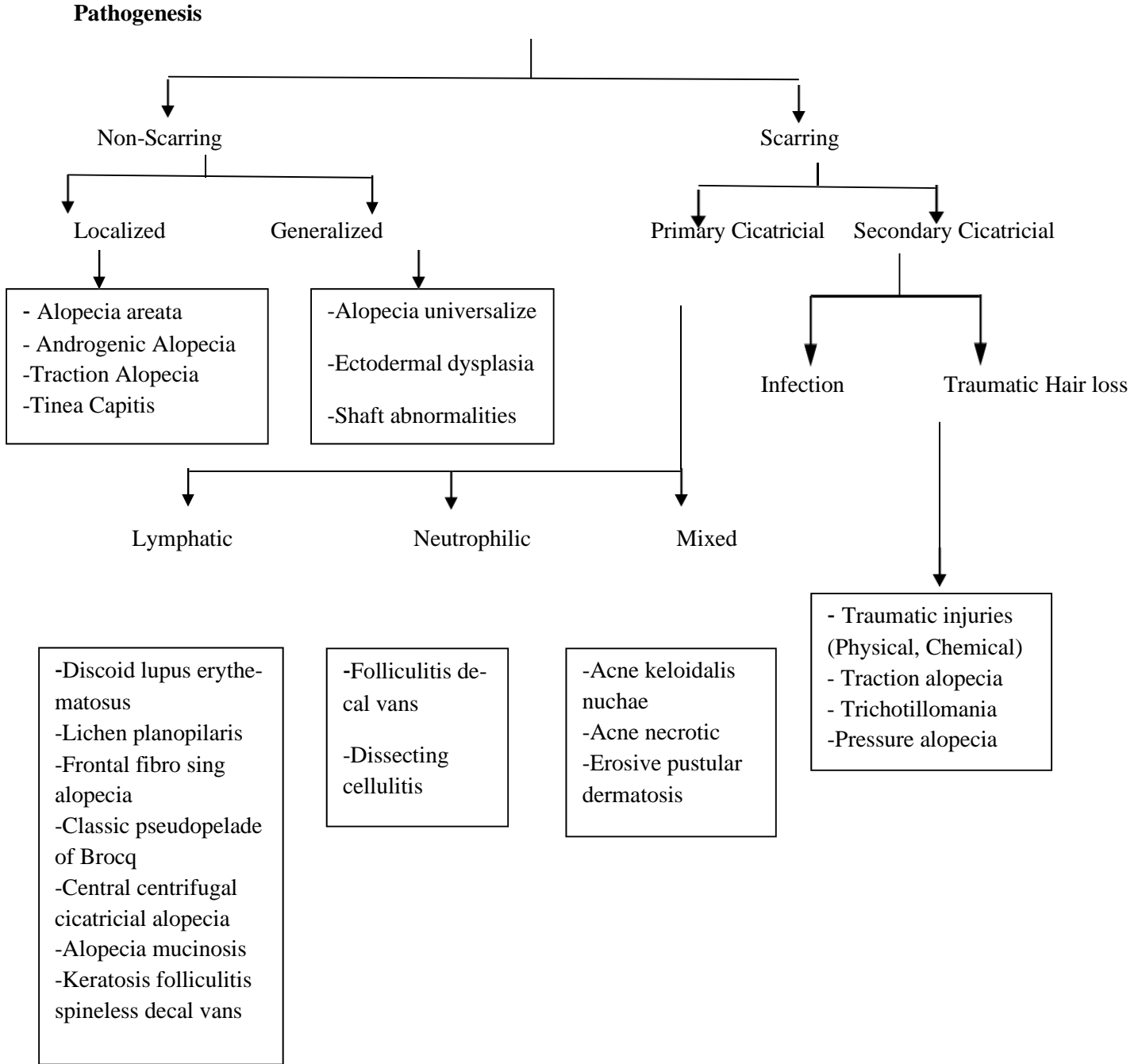
Some of the Yogas for Nasya: -

- 1) Yastimadhukadhya Taila (Chakradutta 55/108-110)³
- 2) Chandanadya Taila (Chakradatta) 55/106-107)⁴
- 3) Anu Taila (Cha. Chi. 26/263)⁵
- 4) Sairyakadi Taila (Su. Chi. 25/35-37)⁶
- 5) Vidarigandhadi Taila (Cha.Chi. 26/263)⁵
- 6) Propoundrarikadhya Taila (Vrindamadhava or Siddha yoga 57/117-122)

