

## An effect of *Keshya* Dravya In *Khalitya*, *Palitya*, *Indralupta*, *Keshranjana* and *Keshvardhana*- A review literature

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### ABSTRACT:

This article reviews the *Keshya* herbs properties and mode of action on hair. According to Ayurveda keshya is a upadhatu of majja dhatu but no detail description available in samhita granthas. Hair plays a vital role in making you look younger as well as beautiful. Also hair plays an important role in the personality as a jewellery as well as boosting our confidence. Hair loss, greying and dandruff are some of the major problems associated with hair. In modern science many cosmetics and hair products like shampoo, serum, conditioner available on this problem. But various products use chemicals and harmful content in their products. Various allopathy medicine does not treat permanently and also shows severe side effects. Using the Ayurveda is safe and better option in the long run. Our Acharyas give a brief and detail description about *Keshya* dravya. According to Ayurvedic granthas *Keshya* herbs help to prevent premature graying, hair fall, dandruff and promote hair growth. It works within the root of the hair and give natural black colour to the hairs.

This drug acts according to their properties Rasa, Guna, Virya and Vipaka and its chemical composition. Many *Keshya* drugs it has antimicrobial, antifungal and antioxidant properties that can help reduce dandruff is a skin condition that mainly affects the scalp. Symptoms include flecking and sometime mild itchiness. It can result in social or self-esteem problems. Bhringraj, Jatamansi, Narikela, Shikakai, Reetha, These herbs have antimicrobial and antifungal properties. Also jatamansi promotes majjadhatu by nourishing majja by its madhur rasa, vipaka & sheet virya. Jatamansi boost hair growth and make it silky & soft. Brahmi herbs has antioxidant this antioxidant components not only help in rejuvenating scalp but also promote regeneration of healthy hair. Vitamin C is a very important vitamin needed for normal growth and development of hair. Our body needs Vitamin C to create a protein known as collagen an important part of hair structure. Amla is a natural and cheapest source of Vitamin C. That's why Amla use a *Keshya*.

**Keywords:** *Keshya dravya, Khalitya, Palitya, Indralupta, Kesharanjana, Keshvardhana.*

### **Introduction:**

Hair is one of the important part of our body and it reflects the overall appearance of the person. Hair is defined as a protein filament that grows through the epidermis from follicles deep within the dermis. There is no detailed description found in Ayurvedic samhitas regarding the production of keshha in particular. According to acharya Sharangdhara, scalp and body hair (Keshha) is a upadhatu of majja dhatu. *Keshya dravya* properties and chemical composition plays a direct role in majja dhatu nourishment. In today's progressive world lifestyle, irregular dietary habits and pollution, stress, late night sleep or awaking are directly affecting the hair, causing many hair problems like loss of hair (Alopecia), graying of hair, hair damage, greasy hair etc. Anxiety, insomnia, continuous intellectual work, excessive consumption of salty food are other causes contributing to loss of hair (khalitya) and graying of hair (palitya). Gradual falling of hair is known as Khalitya. In modern medicine khalitya correlate with alopecia. Alopecia is a dermatological disorders that has been recognized for more than 2000 years. It is common throughout the world. Now-a-days, whole world is accepting the ayurveda and use of herbal products has increased and people are looking forward to adopt more natural way of life. Allopathic system only use chemical and steroid drugs for nourishment & prevention of hair problems but they are proving insufficient and there is need to supplement it with herbal drugs. The most appropriate way is to utilize modern as well as traditional system to

look after the health of the people. Herbs and herbal drugs are clinically proved for hair growth. Hair loss problem is of great concern; the main problems associated with hair loss are hair fading, dandruff and falling of hair. Various allopathy medicines are available for hair loss which does not treat permanently and also shows severe side effects. Using the ayurveda is safe and better option in the long run. *Keshya* herbs nourish hairs both internal as well as external. The side effect of these herbs is nil as compared to products with a lots of chemicals. *Keshya* herbs helps to prevent premature graying, hair fall, dandruff and promote hair growth. It works within the root of the hair and gives natural black colour to the hairs.

