

**Keshya effect of yogic practices on hairfall with reference to Telogen effluvium.****Minal Pajai<sup>1</sup>, Sanket Pajai<sup>2</sup>**<sup>1</sup>*Department of Swasthvrutta and Yoga Department, Dr. G. D. Pol Foundations Y.M.T Ayurvedic Medical College and Hospital Kharghar, Navi Mumbai, Maharashtra*<sup>2</sup>*Scientific officer- D, BARC Hospital, Mumbai***Corresponding Author:****Minal Pajai**

E-mail : mawaleminal@gmail.com

**Abstract:**

Telogen effluvium is a nonscarring, diffuse hair loss from the scalp that occurs around 3-4 months after a triggering event and is usually self-limiting, lasting for about 6 months. TE results from an abnormal hair cycle in which the growing phase decreases and follicles enter the telogen phase prematurely. Therefore, that leads to increased shedding within months. Diffuse shedding of telogen hair is seen after 3-4 months of triggering event like stress, acute illness, nutritional insufficiency, use of harmful chemicals for hair styling, etc. The body effects from such triggering events can be dismissed with the help of different Yogic practices i.e., with different meditation techniques, asana, pranayama, etc.

**Keywords:** harmful chemicals Telogen effluvium, triggering event, , yogic practices.

**Introduction**

Beautiful hair not only enhances beauty but also boosts confidence of an individual. It is scientifically proved that hair is an attribute that influences perception of attractiveness and sex. Though it is not a painful condition, it has a great psychological impact. Studies have found that substantial hair fall could lead to lack of self-esteem and a host of other mental health issues ranging from stress and anxiety<sup>(1)</sup>. But nowadays hair fall problem is continuously increasing due to stress, unhealthy eating habits, hair styling procedures, chemical-based shampoos, pollution, etc. Telogen effluvium is a most common cause of non-scarring, diffuse hair loss seen after 3-4 months of triggering event and is usually self-limiting, lasting for about 6 months.<sup>(2)</sup> There are 3 stages of hair growth in the cycle, from actively beginning growth from the root to hair resting namely Anagen (the hair growth), Catagen (involution) and Telogen (resting hair) phase. Exogen phase is release of telogen hair where hair is shed from the scalp. TE results from an abnormal hair cycle in which the growing phase decreases, and follicles enter the telogen phase prematurely.<sup>(3)</sup> Therefore, that leads to increased shedding within months. Usually in Telogen phase 100-150 hair being shed daily for 2-3 months. Telogen effluvium is caused by an abnormality in the normal hair cycle, which is triggered by numerous factors. TE can be acute where excessive hair loss occurs for less than 6 months or chronic where hair sheds for more than 6 months. Stress is also one of the major triggering factors in the causation of TE.<sup>(4)</sup> Hair fall can be co related with 'Khalitya' which is mentioned in Ayurvedic Samhitas under the heading of 'Kshudra roga' and 'Shiroroga'. It is caused due to imbalance in Tridosha mainly, Pitta dosha dushti. The majority of Khalitya research studies is done on Nasya, Raktamokshan and Basti. Though there are many herbs or ayurvedic

medicines which gives good results on khalitya, Apart from all these medicines there are certain yogic practices which gives faster and long-lasting effect on hair fall. These yogic practices have tremendous benefits on overall hair health<sup>(5)</sup>. These yogic practices will be reviewed in detail in this study.

**Material and Methods:** This review is carried out with an aim to understand the disease Telogen effluvium and to establish its management through different yogic practices. This study is carried out by literature search in ayurvedic samhitas, textbooks on yoga, scientific journals and research papers to understand the techniques and benefits of different yogasana and pranayama.