So, Nasya and Pathaya Apathaya not only help in hair growth, but it is also reverse hair fall issues and helps in preventing premature whitening of hair. This is a general problem among adults.

Pathogenesis: -

The path physiology explained in Ayurveda says that Pitta (one among the Tridosha) associated with Vata (one among the Tridosha) gets lodged in Romakupa (hair follicle) and causes hair fall. In this area, Kapha dosha associated with Rakta obstructs the hair roots and limits hair regrowth.



Methods: -

Nasya is a term to be applied generally to medicine. Nasya is the gateway of Shira. The drug administered through the nose as Nasya reaches the brain and is eliminated from producing disease and Aahar Vihar which is beneficial and nutritional to the body and also gives the happiness to the main is known as Pathaya and opposite to that is known as Apathaya.

Pathaya Apathaya for the patient suffering from Shi-ro roga is mentioned by Yogaratnakar and also mentioned by Basavarajiyam.

Aharaja Pathaya-

Dhanya – Gehu, Yava, Shali Chaval, Mudga **Shaka Varga** – Jivanti, Kasmard, Patol, Tomato, Lauki, Patrashaka, Carrots, Cucumber, Cauliflower, Cabbage, etc.

Taila Varga – Tila Taila and Coconut oil for external and internal use. **Fruits** – Amlaki, Dadim, Matulanga, Amaraphala, Narikele, Draksha, etc **Others** – Milk, Sugar, Honey, etc.

Aharaja Apathaya-

High quantity of Lavan, Amla, and Kshara seven. Excess oily, starchy, and fat-rich stuff, bread, cakes, chocolates & other bakery items, pickles, curd, tea, etc. Mashahara, Virudhahara, Vegetable ghee, Vidahihara.

DISCUSSION

According to Acharya Vagabhatta Khalitya is Kapal-gat Vyadhi. Astanga Samgrahakara and hrudayakara have clearly mentioned Shamana nasya as a treatment of hair lose. Nasya Karma is an important detoxification procedure that acts as Sirovirechana and Shamana which means helps to eliminate Doshas and balances Doshas located in Shira. Nasya therapy cleanses and opens the channels of the head. Nasya creates Snehana, which gives nutrition to hair roots thus preventing hair falls. Khalitya and Palitya are Pitta dominant conditions, preceded by Nasya with Chandnadi Taila & Yasthimadhukadi Taila which pacify Pitta Dosha, and Nasya with Anu Taila, Shadbindu Taila pacify Kapha with profuse secretions. Stress considered in causative factor of hair fall. Nasya Karma enhances the functions of endocrine glands and nervous system by drugs delivered port for the brain. To provide brain nourishment, stress may be separated from the root and helps to avoid hair disorders.

Pathya will keep Dhatus in a healthy state which keeps the person healthy, maintains normal body functions resulting in the proper functioning of the organs, and nourishes the mind and intellect. So, the Pathya helps to prevent diseases. Apathya Ahara can cause Dhatu Dusti and vitiation of Tridosha. Apathya Ahara also produces Amadosha which leads to Sanga in Srotas and produce pathological condition like obstruction of Roomkupa resulting in new growth of hair hampering. According to modern high protein diet is responsible for new hair growth. It helps generate collagen, which stimulates healthy hair. Vita-

mins are also necessary for healthy hair.

CONCLUSION

Today hair problems are very common in our society. That's why we needed effective as well as long-lasting treatment. Nasya Karma is an effective and easily available and easy procedure. Nasya reaches the brain and eliminates for production of disease adopt suitable Ahara & Vihara to prevent and control Hair fall.

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