

AYURPATRA

Your monthly health e-newsletter

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Diseases of - Above Shoulder region

We are delighted to present to you our monthly e-feature about Ayurveda and health. Our web site (<http://www.ayurplanet.com>) has helped millions of people. This newsletter will be loaded with lots of information, events and happenings related to Ayurveda including featured articles, details of very useful herbs, beauty tips and various herbal products and health supplements. The aim of this Newsletter is to serve humanity from health aspect by natural means.

FEATURED HEALTH ARTICLE : HAIR LOSS(KESHAPAAT)

In Ayurveda, hair is considered to be a byproduct of bone formation. The tissue responsible for building bones are also responsible for the growth of hair. Ayurveda doctors believe that early hair loss is related to body type and the balance of the mind-body constitution (doshas). [Pitta individuals](#), and those who have excess pitta in their system, are likely to lose their hair early in life, or have prematurely thin or gray hair. Excess pitta in the sebaceous gland, at the root of the hair, or folliculitis can make the person start losing hair.

The Make Up of Hair

The scalp is populated by thousands of individual hairs, which sit in follicles under the skin. Male Pattern Hair Loss changes the way hair grows. The affected hairs become smaller, finer and lighter in colour. Eventually some hairs become too thin and light to see.

Normal Hair Growth

There are three stages in a hair's growth cycle and the thousands of different hair follicles in the scalp are at different stages at any one time.

1. Anagen Stage (growth)

The new hair grows from the base of the follicle. This growth phase usually lasts for a number of years and results in a full-grown hair.

2. Catagen Stage (resting)

During this stage the hair stops growing and the hair root shrinks. The base of the follicle breaks down and the hair moves upward in the follicle, away from the root and the blood vessel supplying it with nutrients.

3. Telogen Stage (re-growth)

The mature hair is now only loosely anchored to the hair root.

It usually falls out after a few months or is pushed out by the next hair growing up below it.

The causes for these hair conditions are:

- Excess of Pitta dosha in the body is the chief cause of hair problems. Pitta is increased by excessive intake of tea, coffee, alcohol, meats and excessive smoking. Pitta is also aggravated by eating too much fried, oily, greasy, spicy, sour, and acidic foods.
- Intake of too many chemical medicines, low blood circulation, anemia, general weakness after disease, stress, anxiety, and mental tension are also prime causes of hair loss.
- Chronic diseases like typhoid fever, presence of dandruff or lice and hormonal imbalance also cause hair loss.

"PITTA" situated in hair follicles and associated with "VATA" falls hairs, therefore KAPHA mixed with Rakta creates obstruction therein resulting in non-appearance of others. This is "**Indralupta/Khalitya**".

Body heat caused by anger, grief and exertion along with Pitta located in the head subject the hairs to severe heating. This results in early graying of hair "**Palitya**".

COMMON TYPES OF HAIR LOSS

Androgenetic Alopecia - This is generally recognized as the most common hair loss cause and may be responsible for over 95% of pattern hair loss for both men and women. It is usually associated with ageing and develops in predictable stages over varying periods of time.

Alopecia Areata - This is an immune system disorder which causes follicles to stop producing hairs usually in patches on the head. In some cases alopecia areata can advance to the stage where all hair on the head is lost (alopecia totalis) or there is a complete absence of body hair (alopecia universalis).

Telogen Effluvium - This hair loss cause is typified by a slowing of new hair growth following a major stress inducing incident or event. This is followed by the delayed shedding of hair with the result that more follicles than normal enter the resting stage causing excessive numbers of those follicles to eventually shed hair at the same time.

Anagen Effluvium -hair loss due to chemicals or radiation

Mechanism of hair fall--

The rate of hair shedding in androgenic alopecia is speeded up by three forces: advancing age, an inherited tendency to bald early, and an over-

abundance of the male hormone dihydrotestosterone (DHT) within the hair follicle. DHT is a highly active form of testosterone, which influences many aspects of manly behavior, from sex drive to aggression.

How DHT Affects Normal Hair Growth

Inside the follicle are, among other things, red blood cells and hormones. There is also an enzyme called 5 Alpha Reductase, which is capable of converting testosterone to another hormone called DHT, or dihydrotestosterone.

High Levels of DHT Shorten the Hairs Growth Phase

When high levels of DHT are present in the scalps of men genetically disposed to male pattern hair loss, the following happens:

- the anagen growth phase is shortened so the hair is shorter when it stops growing.
- over the life cycle of a few hairs the hairs get progressively shorter and shorter.

When testosterone---- enters the follicles of those genetically predisposed to baldness. The follicles noticeably increase their production of the enzyme testosterone5 alpha reductase ----- converts Testosterone to – Dihydro testosterone.

Follicles exposed to DHT enter the resting phase and begin to atrophy and shrink. (Not necessarily dead- ---- may resume growth with proper stimulation).

