

A Survey Study on Early Age Hair Fall Problem

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Abstract:

Hair fall is a common condition. It can be possibly caused by a variety of disorders that may be congenital or acquired. Millions of people worldwide suffer from hair loss. Hair fall is more common in males and females. Nowadays, hair fall is common in youngsters too. Early Age Hair fall is mainly seen in the age group of 20-30 years. According to this survey up to 40% of men and 60% of women are victims of Early Age hair fall. It is a slowly progressing disorder. The incidence of hair fall is increasing day by day. The correct diagnosis of hair fall is important to treat it. A thorough clinical evaluation of the patient with hair loss is necessary to reach a diagnosis, so new surveys should be evaluated from time to time. Doctors should be updated with every type of medical advancement. This survey will mainly focus on the commonly known causes of hair fall and further make its treatment possible through ancient techniques like Yoga and Ayurveda. This survey will help general practitioners and the public with the management of hair loss and common baldness.

Introduction: In Ayurveda Hair fall or loss of hair is termed as Khalitya.^[1] Acharya Sushruta classified it under the Kshudraroga^[2] and Acharya Vagbhatta under the Shiroroga^[3]. According to modern medicine hair fall is also known as Alopecia or baldness which refers to partial or complete loss of hair especially from the scalp. The incidence of Hair fall (Khalitya) is increasing daily. Changing lifestyles, unhealthy dietary habits, sleep disturbances, systemic diseases, medications, and stressful life also contribute to it^[4] Millions of people worldwide suffer from hair loss. Nowadays hair fall is mainly seen in youngsters too.^[5] According to the survey up to 40% of men and 55% of women are victims of early age hair fall. Khalitya is primarily a Pitta dominant Tridoshjanya Vyadhi that is Vata, Pitta, Kapha with Rakta dosha. Vitiated Pitta that is Bhrajaka Pitta along with vitiated Vata leads to the weakening or withering of the hair from the hair roots. Vitiated Kapha along with Rakta obstruct the hair roots (Roma Kupa) which prevents further growth of hair.^[6]

Hair adds to the beauty and the personality of a human being. Today everyone is very cautious about one look. A certain amount of hair fall is normal as the old one is replaced by new hair growth. If there is excessive hair loss then it needs a treatment. In Ayurveda, various Bahya and Abhyantar Chikitsa are described for khalitya or hair fall.^[7] Most of the research studies are on Nasya, Raktamokshana, and external applications of lepa but this work is based on some yogic practices like forward or backward downward bending asanas with pranayam and ayurvedic

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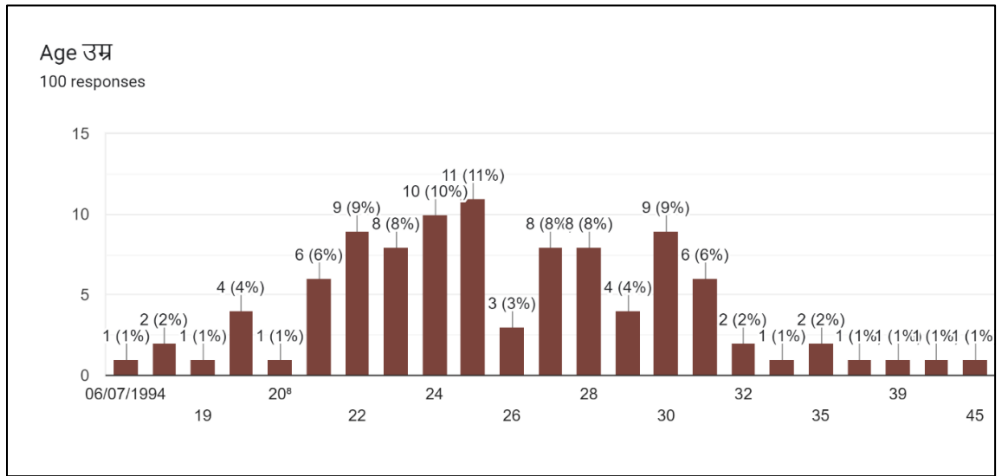
medicines.

Now, Khalitya (Hair fall) is the most common condition at a young age. In the pathophysiology of Khalitya, there is the involvement of Rasa, Rakta Mamas, and Asthivaha Srotas.^[7] Hair fall is a cosmetic disorder affecting patients psychologically. There are so many causes of early-age hair fall in which, lifestyle problems are one of the most important factors.

