

COMPREHENSIVE AYURVEDIC MANAGEMENT OF KHALITYA: A CASE REPORT

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ABSTRACT

Background: *Khalitya* is an Ayurvedic condition characterized by excessive hair fall and progressive thinning of hair. Its multifactorial nature requires a comprehensive approach addressing systemic and local factors. **Case Report:** A 28-year-old female presented with hair fall (*Khalitya*) for one year, associated with scalp itching (*Shirah Kandu*), hair dryness (*Kesha Rukshata*), and hair thinning (*Kesha Tanutva*). Clinical examination revealed a dry scalp, generalized hair loss, thin hair density, and a positive hair-pull test). Haemoglobin was 9.8 g/dL. The patient was treated with an individualized Ayurvedic regimen comprising *Saptamrit Lauha*, *Praval Panchamrita*, *Amalaki Rasayaana*, compounds of *keshya aushadhi* like *Bhringraj*, *Yashtimadhu*, *Jatamansi*, *Brahmi Churna* along with external application of *Bhringraj Taila* and *Triphala Kwatha* hair wash. *Pathya* and *Nidana Parivarjana* were also advised. The patient was followed for 90 days. **Outcome:** After 90 days, the *Khalitya* score improved from grade 3 to grade 1, while *Shirah Kandu*, *Kesha Rukshata*, and *Kesha Tanutva* improved from grade 3 to grade 0. Haemoglobin increased from 9.8 to 12.2 g/dL. Improvement in hair quality and overall patient satisfaction was also reported. **Conclusion:** The present case demonstrated clinical improvement in hair fall and associated scalp and hair symptoms following comprehensive Ayurvedic management over 90 days.

KEYWORDS: *Khalitya*, hair fall, Ayurveda, alopecia.

INTRODUCTION

In Ayurveda, excessive falling of hair is termed *Khalitya*, which has been described in the classical texts under the broad heading of *Shiroroga*.^[1] It is clinically correlated with alopecia, a general term referring to loss of terminal hair from the scalp.^[2] Although *Khalitya* is not a life-threatening condition, it can significantly affect an individual's self-confidence, psychological well-being, and quality of life. According to a survey, hair fall affects up to 40% of males and 25% of females in India and is also frequently reported among younger individuals.^[3]

Conventional management of hair loss may have recurrence after discontinuation, and potential adverse effects associated with prolonged use of certain therapies. Considering the chronic and multifactorial nature of *Khalitya*, Ayurvedic management offers a comprehensive approach focusing on *Dosha* balance,

correction of causative factors, *Rasayana*, and nourishment of the tissues involved in hair growth.

In the present case, the patient was diagnosed with *Khalitya* based on the presenting signs and symptoms and clinical examination. Accordingly, Ayurvedic management was planned with internal and external therapies. Internal medications with *Rasayana*, *Pitta-shamaka*, *Raktaprasadana* and *Dhatu-poshana* properties were administered to provide systemic support, while external therapy was used to support scalp and hair health. The treatment approach was individualized according to the patient's clinical presentation and was aimed at reducing hair fall, improving hair quality, and promoting healthy hair growth.

CASE REPORT

A 28-year-old female patient presented to the OPD with complaints of hair fall (*Khalitya*), itching of the scalp (*Shira Kandu*), dryness of hair (*Kesha Rukshata*) and thinning of hair (*Kesha Tanutva*).

History of Present Illness

The patient presented with a history of hair fall (*Khalitya*) since 1 year. Since 3 months, she developed itching of the scalp associated with dandruff. She gradually developed hair fall. Subsequently, she noticed dryness and thinning of the hair.

During this period, she intermittently underwent allopathic treatment, but did not experience satisfactory or sustained improvement. The patient also reported mental stress related to hair fall, which was associated with difficulty in sleep.

Therefore, after trying other treatments, she approached the Ayurvedic OPD seeking complete relief through Ayurvedic treatment.

History of Past Illness

There was no significant history of any relevant past illness.

Family History

There was no history of such illness among the family members.

Personal History

Diet: Vegetarian

Micturition: 3–4 times/day, 0–1 time/night

Appetite: Moderate

Sleep: disturbed

Bowel habit: Irregular, with a tendency towards constipation

Addiction: Nil

AIMS AND OBJECTIVE

To evaluate the effect of Ayurvedic management in a case of *Khalitya* (hair fall).

MATERIALS AND METHODS

- Study design – Randomized open labelled clinical study with pre-test and post-test design.
- Conceptual study – A review of relevant Ayurvedic and modern literature on *Khalitya* was carried out.
- Clinical study – Detailed history taking, general and local examination of the scalp and hair, assessment of associated complaints, and evaluation of the treatment outcome were carried out.

