

Management of *Khalitya* according to *Dhatus* involvement

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ABSTRACT

You will feel in control of yourself and ultimately feel confident with good hairs. Hair fall is affecting patient psychologically (cosmetic disorder). Now a day, many peoples are suffering from hair loss. *Khalitya* is commonly seen in the age group of 18-40 years. Hair fall is more common in males than in females. Incidence of “*Khalitya*” (Hair fall) is Increasing day by day. *Khalitya* (Hair fall) is the most commonly seen in young and old age. changing lifestyle, unhealthy dietary habits, sleep disturbances, systemic diseases, medications and stressful life, some hormones disturbances, depression, autoimmune diseases, shock, nutritional deficiencies, family history of hair fall, as genetic factor these all plays major role in hair fall. *Khalitya* has been described in *Ayurveda* under the heading of *kshudraroga* (minor disease) or *shiroroga* (diseases of head and scalp), *kapaalagatavikara*. It has been included in *shirorogaby Acharyacharak*[1], *AshtangaHridaya*[2], *Ashtangasangraha*, [3]. *AcharyaSushruta*[4], *Yoga ratnakar*[5] and *Madhavnidan*[6] classified it under the *kshudraroga*. It has

been included in *shirkapalgataroga* by *Acharya Sharangdhar*. [7] *Khalitya* is *Pitta* dominant *TridoshjanyaVyadhi* i. e. *Vata*, *Pitta*, *Kapha* with *Raktadosha*. Hair related to *asthidhatu*. Elevation of *dosha* scan lead to hair loss. According to modern science it is termed as *telogeneffluvium*, Alopecia or baldness[8]. In modern science many drugs are used for treating hair fall but they have some limitations due to their adverse effects. Hence people are moving toward *Ayurveda* as it is the only herbal and natural option to treat disease. We can reduce and manage this problem of hair fall through modifying lifestyle, purification therapy and medication practicing in *Ayurveda*. we can treat hair fall by knowing which *doshas* and *dhatus* involved in hair fall process.

KEY WORDS- *Khalitya*, *indralopa*, hairoil, *Nasya*, Baldness, Hair fall, *Raktamokshan*

INTRODUCTION-

Healthy hair is a Sign of beauty and good overall health. Hair plays an important role in making body externally beautiful, good looking. Each hair follicle contains blood vessels, nerves, and fat around it. Hair

follicles contains more stem cells that promote healing of the skin— helpful if you have a cut or wound As the body needs extra Protein to repair the damage. skin, hair and nails are mostly protein. these proteins-keratin, collagen and elastin-ward off wrinkles and provide strength and elasticity. Shedding between 50and 100hairs a day is normal. when the body sheds significantly more hairs every day, it all depends on length and thickness of the hair. People with shorter or thinner hair, shed less. on the other hand, people with long or thick hair wash it, they could shed between 150and 200hairs. However, shedding of 100 hairs a day lasting for a couple of weeks indicate a serious problem and it has impact on mental health You can rule out excessive hair loss by doing pull test on your hair, start with a small area of clean, dry hair and run your fingers through it, tugging gently once you get to the ends of your hair strands. after each tug , if more than two or three hairs are left in your hand, you may be experiencing telogen or anagen effluvium. Basically, men are more prone to a hair fall than females because of higher testosterone levels drive in mens and also constantly making DHT, and so it makes them more likely to lose their hair than women. In pathogenesis of hair fall, there is involvement of *asthi*, *majja*, *rasa*, *sweda*, *medovahastrotasdushti*.

MATERIAL AND METHODS-

Classical texts like *brihat- trayi*, *laghu-trayi*, modern medicine literature and newresearches published are studied for thisreview work.

KHALITYA AND INDRALUPTA:-

There are some differences between *khalitya&Indralupta*.

In *khalitya*, hair loss is gradual and generalised over the scalp but hairs are lost suddenly and patch by patch in *indralupta*.

Khalitya in *Ayurveda* is a disease in which *pitta* combining with *vata* and getting into the pores of hair follicles cause hair fall, and then *kapha* along with *Rakta* obstructs the pores of those hairs and makes it impossible for other hair to grow. [9]

Indralupta is a skin ailment that effects all the hair-bearing skin including beard and scalp. patients who are suffering from *indralupta* experiences loss of hair which is not like the usual hair loss but rather Tufts of hair which tend to fall out over a short period of time.

