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Elaborative Review for The Role of Etiological Factor in Pathogenesis of Khalitya (Hair fall)

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Abstract: The beauty of a woman is not in the clothes she wears, the figure that she carries, or the way she combs her hair.” hair reveals personality and life style. it makes a huge impact. but the present era is suffering from very irregular life style. Specially the life style of Modern Society is becoming very fast and stressful. This circumstance frequently leads people towards problems like hair fall. Khalitya (~hair fall) is a condition in which hair loss occurs only in the scalp. In modern medicine, causative factor of hair fall is autoimmune genetic factor but in Ayurvedic literature nidan are given in simple way which are very well understood such as Aharaja (~Dietary), Viharaja (~Lifestyle), Manasika (~Mental) and Agantuja. and its Pathogenesis of Khalitya (~hair fall) also mentioned in Ayurveda but matters are scattered. The prevalence of FPHL increases with age from approximately 12% amongst women aged between 20 and 29 years and 50% in over the age of 80. This research article has highlighted to elaborate and discussion of etiopathogenesis study of hair fall (Khalitya) in detail.

Keywords: – Khalitya, Aharaja, Viharaja, Manasika

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Introduction

Thousand years ago, in *Ayurveda*, there is clearly explain the several factors which imbalance the state of equilibrium of *Doshas*. This finally leads to produce various diseases. These factors are known as *Nidan*. So far as disease *Khalitya* is concerned there is no clear description regarding the causative factors of *Khalitya*, but by analysing the explanation of the pathogenesis of the disease in *Ayurvedic granthas*, an indirect knowledge of etiological factors may be acquired. Due to *nidana sevan*, digestive fire (*Agni*) may vitiate and result in to *visham*, *Tikshna* and *Mand agni*.^[2] When the morbid state result in *Agnimandya*, it is produced *Ama* (undigested part of food) The *Ama* is the unwanted, harmful substance; when it circulates in the body, it blocked the channels (*Strotodusti*) and also *Pachak Pitta*, *Saman*, *Vyan Vayu* and *Rakta dusti* occurs. As per *kedarikulya nyaya*, the *Strotodusti* at *Rasa dhatu* level progresses in the *Rakta dhatu*. The vitiated *Rasa*, *Rakta* have bad effect in production of *Asthi dhatu*.^[3] Hence, the vitiated *Asthi dhatu* which effects in the reduction in concerned dhatu i.e. *Kesha*. Then *Bhrajak Pitta dusti* occurs so that *Pittoshma* increases and there is *romkupa paka* which affects the hair follicles and *Keshapatan* occur. The second is that due to *hetu sevan* there is *Kaphaprapak* which leads to increase of *Klinnatva*. It causes the *Strotorodha* which affect the hair follicles and the *Shirogat Romakup* leading to *Khalitya*.^[1]

Aim & Objective

To elaborate and discussion of etiological factors of *Khalitya* and its Pathogenesis from the different *Samhita*.

Material and Method

In *Ayurvedic* literature, reference regarding the causative factors of *Khalitya* described by *Acharya Charak*^[4] and *Vagbhata*^[5] under the heading of *Shirogat Rog nidana*. *Acharya Charaka* mentioned in *Sutrasthan Lavan rasa* have property of produce *Khalitya*.^[6] He has described in *Vimanasthan* the etiological factor of *Khalitya* i.e. excessive use of *Lavana* and *Kshara*^[7]. and also, in *Sharirsthan*, he mentioned of daily intake of *lavana* cause *Khalitya*.^[8] *Samgrahakara* has mentioned *shirogatarogas* along with its pathogenesis. Under the heading of *Urdhvajatrugatarogas* it also further divided in *kapalagat roga*. *Khalitya* including in this *rogas*, So the general etiological factors of *urdhvajatrugatarogas* can be considered as an etiological factor of *Khalitya*^[9] he has also declared that an intake of *Lavana* during pregnancy would be result in congenital hair loss (*Khalitya*)^[10]. *Sushruta* has described it in *Kshudra roga* along with its pathogenesis in *Nidan sthana*^[11] and he mentioned in *Sushrut Samhita uttartastra* increase *vatadi doshas* due to *Viruddha Aharasevan* which leads to disease. *Viruddha Aharasevan* has also mentioned by *Acharya Charaka* in *Sutrasthan*.^[12] *Madhav* has mentioned *Khalitya* likewise *Acharya Sushrut*.^[13] The description of the pathogenesis of *Khalitya* given by *Vangasena* look like to *Sushruta*^[14] and *Bhava Prakasha* has mentioned *Khalitya* in *Khudraroga* while describing the *samprapti* of *Indralupta*.^[15]

Etiological factors can be classified as *Aharaja* (~Dietary), *Viharaja* (~Lifestyle), *Manasika* (~Mental) and *agantuaj*.

