

# HAIR FALL CONTROL THROUGH AYURVEDA AND THE CONCEPT OF THALAM

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## ABSTRACT

*During the last several decades, we have witnessed a gain in importance of physical overall look. There is a strong relationship that exists between physical look and social acceptance. Human physical appearance is the outward phenotype or look of human being. Hairs, clothes, nose, height etc. makes the physical appearance. Hair is one such natural ornament which every one of us would flaunt for. Hairs make the outer appearance of a human. It helps in increasing self confidence. It's normal to lose between 50 to 100 hairs a day. But lose of more than 100 hairs is a serious problem. If proper care is not taken it may lead to serious hair fall problem. Hair fall or thinning of hairs affect the physical appearance and can result in decrease of self confidence.*

*As per Ayurveda, hair originates from paitruja bhav. Hair is considered as a mala of Asthi dhatu by Acharya Charak and updhatu of Majja by Sarangadhara. In Ayurveda, Kesha considered as a parameter for different kinds of clinical assessment. The stressful modern lifestyle, increasing pollution and unhealthy for habits cause damage to health and are reflected in quality of hair. Healthy food and stress-free lifestyle can help in controlling hair fall. Thalam is one of keralian procedure of panchkaram. Ayurvedic oils are applied on head. It promotes sound sleep, induces mental piece and is useful in alopecia and hairfall.*

**Keywords:** *Paitruhja bhav, Kesha, Thalam.*

## INTRODUCTION

Hair is one such natural ornament which everyone wants to flaunt. Hair makes the outer appearance of a human. It helps in increasing the self confidence. In humans, hairs with its variety of colors, textures, shape, length, density and other qualities, adds to individual uniqueness and provides an aesthetic quality for others to see and appreciate. In this modern era, we have witnessed that people more commonly judges on physical overall look, as there is a strong relation between physical look and social acceptance. Thus, it's been duly established in modern world that external appearance is precisely proportional to an

individual personal and expert well being. A number of researches have confirmed that physical appearance is positively related to self esteem level.<sup>1</sup> Hair fall or thinning of hairs can result in decrease in self confidence. Nowadays, Cosmetic industry with hair fall control remedies is increasing day by day. People are more conscious about their outer appearance. It is normal to lose between 50 to 100 hairs a day but lose of more than 100 hairs is a serious problem. One of the most worrying problem for any adult is hair loss because rich lustrous hair boosts self esteem and confidence, it is an important part of self image, losing it can create fear and distress.<sup>2</sup> Certain medication,

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skin problems, hormonal imbalance and stress are the causes for hair fall.

**AIM:** Study causes of Hair fall in *Ayurveda* and the concept of *Thalam*.

**OBJECTIVE:** Study the methods of control of Hair fall through *Ayurveda*.

**MATERIAL AND METHODS:** For this study, *Ayurvedic* Literature is collected from classical texts of *Ayurveda*. For modern aspect various books and various websites were referred

### REVIEW of Literature:

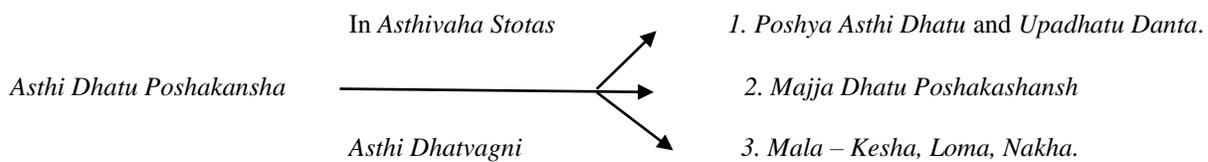
#### Ayurvedic Aspect:

As per *Ayurveda*, hairs (*Kesha*) are considered to be originated from *Paitruja bhava*.<sup>3</sup> *Bala*, *Kacha*, *Shiroruha*, *Murdhja*, *Roma*, *Tanuruha* are the different synonyms used for *Kesha*.

*Kesha* word is derived from “*Shee*” with “*Ach + Aluk Samash*” and is explained as “*Ke Mastake Shete Ii*”. By *Halayudha Kosha*.

#### Kesha Vyuatpatti:

1. *Klishyete Badhyate*
2. *Keshte*



According to *Acharya Charak*, it takes 6 days in *Parinamana* of *Aahara Rasa* into *Asthi Dhatu*. And According to *Acharya Sushruta*, Formation of *Asthi Dhatu* takes place in 20 days.

