

A ROLE OF AYURVEDA MANAGEMENT IN THE HAIR FALL DUE TO DIABETES AND STRESS

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ABSTRACT:

Hair loss can come with a degree of shame because hair contributes to our feeling of beauty and strength. Hair fall has been described in Ayurveda by the name of khalitya roga under the heading of kshudra roga (minor disease) or shiroroga (diseases of head & scalp). According to Ayurveda, hairs are outgrowth of bone formation and the tissue emergence for the growth of hair. Thinning and loss of hair is called alopecia and it is related to hormonal imbalance. In the root of hairs excess vata dosh with the influence of pitta cause damaging of hairs and after that shleshma and rakta together block the hair follicles so that new hairs growth become stop. Hair made up of mainly parthiva mahabhoota (earth element). Hair formation starts during sixth month of intrauterine life.¹

It is progressing disorder people living in sedentary ways of life, stress induced hectic schedules along with indiscriminate dietary habits result in many disturbance and deficiencies in the body which directly reflect in loss of hair.

Hair growth cycle can be affected by the combination of stress and diabetes. Physical and emotional stress can directly impact on the hair growth cycle. People with diabetes are more likely to have a condition called alopecia. With alopecia, the immune system attacks the hair follicles, leading to patches of hair loss on the head. If suffering from diabetic and stress related hair loss, your hair loss is probably a temporary problem which can be fixed with reducing your stress levels and blood sugar level management, your hair might grow back. In ayurvedic texts management of khalitya has been described in the form of nashya, shiroabhyanga, shirolepa, and rasayana therapy.

Keywords: Khalitya, alopecia, stress, diabetes, nasya, ayurvedic drugs.

INTRODUCTION-

Long, vibrant and healthy hair helps a lot in improvement of personality. Therefore, to keep hair in healthy state is entirely duty of human being, because just like face, hair is also a mirror of healthy state of body. The normal cycle of hair growth lasts for 2 to 6 years. Human scalp hair normally grows at a rate of 0.4 mm/day or 1 centimetre (less than half an inch) per month. In medical science, it is addressed by term known as alopecia. Hair loss is common both in males and females as they tend to lose hair-thickness with passage of age. Inherited strikes men more as compared to women. Some experiences less hair fall while it is acute with others. Normal hair break up is about 50-100 strands per day. Though, it

is replaced by new ones, however, aging, hereditary and hormonal change contributes permanent loss of hair.²

Acharya shusruta had said in his shushruta samhita that the drusthi and the lomkupaa never grow throughout lifetime but hairs and nail do. Acharya charaka have also mentioned in his text that hairs is the mala of asthi dhatu. According to acharya Sharngadhar, Scalp and body hair are the updhatu of Majja dhatu.³

In Khalitya, Bhrajaka Pitta sites in skin and roma kupa (opening of hair follicle) get vitiated and enter in skin through roma kupa with vitiated vata dosha due to which hair fall occurs, after that vitiated Rakta and Kapha dosha block the opening of hair follicle

due to which production of new hair stop. Overall in Khalitya, hair fall occurs and new hair does not appear that leads to baldness. Khalitya is tridoshaja vyadhi i.e. Vata, Pitta, Kapha with Rakta dosha. All doshas are vitiated but have predominance of Pitta and Rakta dosha mainly.

There are some differences between khalitya & Indralupta. In khalitya, hair loss is gradual and generalised over the scalp but hairs are lost suddenly and patch by patch in indralupta. When the kapha dosha combines with rakta dhatu it results in degeneration and shutting down completely of hair follicles thus leading to baldness. When Khalitya is due to vata it causes burning over scalp; when due to pitta it causes sweating and when due to kapha it causes thickening of skin.⁴

In Ayurvedic science, increased falling of hair is termed as 'Khalitya'. Different types of oils (chemical oils), shampoos, soaps and pharmaceutical propaganda for promoting hair growth actually make the condition worse.

EFFECT OF STRESS ON HAIR

Stress appears to excessively stimulate our androgenic hormones, perhaps to help with our fight response. Stress tends to affect various parts of the body differently. Commonly a high amount of mental stress affects our ability to fall asleep, stay asleep for the right amount of time, reduces or alters appetite, reduces the body's ability to extract nutrients from food, sharply increases the amount of nutrients needed by the body, and interferes with the repair and regeneration mechanism of our body.