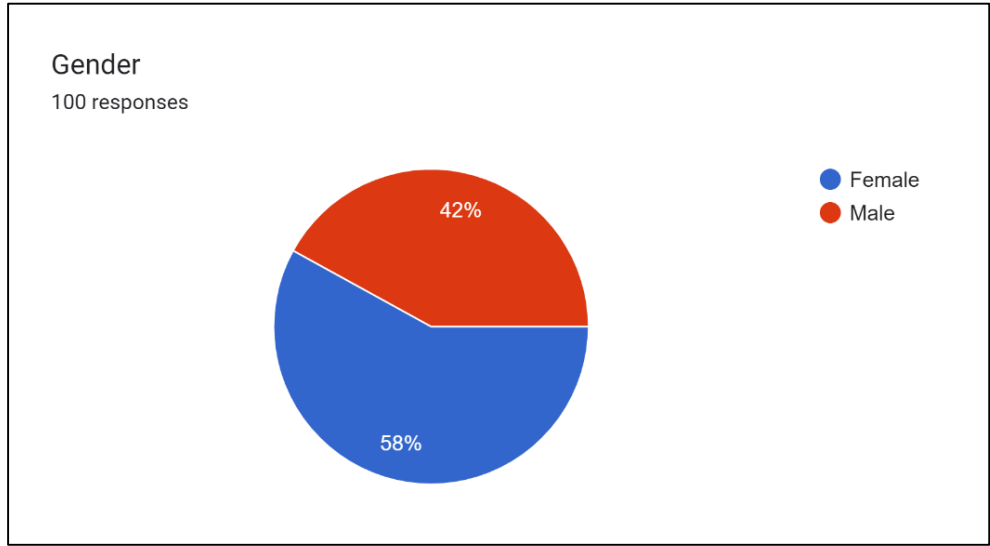
Survey Observation:

A randomized survey was executed among students of BHU to find the severity of early-age hair fall and we found some analytical details as under:

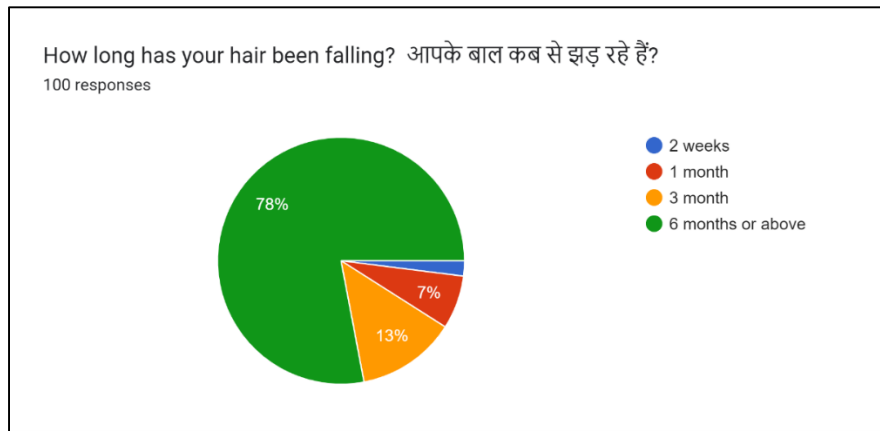
1. The survey was done among 100 students their age below data were found which shows a maximum number of participants lies between 20 years to 30 years.



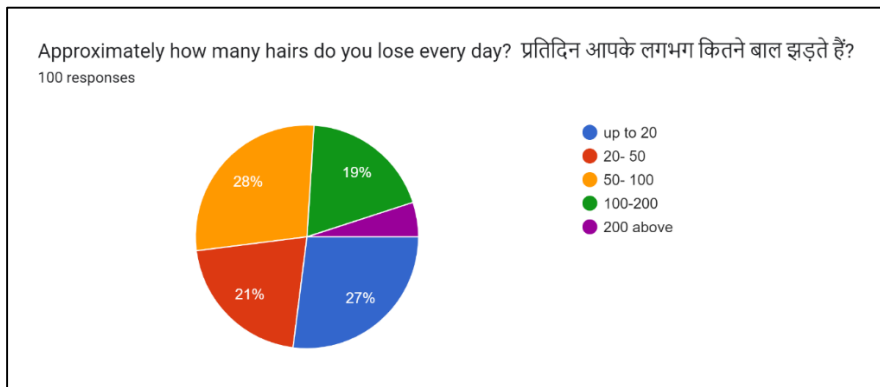
2. Out of 100 participants the % of females is slightly more than males.