**Discussion:**

Hairfall in Ayurveda:

Hair fall is mentioned as Khaliyta in ayurveda. Acharyas have described common etiological factors for khalitya. In Vagbhat Samhita 'Khalitya' is described under the heading of 'Shiroroga' and Acharya Sushruta had mentioned it under 'Kshudra roga'<sup>(6,7)</sup>. It is caused due to imbalance in Tridosha mainly, pitta dosha. According to Acharyas main reason for khalitya is Pitta prakriti, kshar and lavana ras atisevana, ushar bhumi, viruddha ahar sevan, etc. Acharya Charak mentioned the disease khalitya occurs when tejas or elevated pitta along with elevated vatadi doshas move to keshha Bhoomi i.e. hair root and burns hair follicles. According to Charak excessive intake of kshar, lavana and viruddha ahar causes khalitya<sup>(8,9)</sup>.

Telogen Effluvium:

Telogen effluvium is a temporary hair loss which is triggered by certain events like stress, poor nutrition, underlined illness, sudden weight loss, child birth, menopause, certain drugs, etc. It can be acute or chronic<sup>(10)</sup>. The pathogenesis also varies as per the etiological factor involved. Modern line of

treatment includes correction of nutrition, hormonal pills or according to the causative factors of TE.

Management of hair fall:

Hairfall due to Telogen effluvium is generally get treated by correcting nutritional deficiencies through proper diet, there are certain non-surgical hair replacement techniques, hormonal therapies and by counselling for stress or anxiety. Also, some people take Minoxidil, Finasteride, injectable steroids if there is any inflammation and oral supplements like biotin for correcting their hair fall.<sup>(12)</sup> These medicines are not only costly but also take much time to give results. But in Ayurveda there are many herbs that gives tremendous effects on hair fall. Just like Ayurvedic medicines, few yogic techniques help not only to stop hair fall but also ensures regrowth of hair. Ayurveda & Yoga therapies are used to reduce the hair fall without side effects; unlike in the allopathic systems.

### Importance of yoga:

Yoga is the yoking of all the powers of the body, mind and soul to God; it means the disciplining of the intellect, the mind, the emotions, the will, which enables one to look at life in all its aspects evenly. Yoga is an ancient practice that involves physical poses, concentration, and deep breathing.<sup>(14)</sup> A regular yoga promote endurance, strength, calmness, flexibility, and well-being. Yoga practices gives particular health benefits according to postures of asanas, types of pranayama and also according to time given for this. There are many yogasanas which are helpful in reducing the hair fall by improving circulation to the root of hair. Also, pranayama and certain meditation techniques relieve mental stress and brings positive attitude in the person.

### Structured Yoga Protocol:

Prayer

Relaxation techniques

Asanas:

Adhomukh shwanasana

Padahastana

Vajrasana

Padmasana

Setubandhasana

Sarvangasana

Viparita karni mudra

Shirshasana

Pranayama:

Bhramari

Shitkari

Sheetali

Ujjayi

1. Adhomukh Shvanasana (Downward Dog Pose): This asana increases blood flow to the scalp, which helps in nourishing hair roots. This asana compresses the digestive system organs, like liver and kidneys by stretching and strengthening of abdominal muscles. And ultimately improves their working condition. This promotes healthy hair growth by supplying more nutrients to the hair follicles.
2. Padahastasana: This asana gives forward bend to the body & improves blood circulation to the head. This also calms mind and relieves anxiety and stress. Practicing this asana daily helps in correcting digestive system problems.
3. Shirshasana, Sarvangasana and Viparita karni mudra: All these poses are upside down asanas which helps to improve blood circulation to the scalp. These asanas ensure more oxygen supply to the hair cells. This helps in reduction of hair fall and promotes hair growth.
4. Vajrasana (The Diamond pose): This is the only asana which can be practice after having meal. Vajrasana improves digestion and helps to maximum supply of nutrients to each and every part of the body. It helps to reduce stress levels and thus helps to stop hair fall occurring due to stress.
5. Padmasana (The Lotus Pose): Padmasana is considered as best asana for meditation. This helps to maintain blood pressure and relieves distress. It calms & relaxes mind. Also helps to improve digestion.
6. Setu bandhasana (The Bridge pose): This asana helps to strengthen back muscles and tones the back and thigh muscles. It gives compression at neck region and gives massage to thyroid gland and thus improves its functioning. It calms the mind, relieves the stress and anxiety and helps to improve concentration. It improves blood circulation towards the head and ensures maximum oxygen supply to the hair roots.