Table no.1 Aharaja (~Dietary)

Sr.no	Nidana	Charak	Sushrut	Vagbhata
1)	Atilavan sevan	+	+	-
2)	Atikshar sevan	+	-	-
3)	Aamla aahar	+	+	-
4)	Kashaya aahara	-	+	-
5)	Katu aahara	-	+	-
6)	Guru aahar	+	+	-
7)	Shitambupan	+	+	-
8)	Atyambupan	+	-	+
9)	Atimadyapan	-	-	+

Table no.2 Viharaja (~Lifestyle)

Sr.no	Nidana	Charak	Sushrut	Vagbhata
10)	Vegadhaaran	-	-	+
11)	Ratrijagaran	+	+	+
12)	Divaswapa	+	+	+
13)	Meghagamanma	+	-	-
14)	Aatapasevan	+	-	+
15)	Tushar/Him	+	-	+
16)	Raj	-	-	-
17)	Dhum	+	-	+
18)	Ati swedan	-	-	+
19)	Atimaithuna	+	+	+
20)	Asatmyagandha	+	-	+
21)	Rutu / kalaviparyaya	+	-	-
22)	Deshviparyaya	+	-	-

Table no.3 Manasika (~Mental)

Sr.no	Nidana	Charak	Sushrut	Vagbhata
23)	Atirodhan	+	-	+
24)	Dusyabhashya	-	-	+

25)	Shok	-	+	-
26)	Krodha	-	+	-
27)	Manah tapa	+	-	-
28)	Uchchairbhashya	+	-	-

Table no.4 Agantuja

Sr.no	Nidana	Charak	Sushrut	Vagbhata
29)	Krumi	-	-	+
30)	Shiroabhighat	+	+	-

Aharaja (~Dietary)

1. Lavanrasa atisevan

Jala and Agni Mahabhuta dominance is present in Lavana Rasa. Excess intake of Lavana rasa create Kaphavridhi, due to it obstruction in srotas leads to Khalitya. [6,7,8] Excessive consumption of lavana rasa during pregnancy cause khalitya early in child. [7]

2. Ksharaatisevan

Addiction to the intake of Kshara produces injurious effect on hair. It takes property of Usna and Tikshna guna. This guna are directly affect Pitta dosha, this vitiated pitta takes place in the keshabhoomi. [7]

3. Katu Aahara

It has vayu and agnimahabhuta dominance. It has laghu and ruksha guna. If it consumes in excess, it causes emaciation, vitiation of Pitta and Vata and aggravation of Rakta.

4. Amla Aahara

Amla Rasa used in excess will result in liquification of Kapha, aggravation of Pitta and vitiation of Rakta.

5. Kashaya rasa

Excessive consumption of Kashaya rasa leads to obstruction of srotas, because It is having properties ruksha, sheeta, and laghu. again,

obstruction of srotas leads to agnimandya which is responsible to Khalitya.

6. Ushar Bhomi

This type of soil contains large amounts of Lavana and Kshara and it mix with water, water become hard. Hence, frequent hard water drinks and use in cooking or washing of hair then people are more prone to Khalitya. [7]

7. Guru Aahara

Guru substances result in vitiation of Kapha with Rakta Dhatu.

8. Viruddha Aharasevan

Proper nutritive food if not taking in regular diet, then imbalance condition is producing in doshas. This Unhealthy food leads to Kapha and Pitta virddhi resulting in agnimandhaya. It is lead to Khalitya. [12]

9. Shitambupan

It has jala and vayumahabhuta dominance. It subsides pitta and aggravates vata kapha.

10. Atyambupan

Excessive milk items, water and liquid diet, all these substances are included under this group. These can be classified under the point 'Matravat'. Matra is applicable for all types of Aahara - solid and liquid. Besides this, these are the factor causing Agnimandya. Gorasa

Sevanam - can be included under '*Singdha*'
Atisnigdha also causes *Agnimandya*.

Viharaja (~Lifestyle)

Vegadhaaran (~suppression of natural urges), *Ratrijagaran* (~vigil during the night), *Divaswapa* (~sleep during the day time), *Meghagamanma* (~advent of cloud), *Aatapasevan* (~exposure to sun), *Tushar/Him* (~snowfall), *Dhum* (~smoke), *Atimaituna* (~sexual indulgence), *Asatmyagandha* (~inhalation of undesirable smell), *Deshviparyaya* (~regimen contrary), *Vatadi doshas* get aggravated resulting in vitiation of *raktadhatu* in the head. this cause disease with various symptoms in the head.^[4]

Samprapti (~Pathogenesis)

In the pathogenesis of *Khalitya*, as per *Acharya Charaka*, *Teja* with the help of the *Vatadi* humours mentions that the scalp rapidly so as to cause *Khalati* to a person^[17].

