

## A REVIEW ON THERAPEUTIC EFFECT OF DHAVADI KWATH IN THE MANAGEMENT OF INDRALUPTA

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### ABSTRACT

Hair is an indication of both social and professional status. Hair fall is common in both male and female. Alopecia refers to sudden or gradual hair loss. According to symptoms Alopecia can be correlated with *Indralupta*. *Indralupta* is a disease which is mainly due to vitiation of *Tridosha* and *Rakta Dhatu*. *Ayurveda* propagates equal importance to curative and preventive aspects. Various medicated oil and *Lepa* for local application are available in *Ayurvedic* texts for the management of *Indralupta*. *Acharya Harita* have mentioned *Dhavadi Kwath* for *Shiro-prakshalana* (Head bath) in *Indralupta Chikitsa*. It acts as *Kapha-Pitta Shamaka* and *Raktasodhaka* with *Kashaya*, *Tikta* and *Madhura rasa & sheet veerya* properties. It clears the obstruction of *Romakupa* and improves the circulation of blood on the scalp. *Dhavadi Kwath* tackle microorganism that causes infections by own antibacterial and antifungal properties.

**Keywords:** *Indralupta*, *Alopecia*, *Dhavadi Kwath*.

### INTRODUCTION

Hair is considered as essential and protective part of the body. Hair fall and hair thinning is therefore a sensitive issue for both sexes of all races. Faulty dietary

habits, lifestyle, stressful living, in appropriate nutrition, infection, allergic manifestation, use of medication, traumatic, surgeries, auto-immune disease etc.

can triggers hairfall<sup>1</sup>. Increased hair fall in *Ayurveda* is termed as *Indralupta*, *Khalitya* and *Rujya*<sup>2</sup>. According to *Acharya Sushruta Pitta* along with *Vata* by involving root of hairs (*Romakupa*) making to fall off and thereafter *Kapha* together with *Rakta* obstructs the channels of *Romakupa* leading to the stoppage of the growth of new hairs. This condition is known as *Indralupta*<sup>2</sup>. *Indralupta* is due to over intake of *Kshara*<sup>3</sup>, *Lavana*<sup>4</sup>, *Viruddha Ahara*<sup>3</sup>, and use of *Ushna- Tikshna Ahara*. All these increased the *Pitta Dosha* and Affects the *Rakta Dhatu*. *Indralupta* can be correlated with Alopecia in modern. Alopecia is a condition

characterised by hair loss from the scalp<sup>5</sup>. *Ayurveda* offers different effective treatment for *Indralupta* like *Shiroabhayanga*, *Lepa*, *Rasayan*, *Nasya*, *Shiravedhana* etc<sup>6</sup>. *Acharya Harita* has mention the *Dhavadi Kwath* for *Shiropakshalana*<sup>7</sup> (head bath). *Dhavadi Kwath* contains having *Kapha-Pitta Shamaka*, *Sheeta Veerya*, *Raktsodhaka*, and *Vishaghna* properties. It helps in cleanses the channels, opens the pores which were blocked and enhance the blood circulation over the affected area and promoting growth of the new hairs.

**Table 1:** Drug description: following ingredients all used for the preparations of *Dhavadi Kwath*-

S. No	Drug Name	Botanical Name	Useful Part	Prparation
1.	<i>Dhava</i>	<i>Anogeissus latifolia</i>	Bark	1 Part
2.	<i>Arjuna</i>	<i>Terminalia arjuna</i>	Bark	1 Part
3.	<i>Kadamb</i>	<i>Anthocephalus chinensis</i>	Bark	1 Part
4.	<i>Shirish</i>	<i>Albizia lebbek</i>	Bark	1 Part
5.	<i>Rohitaka</i>	<i>Tecoma undulata</i>	Bark	1 Part

