

IMPORTANCE OF YOGA IN KESHAVIKAR

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Abstract

Yoga is admirable form of complementary and alternative treatment. It is practiced in developing as well as developed countries. Use of yoga for various bodily ailments is recommended in ancient Ayurvedic texts and is being investigated scientifically. Many yoga protagonists claims that it is useful in (Hair disorder) Keshavikar. However its very important to understand that yoga can help to prevent the condition at first stage rather and results shown in prevention can be better than the results shown in cure. Hair condition is directly related with your general health. Doing yoga will not only give you healthy hair but also benefit your whole system. Whatever the reason behind hair problems, yoga works best in providing quality life to hair. Yoga does not directly deal with the hair problems, but yogic asanas and breathing techniques help to address the root reasons causing them. Yoga appears to be a feasible, safe, effective and acceptable non-pharmacological option for Keshavikar. More studies involving larger sample size could be carries out to establish its utility in this condition.

Key Words:- Keshavikar, Yoga, Non Pharmacological treatment

Introduction

In current era of modernization, hair plays a vital role in enhancing your look. Hair has its own role in improving your beauty, Self-image and social sensing personality while dry, brittle, freeze hair hampers your look. Hair loss and damaged hair from over styling seems to be more common these days.

Hair quality is the reflection of your internal health and personal hygiene, which outright your lifestyle pattern. Hair

problems may be an indication of internal pathology also.

Many times we are using expensive hair products advertised on T.V., News papers, or health magazines to prevent hair problems but still unable to control them. You may also visit consmetologist to solve your problem but you forget the easiest and most economical remedy at your hand, yoga. Yes yoga has a beneficial role in imparting healthy hair.

The most who are a affected with this problem is the young

population not only men but also women. And people are spending lots of money to get rid of this problem but all in vain. In our ancient ayurvedic granthas it is said that hair and nail are the malas of the asthi dhatu i.e.they develop from the asthi dhatu. Acharya sushruta had said in his Sushrut Samhita that the drushti and the lomakupaa never grow throughout lifetime but hairs and nails do. Acharya charak have also mentioned in his text that hairs are the mala of asthi dathu. Acharya sharangdhara have mentioned that Kesh, lome are upadhatu of majjadhatu.

Aims and Objectives

- 1) To Compile the references about yogasanas for Keshavikar from yogadarshan
- 2) To find the correlation between yogasans and Keshavikar with the help of Ayurvedic principles

Materials and Methods:

Various Ayurvedic classic texts have been used for this study as source materials. Main Ayurvedic books used for Charak. Samhita, Sushruta, Samhita, Ashtang Sangrah, Ashtag. Hriday, patanjali yog-darshan. Apart this relevant modern medical science books and websites are also been used for this.

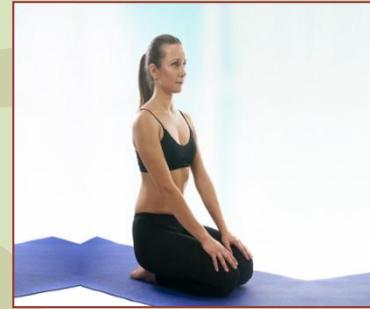
Literary Review

Our ancient yoga practices have now became very popular worldwide. Many yoga poses are available to cure diseases. We perform yoga for well being and cure our health problem is Keshavikar for which we have few common posses to cure.

The best time to perform this poses is always early in the morning while sun rises.

1. Thunderbolt pose or vajrasana

The posture thunderbolt is also known as diamond pose. Sit on the knees while resting the back on your heels place the palms on the thighs, facing downwards. Keep the back; straight; inhale and exhale deeply. Sit in this position for two minutes at a stretch.



2. Downward facing dog pose or Adho mukha savasana

Downward facing dog pose is an ideal stress buster. Stand on the mat with the feet flat. Keep the hands on either side of the body while facing the palms towards the thighs. Bring the body downwards slowly, while bringing the palms to the ground. Tuck your tummy in and inhale deeply. Hold this position for a minute and come back to the earlier position while exhaling.