Stress takes about 180 days to show up on hair, so when we receive complaints of sudden, inexplicable hairfall, we try and trace events that occurred about 3 – 4 months back to understand the cause. While the physical pathway of how stress works continues to be unravelled, its net result on hair and skin is quite certain: In times of stress, your hair's Anagen phase abruptly shifts to Catagen phase. In normal hair, atleast 85% of hair is supposed to be in Anagen phase at any point of time, and only 1% transitions to Catagen phase. Ayurveda looks at how stress affects the balance of dosha in the body. Depending upon the prakriti, their individual nature and the way they have trained themselves to respond to stress, we can see a strong

imbalance in Vata dosha, a strong imbalance in Pitta dosha, or a strong imbalance in Kapha dosha, or a mixture of the above.

When Vata dosha is strongly imbalanced due to stress, we see an increase in Vata aggravated complaints in the body: so we see an increase in panic attacks, an inability to sleep, light or disturbed sleep, associated aches and pains like back and shoulder and any bone and joint pain, dryness in the body, dull and dry skin, and weak, brittle, falling hair that looks rough and unkempt.

When Pitta dosha is strongly imbalanced due to Stress, we see an increase in Pitta aggravated complaints in the body: acidity, pitta related acne, premature greying and fine or thinning hair along with irritability, excessive temper tantrums, increase in blood pressure, cardiac stress, etc.

When Kapha dosha is strongly imbalanced due to Stress, we see an increase in Kapha aggravated complaints in the body: weight gain, sluggishness, impaired moods, depression, and a reduction in hair growth or high falling hair. Therefore depending upon the dosha imbalance, Ayurveda suggests appropriate herbs to be used for hair and the presence of a strong Dinacharya routine like the Abhyanga, along with appropriate mental conditioning techniques, the appropriate diet and learning to adapt healthily to stress. We have seen that this holistic approach has a much better chance of reining in Stress related hairfall, and is able to reverse hair back to its original state.

EFFECTS OF DIABETES ON HAIR

Diabetes is a life long illness that acts like a termite. It involves each and every organ of the body. In the past, many organs, except hair were considered to mirror the complications of diabetes. Study of molecular of hair has opened new vistas in the diagnosis of diabetes and its complications. Diabetics have thin hair as compared to normoglycemic population. Hair shaft diameter is significantly reduced in diabetics

Physical stress. The impact of diabetes on the body is considerable, so the sheer physical stress (not to be confused with emotional stress) can disrupt the normal cycle of hair growth.

Emotional stress. Diabetes is an ongoing condition and you may find it stressful to deal with, particularly at first. Emotional stress can trigger hair loss.

Infections. High blood sugar levels affect the body's immune system, leaving people with diabetes more prone to infection, and with a reduced ability to FIGHT infection. Infections can disrupt the healthy hair growth cycle

Diabetes causes both physiological and psychological stress and anxiety. Stress and anxiety are direct factors in hair loss. Dehydration is a factor as well. When coupled with stress, it can be disastrous for the hairs.

MANAGEMENT OF KHALITYA -

The problem of Hair loss can be solved through alternative system of medicine or alternative medicine. There are countless techniques for managing stress. Yoga, mindfulness meditation, and exercise are just a few examples of stress-relieving activities that work wonders. Ayurvedic diet, yogurt, curd, diet rich in vitamin C and B; sprouts, fresh leafy vegetables, fruits, ginger, soy, and honey are effective in strengthening of hair. A high protein and an iron rich diet is recommended for hair loss. An adequate intake of raw vegetables, fresh fruits, salads, green leafy vegetables should be included in the diet on a regular basis. - Use a natural shampoo to clean the hair. Amla (*embilica officinalis*), Shikakai (*Acacia concinna*) are very good for washing the hair. - Oiling and massaging of scalp is very beneficial for stopping the hair loss. It is also suggested that one should keep oneself away from the fast and junk foods.

And these are some medicine to reduce stress and regrowth of hair fall.