**Kesha Svaroopa:** *Kesha* are *Parthiv*, *Paitruja Bhav*, *Mradhu*, *Alap*, *Snigdha*, *Subadha mula*, *Krishana Kesha* are the *Guna* of *Prashasta Kesha*.

3. *Klisha Vibhadhayam*.  
Means those are tied, or that exist on head.
4. *Shirshi Rohti – Shiroruha*
5. *Murdhani Jayate - Murdhaja*

#### Kesha Sthana:

*Kesha* exists on entire body of an individual, when they exist on skin, then known as *Loma*, and when they exist on head, known as *Kesha*.

#### Keshotpatti:

During *Garabha avastha*, according to *Acharya Charak*, hairs originate in 6<sup>th</sup> or 7<sup>th</sup> month.

In *Ayurveda*, *Kesha* is considered as mala of *Asthi Dhatu* by *Acharya Charak* and considered as *Upadhatu* of *Asthi* by *Acharya Sharangadhara*.

#### KeshaPoshana:

During *Tridha Parinaman* (transformation) of *Sthai* or *Poshaya Medha Dhatu* from *Medha Dhatu Poshakansha* in *Aahar Rasa*, *Asthi Poshakansha* also formed. Now, *Asthi Dhatvagni* works on *Asthi Poshakansha* and form *Poshaya* or *Sthai Asthi Dhatu* and *Upadhatu*, *Majja Dhatu Poshakansha* along with *Mala* such as *Kesha*, *Loma*, *Nakha*.

1. *Poshya Asthi Dhatu and Upadhatu Danta*.
2. *Majja Dhatu Poshakashansh*
3. *Mala – Kesha, Loma, Nakha*.

#### Kesha Sankhaya:

*Acharya Charak* has described 29956 *kesha*, which are equal to number of *Dhamni*.

According to *Manusmiriti*, number of hairs is 3.5 crore.

According to Acharya Sushruta, there are innumerable hairs of body.

### **Kesha Poshana:**

According to Acharya Charak ingested food is digested to assimilable nutritional fluid which divides into 2 parts namely - Sarabhaga and Kittabhag (Waste material). The waste material is responsible for production and nutrition of so many things like Sweat, urine, hair etc.<sup>4</sup>

According to Acharya Charak, Kesha are considered as mala of Asthi Dhatu. So, during formation of Asthi dhatu from Aahara rasa and Kesha also gets nutrients.

### **Hairfall in Ayurveda:**

In Ayurveda, falling of hair is coined out as in term of 'Khalitya'. According to survey, 40% of men and 25% of women in India are victims of hairfall.

According to Acharya Sushruta, Virudha pitta along with Vata reaches Romakooopa and causes hairfall and thereafter Shleshma along with Shonita obstructs Romakopa which leads to stoppage of regeneration of hair and this condition is known as Indralupta, Khalitya.<sup>55</sup>

Reasons for Hair fall:

1. Imbalance of Doshas
2. Nutrition as healthy hair depends on healthy bones.
3. Old Age.
4. Hormonal imbalance
5. Stress.

### **Modern Aspect:**

Hair is a protein filament that grows from follicles found in dermis.<sup>6</sup> The word "Hair" usually refers to two distinct structure:

1. Part beneath the skin (called Hair Follicle)
2. The shaft (which is hard filamentous part that extends above skin surface).

Each strand of hair is made up of medulla, cortex and cuticle. Hair growth begins inside the hair follicle. The only living portion of hair is found in follicle.

### **Human Hair Growth:**

Hair grows everywhere on external body except for mucus membranes and glabrous skin such as palms of hand, sole of feet and lips.

Hair follows a specific growth cycle with 3 distinct and concurrent phases:<sup>6</sup>

- 1) Anagen phase.
- 2) Catagen phase
- 3) Telogen phase.

**Anagen Phase (Growth Phase):** Most hair is growing at any given time. Each hair spends several years in this phase.

**Catagen phase (Transitional phase):** Over a few weeks, hair growth slows and hair follicle shrinks.

**Telogen phase (Resting phase):** Over months, hair growth stops and old hair detaches from hair follicle. New

Hairs begin the growth phase.

Hair grows at different rates in different people, the average rate is around one half inch per month. According to American Academy of Dermatologists, it is normal to lose 50 to 100 strands of hair per day. Hair fall more than normal is noticeable and is a alarming sign.

