

Rasayana – An Adjuvant therapy in Shaalakya diseases W.S.R. to Khalithya and Palithya

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The main aim of ayurveda is to maintain the health of a healthy life ,later treating the illness. .Ayurveda will gives prime importance to the shiras. Moola with its roots as same the shiras also considered. The hairs are very important which gives beautification to body.

To maintain the state of health rasayana is needed.It is also an adjuvant therapy to all types of diseases. Hair fall (khalithya) and Graying of hair (phalithya) are common problems to all age groups now a days. These problems are due to change in food habits and lifestyle.

To combact from these khalithya and phalithya Rasayana acts as an adjuvant therapy. Triphala rasayana , Amalaka, Methi and Bhringaraja etc.drugs widly used in hair care. These gives proper nutrition and prevents the such a diseases.

In this paper i am critically analyzing some of the Rasayana as adjuvant therapy in shaalakya diseases with special reference to Khalithya and Palithya.

Keywords: Ayurveda, Rasayana, Shiras, Khalithya, Palithya.