When the circulation is cut off the hair follicle is unable to receive nutrients from the blood supply. If hair follicles do not receive necessary vitamins and minerals hair follicles start to become dormant and hair growth will be unhealthy and weak creating hair loss and thinning hair.

MANAGEMENT:

- The first step is to locate the root cause in your diet or lifestyle that may be increasing the Pitta dosha. Once you locate it, try to give up or at least reduce the diet, habit, or activity responsible for increasing Pitta
- **NATURAL SHAMPOOS** – Ayurveda India has formulated special natural shampoos for different types of hair. These shampoos:
 - Counteract DHT.
 - Removes clogged, dormant hair products (DSR-Detriment Scalp Residue).
 - Removes dead skin cells.
- **HAIR OIL** The base oil in Ayurvedic preparations is usually sesame or coconut oil. When oil is applied to the head. it nourishes.

lubricates and strengthens the root and the skin of the scalp. The commonly used oils are Neelibhringadi tail, Kayanadi tail, Kuntalkanti tail, Brahmi tail, Jaswand tail, Bhringraj tail.

–Improves scalp blood circulation relaxing the muscles and nerve fibers, which stop the bacteria to thrive on these deposits.

-Maintains the elasticity of the scalp skin.

- **Ayurvedic preparation** Special Ayurvedic preparation made from Bhringraj (Eclipta elba), Amala, corals, lauha, Triphala are used.
- **Panchakarma** – Panchakarma therapies like [Shiroabhyanga](#), [Shirodhara](#), [Shirovasti](#) strengthens the hair roots, relax the nerves and muscle fibres and provide nutrition to hair.

[NASYAM](#) – One of the Panchakarma therapy is essential to remove the doshas from the above clavicle region and provides lubrication and nutrition internally as the medicated oil in nasyam goes directly in shirha(head).

[You may consult our Ayurveda experts through on line consultation](#) or personally.

HERB OF THE MONTH: BHRINGRAJ – Eclipta alba

Also known as Keshraja in Sanskrit, which means "ruler of hair", it is Ayurveda's best medicine for hair.

This annual herb has a short, flat or round stem, deep brown in colour. Serrate leaves are opposite and sessile to subsessile. Small penny-size flowers, white in colour are on a long stalk.

Traditional Ayurvedic Uses:

- Bhringaraj has a Keshya effect, meaning that it directly nourishes and improves the hair.
- It is especially good for the liver, which is governed by the subcategory of Pitta called Ranjaka Pitta. Ranjaka literally translates as "that which colors", and explains the ability of Bhringaraj to balance and improve hair color from within.
- By improving liver function, Bhringaraj also helps to remove and prevent impurities (Ama) throughout the body

Bhringaraj is a preventative to the aging process which maintains and helps rejuvenate bones, teeth, hair, sight, hearing and memory. It is a rejuvenative for Pitta constitution and for the liver, it is the best medicine for Cirrhosis. The juice of the leaves is used in the treatment of liver cirrhosis, hepatitis and infective hepatitis. Also for liver enlargement, jaundice and other ailments of the liver and gall bladder.

In scientific studies, eclipta alba also shows good antifungal activity. The plant tops are used for skin diseases (inflammation). The paste prepared by mincing fresh plants has got an anti-inflammatory effect and may be applied to insect bites, stings, swellings and other skin disease .Bhringaraj oil is famous for making the hair black and luxuriant for removing greyness and reversing balding. It helps calm the mind from excessive activity and promotes sound sleep.

BEAUTY TIP – FOR HAIR CARE

- Boil coconut oil with the juices of curry leaves, basil, hibiscus flower and gooseberry. Massage the scalp, keep it for sometime and rinse.
- Boil Neem leaves in water. Cool, strain and rinse hair with it.
- For removal of dandruff apply a paste of fenugreek and mustard to the scalp.

For personalized beauty related queries mail to: beauty@ayurplanet.com

DR.RAGHUNANDAN'S GLOBAL AYURVEDA TOUR 2005

Continuing our mission to spread Ayurvedic knowledge and avail Ayurveda health benefits all over the world, Ayurveda India's Director Dr Raghunandan Sharma is on European tour to deliver lectures, conducting seminars and workshops from 16 February till 20 April. He can be reached at - raghuayurveda@hotmail.com

To participate or organize a similar seminar or workshop, contact ayur@ayurplanet.com

FORTHCOMING EVENT:

Event Name:HEALTH INDIA SUMMIT 2005

Date(s) : 28 April – 1 May

Venue : 12/260,SAMUDRA DARSHAN.ANDBHERI (WEST)

Details:PH: 26235153/54 E-MAIL:globalf@indiatimes.com

News: NEWS:

Indian state to pay cash to girls to fix sex ratio (Reuters)

An Indian state government -Andhra Pradesh,has offered to pay 100,000 rupees (\$2,300) cash to families who have just one daughter in a bid to counteract traditional preferences for sons and balance the sex ratio

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