Hair Conditions results in hair fall:<sup>7</sup>

- 1) Alopecia Areata: Round patch of total hair loss, from scalp.
- 2) Male Pattern Baldness: common type of hair loss in men.
- 3) Female Pattern Baldness: In women, hair loss usually includes uniform thinning across scalp with preserved head line.
- 4) Head Lice.
- 5) Tinea Capitis ( Fungal Infection)
- 6) Dandruff (mild inflammation of scalp).

- 7) Telogen Effluvium: Hair fall in large patches after a month or two of personal shock such as surgery, childbirth, severe stress.

These all above conditions, result in hair fall.

**Thalam:** Thalam is one of the procedures of *Keralian Panchkaram* and is developed by the *vridha vaidyas* of Kerala by constant observation and rational thinking. *Thalam* is the Malayalam name for *Shiro Vasti*. A suitable cap is using for retaining the medicinal oil over the head. Medicated, *Ayurvedic* oils are applied on the head and massaged and allowed to remain for 20 minutes. This treatment soothes the ear, nose and throat passages as well as combats mental tension and headaches. It is also good for hair loss, dandruff, graying of hairs, insomnia.

Benefits:

1. Promotes sound sleep
2. Induces mental peace.
3. Relieves stress.
4. Useful in alopecia and hair fall.

#### **Hair Fall Control Through Ayurveda:**

- Usually *Ayurvedic* treatment for hair loss includes diet, lifestyle changes, usage of *Ayurvedic* herbs internally and external application on scalp in form of medicated oils.
- Different *karma* like *Shiroabhyanga*, *Nasya*, *Shirodhara*, *Shirolepa* are the different methods given in *Ayurveda* for restore hair fall.
- In *Ayurveda*, According to *Acharya Charak*, *Siro Abhyang* is application of oils on head, if this is performed daily it help in relieving head ache, it also helps in prevention of hair fall and graying of hair. Daily application of medicated oils can help in strengthens the roots of hairs and thus result in strong and healthy hairs.<sup>8</sup>
- Massage (*Shiro abhyang*) greatly improves the blood circulation, thus increasing the health of the hairs and also scalp.
- Several *Keshya Dravya* described in *Ayurveda* are beneficial for hair growth and prevention of hair fall. The *Keshya Dravya* are having property of *Tikta*, *Kashaya* and *Madhur Rasa*,

*Ushna Virya*, *Katu Vipaka* and *Vata Kapha shamak*. Which act on vitiation of all three *Doshas* and help in balancing them.

- Hairs are considered to be *Mala* of *Asthi Dhatu* So, bones are also responsible for Hair growth.

#### **DISCUSSION:**

As we have discussed earlier in this modern era, self esteem is important for the one as it help in boosting the self confidence. The outer physical appearance is related with our self esteem. Hairs help in boosting our physical appearance and thus increase the self confidence. According to *Ayurveda*, *Kesha* are originated from *Asthi Dhatu* and gets its nutrients from *Asthi Dhatu Poshakansha*. So, the diets which are high on calcium source for bones also help in hair growth. There are several factors which are affecting the hairs are the dietary habits, its nutritional value, stress, pollution, anxiety, dandruff, avoidance of use of oil message to scalp. Daily application of medicated oils can help in getting strong hairs and can resolve the problem of hair fall. As *Keshya Dravya* are *Tikta*, *Kashaya* and *Madhur* in *Rasa* and thus help in *Pitta Shaman*, *Ushna Virya* help in *Vata Shaman* and *Katu Vipaka* is having *Kapha Shamak* property and thus help in balancing the *Doshas*. In *Keralian* procedure, *Thalam* medicated oils is messaged and kept over head for some time which help in increasing blood circulation to scalp and thus help in getting nutrients to hairs.

#### **CONCLUSION:**

Everyone in this era is focused more on their outer physical appearance. Hairs are the natural ornament which everyone wants to flaunts. It helps in increasing the self confidence, and this is the reason that nowadays cosmetic industry with hair fall remedies is increasing day by day. Medicated oil of *Keshya Dravyas* should be applied on head for hair growth. *Ayurvedic* treatment is effective for hair fall as it helps in relieves stress and can remove harmful toxins of body through *Panchkarama*. *Thalam* is an effective procedure in *Keralian Panchkaram* for hair fall remedies and thus should be done for treatment.

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