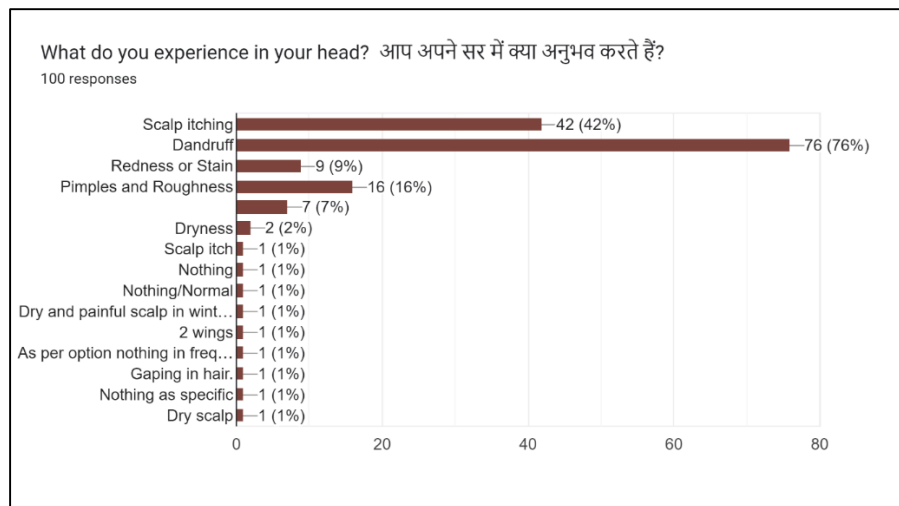
3. Approximately 80% of the participant’s hair loss problem is from 6 months above.



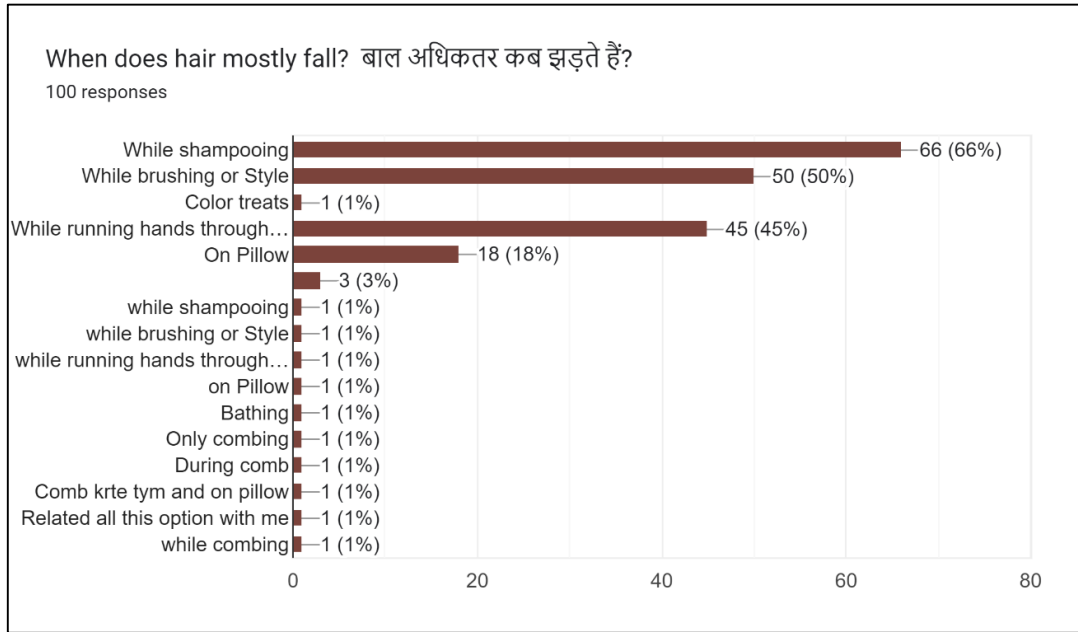
4. At least 55% of participants are worried about daily hair loss of more than 50 hairs.



