

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 *vidhi* 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 upto *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*. 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 hridayakar*. *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. *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 upto *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 prakarti*¹, *usharbhomi*, *lavana rasa atisevan*, *ksharaatisevan*, *viruddha aharasevan*² ignorance of *pratishyaya*, combing hair excessively during the ovulatory period of the mother leads to hair fall in the child³, taking of excessive *lavana rasa* during pregnancy could result in congenital hair loss (*Khalitya*)⁴. Common etiological factors of *Shirah roga* can also be considered as etiological fac-

tors of *Khalitya* such as⁵ – *vegavidhara-na*(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 climate and season), *madya*(intoxication), *rodana*(excessive weeping), *uchibhashya* (talking too loud), *abhyanga dwesha* (grudge against massage), *atimaitihuna*(excessive sex activity), *asatmya gandha* (inhalation 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 *dhatu*s (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 *Sannipataja 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

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

Samprapti (Pathogenesis)

Due to different *nidana sevana*, *prakopa* of *vata dosha*, *pitta dosha*, *kapha dosha* occurs than it leads to *rasa-rakta 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 *Shirolepa*⁶. Some minor changes of life-style 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*, *abhishtyandi 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*.

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 *raktamokshana* by scratching of the scalp either by *suchi*, *kurchika* or by rough leaves before application of *Lepa*. After *snehana*, *swedana* and *spravana*, *acharya vagbhatta* 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.

Flow 1: Showing the mode of action of *Nasya*
Drug administered through *nasa* -the gateway to *shiras*

↓
Reaches the *Shringataka marma* of head (*Shiras*), which is a *sira marma* and formed by the *siras* of *netra*, *karna*, *kantha* and *shrotra*

↓
The drug spreads in this same route

↓
Scratches the morbid *doshas* of *urdhwajatra* and expels out from the *uttamanga*

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

nasya has been proven to be significant modality for treating *keshpatana*.

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