**Aim** – To study the efficacy of *Keshya dravyas* in hair growth, hair strengthening and greying & dandruff prevention.

**Objectives** – To study *Keshya* properties of dravya and to enumerate general uses of *Keshya dravyas* in daily life.

### **Materials and methods –**

That which exerts beneficial effects on hair is called *Keshya*.

There are two types under as

#### **1. Keshyavardhan –**

Those which stimulate healthy growth of hair and gives strength to their roots are called as keshavardhana. Hair fall is due to lack of nutrients to their roots. This is caused by Aggravation of vata and pitta. Many times nutrition to hair gets affected due to obstruction of passage which provides nutrients to hair, such obstructions is caused by kapha and vitiations of rakta.

#### **2. Keshyaranjana –**

*pittadhikya* enhance greying of hair which can be arrested by consuming jeevaniya, balya, brimhana and pitta alleviating herbs. Bhringaraja, bhibhitaki, nirgundi act as hair dyes. They also alleviate pitta. They may be used internally also as medicated oils or ghee. *Khalitya* and *palitya* – Anxiety, insomnia, continuous intellectual work, excessive consumption of salty food are other causes contributing to loss of hair (*khalitya*) and graying of hair (*palitya*). Indralupta – It is caused by a local fungal infection.

### **Keshya herbs mentioned in various Ayurved Samhitas-**

Properties –

<i>Rasa</i>	<i>Vipaka</i>	<i>Virya</i>	<i>Guna</i>	<i>Prabhava</i>	<i>Chemical composition</i>
<i>Katu Tikta</i>	<i>Katu</i>	<i>Ushna</i>	<i>Laghu Ruksha</i>	<i>Kaphaghna Vataghna Keshya</i>	<i>Ecliptine vedelactone</i>

The word bhringraj literally means the “king of hair in the sanskrit.” bhringraj has been used in ayurveda for over 3000 years because of its rejuvenating properties.

#### **Hair growth -**

Bhringraj oil increased the number of hair follicles, and was actually more effective than minoxidil at preventing hair loss. bhringraj contains vitamin E, which is known to fight free radicals that can impede hair growth.

#### **Dandruff reduction -**

Bhringraj oil has antimicrobial and antifungal properties that can help reduce dandruff. the oil also has anti-inflammatory properties, which can help in psoriasis or other skin irritation on the scalp. It also improves circulation to the scalp. properties-

### **1. Bhringraja -**



*Latin name – Eclipta alba*

*Family – compositeae*

#### **Graying –**

Gray hair is also commonly understood as a loss of pigment. The darkening properties of bhringraj may help hair appear less gray.

### **2. Jatamansi –**



*latin name – Nardostachys jatamansi*

*family –velerianaceae*

<i>Rasa</i>	<i>Vipaka</i>	<i>Virya</i>	<i>Guna</i>	<i>Prabhava</i>	<i>Chemical composition</i>
<i>Tikta</i> <i>Kashaya</i> <i>Madhura</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Laghu</i> <i>Singdha</i>	<i>Tridoshashamak</i> <i>Keshya</i>	<i>Jatamansone</i> <i>Lupiol</i>

Kesha is updhatu of majja dhatu .Jatamansi promotes majjasarta by nourishing majja by its madhur rasa, vipaka and sheetvirya, And strengthen hair roots by its kashayarasa and sheetvirya. Nourishment of majja promotes soft, unctuous and beautiful hair growth .It stimulates majja –agni by its tiktatara and acts as its rasayana also.

