

Keshya Yogas Mentioned In Gadanigraha – A Review

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ABSTRACT

Hair is considered as a factor for contributing to human beauty. Hair is indeed humankind's crowning glory. The quality of a person's hair may imply an age not realized by facial markers. Facial beauty may be distracted by unhealthy hair. It also explains about the state of health. Care of hair allows individuals to fully express their well-being. Many Ayurvedic texts have discussed about the importance of drugs for enhancing the growth of hair called keshya drugs. Here an attempt is made to enlist the various ayurvedic drugs with keshya properties mentioned in Gadanigraha.

KEY WORDS : Drugs, Gadanigraha, Hair, Keshya.

INTRODUCTION :

Scalp hair is unique as a physical attribute in humans because it lends itself to nearly instantaneous transformation. Cultural influences and personal preferences dictate which particular hair characteristics, such as length, colour and texture are considered desirable and attractive. Various styles and adornments are used to convey health, status, intelligence and youthfulness.

In a state of health hair can be maintained with minimal effort and is often taken for granted. When unwanted changes in hair are perceived, especially thinning and loss, the impact on physiological and social wellbeing can be dramatic. This occurs even with gradual hair loss associated with senescence and in those with a predisposition to Androgenetic alopecia¹.

AIMS AND OBJECTIVES

The main aim of the work is to evaluate all the keshya drugs described in Gadanigraha in the context of various diseases of scalp effecting the hair growth.

MATERIALS AND METHODS

Various preparations are enlisted from Gadanigraha a comprehensive treatise by Sodala who belonged to Gujarat in the time span of A.D.1119. The text comprises of ten sections incorporating numerous time tested remedies and panchakarma. It is divided into 3 volumes published by Chaukamba Sanskrit Sansthan, Varanasi.

STRUCTURE OF HAIR

Hair is considered as an accessory structure of skin which develops from embryonic epidermis. It helps in body protection. Hairs or *Pili* are present on most skin surfaces except the palms, palmar surfaces of digit, soles and plantar surfaces of the digits. In adults hair usually is most heavily distributed across the scalp, over the brows of the eyes and around the external genitalia. Genetic and hormonal influences largely determine the thickness and pattern of distribution of hair².

The main constituents of hair are sulphur- rich protein, lipids, water, melanin and trace elements.

The cross section of hairshaft has three major components.

- Cuticle
- Cortex
- Medulla.

Cuticle consists of six to eight layers of flattened overlapping cells with their free edges directed upward to the tip of the hair shaft. The normal cuticle has a smooth appearance, allowing light reflection and limiting friction between the hair shafts. It is responsible for luster and texture of hair.

Cortex, the main bulk of a fully keratinized hair shaft contributes almost all the mechanical properties of the hair including strength and elasticity.

Medulla consist of a cortex like framework of spongy keratin supporting thin shells of amorphous material bonding air spaces of variable size. It is absent in most terminal human hair, other than grey hairs³.

HAIR GROWTH

Each hair follicle goes through a growth cycle which consists of a growth stage and a resting stage. During the growth stage cells of the matrix differentiate, keratinize and die. This process forms the root sheath and hair shaft. In time the growth of the hair stops and the resting stage begins. Normal hairloss in an adult scalp is about 70 – 100 hairs per day⁴.

HAIR COLOUR

Hair colour is determined by the melanocytes found only in the matrix area of the follicle at the base of the cortex directly above the follicular papilla. Melanocytes transfer packages of melanin to the cortical cells during anagen. Eumelanin is the dominant global pigment and confers black/ brown colour. Pheomelanin a mutation of eumelanins is the predominant pigment found in blonde or red hair. Greying of hair is a normal manifestation of ageing and illustrates progressive reduction in melanocyte function⁵.

HAIR IN AYURVEDA

In Ayurveda hair is termed as Keshha. It is the element grown on mastaka, sirah. It is defined as the one sheltered on head.

Kashateprakashateitikesha

The one that shines is keshha.

Synonyms of keshha are – chikura, kuntala, kunjara, bala, kacha, shiroruha, shirasija, murdhaja, asra, vrujina, jatadhara.

Acharya Charaka has enumerated that Total human hair is 29956. He further said that the quantity of Keshha, Smasru and loma are equal.

Acharya Susruta opined that the nubmerof hairs are innumerable like that of dhamaniagras.

Keshha and loma are considered as mala of asthi and are parthivadravya's nourished by kittabhaga of ahara. Keshha is one of the upadhatu which has an action of dharana rather than poshana.

Vaghbhata has mentioned that the keshotpatti kalia foetus is at six months.