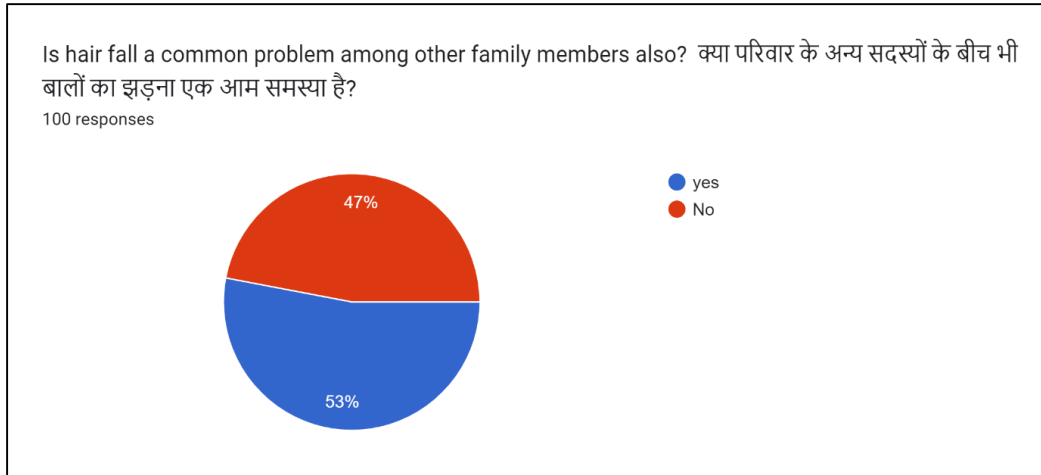
5. About 75% of people experience dandruff in the head due to which the scalp also feels itchy.



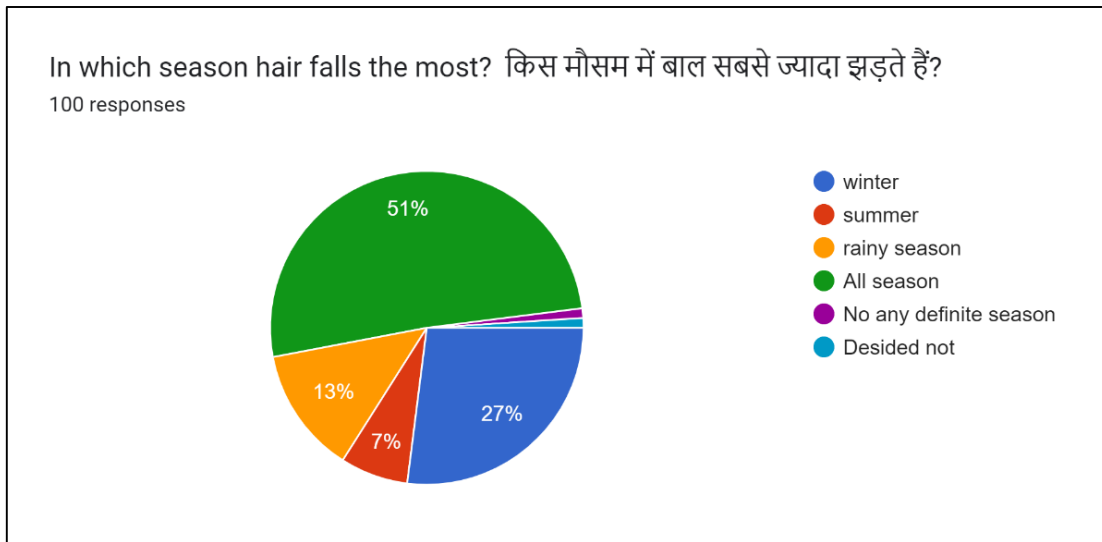
6. More than 60% of people observed that more hair breaks while shampooing and 50% feel that more hair breaks while combing or stroking the hair.