There are different Types of alopecia also-

Traction alopecia is caused by repeatedly pulling on your hair. you can develop this condition if you often wear your hair in a tight ponytail, bun, or braids.

Alopecia total is (AT) is a condition characterized by the complete loss of hair on the scalp. It is an advanced form of alopecia areata a condition that causes round patches of hair loss.

Alopecia universalis (AU) is a condition characterized by the complete loss of hair on the scalp and body. According to *Acharyakartik*, Alopecia Areata –*Indralupta* (loss of hair on *shmathru*), Simple Alopecia –*Khalitya* (loss of hair on scalp), Alopecia Areata-*Ruhya* (loss of hair on body) [10]

Ophiasis is a form of alopecia areata characterized by the loss of hair in the shape of a wave at the circumference of the head.

Sisaipho (ophiasis inversus):- This is the reverse of ophiasis where in hair is lost on the top of the head, sparing the sides lower back of the head.

ORIGIN OF HAIR – According to *Ayurvedic* classics, hair is an *Upadhatu* and also a *mala*. *Ayurvedic* classics considers human body is a made up by seven (body

elements). production of the latter *Dhatu* occur by the action of their Respective *Agni*. It has been further explained that, from the *Poshakamsha* of former *Dhatu* there is not only production of latter *Dhatu*, there is side by side production of *upadhatu* and *mala* of formal *dhatu*. There is no detailed description found in *Ayurvedic* classics regarding the production of hair, but it has been stated in the process of *DhatuNirmana* that when *Paka* of *Asthidhatu* occurs by its own *Agni*, the *MajjaDhatu* emerges from the *Sara Bhaga* and at the same time hair of scalp and body and nail emerges as *Mala* (Waste product). *Vagbhata* has mentioned that, in end of 4th month, *lanugo* (soft hair) has appeared on the skin and in the end of tenth month, hairs more on head. [11] According to *Acharyasharagdhara*, scalp and body hair are the *upadhatu* of *majjadhatu*. Among the all the *garbhajbhava*, hair is *pitrajbhava* means structure, colour and quantity of progeny are dependent on paternal side. Hair made up of mainly *parthivamahabhoota* [12]. The colour of hair differs in different *Desh*, *jati*, persons etc. *Ayurveda* has adored the black colour of hair. Regarding the formation of the color of hair, *Ayurveda* says that *TejaMahabhuta* is responsible for the colour of hair, i. e. *Bhrajaka Pitta*. *TejaMahabhuta*, combines with *Prithvi* and *Vayu Mahabhutas* and produces black colour. Hair is the cornification of skin appendage called the hair follicle. The hair follicle is like a cup, which forms and shapes the hair. Each hair has a implanted part called the root and a projecting part called the shaft. The life span of the hair varies from 4 months (eyelashes) to 7 years (scalp hair). About 1 lakh hairs are present over the scalp and everyday hundred hairs are shedding off and replaced by the new hair. This is happening by three phases of hair cycle i. e. Anagen, Telogen and Catagen phase.

1. Anagen: Growing Phase

The stages of hair growth begin with the anagen phase. its the longest phase, lasting about 3 to 5 years for the hairs on your head, though for some people a single hair could continue growing for 7 or more years. During the anagen phase, your hair follicles are pushing out hairs that will continue to grow until they are cut or until they reach the end of their lifespan and fall out. At anytime, about 90 percent of the hairs on your head are in the anagen phase.

2. Catagen:-Transition Phase

The catagen phase starts when the anagen phase ends, and tends to last about 10 days or so. During this chapter, hair follicles shrink and hair growth slows. The hair also separates from the bottom of the hair follicle, yet remains in place during its final days of growing. Only about 5 percent of the hairs on your head are in the catagen phase at any given time.

3. Telogen :-Resting Phase (Dormant Stage)

The telogen phase typically lasts around 3 months. An estimated 10 to 15 percent of your scalp hairs are in this phase. Hairs don't grow during the telogen phase, but they don't usually fall out either. The telogen phase is also when new hairs start to form in follicles that have just released hairs during the catagen phase. Some health experts consider the telogen phase the shedding phase, as well, but many scientists have divided this stage into two parts :the telogen and exogen stages.

