

ROLE OF *DHOOPANKARMA* IN *KHALITYA*

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ABSTRACT

Hair loss (khalitya in ayurveda) is an important kshudra rog which demands care and attention. Hair fall is universal problem which affects both sexes of all races but more in male than female and mainly affecting young generation. khalitya is increasing day by day. Hair makes our body externally beautiful and attractive. Healthy hair makes a person healthy. In modern era, busy lifestyle, stress, polluted environment, unhealthy diet, fast food and dandruff is main cause of khalitya. Polluted air increases production of oil on scalp leading to fungal infection (dandruff) subsequently develops skin infection (scalp folliculitis) that wreak havoc on moisture content of hairs leaving them dry, brittle, frizzy, split ended and finally hair fall. Dhoopan(fumigation) is exposing the scalp to smoke that will lead to opening pores of scalp so that cleansing of scalp and mitigation of exudates will leads to relief from dandruff and by increasing blood circulation to scalp Dhoopan stops falling of hairs and hair becomes thick and shiny. This paper will explain the etiology, patho-physiology and ayurvedic treatment of khalitya mainly by dhoopan karma. Dhoopan is described as good antifungal, antibacterial, antimicrobial in ayurveda so it is best treatment for dandruff and pollution related hair fall.

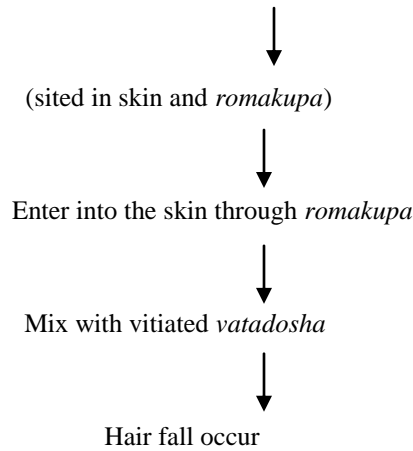
Keywords: -hair loss, khalitya, dandruff, dhoopan,

INTRODUCTION: -

Khalitya(Hair fall in *Ayurveda*) is the most common problem now a days. In this present era of money, due to busy life style no-one has time to care for hairs properly but everyone wants to look beautiful. Hair makes our body externally attractive and makes a person mentally and physically healthy. It is increasing day by day because of busy life style, stress, polluted environment, unhealthy diet, fast food. Dandruff is main cause of it.

In *Ayurveda*, *Acharyasushrut* explained it under *kshudra roga*¹ by the name of *inderlupta* which demands care and attention. *Inderlupta*, *khalitya* and *ruhya* are said synonyms² by the *Acharyasushrut* but other *Acharya* told them different i.e. *Acharya Vagbhatt* described that sudden onset of hair fall is *indralupta* and progressive hair fall is called *khalitya*³. In *Madhukoshtika*, *Kartika* says that hair fall of scalp is called *khalitya*, falling hair from beard and mustache is *inderlupta* and hair fall of whole body is called *ruhya*. It is a *tridoshaj vyadhi*⁴ i.e. *vata*, *pitta*, *kapha* and *rakta dosha* also involved. All *doshas* are vitiated but *pitta* and *rakta doshas* are dominant. In *rakta* and *pitta*, *pittadoshas* is more important because without involvement of *pittadosha* *khalitya* not occurs. *Acharyacharak* describe it in *trimarmiyadyay*⁵ under *shirorogaprakarn* and find that it is *dvidoshaj*; involvement of *vata* and *pittadosha*. *Acharya Vagbhat* also describe under *shirorogaadyay*⁶ here they describe 19 *shiroroga* (10 *shiroroga*⁷ + 9 *shirokapalgataroga*) and this *vyadhi* under 9 *shirokapalgataroga*⁸. In *khalitya*, *brajhak pitta* sites in skin and hair follicle get vitiated and enter in skin through *romakupa* with vitiated *vata dosha* due to which hair fall occur after that vitiated *rakta* and *kaphadosha* block the opening of hair follicle due to which production of new hair ends. Lastly, we see in *khalitya* that hair fall occur and new hair does not appear and leads to baldness⁹.

