

Hair Anatomy and Physiology -

Hair is an important part of the body that plays a role in appearance, protection, and body temperature regulation.

Each hair grows from a structure called the hair follicle, which is located in the scalp skin.

Basic Structure of Hair

1. Hair Shaft

The visible portion of hair above the scalp.

2. Hair Root

The part of hair located inside the skin.

3. Hair Follicle

A tiny pocket in the skin where hair grows.

4. Sebaceous Gland

Produces natural oil that keeps hair moisturized.

Hair Growth Cycle

Hair grows in a natural cycle with three phases:

- Anagen Phase – Active hair growth phase
- Catagen Phase – Transitional phase
- Telogen Phase – Resting phase where hair falls naturally

On average, a person loses 50–100 hairs per day, which is normal.

1. Hair Disorders (Modern Medical Perspective)

Telogen Effluvium is a condition where a large number of hair follicles enter the resting phase, resulting in excessive hair shedding.

Causes

- Stress
- Sudden weight loss
- Nutritional deficiencies
- Hormonal changes
- Illness or surgery

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Symptoms

- Sudden hair shedding
- Hair thinning all over the scalp
- Hair fall during combing or washing

Investigation

- Scalp examination
- Blood tests (iron, thyroid, vitamins)
- Hair pull test

2. Dandruff

Dandruff is a common scalp condition characterized by flaking of dead skin cells from the scalp.

Causes

- Fungal infection
- Dry scalp
- Excess oil production
- Poor hair hygiene
- Stress

Symptoms

- White flakes on scalp and shoulders
- Itchy scalp
- Mild redness

Investigation

- Clinical scalp examination
- Scalp scraping (rarely required)

3. Alopecia

Alopecia refers to hair loss from the scalp or other parts of the body.

Causes

- Autoimmune conditions
- Genetic factors
- Hormonal imbalance
- Stress

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Symptoms

- Patchy hair loss
- Smooth bald patches
- Sudden hair fall

Investigation

- Dermatological examination
- Blood tests
- Scalp biopsy (in some cases)

4. Male Pattern Baldness

Male pattern baldness is a genetic condition causing progressive hair loss in men.

Causes

- Genetic predisposition
- Hormone DHT (Dihydrotestosterone)

Symptoms

- Receding hairline
- Thinning at the crown
- Gradual baldness

Investigation

- Scalp examination
- Family history assessment
- Hormonal testing if required

5. Female Pattern Baldness

Female pattern baldness causes gradual thinning of hair in women, especially at the crown.

Causes

- Hormonal imbalance
- Genetics
- PCOS
- Stress

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Symptoms

- Hair thinning at the top of scalp
- Reduced hair volume
- Widening of hair partition

Investigation

- Hormonal tests
- Thyroid tests
- Scalp evaluation

6. Graying / Whitening of Hair

Graying of hair occurs when hair loses its natural pigment melanin.

Causes

- Aging
- Genetics
- Vitamin deficiencies
- Stress
- Lifestyle factors

Symptoms

- White or grey hair strands
- Premature greying at a young age

Investigation

- Blood tests for vitamin deficiencies
- Lifestyle evaluation

Ayurveda and Keshvichar (Hair Science in Ayurveda)

In Ayurveda, hair is known as “Keshha” and is considered a byproduct of Asthi Dhatu (bone tissue).

Hair health depends on the balance of the three doshas:

- Vata
- Pitta
- Kapha

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Imbalance in these doshas can cause hair disorders.

Hair Types According to Ayurveda

Vata Hair

- Dry and rough
- Prone to split ends
- Breaks easily

Pitta Hair

- Fine and soft
- Early greying
- Hair thinning

Kapha Hair

- Thick and oily
- Strong hair
- Slow hair fall

Ayurveda and Kesh Chikitsa (Hair Treatment)

Ayurvedic hair treatment focuses on internal purification and external nourishment.

Kesh Panchakarma

Panchakarma therapies help detoxify the body and improve scalp health.

Important therapies

- Shiro Abhyanga – Medicated oil head massage
- Shirodhara – Oil therapy on forehead
- Nasya – Herbal oil through nasal route
- Shiro Basti – Oil retention therapy for scalp

These therapies improve blood circulation and hair growth.


Hair and Diet

Diet plays a major role in maintaining healthy hair.

Recommended Foods

- Fresh fruits and vegetables
- Nuts and seeds
- Milk and ghee
- Whole grains
- Green leafy vegetables

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Foods to Avoid

- Junk food
- Excess sugar
- Processed foods
- Alcohol and smoking

A balanced diet supports healthy hair growth and scalp health.

Before and After Results

Hair treatment results can vary depending on the individual condition, severity of hair loss, and consistency of treatment.

However, Ayurvedic therapies often help improve:

- Hair thickness
- Hair fall control
- Scalp health
- Hair growth

Hair disorders are common but manageable with proper care and treatment. Ayurveda provides a holistic and natural approach that focuses on restoring balance in the body and improving hair health naturally.

Consistent treatment, proper diet, and healthy lifestyle habits can significantly improve hair quality and scalp health.

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