The jatsamansi rhizome is being used as an aromatic adjunct in the preparation of medicinal oils, to promote growth of hair, and also impact blackness.The essential oil obtained from the roots of jatamansi showed fungi toxic activity, antimicrobial, antifungal properties. Jatamansi is known to boost hair growth and make it silky soft. Jatamansi oil is helpful in cases where hair has become

Properties –

<i>Rasa</i>	<i>Vipaka</i>	<i>Virya</i>	<i>Guna</i>	<i>Prabhava</i>	<i>Chemical composition</i>
<i>Tikta</i> <i>Katu</i> <i>Kashaya</i>	<i>Katu</i>	<i>Ushna</i>	<i>Laghu</i> <i>Ruksha</i>	<i>tridoshashamak</i> <i>Keshya</i>	Resin Carbonic acid Alkaloid Valinin

Hairs are updhatu of majja. They become firm by carrying out majjashodhana. There is inadequate supply of rasa to the hair roots due to formation of ama. Nirgundi causes amapachana and acts as *Keshya*. Nirgundi also removes obstruction to passage of rasa due to kapha by causing pachana and shodhana of kapha.

4.Brahmi –

dry and brittle .regular oiling helps reduce dandruff, and herb goes one step ahead to prevent split ends too.

## 2. Nirgundi –



*Latin name – Vitex nergundo*

*Family –verbenaceae*



*Latin name – Bacopa monnieri .*

*Family –scrophulariaceae*



## Properties –

<i>Rasa</i>	<i>Vipaka</i>	<i>Virya</i>	<i>Guna</i>	<i>Prabhava</i>	<i>Chemical composition</i>
<i>Kashaya Tikta</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Laghu</i>	<i>Medhya</i>	Resin, Carbonic acid Alkaloid, Valinin

Brahmi is useful to nourish the brain and nerve plexuses and to pacify mind .It relaxes mind and considered as medhya herb.It also promotes power of focus . It should be used as pittashamaka and to nourish majjadhatu. It pacifies pitta associated with rasa rakta mamsa and majja dhatu due to its tikta, kashaya, madhura rasa and sheet virya. It nourishes majjadhatu and act as *Keshya* and medhya. Brahmi oil is great for treating a dry scalp and preventing hair fall .The antioxidant components not only help in rejuvenating scalp but also promote regeneration of healthy hair.

## 5.Amla –



*Latin name –Emblica officinalis.*

*Family -ephorbiaceae*

## Properties –

<i>Rasa</i>	<i>Vipaka</i>	<i>Virya</i>	<i>Guna</i>	<i>Prabhava</i>	<i>Chemical composition</i>
<i>Five except lavana</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Laghu Ruksha</i>	<i>Tridoshaghna Keshya</i>	Vitamin C, Gallic acid Tannic acid, Albumin Cellulose

Amla is a highest and cheapest source of vitamin C .vitamin C is a water soluble vitamin .it is needed for normal growth and development.Our hair structure is close to 99% protein . amino acids and protein present in amla help in hair growth, tacking hair fall and fortifying the root as well as the shaft .Our body needs vitamin c to create a protein known as collagen – an important part of hair structure.Vitamin C also helps body to absorb iron, a mineral necessary for hair growth. Amla is a divaushadi . High in vitamin C content, which nourishes hair.Amla oil strengthens hair by nourishing and toning scalp. Hair

should be washed with its swarasa in khalitya and palitya. Abhyanga with siddhataila prevents greying of hair and premature ageing .

## 6. Neeli –



*Latin name –Indigofera tinctoria..*

*Fammily - leguminosae*

## Properties-

<i>Rasa</i>	<i>Vipaka</i>	<i>Virya</i>	<i>Guna</i>	<i>Prabhava</i>	Chemical composition
<i>Tikta Katu</i>	<i>Katu</i>	<i>Ushna</i>	<i>Laghu Ruksha</i>	<i>Kaphavataghna</i>	<i>Apigenin, Indigotin, Rotenoids deguelin, Kaempferol.</i>

Neeli leafs hair oil prevent scalp infections and stimulates new hair growth when used regularly. To stimulate hair growth, Paste of the leaves should be applied as kesharanjana. Beeja swarasa is used to kill lice .