KESHA POSHANA

Acharya charaka explained that ahara rasa after digestion of food, which is later divided into sarabhaga and kittabhaga. The sarabhaga nourishes the dhatus and kittabhaga nourishes malas.

As per susruta kesha gets nourishment from end part of the dhamanis which are attached to romakupa.

KESHA VARNOTPATTI

As per ayurveda Colour of hair depends on various varna, jati etc. the colour of hair has been compared to bhramara. Tejomahabhuta is responsible for colour of hair is i.e. bhrajaka pitta. Tejomahabhuta combines with prithvi and vayu and produces black colour. The colour and consistency of hair varies from person to person basing on prakriti.

S.No.	Keshya yoga	Ingredients
1.	DwiteeyaBhringarajTaila	Bhringarajaswarasa, Triphalaswarasa, Nilkamalswarasa, Mandura
2.	TriteeyaBhringarajTaila	Bhringarajswarasa, Gunjabheejchurna
3.	BrihatBhringarajTailam	Bhringarajswarasa, Manjista, Padmaka, Lodhara, Raktachandana` Bala, Haridradvaya, Nagakesara,Devadaru, Priyangu, Mulethi, Prapaundareeka, Soumya, Kuth, Tagara, Masha, White mustard, Agaru, Motha, Shaileya, Kachura
4.	AsanaadyaTaila	Asanasaara, Triphala, Mulethi,

Other yogas indicated in diseases like indralupta, darunaka etc which initiate hair growth are:

S.No.	Yogas
1.	Indravaruni root soaked in gomutra for 3 days, made into paste mixed with cow ghee
2.	Bhrihatiswarasa with madhulepana
3.	Application of Gunja seed and root paste
4.	Bhallataka paste application
5.	Application of paste of fruit and root of Bhallataka,Brihati,Gunja
6.	Application of Gunjaroot paste after prachchanan of scalp.
7.	Oil prepared with Maricha, kesar and applied on scalp
8.	Application of Krodravapalala siddha masi
9.	Application of paste of leaves of Dhatriphala&Aragvadha, Laksha, seeds of Prapunata
10.	Application of paste of Jatamamsi, Kusta, krishnatila, Sariva, Nilkamal with madhu
11.	Oil prepared from Jatamamsi, Vatankura, Tinisha
12.	Putapakadhagdhajatamamsi, sringhataka, Bidalaloma kept in saravasamputi mixed with honey.
13.	Goat milk, Rasanjan , Burnt Mrigasringi,
14.	Paste of Chironji, Mulethi, Kuth, masha, Saindhava lavana mixed with honey.
15.	Paste made of Masha churna mixed with Mustard oil, Arkaksheera and kept in Saravasamputi.
16.	Kapalabhristamasha mixed with oil and applied.
17.	Snuhiksheera, Arkakseera, Bhringarajchurna, Langali, Vatsanabha, Urine of goat, Cow urine, Rattika, Indravaruni all mixed into kalka and taila is prepared.

DISCUSSION

In Gadanigraha totally 21 yogas are mentioned which has keshya properties. The word keshya itself denotes hair growth, natural hair colour and cure to the diseases of scalp which

harms the quality and quantity of hair. In this nighantu different yogas and kalpanas are mentioned which are very potent to control hairfall and helps in healthy hair growth in human beings.

Kalpanas like kalka(paste), masi, oils and saravasamputa preparations are mentioned. These type of preparations are very effective, safe and promotes hair growth. For all these preparations 3 kinds of sources of drugs are selected in this nighantu. They are

1. Plant origin –different useful parts like latex, plant extracts, oils, leaves, barks, roots, flowers, fruits, seeds and whole plant including vishadravyas.
2. Animal origin – consisting Goghrita, Gomutra, Ajaksheera, mrigashringi and madhu.
3. Mineral origin – mandura, gairika, saindhalavana

The above mentioned source of drugs pacify the vitiated vata, pitta, kapha and raktadosha which are causes for hairloss. The drugs mentioned in the yogas are having the properties like sukshma, vyavayi, yogavahi, rasayana, twachya, krimighna, kandughna, kustaghna, swapnajanaka , stress relieving and predominantly keshya. These yogas purifies the blood , improves blood quality and improves blood circulation to the hair follicle and provides with proper nutrient supply. External application on the effected part has been proven to be more effective. It helps in cleansing and clearing the dirt and microbes at the effected site more effectively. So the yogas mentioned in darunaka, Khalitya, Palitya ,Indralupta etc have proven to be more effective as their mode of action is localized.

CONCLUSION

It is concluded that different yogas explained in GadaNigraha have different mode of actions but ultimately have a common property of keshya. This nighantu acts as a pathway to treat the problems of hair and gives safety solutions to maintain beauty and peace of mind in present era.

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