

Khalitya Associated With Darunaka: An Ayurvedic Approach To The Management Of Hair Fall And Dandruff—A Case Report

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ABSTRACT

Khalitya (kehspatan) commonly known as hair fall or, in medical terms Alopecia. It comes under the heading of Kshudra roga (Ach. Sushruta) or Shiroroga (Ach. Vagbhata). Khalitya is essentially a Tridoshjanya Vyadhi with Pitta dominance, i.e. Raktadosha combines with Vata, Pitta and Kapha doshas. Khalitya is usually caused by usage of various types of chemical's present in hair products like shampoo, conditioner, hair gel's etc. also the pollution in our surrounding mainly the dust and unhygienic lifestyle and more. A 23-yr old female patient reported at the Vishchikitsa OPD of Rani dullaiya ayurvedic college and hospital, Bhopal with the primary complaints of kesh shatan (hair fall) and shira kandu (itching of scalp) with darunaka{dandruff}. In this case, the patient was advised to undergo Pracchan karma with some oral medication. The therapy's effectiveness was evaluated based on the difference between the patients pre- and post-treatment signs and symptoms.

KEYWORDS: *Khalitya, Alopecia, Darunaka, Pracchan karma, Aushadh.*

INTRODUCTION

In Ayurveda, hair loss is termed as *Khalitya*¹ and categorised as a *Kshudra roga*. The increasing prevalence of *Khalitya* is attributed to various etiological factors, including dietary habits, environmental changes, and lifestyle trends that negatively affect hair health. *Khalitya* is a *Pitta-dominant Tridoshaja vyadhi*² where *tejas mahabhoota* combines with *vatadi dosha* and reaches the *shira-kapala* and causes hair fall by *dahana* of *romakupa* (hair follicles)³. In Ayurvedic texts, *Kesha* is described as an *upadhatu* of *Asthi dhatu*, with its nourishment dependent on *Majja dhatu* and the balance of *Doshas*. When *Asthi dhatu* undergoes metabolism through its own *agni*, *Majja dhatu* is formed from its essence, and simultaneously, the hair of

the scalp and body emerges as the *upadhatu* of *Majja dhatu*. Hair is considered a significant aspect of beauty and personality, impacting mental well-being and social confidence.

रोमकूपानुगं पित्त वातेन सह मूच्छितम् । प्रच्यावयति रोमाणि ततः श्लेष्मा सशोणितः ॥३२॥
रुणद्धि रोमकूपांस्तु ततोऽन्येषामसम्भवः । तदिन्द्रलुप्तं खालित्यं रुज्येति च विभाव्यते ॥३३॥

Khalitya-vāta combined with Pitta, enters the hair follicles and causes the hair to fall out. Subsequently, Kapha, mixed with Rakta (blood), blocks/occludes the hair follicles (pores), due to which new hairs do not grow at that particular site. This condition is called *Indralupta*, *Khalitya*, and *Rujya* ॥३२-३३॥⁴

There are several possible causes of hair loss in women, including:

- Damaged hair follicles.
- Changes to your eating habits (rapid weight loss).
- Stress
- Chemical hair treatments.
- Treatments like chemotherapy or radiation therapy.
- An underlying health condition like an abnormal thyroid, anaemia, vitamin deficiency, etc.
- Hormonal changes (pregnancy, menopause).
- Certain medications and supplements (blood pressure medicines, gout medicines and high doses of vitamin A).
- Genetic predisposition (it runs in your biological family history)⁵

The incidence and prevalence rate of hair fall are significant concerns, especially among men and women. Here are some key statistics⁶:

- 85% of men and 33% of women will at some time face hair loss.
- By age 50, around 85% of men will have signs of thinning hair.

According to one study, dandruff is possibly the result of three factors: -

1. Skin oil, commonly referred to as sebum or sebaceous secretions
2. The metabolic by-products of skin micro-organisms (most specifically *Malassezia* yeasts)
3. Individual susceptibility and allergy sensitivity⁷.

The cause is unclear but believed to involve a number of genetic and environmental factors. As the skin layers continually replace themselves, cells are pushed outward where they die and flake off. For most individuals, these flakes of skin are too small to be visible. However, certain conditions cause cell turnover to be unusually rapid, especially in the scalp. It is hypothesised that for people with dandruff, skin cells may mature and be shed in two to seven days, as opposed to around a month in people without dandruff. The result is that dead skin cells are shed in large, oily clumps, which appear as white or greyish flakes on the scalp, skin and clothes.