3. Shoulder stand pose or Sarvangasana :

Lie down on your back and lift the legs from the floor to make a ninety-degree angle. Exhale and raise your waist simultaneously while pushing the legs backward beyond the head.



4. Standing forward bend pose or Uttanasana

To perform this yoga posture, stand erect. Inhale deeply and bend forward in such a way so that your palms touch the ground. Stay in this position for thirty seconds and come up.



5. Camel pose or Ustrasana:

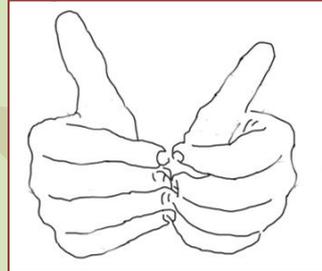
Baba Ramdev, who is a popular yoga guru in India, advises this yoga for hair growth. To perform this, sit on your knees on a mat and keep the hands on the waist with the thumbs behind. Lift up your body and hold the feet with

your hands. Hold the position for thirty seconds for best results.



6. Rubbing nails posture or Balayam Yoga –

Rubbing nails posture is the easiest yoga you can practice anytime. To do this, curl your fingers of the both hands inwards to the palms. Bring all the nails in contact with each other and start rubbing them generously. Try this posture for two minutes at a stretch.



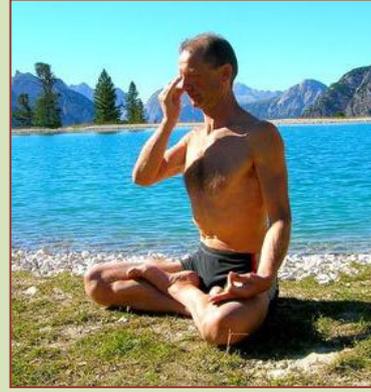
7. Rabbit pose or Sasangasana

Sit on your knees on a mat, and keep the hips on the heels. Now, put both your hands on the back and try to hold the heels. Place the top of the head on the floor and slowly lift up the hips. Hold the position for two minutes and restore to earlier position.



8. Fish pose or Matsyasana

Lie down straight on your back with the hands at the back of your thighs. Put pressure on the elbows and Pull the stomach portion upwards. Hold this position for thirty seconds and come down.



Hope you got an idea on the perfect yoga asanas for hair growth and their way of practice.

9. Raised feet pose or Uttanpadasana

Raise feet or uttanpadasana is not same as Uttanpadasana. In this posture, you do need to push your legs backward, and do not need to lift the hips as well. Keep your legs raised to create a ninety degree with the floor.



10. Deep breathing or Kapalbhati

Another invention by Guru Ramdev, Kapalbhati is just like meditation. You need to sit on padmasana and inhale and exhale deeply. Close the right nostril with the thumb and inhale by the left nostril. Release the closed nostril and exhale. Repeat the process with the other nostril the same way.

Benefits of Aasans:

The physical aspects of what is called yoga in recent years the asanas has been much popularized in the west due to the vast amount of benefits.

Physically the practice of asanas is considered to:

- Improve flexibility
- Improve Strength
- Improve balance
- Reduce stress and anxiety
- Reduce symptoms of lower back pain be beneficial for asthma and chronic obstructive pulmonary disease (COPD)
- Increase energy and decrease fatigue
- Shorten labor and improve birth outcomes
- Improve physical health and quality of measures in the elderly
- Improve diabetes management
- Reduce sleep disturbances
- Reduce hypertension
- Improve blood circulation
- Reduce weight

Literary Review of Keshavikar

- In Ayurved terminology, hairfall is known as Khalitya, premature graying is known as palitya and other kinds of alopecia come under indralupta. Through tridoshik (vata, pitta, kapha) imbalance is responsible for Keshavikar but pitta dosha is main culprit that has been the root cause of it.

