



International Journal of Indian Medicine

www.ijim.co.in

ISSN: 2582-7634

**Volume - 5, Issue - 1
January 2024**



IJIM

INDEXED



International Journal of Indian Medicine

Access the article online



International Category Code (ICC): ICC-1702 International Journal Address (IJA): IJA.ZONE/258276217634

Role of Swasthavritta to maintain healthy hair

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ABSTRACT:

A person's long, glossy, and beautiful hair is one of their assets. They receive the best care in maintenance and protection. The hair, or *kesha*, is a person's crown and measure of their beauty. These days, individuals lead hurried and careless lives, which leaves them short on time, ignorant of correct hair care practices, and vulnerable to a variety of hair disorders. Disorders such as hair fall (*khalitya*), premature greying of the hair (*palitya*), dandruff (*darunaka*), and alopecia (*indralupta*) are most common in young adults and are responsible for people's worry and feelings of inferiority today⁽¹⁾. Ayurveda offers a great approach to hair care since it prioritizes prevention over disease treatment. *Swasthavritta* principles like *Dincharya*, *ritucharya*, *aahara*, *yoga*, *pathya-apathya sevana*, and *rasayan* treatment are some of preventive therapies. This article aims to educate readers on the various hair-related issues that might arise from improper hair care practices, how to prevent them, and how to treat them with *ayurveda*.

Keywords: Haircare, Hair fall (*khalitya*), *Swasthavritta*, *Ayurveda*, *Dincharya*, *Yoga*.

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How to cite this article: Gharde M.S. Chopkar S.K. Role of Swasthavritta to maintain healthy hair. Int J Ind Med 2024;5(1):11-19 DOI: <http://doi.org/10.55552/IJIM.2024.5102>

Introduction:

Ayurveda offered guidelines for long life and good health. Numerous methods of health and well-being, such as *Dinacharya*, *Ritucharya*, *Nithya sevaniya ahara*⁽³³⁾, *Nishacharya*, *Pragnaparadha*, and *Rithu shodhana*, are detailed in *Ayurveda*. The concepts of *Brahmacarya*, *Nidra*, and *Ahara* all make significant contributions to the restoration of health. The concept of *Swasthavritta*, which *Ayurveda* indicated, is important for maintaining a healthy physiology since it offers both proactive disease prevention and well-being maintenance. Because of the significance of this component, the present study examines the ancient principal of *Swasthavritta*, which is very helpful in managing lifestyle disorders. The core theories of *Swasthavritta*, which were introduced by the ancient *Ayurvedic* science, helped to maintain health and prevent the occurrence of diseases. By adhering to its rules, one can achieve good physical and mental health, a clear complexion, a compact body, lustre, happiness, longevity, and a state free from disease—all of which are goals of *Swasthasya Swasthyraksanam*. The idea of *Swasthavritta* supports the maintenance of the body's proper physiological functioning by assisting in the establishment of *Dhatu*s and *Dosha*'s equilibrium. The idea of *Swasthavritta* encompasses a variety of regimens, such as *yoga*, *nidra*, and daily and dietary considerations, as well as seasonal (*Ritucharya*), ethical, and *Ratricharya* regimens. Following these *Swasthavritta* guidelines not only improves overall health but also stops the onset of disease⁽²⁾.

Material and methods: A Systematic review and critical analysis of *Ayurvedic* literature

and related article published on national and international journal, e-Samhita's has done. The role of *Swasthavritta* for healthy hair can be explain as follows.

1. *Dinacharya*
2. *Ritucharya*
3. *Pathya aahara*
4. *Apathya aahara*
5. *Pathya vihara*
6. *Apathya vihara*
7. *Rasayan* for hair
8. *Yoga* for hair

***Dinacharya* upakrama for hair care:**

Ayurveda described ancient way of hair care which are not so much costly and effective for hairs and other part of body also and people can protect their healthy hair easily. They suggest some procedures which keep hair healthy and attractive⁽³⁾.