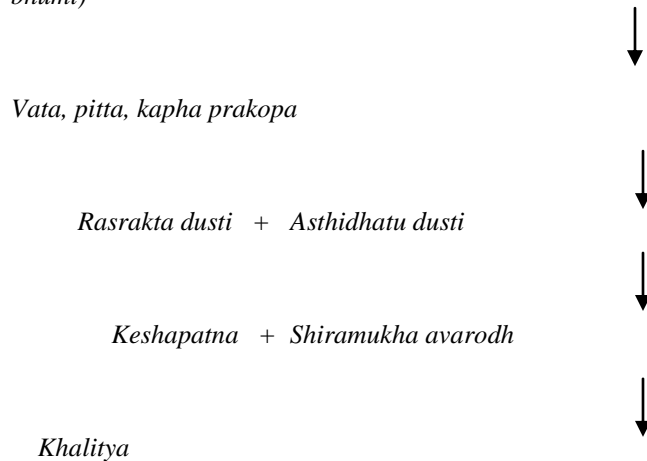
Brajhakpitta



(Vitiated *kapha* and *rakta* block the opening of hair follicle)

By Acharya Vvaghhatt in *AstangSangraha*¹⁰:-

Nidan sevan (ushna, tikshana, ruksha, atilavan sevan, kshar atisevan, divasvapn, prajagrana, aatap sevan, ushar bhumi)



In modern science, it is considered as alopecia. Hair loss is also known as alopecia¹¹, refers to a loss of hair from part of the head or body typically at leasthead is including. But severity of hair loss can vary from a small area to entire body. In some people's hair loss is a cause of psychological distress. Polluted air increases production of oil on scalp leading to fungal infection (dandruff) subsequently develop skin infection (scalp folliculitis) that wreak havoc on moisture content of hairs leaving them dry, brittle, frizzy, split ended & finally hair fall.

Classification of alopecia¹²: - Alopecia classified into two groups

1. Scarring alopecia: - This associated with fibrosis, inflammation and loss of hair follicle. A smooth scalp with decrease number of follicular opening is usually observed clinically.
2. Non-scarring alopecia: - The hair shaft gone but the hair follicles are preserved because of preserved hair follicle this condition is reversible in nature.

TREATMENT:-

In *Ayurveda* Acharya Charak and Vagbhata describe that the patient of *khalitya* treated by *shodhan* therapy along with *nasya*, *tailabhyanga* on face and head and *pralepa* on head¹³. But according to Acharya Sushruta in *khalitya* (*inderlupta*) firstly *snehan* and *swedan* done after that *siraveda* for *raktamokshan* thereafter apply *lepa* of *manshila*, *kasis*, *tutiya* or *tagar* and *devdaru*¹⁴. Otherwise firstly *siravedan* and after it *gunjakalkalepa* also apply to subside the *vedna*. Use of *rasayan* therapy is also given by Acharya Sushrut. The *samprativighatan* of *khalitya* can be adopted in following steps: -

1. *Nidanaparivarjan*¹⁵: - In *Ayurveda*, management of all diseases is done by *nidanaparivarjana* (removal of causes). So, one should avoid junk food like potato chips, burger, pizza, etc., stress, improper sleep, constipation, anger.
2. *Samshodhan*¹⁶: - *abhyanga*, *swedan*, *vaman*, *virechana*, *nasya*, etc.
3. *Samshaman*¹⁷: - Through various *Ayurvedic* formulations and *rasayana*.
4. *Yoga*¹⁸: - *srwangaasan*.
5. *Dhoopan*¹⁹: - with *dhoopandravyas*