4. Exogen:-Shedding Phase

The exogen phase is essentially an extension or a part of the telogen stage of hair growth. During the exogen phase, hair is shed from the scalp, often helped along by washing and brushing. Losing 50-100 hairs per day during the exogen phase is normal. During the exogen phase, which can last about 2 to

5months, new hairs are growing in the follicles as old hairs fall away

Hairs in relation to *prakruti*-Hairs and *prakruti* are interrelated.

Vataprakruti- According to *charak*, *vataprakruti* persons have rough hair on the head, face and body, dry with low density hair.

Pitta prakruti-According to *charak*, *pittaprakruti* persons will have early grey hair and baldness. They have soft, scanty, tiny hair on the head. colour of hairs is *pingala* and is small in number.

Kaphprakruti-*kaphaprakruti* persons have firm, fleshy, curly, smooth, dark black coloured hair, thick.

Samprakruti person-*Videerna Roma*.

CAUSES OF *KHALITYA ROGA*-

Doshas and their relation to hair fall-

When *vatadosha* elevated:- Elevated *vatadosha* can lead to dehydrated scalp, hair fall, thinning of hairs, dry scalp, dandruff, cracked scalp surface and more

When *pitta dosha* elevated- Due to *usnaguna* of *pitta dosha*, individual of *pitta prakriti* starts hair fall and greying of hair earlier than individuals of other *doshaprakriti*. Elevated *pitta dosha* can lead to loss of hair caused by greasiness, overheat, scalp inflammation, weaker roots, dandruff, inflammatory diseases on the scalp, and more.

Kaphadosha when elevated- Elevated *kaphadosha* can lead to excess oil production on the scalp, greasy scalp, itching, greasy dandruff, hair fall and more.

Hereditary hair loss- Male or female hereditary hair loss runs in families and is

common and normal, it's caused by genetic or hormonal influences it's called androgenic alopecia.

Age-Everyone has some hair loss with aging because hair strands become smaller and have less pigment

Autoimmune diseases-In alopecia areata the immune system targets hair follicles, stopping hair growth. Some people with lupus develop round (discoid) lesions on the scalp. Because these discoid lesions scar your hair follicles, they do cause permanent hair loss. lupus can also cause the scalp hair along your hairline to become fragile and break off easily, leaving you with a ragged appearance known as lupus hair.

Cancer treatment-Hair loss is a common side effects of cancer treatment. Hair loss can happen as a side effect of chemotherapy, targeted therapy, radiation therapy or a cell transplant.

Childbirth, illness or other stressors-After giving birth, hormone levels return to their pre pregnancy levels. The drop in estrogen triggers your hair to go back to the cycle of growth, resting and falling out. Recovering from an illness or having an operation, you may notice a hair fall. This can also happen after a stress full time in your life.

Hormonal imbalance-DHT is found in skin, hair follicles and the prostate. DHT affects your hairline by miniaturizing hair follicles, causing the hairs to stop growing. PCOS is a common hormone disorder that can a range of symptoms, itching which is excess facial and body hair, some experience hair thinning and hair loss. An overactive or an underactive thyroid can both cause hair loss. stopping some types of birth control pills can cause a temporary hormonal imbalance.

Medication-side effect of some medications is hair loss.

Scalp Psoriasis-Many people who have plaque psoriasis develop psoriasis on their scalp at some point. This can lead to hair loss.

Scarring Alopecia-This condition develops when inflammation destroys hair follicles. Once destroyed, a hairfollicles can't grow.

Sexually transmitted infection-Left untreated, a sexually transmitted infection (STD) can lead to hair loss. If syphilis is left untreated, syphilis can cause patchy hair on the scalp, eyebrows, beard and elsewhere. Other STD can also cause hair loss.

Other factor such as - Exposure to smoke, sunlight , mist, excessive sleep and avoiding sleep, sweating , weeping to much , drinking water and wine in large quantity, presence of worms in side body , suppression of urges, avoiding the use of pillow, bath and oil anointing, always looking downwards, unhealthy , raw smell, too much speaking, Dandruff, excessive consumption of salt and *kshara* , Getting angry, talking and laughing toomuch , sneezing and over exertion after taking *nasya* leads to *Khalitya* and *palitya*, decrease in *asthidhatu*, excessive combingin *ritukal* leads to hair fall in child.