**6.Narikela –**

*Latin name –Cocos nucifera.*

*Family -palmaceae*

Properties –

<i>Rasa</i>	<i>Vipaka</i>	<i>Virya</i>	<i>Guna</i>	<i>Prabhava</i>	Chemical composition
<i>Madhura</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Guru Snigdha</i>	<i>Vatapittashamaka</i>	<i>Lauric acid Fructose, Glucose Sucrose, Sodium Magnesium Calcium, Iron</i>

Healthy scalp would mean healthy hair. Conversion of lauric acid into monolaurin is one of the antimicrobial properties of coconut oil. Narikela oil application over scalp is kept moisturized and protected from fungi that cause dandruff. Narikela oil application on head, makes the scalp revitalized, prevent hair loss and promote hair growth.

*Family – fabaceae*

**7. Shikakai –**

*Latin name – Acacia concinna*

<i>Rasa</i>	<i>Vipaka</i>	<i>Virya</i>	<i>Guna</i>	<i>Prabhava</i>	Chemical composition
<i>Tikta</i>	<i>Katu</i>	<i>Sheeta</i>	<i>Laghu</i>	<i>Kaphashamak</i>	<i>Lupeol Oxalic acid Citric acid Succinic acid</i>

Shikakai commonly termed as the 'hair fruit', It promotes hair growth, reduces hair fall, control dandruff and relieves skin ailments. the essential nutrients and natural ingredients present in shikakai are extremely beneficial in improving the texture of hair in winter. Being a natural surfactant, it cleanses the hair follicles, removes greasiness and makes the hair softer and shinier. The potent antifungal and antimicrobial property of shikakai play a key role in removing dandruff and lice from the scalp and hair respectively. The active ingredient of shikakai provides the essential oils and vitamins necessary for hair growth. It holds high significance in regaining the lustre and

length of hair .It strengthens the hair from roots, prevents split ends, breakage and hair fall.

#### 8. Reetha –



Latin name – *Sapindus mukorossi*

Family *-sapindaceae*

<i>Rasa</i>	<i>Vipaka</i>	<i>Virya</i>	<i>Guna</i>	<i>Prabhava</i>	<i>Chemical composition</i>
<i>Tikta</i>	<i>Katu</i>	<i>Sheeta</i>	<i>Laghu</i>	<i>Kaphashamak</i>	<i>Lupeol</i> <i>Oxalic acid</i> <i>Citic acid</i> <i>Succinic acid</i>

The reetha tree is valued owing to its fruits are used for various therapeutic and cleaning purposes. The reetha fruit has been vehemently used in ayurveda medicines for its excellent medicinal value in treating scalp and skin diseases. Reetha also possesses antifungal characteristics that can cure fungal infections of head and hair.

#### Conclusion-

*Keshya* herbs stimulate healthy growth of hair and also strengthens hair roots. These dravya are beneficial to hair as they help in origin (Formation) of hair, promote hair growth, and render them natural dark black colour.

*Keshya* herbs are also helpful in making hair dense, moisturised and in improving their consistency, making them soft and shiny. Diseases related to hair such as khalitya, palitya etc are

cured by using various yogas (Shampoo, Oil etc). formed from these dravyas. Unlike various cosmetic products which provides only external nourishment to hair, *Keshya* dravya on other hand have shown successful results in providing both external as well as internal hair nourishment.

Ayurveda has mentioned several diseases and Aushadi dravyas in context of hair. In this study we have done identification & detail description of various plants used by people as remedy for curing hair & hair related problems. The two properties *Kesharanjana* and *Keshavardhana* plays major role in providing healthy hair. The *Keshya* dravyas mentioned earlier works by there 2 properties thus keeping your hair healthy and happy.

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