This article focuses on *dhoopan* which is primary and best treatment. It is easy to done, less time requirement and cost effective because *dhoopandravyas* are required in less amount and easily available. *Dhoopan* is inseparable part of therapeutics. In *Ayurveda*, the term *krumi* is used for all pathogenic and nonpathogenic organisms²⁰. There are three types of *krumi* and total number is 20²¹. In these, one type *krumi* is *raktajkrumi*, these *raktajkrumi*²² causes hair fall. To get prevention from *krumi*, *rakshoghanvidhi*²³ is indicated in *ayurveda*. *Dhoopan* is a method by which herbal drug, herbomineral drug, medicinal plant or animal products are used for fumigation. *Dhoopan* is performed on effected area from these *dhoopandravya* by the help of *agni*. According to infection *dhoopandravyas* are selected. *Dhoopandravyas* can store in air tight container for 2 yrs²⁴. These *dravyas* don't lose their color and fragrance in it. Mostly *dhoopandravyas* are *agni* and *vayumahabhootpradhan*. Due to *laghu*, *sheet* and *ruksha* in nature, these are rapidly spreadable. Mostly *dhoopandravya* are volatile in nature so these lower down microbial contamination in air. For effective treatment, one should remove infection. *Dhoopandravyas* can prevent infection because of its antimicrobial, antifungal and antibacterial property.

MATERIAL AND METHODS: -

- *Ayurveda samhita*, their commentaries and related paper are preferred for the collection of relevant matter regarding *Khalitya* and *Dhoopan*.

- Text book of modern science relevant matter regarding Alopecia.

AIM AND OBJECTIVE: -

- To explore the role of *Dhoopankarma* in *khalitya*

DHOOPANDRAVYAS: -

Ghruta, *white sarso*, *laja*, *kustha*, *brahmi*, *bhringraj*, *japa patra*, *Krishna till*, *nimb*, *sarj ras*, *ushir*, *hing*, *padmak*, *Chandan*, *ela*, *guggulu*, *laksha*, *devdaru*, *tulsi*, *shal*

PROCEDURE OF DHOOPANKARMA: -

Dhoopan of the affected part should be done by exposing the part to the smoke coming out from the box of two earthen sources. By which exposing the ulcer to smoke, there will be relief from itching, cleanliness and mitigation of exudation. Fumigation should be done for ten nights, twice a day. Due to this smoke exposing the affected part will cleanses the surface, mitigation of exudation, opens up hair follicles and growth of new hairs occurs.

MODE OF ACTION OF *DHOOPANDRAVYAS*: -

It dilates blood vessels and help in oxidation of blood. It leads to adequate tissue perfusion and oxygenation. Thus, reducing inflammation, itching and eliminate infection²⁵.

Guggul has been used in a number of *dhoopan* formulations. The volatile oil of *guggulu* is very effective. It has antibacterial activity against gram (+) and gram (-) bacteria²⁶.

The leaf and rhizome of *vacha* is found to possess antibacterial property²⁷.

Neemis also major ingredient in all formulation²⁸.

Some other formulation has added for fragrance like *Chandan, ela*. Almost all *dhoopandravyas* have disinfectant property.

CONCLUSION

Khalitya is *tridoshajvyadhi* and comes under *kshudrarog*. Busy lifestyle, stress, polluted environment, unhealthy diet, fast food and dandruff causes *khalitya*. In *Ayurveda* classics, many treatments are described like *shodhan, shaman, yogaand dhoopan* but *dhoopan* is primary treatment. *Dhoopan* is most effective, cost effective, easy to perform and fast acting. so, it is best treatment for dandruff and pollution related hair fall.

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² Dr. Ambikadutt Shastri, Sushruta Samhita, Ayurvedtattvasandipika, hindi commentary, Nidanasthan, chapter13/33, reprint 2014.

³ Dr.Brahamanand Tripathi. Astanga Hrdayam Utrasthan, Delhi: Chaukhamba Sanskrit Pratishthan; 2009, chapter 23/24-26.

⁴ Dr. Ambikadutt Shastri, Sushruta Samhita, Ayurvedtattvasandipika, hindi commentary, Nidanasthan, chapter13/32, reprint 2014.

⁵ Prof. B.L. Gaur, Caraka Samhita, Chakarpanidutt, hindi commentary, Cchikitsasthan, chapter26/262, edition-first,2014.