HAIR CONDITION ACCORDING TO DISEASES-

Odumbarkushta-Romapinjaram[13]

Mandalkushta-shuklaroma

Rajyashmapurvroop-Keshativrudhi[14]

Pramehpurvroop-Jatilbhavakesheshu[15]

MANAGEMENT OF HAIR FALL ACCORDING TO DHATUS INVOLVEMENT.

RASADHATU-

1. If hair fall is due to *rasadhatukshaya* then we have to use drugs which going to act as *bruhan, snehan, tarpan, rasayan*. drugs having *madhurrasa, shitvirya, snigdth, guru* properties can be used. drugs like *amalaki, gokshur, guduchi, yashti, narikel*, milk can be used.

2. If hair fall is due to *strotorodh*, we have to go for *strotoshodhan* first. so, we must have to use drugs which having *katu, tikta, ushna, tishna*, properties. In this condition, drugs like *bringraj, nirgundi, nilini, musta, guduchi* can be used.

3. If there is more *kleda* formation, we have to go for *rasapachak. indrayava, patol, katurohini, triphala, trimad, trikatu* these drugs can be used as *rasapachak*. then we can go for *vaman*.

RAKTADHATU-

1. With the continuous use of *tiktarasaahar* there will be chances of impurificationof *raktadhatu*. so we have to do treatment in such way that there would be purification of blood so, we have to use *raktaprasadak* drugs. drugs which having *madhur rasa, sheetavirya* properties. drugs such as *sariva, guduchi, mauktik, tapyadilauhetc* can be used.

2. Ifhair fall due to *raktagatkleda*, for example condition such as psoriasis. we have to use *raktapachak* drugs having *tikta, kashay, ruksha, ushna* properties. drugs such as *sariva, patol, musta, patha* can be used.

MEDADHATU-

1. If there is condition of *medovruddhi*, because of excess of *meda*, there is obstruction in *strotas*. in such condition we have to go for *kledapachan*. we have to use drugs which having *katu, tikta, ruksha, ushna, tikshna* properties. drugs like

kirattikta, guduchi, chandan, sunthi, shigru can be used.

2. If hair fall due to *medkshaya, medovardhak* drugs must be used. drugs which having *madhur rasa, snigdha, guru* properties can be used. drugs such as *vasaghrutt, til, narikel* can be used.

ASTHIDHATU-

1. Hair fall due to *asthidhatvagnimandya* then we have to use *asthipachak* drugs. drugs which having *katu, tikta, ushna* properties drugs such as *guduchi, amalaki, musta* can be used.

2. Hair fall due to *asthikshaya*, then use *asthibalavardhak* drugs. E.g. *godhum, kukkutam, ajasthi*. we have to use drugs which having *madhur, guru* properties. we can go for *tiktakshirbasti* also. *Acharyavagbhata* said that *Asthidharakala* reside on *Pakwashaya* and *Pakwashaya* is the main site of *Vata*. *Basti* is the main treatment for *Vatadushti*. *Panchtikaksheera Basti* provides nourishment to *Asthidhatu* after that *Mala* of *Asthi* (hair) also get nourishment and improved hair fall.

Premature hair fall is a sign of early aging process and *Rasayana* is the best for reversing aging process means anti- ageing therapy. *Rasayana* nourishes the *Asthidhatu* and thereby enhances the growth of hair.

MAJJADHATU-

1. Hair fall due to *majjagatakleda*, then use *majjapachak* drugs. drugs like *guduchi, amalaki, musta, vacha, brungraj* which having *katu, tikta, ushna* properties can be used.

2. Hair fall due to *majjakshaya*, then we have to use *majjavardhak* drugs like *akrod, badaam, til, bramhighrit* which having *madhur, snigdha*, properties.

SWEDA-

1. Due to excessive sweating, hair fall occurs due to *swedakshayaswedajanan* drugs should be used. drugs like *til, tribhuvankirti, shigru, erand, arka* which having *ushna, tikshap* properties can be used.