In Ayurveda, dandruff is correlated with *Darunaka*, which is described under *Kshudrarogadhikara*. *Darunaka* is primarily considered a *Vata-Kaphaja* disorder affecting the scalp. The clinical features of *Darunaka* correspond closely with those observed in dandruff, including *Kandu* (itching), *Rukshata* (dryness), *Keshabhumi Kathinya* (alteration or hardness of the normal scalp texture), and *Twak-Sphutana* (scaling or flaking of the skin).

दारुणा कण्डुरा रूक्षा केशभूमिः प्रपाद्यते । कफवातप्रकोपेण विद्यादारुणकं तु तम् ॥ ३४ ॥

Dārunaka: Due to the aggravation of *Kapha* and *Vāta*, the region of the hair (scalp) becomes hard/rough to the touch, itchy, dry, and associated with cracks/fissures (a cleft-like or split formation in the skin, resembling a cut or tear). This condition is known as *Dārunaka* ॥३४॥⁸

Broadly, Ayurvedic management of *darunaka* (dandruff) focuses on restoring the body's balance and improving immunity through internal medicinal formulations. In addition to internal therapies, Ayurveda also recommends various external therapeutic approaches, including *Lepa*, *Dhupana*, *Varti*, *Kavala*, *Gandusha*, and *Shirobasti*, depending on the condition and therapeutic requirements^{9,10}.

CASE HISTORY

1. Case Report:

The clinical diagnosis of *Khalitya* was established after a detailed history was taken, including past and family history with clinical examination.

A 23-year-old female patient came to OPD of *Visha chikitsa*.

Complaints of the patient are as follows: -

1. *Kesh-shatan*-hair fall

2. *Shiro-kandu*- itching of scalp
3. Thinning of hair
4. Disturbed sleep

2. On Examination:-

Hair pull test was positive (15 to 20 hair strands were present on one pull)

a) History Of Present Illness:

The patient experienced *kesh-shatan*, thinning of hair and *shiro-kandu* with *darunaka* in the last 5 months. Which gradually increased in the past 2 month. Patient said she was not under any kind of stress. But patient suffered from disturbed sleep due to itching and feeding baby. Treatment for which she came to *Visha Chikitsa* OPD of RDM Ayurveda College and hospital, Bhopal.

b) History of past illness:

There was no H/O DM/HTN/RA/Thyroid, nor there was any history of chronic or major illness seen.

c) Family History:

No family history was found for same.

d) Personal History

Table: 1

Religion	Hindu
Socioeconomic status	Middle class
Marriage history	Married
Children	One girl (8 months old)
Satva	Avar
Kostha	Madhyam
Diet	Vegetarian
Hair wash duration	Once in a week
Occupation	House wife
Predominant rasa in diet	Lavan
addiction	Tea (5-6 times/day)

PARIKSHA

Table: 2

Nadi	VP
Mala	Constipated
Mutra	Samanya
Jivha	Niram
Nidra	Disturbed
Shudha	Samanya

TREATMENT PROTOCOL

Table: 3

Name of the drug for Internal medication/ Section	Tab. <i>Dushivishari agada</i>	<i>Asthiposhak vati</i>	<i>Amapachaka Vati</i>	<i>Bhringrajasava</i>
Dose	2*TDS	2*BD	2*BD	20ml*BD
Route of administration	oral	Oral	oral	oral
Time of administration	Morning- afternoon- night	Morning- evening	Morning- evening	Morning- evening
<i>Anupana</i>	Madhu(honey)	Luke warm water	Luke warm water	20ml of Luke warm water
Duration	30 days	45 days	15 days	45 days

Table: 4

Section/External medication	Shyamla shampoo	<i>Dhurdhurpatradi keram</i>
Route of administration	External (on scalp)	External (on scalp)
Time of administration	Twice a week	Twice a week overnight
Dose	Q. S	Q. S
Way of application	In scalp	In roots of hair
Duration	45 days	45days

SHODHANA KARMA-PRACCHAN:

- **Purva karma:**

Scalp was exposed by parting the hairs, cotton dipped in triphala-kwatha was applied on exposed scalp area for prevention from septic condition.

