



BILWA KWATH KESH DHAWAN IN KHALITYA W.S.R. TO HAIR FALL: A REVIEW

Ayurveda

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ABSTRACT

Background: Since the old centuries, hair is considered a characteristic sign of beauty and it is contributing to a psychological perception of attractiveness. In the 21st century, hair is still one of the important beauty marks. Hair loss has several reasons that would cause direct psychological impact on person. **Need for the Study:** Universally, hair fall is an extremely common disorder that affects roughly 50% of man and perhaps, as many women older than 40 years. **Method:** Various treatments are available for hair fall like, topical hair and scalp preparations, hair transplant surgery which is widely used for prevention and treatment of hair fall but it causes permanent tissue atrophy. In Ayurveda Gadnigraha, Bilwa Kwath is an Ayurveda herbal decoction mentioned and it's used to treat Khalitya (alopecia or hair loss). The properties of Bilwa Kwath has been shown to promote hair growth and increase hair density and also Bilwa Kwath has been observed to improve scalp health, reducing dandruff and itchiness. The fruit contains mucilage, pectin, sugar, tannins, volatile oil, resin, and ash. It also contains a active compound called marmelosin. Marmelosin displayed potential multi-potent antioxidant, anti-inflammatory and anticancer properties **Conclusion:** That's way Bilwa Kwath has anti-inflammatory properties, which help reduce scalp inflammation and promote hair growth and Bilwa Kwath has been reported to be safe for consumption, with no significant side effects.

KEYWORDS

Hair loss, Khalitya, Bilwa Kwath, Ayurveda

INTRODUCTION

The 2% of the Global population is affected by the hair loss. According to Ayurveda, hair is closely related to Asthi Dhatu (Bone tissue). Any product which increases Asthi Dhatu will consequently help to improve the quality of hair. Khalitya, described as one of the Kshudra Roga in Samhita. In Samhita, Acharya Sushruta described Pitta present in the root of hair follicles associating with Vata, make the hair to fall off then Kapha together with Rakta blocks the channel of hair follicles leading to stoppage of the regeneration of hair. This disease is called Indralupta, Khalitya or Ruhya. The clinical research has enabled a better understanding, especially in terms of control of hair follicle cycling.^[8] In the present scenario, there are varieties of cosmetic products like oils, shampoos, soaps and gels claiming to help with hair growth. But these products can make the problem worse and are too expensive for most people. The modern treatment protocol includes some Topical testosterone, Apical or Intraregional oestrogens or Corticosteroids and local ointments are used, however these have some demerits. Auto grafting is acceptable surgical intervention economically not suitable for all. Bilwa Kwath Kesha Dhawan is remedy recommended by Gadnigraha for Khalitya, it is easily available and affordable to all, it is helpful for the prevention and cosmetics purpose.

Aim and Objectives

1. To explain hypothetical role of Bilwa Kwath Kesh Dhawan in Khalitya (hair fall).
2. To find out easily available and cost-effective herbal medicine for Khalitya (hair fall).

MATERIALS AND METHODS

- For this hypothetical study Ayurveda Samhitas like Charaka Samhita, Sushruta Samhita, Ashtang Sanghra, Gadnigraha, Harita Samhita, Chakradatta, Sharangdhara, Bhavmishra, Bangasen, authentic publication, internet and modern medical literature have been reviewed.

Family	Rutaceae
Latin Name	Aegle Marmelos
English Name	Bael
Ayurvedic Properties	
Guna	Laghu, Ruksha
Rasa	Kashaya, Tikta
Veerya-	Ushna
Vipaka-	Katu
Karma	Vaat-Kapha Shamak, Shothhar

Drug Review

- Bilwa
- This table Showing The botanical name, family and Rasapanchak of Bilwa

Method of Preparation

- Take 1 Pal (50 gram) Bilwa Phal Majja (fruit pulp) and add 16 Pal (800 ml) water after that boil until 2 Pal (100ml) water left.

Indications

- According to Gadnigraha Bilwa Kwath Kesha Dhawan is indicated in Khalitya (hair fall).

Method Of Use

- Take 100 gm of Bilwa Majja in a container and add 1600 ml water then boil it till one-eight part remains. Let it cool for some time and filter it. Now gently apply this Kwath on the scalp, let it for fifteen minutes then wash hairs. Bilwa Kwath has to be applied twice a week.

DISCUSSION

Bael also known as Bilwa or aegle marmelos, is a medicinal plant that has been traditionally used in ayurvedic medicine for various health conditions, including hair fall. The phytochemical properties of Bilwa that may contribute to its potential effectiveness in alopecia treatment include tanins, flavonoids, alkaloids, Saponins, essential oils and vitamins and minerals. Tanins are polyphenolic compounds with antioxidants properties. They help in reducing inflammation and promoting hair growth by improving blood circulation to the hair follicles. Flavonoids are Known for their antioxidant and anti-inflammatory effects. They can help protect hair follicles from damage caused by free radicals and promote healthy hair growth. Alkaloids are nitrogen-containing compounds that may have stimulant effects on hair follicles, promoting hair growth. Saponins have been shown to have hair growth-promoting effects by improving the health of hair follicles and promoting hair growth. Bilwa contains Essential Oils that may have antimicrobial properties, helping to keep the scalp healthy and free from infections that could contribute to hair loss. Bilwa is a good source of Vitamins and Minerals that are essential for healthy hair growth, such as vitamin C, Vitamin A, iron and calcium.

Some of the potential benefits of using Bilwa Kwath Dhawan for hair fall include:

1. Scalp Health: Bilwa Kwath Dhawan may help in maintaining a healthy scalp by improving blood circulation, reducing

- inflammation and nourishing the hair follicles. A healthy scalp is essential for promoting hair growth and preventing hair fall.
2. Antioxidants Properties: Aegle marmelos contains antioxidants that help in protecting the hair follicles from damage caused by free radicals. This can help in preventing premature hair fall and promoting healthy hair growth.
 3. Anti-inflammatory Properties: Bilwa Kwath Dhawan may have anti-inflammatory properties that can help in reducing scalp inflammation, which is often associated with conditions like dandruff, itching and hair fall.
 4. Nutrient Supply: The decoction may provide essential nutrients to the hair follicles, promoting their health and strengthening the hair strands. This can help in reducing hair breakage and hair fall.
 5. Stress Reduction: Ayurvedic remedies like Bilwa Kwath Dhawan also may help in reducing stress, which is a common factor contributing to hair fall. By promoting relaxation and reducing stress levels, it may indirectly help in preventing hair fall.
 6. Blood circulation: It may help improve blood circulation to the scalp, ensuring that the hair follicles receive enough nutrients and oxygen, promoting hair growth and reducing hair fall.

CONCLUSION

Bilwa Kwath (Aegle marmelos decoction) Dhawan is a traditional Ayurvedic remedy that can be used for hair fall. The role of Bilwa Kwath Dhawan in hair fall can be attributed to its various medicinal properties such as antioxidant, anti-inflammatory, astringent nature and antimicrobial effect which may help in maintaining scalp health, promoting hair growth and preventing hair fall.

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