Shiroabhyanga⁽⁴⁾: Oil should be regularly applied and massage on head (scalp), it is called *shiroabhyang*. Adoption of this procedure in routine makes the scalp revitalized, keeps hair healthy, black and firm rooted, induces sleep and keeps away *Khalitya* and *Palitya*. Oil for *shiroabhyang* is *til tail*, coconut oil, *vatjatyadi* oil, *neelibhringa* oil, *yastimadhu taila*, *guduchi taila*⁽²³⁾.

Nasya⁽⁵⁾: It has been described in Charaka Samhita that administration of *Nasya* in proper time with proper method keeps eyes, ears and nose of the person healthy. The hair of that person does not turn grey and he does not suffer from hair falling. His hair growth is also accelerated. Above sentences show the importance of *Nasya* to prevent and to cure the diseases of hair like *Khalitya* and *Palitya*.

Snana⁽⁶⁾: The process of taking bath is called *Snana* in *Ayurvedic* texts. According to Acharya Charaka, *Snana* is pious, vitalizer, aphrodisiac, expeller of fatigue, sweat harmful things etc. from the body and an enhancer of life Acharya Sushruta has given some additional information of *Snana* in

context of hair fall that the head and hair should not be washed with hot water or with very cold water. He adds that bathing should be done according to season and geographical distribution, but the overhead bath with hot water should be avoided always. Acharya Vagbhatta adds that pouring warm water over the body bestows strength but the same over the head cause weakening of hair root and eyes.

Keshprasadni (combing) ⁽⁷⁾: Hair Combing Acharya Sushruta clearly stated that the management of hair (*Kesha Prasadana*) should be done with *Keshaprasadani* (combs and brushes). It is also said that it is *Keshya* and is an aborter of *Raja*, *Mala*, and *Jantu* etc., and increases the beauty of hair. Combing hair in opposite direction of roots, it improves blood circulation of scalp.

Kshurakarma (Hair trimming, shaving) ⁽⁸⁾: According to Acharya Charaka, hair cutting (*Kartan*) and proper tying (*Samprasadhana*) of hair of scalp and beard should be done regularly. According to Acharya Vagbhatta, one should not allow the hair, nails and moustaches grow long. It must be trimmed regularly. In Astanga Sangraha it is mentioned that trimming of *Smashru* and *Kesha* should be done once in every 15 days⁽⁸⁾. In Vatsayana Kaama Sutra it is mentioned that shaving of *Smashru* on chin should be done on every 4th/5th/10th day⁽²³⁾.

Dhoomapana : In Charaka Samhita, in the topic of *Dinacharya*, the benefits of *Dhumapana* are described. Its beneficial for hair. Along with other benefits it is said to cure the *Khalitya* and *Palitya*, further it also improves the health of head and senses⁽⁹⁾. According to Acharya Sushruta inhalation of medicated fumes improves the firmness of hair on the head, beard and teeth⁽¹⁰⁾.

Shiro Lepa (hair mask): Shirolepa is a procedure for nourishing and conditioning of hair by means of its ingredients when left for extended period of time. As *twacha* (skin) and

hair follicles are the *mula* (origin place) of *swedavaha Srotas*, so correction of *sweda* (sweat and sebum glands) purifies skin and hair follicles to get rid of its diseases⁽²⁵⁾. Some of *shirolepa* for hair are *japasapushpa lepa*, *heena (madyantika) shirolepa*.

Padabhyanga (oil application to foot): Application of oil to foot relives stress which is one of commonest reason for hairfall (*khalitya*).

Ushnishkadharan⁽¹⁴⁾ : The wearing of *Ushnishka* (turban) on head protects the hair from wind, heat, dust, sunrays etc. and is said to be pious and beneficial for hair .

Chatradharan (umbrella) ⁽¹⁵⁾: *Chatra dharan* is advised for the protection of hair from direct sunlight, wind, rain and other atmospheric condition.