7. About 53% of people declared that other members in their family also have hair fall like them.

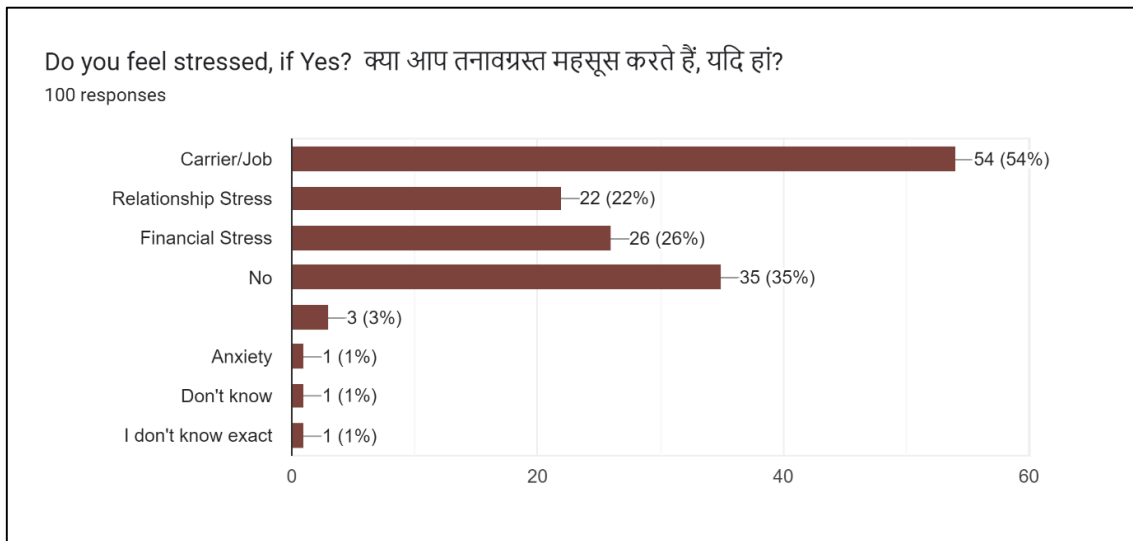


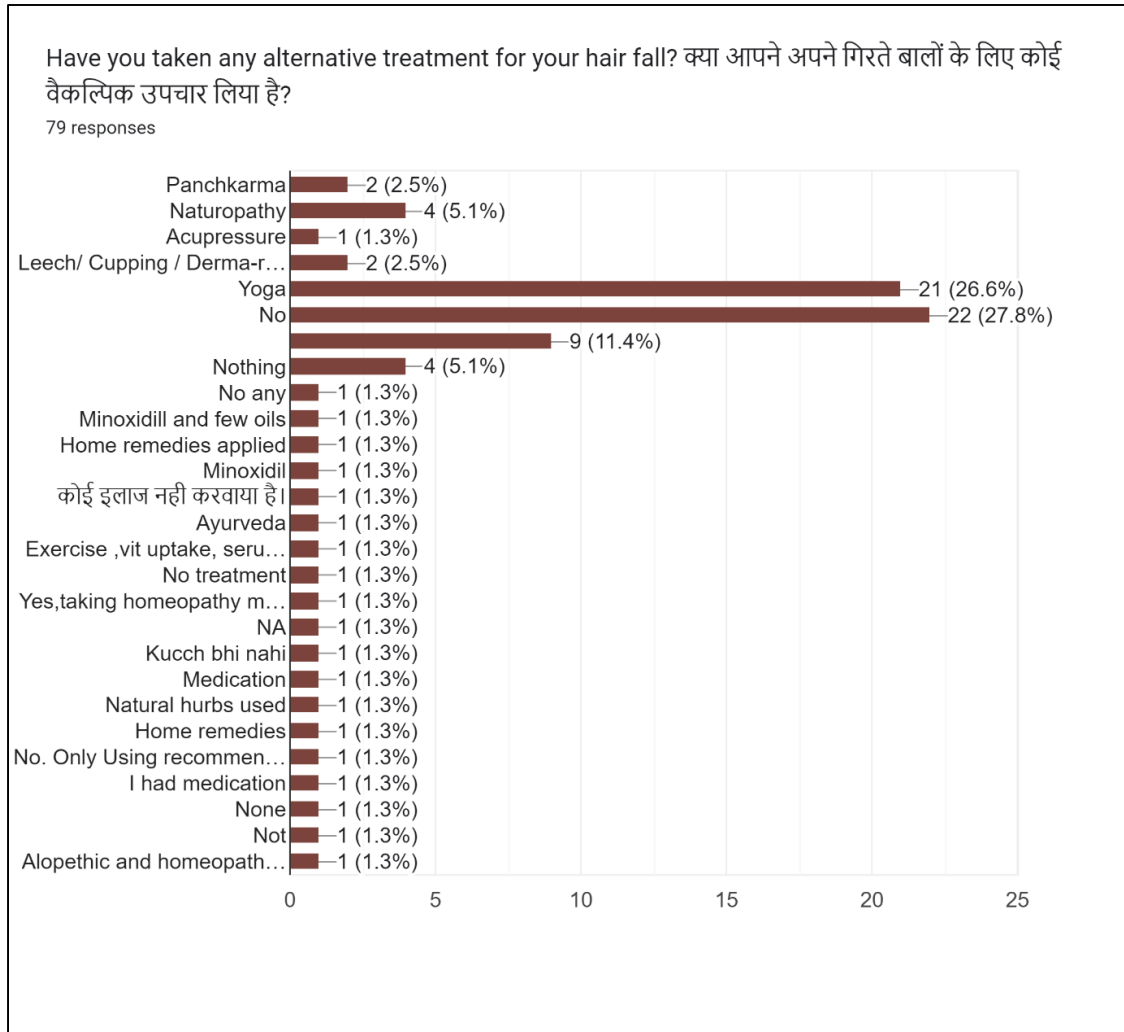
8. More than 50% feel that the problem of hair fall occurs in all seasons while 25% feel that it is more in winter and about 20% feel that hair fall is more in rain.