**Table 2:** Pharmacological and therapeutic Properties of all ingredients of the *Dhavadi Kwath*: -

Drug Name	Rasa	Guna	Veerya	Vipaka	Doshghnata	karma	Pharmacological Properties
<i>Dhava</i> <sup>8</sup>	<i>Madhura, Kashaya, Katu.</i>	<i>Laghu, Ruksha.</i>	<i>Sheeta.</i>	<i>Katu.</i>	<i>Kaphapitta Shamaka.</i>	<i>Rasayana, Vishaghna, Vranaropana, Shothahara</i>	CNS depressant activity, <sup>9</sup>
<i>Arjuna</i> <sup>10</sup>	<i>Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kaphapitta Shamaka.</i>	<i>Raktaprasadana, Kaphaghna, Vishaghna, Vranaropana, Shothahara</i>	cytotoxic, antifungal, antibacterial, <sup>11</sup>
<i>Kadamba</i> <sup>12</sup>	<i>Kashaya, Madhura, Lavana.</i>	<i>Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Vatapitta Shamaka.</i>	<i>Amapachan, Deepana, Vishaghna, Shothahara, Varnya, Dhatuwardhaka.</i>	Anti-hepatotoxic, antihelmintic, antibacterial. Antiinflammatory, <sup>13</sup>
<i>Shirisha</i> <sup>14</sup>	<i>Madhura, Tikta, Kashaya.</i>	<i>Laghu, Ruksha, Teekshna.</i>	<i>Sheeta.</i>	<i>Katu</i>	<i>Tridosha Shamaka.</i>	<i>Raktashodhaka, Kaphaghna, Vishaghna, Shothahara, Varnya, Shirovirechana.</i>	Antiprotozoal, antifungal, anti-allergic, analgesic, antibacterial, CNS depressant <sup>15</sup>
<i>Rohitaka</i> <sup>16</sup>	<i>Katu, Tikta, Kashaya.</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kaphapitta Shamaka.</i>	<i>Raktashodhaka, Vishaghna, Lekhana, Krimighna, Deepana</i>	Antibacterial, antifungal, antiviral, analgesic. anticancer, CNS depressant, <sup>17</sup>

## DISCUSSION

*Indralupta* is disorder due to vitiation of all *Doshas*. However, *Pitta* vitiation is the predominant factor. *Dhavadi Kwath* subsides *Pitta*. Which pacifies the burning sensation and vitiated *Rakta* because all ingredient of *Dhavadi Kwath* are having *Sheeta Veerya*<sup>18</sup>. *Kapha* block the hair follicles by not allowing fresh ones to grow. Most ingredients of the *Dhavadi Kwath* have *Kashaya Rasa*, *Tikta Rasa*, *Madhura Rasa* predominantly. *Kashaya Rasa* have *Lekhana*, *Chhedana*, *Shodhana* properties. it helps to absorbing *Kleda* and clears the *Romakupa*<sup>19</sup> (hair follicles). *Tikta Rasa* acts as *Amashoshaka*, *Srotoshodhaka* and *Kapha Chhedaka*. Which removes *Ama* and toxins from hair roots. And opens the channels of the head and improves oxygenation<sup>20</sup>. *Madhura Rasa* is *Keshya*. It subsides *Vata* and *Pitta* and calms the central nervous system (*Indriyaprasadhana*)<sup>21</sup>. All contents of *Dhavadi Kwath* having *Ruksha* and *Laghu Guna*. *Ruksha Guna* absorbing *Kleda* which restrict the further block of *Romakupa*.<sup>22</sup> *Laghu Guna* acts as *Srotoshodhana*. It reduces *Kapha* and *Malas*.<sup>23</sup> *Dhavadi Kwath* having antifungal, antibacterial, antihelminthic, antiallergic properties. It helps in the treatment of infections (eczema, freckles and ringworm) and allergies. *Dhavadi Kwath* also acts as CNS depressant. It can slow brain activity, making them useful for treating stress. Ultimately it helps in improving scalp health and promote hair growth.

## CONCLUSION

*Dhavadi Kwath* protects the hair against dandruff and *Krimi* that could cause hair loss. It helps in the strengthening hair shafts and bosting hair growth. *Dhavadi Kwath* also balances vitiated *Doshas* and cleanses channels witch helpful for nourishment of hairs. This drug can be effective for treatment of *Indralupta*.

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