Seasonal regimen (Ritucharya) for haircare:

The knowledge of *Ritucharya* and its strict compliance in accordance with the *Ritu* helps to maintain the harmony of the *Tridosha*, *agni*, *dhatuand srotas* and to lead disease free life⁽²⁴⁾. *Ayurveda* offers some do's and don'ts regarding diet and lifestyle as per the season or seasonal variations, viz. one has to avoid salty & sour diet and excess exposure to sun during summer season because they lead to the aggravation of '*Pitta Dosha*' and thus may help in the pathogenesis of dermatological disorders. *Acharya Sushruta* also suggested to take diet as per the aggravated *Dosha* in concerned season. Peoples are not aware or ignore the suitable types of food stuffs, dressing and others regimen to be followed in particular season, this leads to derangement of homeostasis and manifestation of various disorders such as dermatological disorders etc. Dermatological disorders are also resulted due to an inappropriate relationship of mankind with environment.

Winter haircare (*Hemanta and Shishira ritu*)⁽²⁶⁾.

Some of the most common winter hair challenges include a dry scalp, breakage, and split ends. You may notice more dandruff or flakes when it is cold outside. Frigid temperatures and biting wind combined with the warm heat indoors make your hair more dehydrated and brittle than usual. It may be more challenging to get smooth and moisturized hair in the winter months, but there are plenty of things you can do to enjoy better hair health and a more confident look.

Summer care (*Grishma Ritu charya*)^(28,29)

Summer is the season for spending time outdoors and getting plenty of sunshine. While its rays can also damage your hair. Summertime hair care are all about protecting your hair and scalp. You may also be taking steps to ensure that your hair healthy in the hot weather.

Tips for summer hair care:

1. Wear a hat (*ushnika dharan*)
2. Avoid too much chlorine: You can also try applying a hair mask before swimming, which will help to lock in moisture.
3. Choose comfortable hair accessories: Sweat and warm temperatures can make loose hair uncomfortable.
4. Oil your hair frequently and wash hair twice a week. Apart from ensuring healthy hair growth, regular hair oiling balances *vata* and *pitta* in the scalp and body, improves eyesight, reduces anxiety and stress, improves bone strength and promotes cheerfulness.
5. Use *pitta* balancing hair masks (*lepas*) and hair wash *choornans* (powder) to wash your hair. The predominantly aromatic & *pitta*-balancing herbs like chandana (sandalwood), *rakta*

chandan and *ku-chandana* (patranga) are great herbs for summer.

6. Do *pada abhyanga* with a small amount of ghee added to the *abhyanga* oil, especially if there is a burning sensation in the body.

Monsoon hair care *Varsha ritu charya*⁽²⁷⁾:

Monsoon undoubtedly bring us joy, but those droplets of rain also bring with them loads of scalp infections, and hair problems. Oily scalp with greasy hair (*snigdha kasha*), severe dandruff (*darunaka*), and itchiness (*kandu*) are the most common hair problems you can experience during monsoon. If not taken care timely; it may weaken your hair roots and cause severe hair loss with patchy scalp conditions, also known as monsoon hair fall. During the monsoon season, the cool and humid weather conditions slow down the movement of air (*vayu*) which results in accumulation of *vata*. The digestive fire (*agni*) also slows down leading to aggravation of *pitta* and *kapha*. This results in a *tridoshic* imbalance which leads to various skin and hair issues. Increased *vata* accumulation leads to increased frizziness (*ruksha hair*) and likelihood of hair splitting. Increased *pitta* leads to hair loss and premature greying. A *kapha* imbalance can lead to sluggishness, dandruff (*darunaka*) and poor scalp hygiene.

Pathya (Beneficial Diet) *Aahara* for healthy hair⁽¹⁹⁾:

Diet and lifestyle play an important role in keeping the hair healthy. Proper nutrition is necessary for the growth of healthy hair.

Phala Varga (Fruits):

Grapes (*draksha*): Grapes are a natural elixir for hair and it contain vitamin c which is essential for collagen, which protects and regenerates the hair root.

Pineapple(ananas): Pineapple is high in vitamin c. it also contains enzyme bromelain which help for synthesis of collagen.

Pomegranate(dalimb): Hair loss often due to anemia which can be reduced by pomegranate.

Amla (Indian gooseberry): Amla contain essential fatty acids which strengthen and give luster to hair. The vitamin c in amla prevents premature greying.