- **Pradhan karma:**

Pracchan karma with an insulin needle[lancet] was done; the prick made was 1.5mm deep. Oozed blood was cleaned with cotton dipped in *triphala-kwatha* and thus continuing the *pracchan karma*.

- **Paschat karma:**

After the *pracchan karma* a *lepa* was prepared in luke warm water with *bhringraj churna* + *triphala churna* + *daruharidra churna*. And was applied covering the whole scalp, specifically on the area where *pracchan karma* was done.

Sitting of pracchan karma	15 th day	30 th day	45 th day
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Images related to Procedure:



ASSESSMENT

Patient was called on the following days

Table: 5

Symptoms/Grading	0 th day	15 th day	30 th day	45 th day
<i>Kesha-shatan</i>	++++	++++	+++	+
<i>Shiro-kandu</i>	+++	++	+	0
Thinning of hair	++++	+++	+++	++
<i>Darunaka</i>	+++	+++	++	+

On 45th day of the treatment some small hair follicles were seen emerging on frontal area of the scalp region.

BEFORE AND AFTER TREATMENT:



Before Treatment



After Treatment: - Result

DISCUSSION

In Ayurveda, *Khalitya* is categorized under *Shiroroga* and *Kshudra Roga* and is primarily associated with the vitiation of *Tridosha*—especially *Pitta*—along with *Rakta Dushti* and disturbances in *Asthi-Majja* metabolism. Ayurvedic management follows a comprehensive approach involving *Nidana Parivarjana* (avoidance of causative factors), *Shodhana* (detoxification therapies) such as *Nasya Karma* and *Raktamokshana*, and *Shamana* (palliative measures) like medicated oils and herbal preparations.

Dushivishari agada has properties of detoxification, anti-inflammatory and anti-microbial. Its efficacy is rooted in its ability to eliminate *Dooshivisha*, purify blood and balance aggravated *doshas*, particularly *pitta* and *kapha*. *Asthiposhak vati* contains ingredients like *kukkutandtvak*

Bhasma and *amalaka*, a potent calcium supplier and *rasayan* which nourishes the *asthi dhatu* and supports hair growth, and is useful in treating *Khalitya* and *Indralupta*. *Ampachak vati* balances *VP doshas*, thus helping in *Khalitya* as it has *pitta dushti*. *Bhringrajasava* has *prabha* which works on hair follicle stimulation and hepatoprotection. *Dhurdhurpatradi keram* is an oil, which contains *dhatura* and coconut oil with base as sesame oil, which in turn shows antifungal, antimicrobial and nourishing properties thus helping in hair growth. *Bhringraj asava* is intrinsically has medical properties like *keshranjak*, antioxidant, anti-inflammatory, nourishment and many other properties. Shymla shampoo a proprietary medicine containing *arishtaka*(ritha), *amlaki*(amla), *saptala*(shikakai), *nakhranjani*(henna) and *nimbuka* and *jambira* (lemon) showing gentle cleansing properties, preventing hair fall, reducing split ends and promoting healthy & lustrous hair.

All these drugs show significant effect on hair follicle growth, removing blockages by *shaman* of *vatta* and *pitta dosha* and relieving blockages caused due to impaired movement of *kapha* and *rakt dosha*. Similarly, when *Pracchan karma* type of *raktmokshana* is done on the patient's scalp, it helps *kapha dosha* and *rakta dhatu* ooze from the pricking site, thus creating passage for new *romkoop* to originate.

CONCLUSION

In today's scenario, *Khalitya* is a serious problem due to an increase in cases with time, caused by improper dietary habits, pollution, unhygiene, excessive intake of *katu* and *lavana padarth* etc. Adequate oiling of hair, regular washing, healthy diet, and good lifestyle promotes hair growth and overall health. With this case it can be concluded that internal medication followed by external application and *pracchan karma*, is capable of promoting hair growth. All these, when combined, help in pacifying aggravated *vata* and *pitta dosha* and prevents *dahana* of *roma-koop* and also unblock the *roma-koop* by pacifying *kapha* and *rakta dosha*. The medication and *pracchan karma* were all done to evaluate the efficacy of the drugs and *raktmokshana* on *Khalitya* and *Darunaka*.

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