ON EXAMINATION

A) Ashtavidha parikshan

1. *Nadi* (Pulse): 78/min, regular.
2. *Mala* (Stool): Often constipated
3. *Mutra* (Urine): Frequency normal
4. *Jihva* (Tongue): Coated

5. *Shabda* (Speech): Clear
6. *Sparsha* (Touch): Normal
7. *Drik* (Eyes): Normal
8. *Akriti* (Built): *Madhyam*

B) Systemic Examination

- Respiratory Examination – AEBE Normal
- Central Nervous System- Conscious and oriented
- Cardio Vascular System- S1S2 normal

C) General Examination

- Pulse rate – 78/min
- Blood pressure – 122/86 mmHg
- SPO2 – 98%
- Weight – 54kg

D) Local Examination

• Scalp Skin Examination

Nature- Dry

Inflammatory skin disease – Absent

• Hair Examination

Density -Thin

Colour - Brownish Black

Texture- straight

Alopecia –Generalized

• Hair pull test

Positive (7-8 hairs)

A small amount of hair (10-15) should be held and traction is applied from different parts of scalp.^[4]

Normal range - 1-3 hairs

For hair loss -> 3 hairs

Samprapti Ghatak^[5]

- *Dosha* – *Kapha* (*Tarpaka*) *Pitta* (*Pachaka*, *Bhrajaka*) *Vata* (*Samana*, *Vyana*)
- *Dushya* – *Rasa*, *Rakta*, *Asthi*
- *Mala* - *Sweda*, *Kesha*
- *Srotas* – *Rasavaha*, *Raktavaha*, *Asthivaha*, *Swedavaha*,
- *Manovaha* *Srotas*.
- *Agni* – *Jatharagni*, *Dhatwagni*
- *Srotodushti* – *Sang*
- *Rogamarga* - *Bahya*
- *Udbhava sthana* - *Amashaya*
- *Sancharasthana* - *Urdwagata Rasayanis*
- *Adhithana* - *Keshabhoomi*
- *Vyadhi swabhava* – *Chirakari*
- *Sadhyasadyata* - *Krichha Sadhya*

Diagnostic Assessment – Based on the signs and symptoms the present case was diagnosed as *Khalitya*. The assessment was done by comparing the baseline parameters with 3 months of Ayurvedic treatment.

Lab. Investigation

Blood investigations of the patient reveal Hb- 9.8 g/dl. TLC, DLC values were within normal limits.

THERAPEUTIC INTERVATION

The details of the medication prescribed have been mentioned in below table.

Sr.No.	Drugs	Dose	Time	Route	Anupan	Duration
1.	<i>Saptamrit Lauh</i>	500mg	BD	Oral	Luke warm water	90 days
2.	<i>Praval panchamrit</i>	500mg	BD	Oral	Luke warm water	90 days
3.	<i>Amalaki Rasayana</i>	1gm	BD	Oral	Luke warm water	90 days
4.	<i>Bhringraj + Yashtimadhu + Jatamansi + Brahmi Churna</i>	Each 500mg	BD	Oral	Luke warm water	90 days
5.	<i>Avipattikar Churana</i>	5gm	HS	Oral	Luke warm water	90 days

Drugs Used Externally

Bhringraj Taila - Apply twice a week with Gentle massage.

Triphala Kwatha for hair wash - The patient was advised to wash the scalp and hair with Triphala Kwatha once a week, gently massage and keep for 15 minutes then rinse with lukewarm or normal water.

Advised

Pathya: The patient was advised to take a balanced nutritious diet, maintain adequate hydration and sleep. Proper scalp hygiene, gentle hair washing and combing,

and avoidance of excessive heat, tight hairstyles and harsh hair products were advised.

In addition, *Nidana Parivarjana* was strictly advised, which included avoidance of stress, incompatible foods (*Viruddha Ahara*), and irregular sleep patterns.

Grading For Assessment Of Disease

The results of the therapy were assessed on the basis of clinical signs and symptoms mentioned in the ayurvedic texts before the start of the therapy and after completion of treatment.^[6]

Assessment criteria	Gradation	Gradation score:
Khalitya(Hair fall)	- No hair fall - Hair fall by washing. - Hair fall by combing. - Hair fall by simple stretching.	0 1 2 3
Shirah Kandu (Itching on scalp)	- No itching on scalp - Mild itching on scalp (occasionally present but it doesn't disturb normal activities) - Moderate itching on scalp (often present and it disturbs normal activities) - Severe itching on scalp (continuously present and it disturbs normal activities)	0 1 2 3
Kesha Rukshata (Dryness of hair)	- No dryness of hair - Mild dryness of hair (dryness can be seen on hair but on touch it feels smooth it requires ap-prox. 15-20ml oil) - Moderate dryness of hair (dryness can be seen on hair as well as on touch also it feels dry and to become smooth it re-quires approx. 20-25ml oil) - Severe dryness of hair (hair lost its luster as well as on touch it feels dry and it doesn't become smooth with 25-30ml oil)	0 1 2 3
Kesha Tanutva (Thinness of hair)	- No thinness of hair - Mild thinness of hair - Moderate thinness of hair - Severe thinness.	0 1 2 3

RESULT

Follow up and outcome – The patient was on regular follow-up once a week for three consecutive months.

After 90 days, Significant reduction in all symptoms was noted. No any adverse effects were reported during the treatment.

Table – Improvement in symptoms (based on assessment criteria).