Orange(santra): Orange has antioxidant, antifungal and antibacterial properties which help to reduce free radical damage, hair fall and dandruff.

Strawberry: Ellagic acid found in strawberries help to protect hair from hair falling and thinning.

Coconut (narikel): Coconut oil which is highly in healthy fats, vitamins E and K and minerals which boost hair growth, boosting shine of hair.

Apple (safarchand): Apples contain procyanidin B-2 which promote hair growth.

Banana (kadali): Banana contains carbohydrate, potassium, vitamins that protect hair's natural elasticity and prevent split end and breakage.

Guava (peru / amrud): Guava exhibits antifungal properties which prevent scalp infections.

Papaya (erandkarkati): It is rich source of antioxidant stimulate growth of hair.

Dragon fruit: It is rich in vitamin c which prevent photo ageing.

Figs (anjeer): It contains iron which improve circulation and stimulates the hair growth.

Shak varga (vegetables):

Spinach (palak): It is rich source of iron and zinc in addition to essential minerals and vitamins.

Carrot (garjarm): Carrots are rich source of vitamin B-7 or biotin that is considered a healthy tonic for hair.

Onion (palandu): It is an affluent source of zinc, iron and biotin which are needful for hair

growth. And it prevents premature greying hairs.

Beetroot:It contains iron and lycopene which stimulate hair growth.

Garlic (lasun): It contains high Sulphur which considered best for hair growth.

Curry leaves: It contains keratin which help for hair growth and lustrous hair.

Dhanya varga (cerals)⁽³⁰⁾ – Godhum(wheat)⁽³⁸⁾, Yava(barley)⁽³³⁾, raktashali(red rice)⁽³³⁾

Shimbi varga(pulses) - Mudga (green gram)⁽³⁹⁾

Taila Varga (oils) – Tila Taila⁽⁴⁰⁾ and Coconut oil for external and internal use.

In ayurveda it states that *kesha* (hair) is *asthi dhatu mala*⁽³⁶⁾ thus calcium rich diet such as milk, milk products, egg, flaxseed, *priyal*, sesame seeds, pumpkin seed also help in growth of hair. *Jeevniya gana*⁽³⁴⁾ drugs, *vayasthapan gana*⁽³⁵⁾ drugs, *Madhur rasatmak*(sweet) *aahar*⁽³⁷⁾ mention by *aacharya charak* help in reducing the ageing effect such as wrinkles , premature gerying by nourishing the *saptadhatu*.

Apathya (harmful diet) aahra for hair^{(18):}

1. *Ayurveda* explains that intake of excessive amount of *lavana* (salt) in food will result in premature greying of hair and baldness.
2. Intake of *kshara* is having destructive property for hair.
3. Avoid junk foods and artificially sweetend cold drink.
4. *Atisheetambu Sevana* (excessive intake of cold food).
5. *Dusta-Ama Bhojana* (stale and uncooked food leading to indigestion).
6. *Guru Ahara* (Intake of heavy food).
7. *Harita Shaka Atisevana* (excessive intake of green leafy vegetables) it leads to hair fall.
8. *Hina Ahara* (less in nutrients).
9. Excess oily, starchy and fat rich stuff, breads, cakes, chocolates & other bakery items, pickles, curd, nonvegetarian food, *Viruddh ahara*, Vegetable ghee, *Vidahi ahara*.

10. All Addiction like Tea, Coffee, Tobacco, Betel Nuts, Smoking, Cold beverages and Ice cream etc. must be restricted, as they are harmful for hairs.

Pathya vihara for hair (Suggestion of lifestyle modification for prevention of hair fall)⁽²⁰⁾

1. The cogs of combs and the bristle of brushes must not be very hard and sharp and should be round ended. They must be blunt at the tips. Otherwise, it will harm to hair root and increase hairfall.
2. Hair and Scalp must be oiliated daily and Oil should be applied only after the hairs are properly dried after washing.
3. If possible, the tender and warm rays of the sun of early morning should be seeked after massaging oil all over the body. The massage must be done with the fingertips all over the scalp especially around the hair roots.
4. Always a lukewarm water that is neither very hot nor very cold must be used to wash the hair according to the season. If the hairs are greasy and itching is persistence, then the hair should be washed with slightly hot water.
5. The use of shampoo, strong soap etc. should be ceased for washing the hair and instead of that *Triphala* powder, *Buttermilk*, *Shikakai* (*Acacia concinna*) etc. must be used.
6. Hair must be washed regularly twice to thrice in a week.
7. Don't Frequent fast (*upvas*).