Due to *Nidana sevana* ⇒ Vitiating of *Pitta & Vata doshas* ⇒ These (*pitta* and *Vata*) gets lodged in scalp region ⇒ Burn the hair follicle ⇒ Causing early & severe hair loss *Khalati*

Acharya Sushruta explained the deranged *Vayu* and *Pitta* having recourse to the roots of the hairs bring about their falling off, while the deranged blood and *Kapha* of the locality fill up those pores, thus barring their fresh growth and recrudescence. The disease is called *Khalitya* (hair fall).^[11]

Due to *Nidana sevana* ⇒ Vitiating of *Vata & Pitta doshas* ⇒ Gets lodged into the hair follicle in *Shiras* ⇒ Causing hair fall (mainly in female) ⇒ *Khalitya*

Vagbhata has commensurate with the pathogenetically approach of *Sushruta*, but he further adds one main point to this pathogenesis so as to differentiate *Khalitya* from *Indralupta* that the falling of a hair in *Khalitya* is gradual.^[1]

Due to *Nidana sevana* ⇒ Vitiating of *Vata & Pitta doshas* ⇒ *Urdhwa aashrita* in *shiras* Again, with *kapha & rakta dusti* ⇒ Blocks the path of hair follicle ⇒ Causing severe hair *Khalitya*.

Madhava opines that, the *romakupagata bhrajaka pitta* along with *vata* leads to hair fall and later the *kapha* along with *rakta* leads to obstruction of hair roots, thereby there will be no further production of hair. He regards

Manasa Hetus (~Mental)

Acharya Charaka says that, even though food is taken in proper quantity and quality and is wholesome, it is not digested properly if a person is afflicted by worry, fear, and grief and anger etc.^[16] These Psychic factors are basically causative factors for *pittaprakop*. Thus, directly or indirectly this factor influences *Dehoshma* which disturb functioning of *Agni* and results in obstruction in *srotas* leading to *agnimandya* then it occurs *Khalitya*.

the disease to be due to all the four *doshas* and the *swabhava* (~the nature) of the disease is *aniyata* (~unpredictable). According to this theory, the indulgence of *Vata*, *Pitta* and *Kapha* i.e. all three *doshas* has

been held responsible for the production of *Khalitya*.^[13]

According to *Ashtanga Samgrahakara*, there are four types of *Khalitya* i.e. *Vataja*, *Pittaja*, *Kaphaja* and *Sannipataja*,^[18] *Acharya Harita* adds one more type *Raktaja Khalitya*. Amongst four types of *Khalitya*, *Sannipataja* type is considered as *Asadhya* and it is advised that such patient should be discarded.^[19] This view is hold on by both *Ashtanga Samgraha* and *Hridaya*.^[20]

Discussion :

The long-term practice of etiological factors generates initially *agnimandhya*, immediately it produces *Ama* and *Slesma* in *Annarasa*, it directly vitiated *Pitta*. Here the basically *Pachack* and *Bhrajak pitta* affected and it again vitiated *Vata*, functionally *Saman* and *Vyna vayu* are affected. When both *vata* and *pitta* are aggravating together the resultant increasing *Gunas* are *Laghu*, *Sukshm*, *Ruksha*, *Khara*, and *Ushna* This *gunas* will have the direct action on *Asthidhatu*. *Kesha* (~big hair), and *Loman* (~small hair) are *Mala* (~waste product) of *Asthi Dhatu*. So, *Vitiated asthidhatu* starts the process of hair fall.^[21] When this *nidana* continues it's increased the localized temperature. The increased localized temperature will make the *klinatva* of *kapha* due to *pichchhila guna* which is create *Kaphavridhi*. This *kapha* will make obstruction in *Srotas* i.e. *Rasa-raktavaha* and *romakupa* leads to *agnimandya* as well as malnourish in *kesh*, *Agni* literally translate to fire and *mandya* means weakness. Due to not having enough nutrition in *Rasa-raktavaha*

Shrotas, *rakta prasadana karm* is affected and *keshotpati* does not proper take place gets resulting in *Khalitya*.

Conclusion :

Observing the pathogenesis described by different *Acharya*, it can be said that the *Vata*, *Pitta* and *Kapha Dosh* and *Rakta Dushya* are the main internal causative factors of *Khalitya*. '*Nidana Parivarjana*' forms the basis of the management and hence a close and detailed probing of etiological factors is necessary that's why Intake of wholesome and unwholesome diet, lifestyle also behaviour plays an important role in the maintenance of health and production of diseases respectively.

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