9. About 68% of participants suffer from stress.

10. Nearly 55% of people have not taken any treatment for this problem.





Discussion:

In today’s era, there is a race to follow a modern lifestyle for which various cosmetics and, more critically, adaptation to western culture and unhealthy dietary habits have made their hair either fall or grey at a younger age. Varieties of chemical products like hair oils, shampoos, conditioners, soaps, serums, gels, and various beauty products, in the name of saundarya prasadana as pharmaceutical propaganda was launched to promote the growth of hair which has made the situation even worse.

Hair is a dead part of the body with no nerve connections, and it is one of the most important aspects of the body originating from the ectoderm of the skin. The hair follicle is unusual in that it has the power to regenerate itself. Hair development is divided into three phases: anagen (growth), catagen (involution), and telogen (rest). Hair problems include pigmentation issues (Fading), dandruff, and hair falling out (Shedding).^[8] The most who are affected by this

problem are 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.^[14]

According to this survey, we found that Dandruff is one of the causes of hair fall. It is caused by lack of nutrition, sleep, and awareness of health. Stress is also the main key to hair fall problems, making it one of the biggest reasons for hair loss, however, hair fall due to stress is not permanent. It is recoverable and tiding over one's stresses will be an ideal hair fall solution. An unbalanced lifestyle also plays a major role in hair loss because of lack of nutrition, late night sleep, improper diet, and unawareness of health issues.

Hair fall is considered a natural physiological phenomenon that usually occurs after the mid-forties, but it is regarded as a disorder when it occurs before this time. Though it has been mentioned in Ayurvedic texts^[9,10] that we cannot improve two things that have been provided to us since birth, that is, dristi and romakoopa, with proper ayurvedic or yogic treatment, we can give strength to the hair follicles that have lost their ability to grow new hair.

Conclusion:

Diagnosis of early-age hair fall and common baldness is not difficult. Understanding the common causes of hair loss is the main objective of this survey. History taking and scalp examination are crucial for initial diagnosis and management. Although there have been several studies about hair loss, no one can determine what exactly causes this condition, in our survey we found certain causes of early-age hair fall such as:

1. Dandruff
2. Stress
3. Lifestyle

We found that dandruff, stress, and lifestyle play a more important role in early-age hair fall. Ayurveda and yoga may be the answer to cure early-age hair loss. For proper growth of hair, there is a need for a healthy and balanced diet where the proportion of carbohydrates, proteins, fat, vitamins, and minerals should be equally balanced.^[15] Yoga and Ayurveda both emphasize Ahar (Diet) Vihar (lifestyle), Achar (Character building or refined emotional state), and Vichar (Purity of Thoughts) which are very important for healthy living. Hair primarily comprises protein, so more thrust should be directed towards protein products. Usually, yogic practices and ayurvedic treatments for hair loss include diet, meditation, deep breathing, some classical formulations, and oil massage. Being a holistic system of medicine, Ayurveda, and Yoga prescribe altering your lifestyle for treatment. As a result, it can be stated that early-age hair fall can be efficiently treated without side effects using appropriate yoga therapy and ayurvedic formulations.

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