### Shuddhikriya:

Yogic shuddhikriyas help to remove these toxins and also helps the body to regain its original strength and normal functions. The six shuddhikriyas are neti, dhauti, nauli, basti, tratak and kapalbhati<sup>(14)</sup>. These are the cleansing processes or purification techniques. Their purpose is to remove impurities, flush out toxins & prepare the body for the flow of vital energy or 'Prana'.

### Pranayama:

Pranayama is nothing but the rhythmic, harmonious, controlled, steady and uniform breathing technique<sup>(15)</sup>. While performing pranayama, chest wall gets expanded and more

oxygen is taken up by lungs. Pranayama aims to bring harmony and build a connection between the breath, mind and body. This practice removes toxins, supplies the body with oxygen, improves the quality of breath, increases lung capacity, minimizes stress and anxiety, and strengthens mental capacity and coping skills.

1. Anuloma villoma: This pranayama helps to make balance between ida and Pingla nadis<sup>(16)</sup>. Also helps to remove toxins by alternate breathing practices. It promotes hair growth by improving circulation to the scalp.
2. Bhastrika: this pranayama includes rapid inhalation and exhalation which improves digestive fire<sup>(17)</sup>. It helps to remove toxins, blockage from nose and ensures maximum intake of oxygen.
3. Bhramari: It is also known as Humming Bee Breath, is a calming breathing practice that soothes the nervous system and mind<sup>(18)</sup>. It relieves stress and anxiety and helps to reduce hair fall due to stress.
4. Sheetalī & Sitkari: It relieves you from stress & anxiety through its soothing & relaxing effect. It also helps to balance vitiated pitta dosha and heat inside the body<sup>(19)</sup>.
5. Ujjayi: This pranayama gives good massage to the thyroid gland and improves its function. Ujjayi pranayama helps to improve body and mind coordination. This relieves stress and anxiety and boosts up confidence<sup>(20)</sup>. This also helps in improving digestive fire.

#### Probable effect of yoga on Hair fall:

1. Ayurveda has mentioned that faulty or unhealthy dietary habit like kshar and lavan ras atisevan and viruddhahar sevan is one of the hetus for causation of khalitya. When we follow Ashtang yoga for any disease management, the practice of yama, niyama and pratyahara gives control on our habits and helps in correction of those. The practice of yama, niyama and pratyahara helps to avoid from such cravings of salty and unhealthy food. And thus, ultimately does nidanaparivarjana.
2. Stress is also mentioned as an important triggering factor of TE. Stress can be managed well by doing regular dhyana or meditation rather than medicines. Definition of yoga itself says that Yoga means to control or to stop the unwanted thoughts of mind. By doing yoga it will calm mind, relives stress and give positive effect in hair fall.
3. Yogic practices help in cleansing of all channels in the body and improves circulation. Yogic practices improve digestive fire and thus ensures absorption of maximum nutrition from the body and thus improves overall health.

#### Conclusion:

After discussing above points, it can be concluded that yoga practices are pivotal ways not only to control hair fall but also

to promote hair growth. Yogic practice removes toxins from the body and make internal purification. It relieves stress and anxiety resulting in calm mind. It improves digestive fire and ensures maximum utilization of nutrients to keep body healthy. Yogic practices when done regularly improves overall circulation in the body and gives quick and long-term results. These practices are cost effective and also free from side effects. So, Implementation of these yogic practices can help in management of hair fall specially in TE.

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