Sr. no.	Symptoms	0 day (before t/t)	At 30 th day	At 60 th day	At 90 th day
1	<i>Khalitya</i> (Hair fall)	+++	+++	++	+
2	<i>Shirah Kandu</i> (Itching on scalp)	+++	++	+	0
3	<i>Kesha Rukshata</i> (Dryness of hair)	+++	++	+	0
4	<i>Kesha Tanutva</i> (Thinness of hair)	+++	+++	+	0

Table –Effect of therapy on hematological parameter

Sr. No.	Test done	Observed value		Reference range
		Before treatment (22/01/2026)	After treatment (24/04/2026)	
1	Hb%	9.4 gm/ dl	12.2 gm/ dl	13-18: male 11.5-16.5: female

DISCUSSION

Khalitya is a multifactorial condition characterized by excessive hair fall and progressive hair thinning. The condition was considered to involve *Tridosha*, particularly *Vata-Pitta*, with involvement of *Rakta* and *Asthi Dhatu*. Treatment was therefore planned with internal medicines, *Rasayana* therapy, external application of *Bhringraj Taila*, *Triphala Kwatha* hair wash, and appropriate *Pathya*.

After 90 days of treatment, improvement was observed in all assessed symptoms. *Khalitya* improved from grade 3 to 1, while *Shirah Kandu*, *Kesha Rukshata* and *Kesha Tanutva* improved from grade 3 to 0. Haemoglobin also increased from 9.8 to 12.2 g/dL. Overall, the patient showed clinical improvement with the comprehensive Ayurvedic management.

Mode Of Action Of Drugs

1. **Saptamrit Lauha**^[7]: It is an iron-containing Ayurvedic formulation, having *Pitta-shamaka* and *Raktaprasadana* properties. Its *Loha* component supports *Rakta Dhatu* nourishment and may help address iron deficiency when present. Through improved *Rakta Dhatu* quality and systemic tissue nourishment, it may support the health and strength of hair roots and thereby contribute to reduction of hair fall.
2. **Pravala Panchamrita**^[8]: is a *Pitta-shamaka* formulation containing predominantly calcium-rich *Bhasma* such as *Pravala*, *Mukta*, *Shankha*, *Shukti* and *Kapardika*. Its *Madhura-Sheeta* and *Pitta-shamaka* properties help in alleviating *Pitta* and supporting tissue nourishment.
3. **Amalaki Rasayana**^[9]: has antioxidant, *Pittahara*, and *Dhatu-poshana* properties. *Amalaki* is traditionally described as *Tridosha-shamaka*, particularly *Pittahara*, and is considered supportive of *Rakta Dhatu*. Its rich content of vitamin C and other bioactive constituents may provide antioxidant support and contribute to the maintenance of healthy hair and scalp.
4. **Bhringraj Churna**^[10]: *Keshya* and *Rasayana*; supports hair follicle nourishment, promotes hair growth, and helps reduce hair fall.

5. **Yashtimadhu Churna**^[11]: *Yashtimadhu* possesses *Madhura*, *Snigdha* and *sheeta* properties with *Rasayana* action, which help in *Pitta-Rakta shamana* and nourishment of the tissues, thereby supporting *Kesha poshana* and reducing dryness of hair.
6. **Jatamansi Churna**^[12]: *Medhya*, helps reduce stress-related factors.
7. **Brahmi Churna**^[13]: Acts as a *Medhya-Rasayana* with *Pitta-pacifying* properties and supports mental well-being, thereby helping to address the psychological component associated with stress-related hair fall.
8. **Avipattikar Churna**^[14]: Traditionally used for *Pitta-shamana* and digestive support; helps maintain proper digestion and may support overall hair health by addressing *Pitta*-related digestive imbalance.
9. **Bhringraj Taila**^[15]: *Keshya* and *Rasayana*; traditionally used for promoting hair health and supporting hair growth. Its action may be attributed to scalp nourishment and promotion of the anagen (growth) phase of the hair cycle.
10. **Triphala Kwatha**^[16] - It promotes scalp cleansing, it has natural antifungal and anti-inflammatory activity, reduces excess sebum and dandruff-associated scalp inflammation.

CONCLUSION

The present case highlights the therapeutic potential of comprehensive Ayurvedic management in *Khalitya* through a multimodal approach. The combination of internal medicines like *Saptamrit Lauha*, *Pravala Panchamrit*, *Rasayana* therapy like *Amalaki Rasayana*, *keshya aushadhi* like *Bhringraj*, *Yashtimadhu*, *Jatamansi*, *Brahmi churna*, along with *Bhringraj Taila*, *Triphala Kwatha* for external hair care and appropriate *Pathya* was associated with improvement in hair fall, scalp itching, hair dryness and hair thinning. The observed clinical improvement over 3 months suggests that a comprehensive Ayurvedic approach may be beneficial in the management of *Khalitya* and in improving overall hair and scalp health.

Declaration of patients consent - Patient's written consent has been collected and preserved by the author(s).

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Conflicts of interest

There are no conflicts of interest.

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