HYGIENE FOR GOOD HAIR-

Maintenance- *Short Nakha Roma* are preferred for student of *Ayurveda*[16]

Combing of Hair- It helps in transporting oxygen and nutrients to the hair follicles effectively, thus, promoting blood circulation in the scalp, nourishing hair roots, promoting growth, and helping reduce hair loss and removes lice[17]

Hair cut- One should undergo Hair cut thrice in a fortnight. According to *bhela, Keshasamhara* should be done once in a month.

UshnaambuSnana- hairs and head should not be washed with warm water. proper hair wash should be done with cold water. Shampoos and soaps used for hair wash should be mild and free from chemical. Decoction and shampoo made up of herbs like *henna, bringraj, jatamansi, shoesflower, triphala, ghritkumari, shikakai, Bhramhietc* can be used for washing hairs.

Nasya- It Prevents *valipalitakhalitavyanga*. It promotes quality of hair. Everybody should take nasal drop of *anu tail* every year during the rainy, autumn, spring season when the sky is free from cloud. *Shamannasya* is indicated in diseases such as grey hair, baldness, dandruff[18]

Dhumapaana- Regular usage of *Dhumapaana* prevents *Khalitya, PaalithyaSnaihika* *Dhumapaana* is useful in *Kesha&Shmashrupapata*. [19]

Anjana -Anjana is good for *Pakshma*.

Basti - Cures *ValiPalitya*.

Rasaayana - *Rasayana* prevents *Vali, Palitya*

Keshaghna- Shamiphala is *Keshaghna*. [20]

Kshara– excessive usage of *kshara* is *kshaupaghaatakara*.

Madhur rasa-Keshya

Dhatu involvement-Due to *asthidhatukshaya* and *Swedkshaya*, there is a condition called as hair fall [21]

Consumption of *vaarahamamsa* during pregnancy result in offspring with *parusharoma*.

Lavana rasa in pregnancy leads to *SheeghraPalitya & Khalitya*.

Moordhatail (oiling)- hair oiling also strengthens your hair. It provides important minerals and nutrients for the scalp. Oiling also makes hair black long and deep rooted. *behda* oil and *tiloil* can be used on regular basis for the massage oil hair.

Madhuk-Good for hairs [22]

Ushnishka- The wearing of *ushnishka* on head protect the hair from wind, dust, heat etc. which is beneficial for hair

MANAGEMENT OF *KHALITYA* –

In *Ayurveda* various *Bahya* and *AbhyantarChikitsa* is described for *Khalitya*. *Nidanparivarjan* should be first line of treatment. Purification procedure (*panchakarma*)-*vaman*, *virechan*, *basti*, *raktamoshana* should be done according to the *dosha* involve in treatment of hair fall. Mostly there is involvement of *pitta dosha* and for this *virechana* and *raktamoshana* are commonly indicated in falling of hair and

baldness. *Raktamokshana* is one of the *shodhana* therapies. In this, impurity of body and toxic waste of the body is removed through blood and open the blocked hair follicle which helps in growing new hair follicle.

MEDICATED OILS FOR *SHIROABHYANGA* ARE –

- *MahaNeel tail* (*Charak*) [23]
- *Sairiyaka tail* (*Sushrut*) [24]
- *Mahaneel tail* (*A. S.*)
- *Prapaondarikaditail* (*A. H.*)
- *Jatyaditail* (*Yo. Ra.*) [25]
- *Bhrungrajtail* (*Yo. Ra.*)
- *Gunjatail* (*Yo. Ra.*)
- *Kashmaryaditail* (*Yo. Ra.*)

PASTES FOR LOCAL APPLICATION OVER SCALP ARE –

- *Kasis+Mainphala+Tutiya+Marich* (*A. H.*)
- *Kevathimotha+Devdaru* (*A. H.*)
- *Kantkarirasa+Madhu* (*A. H.*)
- *DhaturpatraswarasLEP* (*A. H.*)
- *Kale*
Til+Amla+KamalKesar+Mulethi+Madhu (*A. H.*)
- *Marich+Manshila+Kasis+Tutha* (*Sushrut*) [26]
- *Tagar+DevdaruLEP* (*sushrut*)
- *Kalatil+Amla+Kinjalk+MadhukChurn+Madhu* (*Charak*)
- Paste Of *Tuttha, Kasis, Manshila* And *Marich* (*A. S.*) [27]
- *Chitrak+Karvir+Naktamala+Malati* Paste (*A. S.*)