Apathya (Harmful) Vihara (Habits) for hair:

1. Repeated use of hair dyes, change of hairstyle, use of various hair sprays etc. may harmful for hairs.
2. Vigorous massage or rubbing must be avoided.
3. The use of artificial Chemical hair cream, hair lotion, hair dye etc. must be avoided.

4. Roaming with open head in sun light and excessive labour should be avoided as it creates more dryness on hairs.

5. Waking up till late night and sleeping during the day, both are equally harmful for hair.

6. *Atapa sevana, Divaswapna, Krodha, Vegavarodha, Bhaya, Ati-maithun, Ratrijagrana*, smoking, tobacco, alcohol etc⁽¹⁸⁾.

Rasayan for hair:

Acharya Bhavmishra described many ***keshya*** drugs like *Vibhitaka, Yastimadhu, Bakuchi, Bhallataka, Gambhari, Sinduvara, Japa, Bijaka, Gunja, Nili Bhringraja, Sairaiyaka, Kashish, Tila, Kadli, avidugdh* and *Gunja* etc. which are mainly act on hairs⁽¹⁶⁾. Many *samhitas Acharya* describes many tails preparation, *leaps* (paste type local application) and oral medications in Ayurveda. By use of these preparations every people can get prevention from hair problems⁽¹⁷⁾. Some *rasayan kalpas* for mentioend in *samhitas* are *Bhrama rasayan, Amalki rasayan, lohadi rasayan, narashmiha rasayan*⁽²²⁾.

Yoga for haircare⁽¹⁷⁾:

Yoga is also helpful for haircare from increasing hair growth to curing hair loss. *Yoga* does not directly deal with hair problems, but *yogic asans* and *pranayama* benefits overall health, both physically and mentally. *Yoga* enhances circulation of blood in scalp, improves digestion and reduces anxiety and stess level. *pranayms* and breathing excersise prevent baldness and facilitate hair growth by reducing stress and produce sense of wellbeing.

The yoga practice beneficial for hair includes:

1. *Vajrasana, uttanapadasana, pavanmuktasana, Gomukhasana, Vakrasana*; this asana improves digestion and metabolism of body.

2. Forward bending *asans* like *padhastasana* , *pachimottanasana* ,*Shashankasana*;Backward bending *asans* like *Dhanurasana*, *ushtrasana* , *Ardha ushtrasana* ;Inverted pose *asans* like ***Sirsasana***,***Sarvangasana*** , *vipratkarni* ; these *asans* increases blood circulation towards head region .

3. *Nadisuddhi pranayama*, *Anuloma - viloma pranayama*, *Bhramari pranayama*, *omkar* chanting help to reduce stress, anxiety and facilitate hair growth.

Discussion:

The daily regimens like *Moordha Taila*, *Nasya*, *Snana*, *Lepana*, *Kshaudrakarma*, *Ushnishka* etc. are also suggested for hair care and prevention of hair problem, which equally effective in today's modernized era, too. In this way there is a proper guideline in *Ayurvedic* texts to keep the hair in healthy status. All these small advises have long lasting effects on hair and if we don't pay attention to them, we are bound to pay the penalty by having hair problem.

Conclusion:

Swasthavritta practices like *Dincharya*, *ritucharya* , *aahara* , *yoga* , *pathya -apathya sevana*, *rasayan* therapy are helpful to prevent and cure for hair problems. By providing the proper hair care routine causes for the different hair related problems. It is concluded that *Ayurveda* and *Swasthavritta* are the solution for hair problem developing in modern era.

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Source of Support: None declared

Conflict of interest: Nil

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