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## *Yoga and its effect on Kesha Sharir; a review*

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### **Abstract:**

*With respect of changing pace of life, each aspect of living being is been explored and flaunted. The field of cosmetology, trichology and personality development had gained impotence in present competitive world. Hair plays an important role in one's personality and boost to his confidence. Apart from representing ones overall health status, the healthy hairs also reflects the self-esteem of the individual. Nowadays people face various issues related to hair health like, excessive hair fall, graying of hairs, thinning of hairs etc. Here the Ayurveda concept of Kesha Sharir is been briefed along with application of Yoga on its health.*

**Keywords:** Kesha Sharir, Yoga, cosmetology, trichology

### **Introduction:**

Hair health is one of the most burning topic of present era. Hair health represents ones sound mental/physical health, self-esteem, confidence and also had socially accepted esthetic value. Hair color and style had significant impact on one's physical appearance and thus reflects his/her body image. Hair related disorders like split ends, excessive hair fall, graying of hairs, scalp dryness, dandruff, thinning of hair shaft, etc. are been seen to be increasing day by day. The cases of baldness related to male pattern, genetically or due to other reasons like occupation or unhealthy dietary habits are also increasing. These issues are been detected in young age people and teenagers. To address this issue the in depth study of hair biology – *Kesha Sharir* is gaining importance day by day. The holistic approach of Ayurveda along with the practice of *Yoga* which has significant impact on one's health is been briefed in context to *Kesha Sharir*.

### **Kesha Sharir –**

In Ayurveda the density, color, length and texture of hair are been considered as a

determining factor of one's *Prakruti*. The color is imparted by the *Bhrajaka Pitta* which is the manifestation of *Teja Mahabhuta*. In combination to *Pruthvi* and *Vayu Mahabhuta* the *Teja Mahabhuta* develops the colors which are visible in various *Prakruti*.

| <b><i>Prakruti</i></b> | <b>Color</b>          | <b>Density</b> | <b>Texture</b> |
|------------------------|-----------------------|----------------|----------------|
| <b><i>Vata</i></b>     | Black                 | Low            | Dry, rough     |
| <b><i>Pitta</i></b>    | Brown - <i>Pingat</i> | Medium         | Smooth, silky  |
| <b><i>Kahpa</i></b>    | Dark black            | High           | Thick, greasy  |

**Utpatti** – *Acharya Shushrut* had considered *Kesha* as *Pitruj Avayava*, i.e. the health of ones hairs are determined by the paternal side while describing formation or *Utpatti* of *Saptadhatu* and *Mala*. *Ayurveda* classics had described the *Utpatti* of *Kesha* by *Asthi Dhatu*, in it with the help of *Asthi Dahtvagni* the *Majja Dhatu* is further produced as the *Sara Bhaga* and *Kesha* as *Mala*. While *Acharya Sharangdhara* states *Kesha* to be the *Upadhatu* of *Majja Dhatu*. According to *Acharya Charaka* the *Keshotpatti Kala* in the *foetus* is at the seventh month. While according to *Acharya Vagbhata* it is in sixth months. *Kesha Poshana* according to *Acharya Charaka* is by ingested food which is digested to assimilable *Ahara Rasa* which is further divided into two parts namely *Sara Bhaga* and *Kitta Bhaga*. The *Kitta Bhaga* is responsible for the production and nutrition of *Mala* like sweat, urine, and hair. According to *Acharya Sushruta*, *kasha Poshana* occurs from the end part of *Dhamani* which is attached to *Romakoopa*.

### Hair growth cycle -

1. Anagen phase - Anagen phase is the “growth” phase spans 2 to 6 years. In this time, hair grows half an inch per month.
2. Catagen phase - Next comes the catagen phase. For 2 to 3 weeks, hair growth slows down. The hair follicles become smaller and disconnect from the blood supply.
3. Telogen phase - Finally, we have the telogen or “resting” phase. Hair follicles take a 3-month break. You might lose 50 to 100 hairs every day during this stage. This is normal and one need not worry regarding this loss.

*Kesha* is considered as *Mala* of *Asthi Dhatu*. Hence the health of *Asthi Dhatu* has direct relation with the health of hairs. The factors which affect this can be listed as follows,

- a) *Aharaj*– the food which are taken and affect the *Dosha* balance in the body.
- b) *Viharaj*– the day to day activities including exercise regime to maintain the health.
- c) *Mansik* – the mind related factors which tend to imbalance of *Dosha* in body.
- d) Unknown – genetic or environmental or occupational factors which affects the health adversely.

If one follows the Ayurveda basic principles of *Dinacharya* and *Rutucharya*, one can address the above mentioned factors which has the effect on hair health.

### Role of Yoga –

*Yoga* is ancient way of lifestyle as like as Ayurveda which focuses on comprehensive health care. In this the both physical as well as mental health is taken care of. Many ancient sages had mentioned various *Yoga* postures and *Asanas* for number of mental as well as physical disorders. This can be practiced as a preventive measure as well as can be also prescribed for diseased person too. As these *Asanas* proves to be beneficial for all aspects, this are specifically filtered and practiced for the hair health. Lately *Yoga* has gained popularity for its beneficial effects on hair health. Here are some of the *Yoga Asana* and *Pranayama* which can be beneficial in various hair problems.

| <b>Yoga Posture – Asana</b>                           | <b>Procedure</b>   | <b>Benefits</b>   |
|---|--|---|
| <i>Surya namaskara</i> – Sun salutation               | A set of 12 postures which acts mainly on spine an blood circulation   | Helps to circulate blood thereby nourishment of all body at cellular level                        |
| <i>Uttanpadasan</i> – raised leg pose                 | Laying on back and hands beside the body palms facing downwards, raise the legs without bending in knees perpendicular to the ground, can be done with support of wall | Increase the blood flow to head region and nourishes the hair roots                               |
| <i>Adhomukh Shwanasana</i> – downward facing dog pose | Both hands and feet are placed on ground in such a way that it forms a triangle shape by bending and looking towards navel   | Scalp health is improved and also it relaxes the mind   |
| <i>Sarvangasana</i> – shoulder stand                  | Legs and hips are raised upwards by sleeping on back, back is supported with both the hands in order to rest the body weight on shoulders                              | Very helpful in balancing the hormonal levels in the body, thereby helping hair growth            |
| <i>Balāsana</i> – child pose                          | By siting on heels, knees folded and legs touching the hips. Bending forward on exhalation to touch the forehead and hands on the ground                               | This is relaxing pose and stimulate liver – digestive system. Thereby helping natural hair growth |

|                               |   |   |
|-------------------------------|---|---|
| <i>Shisana</i> – headstand    | Head crown is placed on ground with the support of both hands with fingers interlocked. Slowly the legs and whole body is lifted to balance it on head                              | It stimulates hair follicles and improves blood supply to scalp   |
| <i>Matsyasana</i> – fish pose | By placing hands under hips, palms down, one has to hold his core, lift upper body, and bend the spine while the head stays on the ground, the top of the head touching the ground. | It helps in hair growth by stepping up blood circulation, easing stress, and promoting overall well-being |

### Inference:

Along with the physical ailments like dryness and *Dosha* imbalance, the *Yoga* also helps in relieving stress factor. The practice of various pose along with healthy day to routine in accordance to *Ayurvedic* principles leads to sound mind and body. Here we can encourage more and more peoples to follow the holistic approach for these newly developed cosmetic awareness and ailments related to the same.

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