1. Amla- amla is a natural immunity booster and also the most preferred ingredient for maintaining hair health. "It contains oodles of essential fatty acids, which strengthen hair follicles, giving your hair strength and luster," he says. "The surplus of Vitamin C helps to halt premature greying. Its high iron, potent antioxidants, Gallic acid and carotene content improve blood circulation around the scalp which stimulates hair

growth and also provides relief to dry itchy scalp by reducing dandruff."

2. Bhringraj - Bhringraj is a time-tested natural ingredient that has become essential in hair care regimens being prescribed these days. You'd often find beauty therapists advising you to massage your scalp with bhringraj oil regularly as it can encourage faster hair growth. Essentially, bhringraj is a herb that grows best in moist areas.
3. Nasya -All the Acharyas have mentioned Nasya karma for the Urdhvajatrugat vyadhi. It is said to the nose 'The gate way of Mashtiska'. The medicine given through the nose pervades everywhere in the head and alleviates the head disease. Nasya nourishes the srotas present above the clavicle including the hair follicles which strengthen the hair and reduce falling.⁵ Acharya Sushruta has also mentioned about Pradhamana nasya in the management of Khalitya.
4. Yoga - Sarvangasan affects C.V.S, C.N.S & Thyroid Gland. Sarvangasan increase blood flow in brain, which nourishes the brain and hair. Due to this it prevents hair falling and promote growth of news hairs.⁶

AIMS AND OBJECTIVES :-

1. To re-evaluate the Khalitya in various classical Ayurvedic and modern literatures.
2. To elaborate and discuss the Ayurvedic management of Khalitya due to stress and diabetes.

MATERIAL AND METHODS:-

Literature of all the Ayurvedic texts (both brihat-trayi and laghu- trayi), modern medicine literature and new researches published are studied for this review work. Materials related to Khalitya and Alopecia has been collected. Ayurvedic texts mainly used in this study are Brihatriyi, Laghutriyi and other Ayurvedic books. We have also referred modern texts, journals and search various websites to collect information on the relevant topics.

DISCUSSION:-

Khalitya is a common but very challenging and capricious disease of the world population and can

have a profound effect on physical and emotional state. The Ayurvedic aspects of hair should be seen through Kapha dosha, Pitta dosha and Vata dosha. The different features of hair are associated with the three doshas-Kapha, Pitta and Vata. The oleation of the hair is received from Kapha dosha, softness from Pitta dosha and the black colour due to Vata dosha. The nourishment of hair depends entirely upon the Rasa dhatu. Derangement in Rasa dhatu causes hair fall and premature greying. Numerous herbs are recommended in Ayurvedic texts, for common hair ailments like hair-fall, premature greying, alopecia, dandruff, dryness and growth promotion.

Dinacharya and Ritucharya can go a long way in ensuring a host of health benefits. The basic idea behind these principles in Ayurvedic medicine is to prevent diseases by making lifestyle changes in accordance with cycles of Nature. Dinacharya involves organizing daily activities around two cycles of change that occur every day. Dinacharya routine includes waking up early, hygiene, exercise, meals, relaxation, sleeping and so on. Ritucharya involves lifestyle regimen to be followed each season. Ayurveda has a greater role to play in prevention of hair fall. Massage is one of the best ways to minimise the intensity of hair loss as it improves the blood circulation and enable the hair follicles to re-grow hair. Massage with coconut oil, Brahmir, Bhingaraj and Vitamin E oil are effective in hair loss prevention.

CONCLUSION :-

The Ayurvedic management of Khalitya has a strong possibility to breakdown the pathogenesis of this disease and become a ray of light in the darkness. Khalitya is a wicked disease which needs proper management. Some minor changes of life style and dietary habits can prevent hair fall. Proper hair care life oiling, washing, protection from external factors like environment, chemicals, heating etc is important for preventing hair fall and keeping them healthy. Before starting treatment of hair fall, physician should identify the cause and first treatment should be Nidanparivarjana or management of that cause. Than after other therapies like Abhyang, lepana, shodhan, nasya, Rasayana hould be prescribed accordingly. In this way, we can treat the khalitya roga or hair fall effectively.

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