⁶ Dr.Brahamanand Tripathi. Astanga Hrdayam Utrasthan, Delhi: Chaukhamba Sanskrit Pratishthan; 2009, chapter 23.

⁷ Dr.Brahamanand Tripathi. Astanga Hrdayam Utrasthan, Delhi: Chaukhamba Sanskrit Pratishthan; 2009, chapter 23/15-19

⁸ Dr.Brahamanand Tripathi. Astanga Hrdayam Utrasthan, Delhi: Chaukhamba Sanskrit Pratishthan; 2009, chapter 23/20.

⁹ Prof. B.L. Gaur, Caraka Samhita, Chakarpanidutt, hindi commentary, Chikitsasthan, chapter26/132, edition-first 2014.

¹⁰ Dr.Brahamanand Tripathi. Astanga Sangraha Sharirasthan, Delhi: Chaukhamba Sanskrit Pratishthan; 2009.shlok 2/61.

¹¹Harrison's principle of internal medicine, volume-3, McGraw Hill,publiation- New York. 18th edition, print 2008,

¹² Harrison's principle of internal medicine, volume-3, McGraw Hill,publiation- New York. 18th edition, print 2008, Page 407.

¹³ Prof. B.L. Gaur, caraka Samhita, Chakarpanidutt, hindi commentary, Chikitsasthan, chapter26/262, edition-first,2014.

¹⁴Dr. Ambikadutt Shastri, Sushruta Samhita, Ayurvedtattvasandipika, hindi commentary, Nidanasthan, chapter13/32, reprint 2014.

¹⁵Dr. Ambikadutt Shastri, Sushruta Samhita, Ayurvedtattvasandipika, hindi commentary, Uttartantra chapter1/25, reprint 2014.

¹⁶Dr. Ambikadutt Shastri, Sushruta Samhita, Ayurvedtattvasandipika, hindi commentary, Nidanasthan, chapter20/24, reprint 2014.

¹⁷ Dr. Ambikadutt Shastri, Sushruta Samhita, Ayurvedtattvasandipika, hindi commentary, Nidanasthan, chapter20/24, reprint 2014.

¹⁸ Dr. Pawan Sharma A Comparative Study of Keshyekalpa Yoga and Sarangasan in the management of alopecia, International Journal, July 2010, Vol.Issue 10

¹⁹ Sri Indradeva Tripathi, Gadanigraha of Sri Vaidya Sodhala with Vidyotini Hindi Commentary, Chaukhamba Sanskrit Sandhshn, Varanasi, reprint 2016, Part 3rd chapter 1/124

²⁰ Mishra Brahmashankar Bhramprakash; Chaukhamba Sanskrit Sansthan, Varanasi, 8 th edition 1997 1st part chapter no. 6, Misra prakarana, slok 189-190, Page 185-186

²¹ Prof. B.L. Gaur, Caraka Samhita, Chakarpanidutt, hindi commentary, Chikitsasthan, chapter7/9, edition-first, 2014

²² Prof. B.L. Gaur, Caraka Samhita, Chakarpanidutt, hindi commentary, Chikitsasthan, chapter7/11, edition-first, 2014

²³Dr. Ambikadutt Shastri, Sushruta Samhita, Ayurvedtattvasandipika, hindi commentary, Chikitsasthan 1/133, reprint 2014.

²⁴M. Parmar G. Parmar Probable mode of action of sthanikchikitsa in yonivyapad-an ayurvedic insight. IJAPR 2014.2(7), 25-31

²⁵ M. Parmar G. Parmar Probable mode of action of sthanikchikitsa in yonivyapad-an ayurvedic insight. IJAPR 2014.2(7), 25-31

²⁶ P.Goyal, A. Chauhan and A. Kaushik. Assessment of Commiphora wightii (Arn.) Bhandari (Guggul) as potential source for antibacterial agent. Journal of Medicine and Medical Sciences, 2010; 1 (3):71-75.

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