Keshavikar (Hair Problem) might be:

- Hairfall (Khalitya)
- premature graying of hairs (Palitya)
- Dandruff (Darunak)
- Hairloss in patches (Indralupta)
- Weak and fragile hairs
- Thinning of hairs

Common Causes of Keshavikar

- Vegavidharan (supersession of natural urges)
- Abhyang Dwesha (Grudge against manage)
- Ama (Undigested or semidigested material)
- Raja (dust), dhooma (smoke), aatap(heat), hima (cold)
- Avashyaya (Exposure of frost at night)
- Prajagaran (Waking at night)
- Divaswap (Day Sleep)
- Sheetambu sevana (The use of very cold water)
- Atimaithuna (Excessive sex act)
- Prakvata (facing head winds)
- Asatmya Gandh (Inhalation of unwholesome odours)
- Manahtapa (Mental Affliction)
- Madya (Intoxication), Rodan (Exercise Weeping)
- Uchaibhashya (Talking too loud)

Samprapti Ghataka

Dosha:	Vata	-
Saman, Vyan		
	Pitta	-
Pachak Pitta, bhrajak pitta		
	Kapha	-
Tarpak kapha		
Dushya:	Dhatu	-
Rasa, Rakta, Asthi		
Strotas:	Rasavaha,	
Raktavaha, Asthivaha,	Swedavaha,	
Manovaha		
Udbhav Sthan:	Amashaya	
Adhistan:	Keshbhoomi	
Rogamarga:	Bahya	
Rogmarga including Trimarma (Shira)		

Samprapti of Keshavikar

- ❖ Pitta along with vata involves hair follicles and cause hairfall and thereafter Shleshma along with shonita obstructs the channel of Roomkoopa leading to the stoppage of the regeneration of the hair and this condition is known as Indralupta, Khalitya or Ruhya (Su.Ni 13/32-33)
- ❖ Due to Krodha (anger), Chinta (stress) and Shrama (exertion) dehoshma (pitta) get vitiated and resides in Shira and leads to graying of hair. It is known as Palitya (Su.Ni. 13/36)
- ❖ According to Acharya Charaka Khalitya as a negotiation of dusta pratishyaya (Cha.Chi 26/107) or due to excess use of Kshar and lavana (cha.Vi. 1/17)
- ❖ Due to vitiation of Kapha & Vata Keshbhumi (Scalp) become daruna (hardness) Kanduyukt (itchiscalp) rukshya (dryness) and flaky (Su.Ni. 13/34)

Benefits of Yoga in Keshavikar

- Yoga is the foremost system to improve blood circulation to specific parts
- The yoga exercises for hair fall greatly improve oxygen flow to the scalp which is by far the best medicine for hair fall
- Yoga poses also help in overcoming anxiety, stress, indigestion which are considered the underlying causes of hair fall. Pranayams and breathing exercises prevent baldness and facilitate hair growth by reducing stress and sense of wellbeing.

Discussion:

Fundamentally, Acharya sushrut has classified Keshavikar into vata, pitta, Kapha and Rakta. According to modern science yogasan affects C.V.S., N.S., Thyroid gland and have positive effect on Endocrine system. Yogasan increase flow of blood in brain, which is nutrient for brain and hair. Some of asanas invigorates and refreshes both the body and mind, removes fatigue and gives soothing for the entire system. The asan like Shirshasan makes the hair root strong improves the circulation at hair roots. Asanas like Sarvangasan, Mastasyasan improves the functions of digestive and excretory system and keep doshas in balances state. Pranayam keep Tridosha in balanced state. All these factors help to prevent the various Keshavikaras. Thus we can prevent hair falling (Khalitya) and grayness of hairs and promote growth of new hairs.

Conclusion :

- This study emphasizes the importance of Yogasana in Keshavikar.
- It was concluded that Yogasana is partially effective in management of Keshavikar
- As today due to various changing life style some disturbance are coming, we can sortout them with following yoga

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