Anointed with the oil cooked either with *bhadradaru* and *kutannata* (*A. S.*)

A paste of leaves of *Puttikaranja* added with *saindhava* should be applied. (*A. S.*)

Powder of *triphalala*, *arjun* bark and flowers of *sairyaka*, fruits and root of *krusna*, *pinditaka*, *nilotpala*, *lohachurna*, *kasis*, *jambu*, *markav*, *manjishta*, *meshshrungi* and *khadir* moistened with *kardama* and mixed with *anutail* is poured into a box of *asanawood*, which is buried in slush for 1 month. laterits taken out, the paste is applied on the area of baldness after scrapping it with brush with sharp needle. this paste is best to promote growth of hairs. (A. S.)

Tila, *amalaka*, *padfmakinjalka* and *madhuka* made into a paste, added with honey and applied on the head-strengthens the hairs and bestows good colour to them (A. S.)

Ayaschurna macerated in any sour liquid along with *triphalala* and made into a paste is good hair dye. (A. S)

- *Bruhatiswaras+Madhu* (Yo. Ra.)
- *Tiktapatolipatraswaras* (Yo. Ra.)
- *Gokharu+Tilphala+Madhu+Ghrit* (Yo. Ra.)

Medicated Oils for Nasal medication are –

- *Nasyakarma* is specially indicated in *Uradhava- JatrugataVyadhi*.
- *Anu tail, Nasya* (A. S.)
- Useof medicated oils such as *bruhtyadi*and *jivaniyadi* for nasal drops (A. S.)
- *Mahaniltail* (A. S.)
- *Nimba tail* (*Sharangdhar*)[28]
- *Gambharitail* (*Sharangdhar*)
- *Behdatail* (*Sharangdhar*)

So to explore different *Ayurvedic* treatment in *Khalitya*. management of hair fall according to *dosha*, *dhatu*s involvement, this review study was undertaken.

DISCUSSION-

Khalitya is a common but very challenging disease of the world population and can have

a profound effect on physical and emotional state. Aging, lifestyle, dietary habits, mental status, social and family life and many other environmental factors may influence the aging process and their unfavorable effects cause premature aging. premature aging could be a cause of increasing hair fall in peoples. *Viruddhaahara*, *pitta vardhakaharavihara*, *abhishyandiahara*, sedentary lifestyle increases *Pitta* and *Vata*which leads to *khalitya*.

Ayurvedicmanagement for *Khalitya*are *Abhyang*, *shodhan*, *lepan*, *Nasya*, *Rasayana* therapies. *Abhyangchikitsa*, especially with oil is best for *vata**dosha* *shaman*. *Abhyang*of oil which prepared by *kapha*, *pitta* and *vata**hardravyas* helps in *vata shaman* along with *pitta* and *kapha shaman*. *Shirolepankarma* which performed by *vatahar*, *pittahar*and *kaphahardravyas* normalizes *vata*, *pitta* and *kaphadosha* accordingly. *Shodhana* and *nasya karma* is a specialisedtherapy of *Ayurveda*. *Shodhana* is a procedure which takes out the *doshas* from the nearest route of its vitiation. *Rasayana* therapy has immune-modulators, antioxidant properties and rejuvenating action which is very beneficial for the hair fall caused by any chronic illness, premature aging or nutrition deficiency. Treatment of hair fall should be done according to *dhatu*s involvement (*awastha* of *dhatu*s) in pathogenesis of hair fall.

CONCLUSION:

Khalitya is a wicked disease which needs proper management. Some minor changes of life style and dietary habits can prevent hair fall. Proper hair care life oiling, washing, protection from external factors like environment, chemicals, heating etc. is important for preventing hair fall and keeping them healthy. Before starting treatment of hair fall, physician should identify the cause and first treatment should

be *Nidanparivarjana* or management of that cause. Than after other therapies like *Abhyang, lepana, shodhan, nasya, Rasayana* should be prescribed accordingly. hair fall can be treated by knowing *dhatusavastha* in pathogenesis of hair fall. In this way, we can treat the *khalitayaroga* or hair fall effectively.

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