



KESHARANJANA YOGA IN BHAISHAJYA RATNAVALI: A REVIEW

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ABSTRACT

Bhaishajya Ratnavali by Kaviraj Govinda Das Sen of 18th century is an authentic book of Ayurveda science includes systematic description of diseases along with treatment aspects. Under Kshudraroگا Chikitsa Prakarana, detailed information regarding kesharanjana has been explained with description of kesharanjana yoga. This article mainly focuses on the kesharanjana yoga mentioned in this book for better nourishment and coloring of hair. Review on kesharanjana yoga mentioned in Bhaishajya Ratnavali was analyzed and summarized for better usage and understanding. Initially author explains few preparations to apply as lepa (application) over scalp or hairs and later nasya (inhalation therapy) procedure for hair care. Most of the drugs used are rasayana (immune modulator) in nature and has keshya (hair tonic) property which forms the prime factor in using these drugs. Direct application as lepa and also nasya procedure would help in better nourishment and also proper growth of hair. Owing to the properties of drugs used for the preparations which are useful in many conditions of hair problems. By following these yogas and with proper pathya one can get benefited from khalitya, palitya, and other conditions of hair.

KEYWORDS: Keshya, kesharanjana, lepa, khalitya, palitya

INTRODUCTION

Bhaishajya Ratnavali is an authentic book of Ayurveda science, period of book found to be 18th century. Author of the book is Kaviraj Govinda Das Sen written in Sanskrit language. Book includes 106 chapters in total. Ambika Dutta Shastri, Siddinandan Mishra are Hindi translators and Prabhakar Rao, Dr. Kanjiv Lochan are English translators. It is the compilation of mainly Chakradatta, Rasendra Sara Sangraha, Charaka, etc. books. Systematic explanation is found in the book with description of diseases, line of treatment, pathya (diet)- apathya (slander), yoga, etc. mentioned in each chapter. Book has parishishta prakarana at the end of all chapters is the uniqueness of the book. In 60th chapter of this book i.e., kshudraroگا chikitsa prakarana has detailed information regarding kesharanjana. The chapter starts with the chikitsa (treatment) description of kshudraroگا; further it includes the yoga which describes on kesharanjana. Under the heading of kesharanjana, author has explained the different lepa preparations and nasya therapy for hair care¹. Each yoga has its unique description with proper explanation. This review is on kesharanjana yoga mentioned in Bhaishajya Ratnavali with their description for better understanding as maintaining a healthy hair begins with how an individual takes care of it. Proper nourishment and diet following is very important for hair growth. Recent surveys have revealed that 90% of women are not satisfied with their hair, due to use of chemicals for hair care as a result the essence of hair growth has reduced and khalitya (hair fall) and palitya (graying of hair) conditions are more common. So, this article highlights mainly to

get benefit out of the formulations that includes the use of natural drugs for hair care mentioned in the Bhaishajya Ratnavali book. A review was done on the kesharanjana yoga mentioned in Bhaishajya Ratnavali. Each yoga was analyzed, summarized in a particular order. These yogas need to be understood from the point of its preparation, application, pathya to be followed for better perception and outcome for hair care.

Kesharanjana yoga are the formulations which mainly focus on hair care. Some are given for thick growth of hair along with smooth texture. Few formulations described for the cure of graying of hair.

Description of Kesharanjana yoga in detail²

Author explains initially few preparations to apply as lepa over head or hair and later as nasya therapy.

Triphaladiprabhruti lepa: Take equal quantity of powders of amalaki, haritaki, vibhitaki, leaves of nili tree, loha powder, bhringaraja; mix all the powders and triturate with sheep urine till it get paste consistency to apply as lepa over bald head or to hair. This makes the hair growth black and also would help to get thick, long and soft hair.

Pulp of amalaki and mango should be taken to this sufficient quantity of water is to be added and triturate to paste consistency. Apply this as lepa over head to get strong, soft, thick hair growth.

Take half matured coconut, make a hole and fill 1/4th part of it with bhringaraja swarasa and remaining empty space with triphala churna and loha churna 12g each then closes the opening. It has to be kept inside the earth by properly dug pit for a month. Later take out and scrape the inner yellowish part and triturate to paste consistency. This paste has to be applied over scalp by removing hair and wrap it with a banana leaf and leave for seven days. After seven days it has to be removed and washed with triphala kwatha. During this procedure, person has to be taken milk and meat soup as pathya. This makes the scalp hair to grow black and also useful in palita, baldness, shiroroga, etc., conditions. This formulation is said to be best Kapalaranjana.

Make paste using nilikamala pushpa and milk by triturating it and keep it inside loha (iron) vessel. This has to be kept underground for a month. Later take out and add milk and triturate again to paste consistency if it's dried and do apply as lepa over the head which makes the hair grow black and unctuous.

Take bhringaraja pushpa, japa pushpa and triturate with meshi (goat's) milk and put it in an iron vessel. Keep under the earth for seven days. At eighth day take out and triturate the content with bhringaraja swarasa by adding little ghrita (ghee) to it and do lepa over the head and cover this with banana leaf, leave overnight. Next day morning wash with triphala kwatha. Repeat this procedure for few days. This makes the hair grow black.

Similarly, using sindura, raw mango seed, shankha bhasma (conch calx); triturate with bhringaraja swarasa to make it as paste. Apply this as lepa and next day morning wash with triphala kwatha. This makes the growth of black hair.

Take rasanjana (nili vruksha or nara dugda), shankha bhasma, parade (mercury), sisa (lead) in equal quantity. First melt naga and add to parada, triturate then add other drugs and triturate by adding kanji (sour gruel). Apply this paste over the head and wrap with arka patra (leaf of *Calotropis procera*). If this procedure is done for many a times, one can appreciate black hair growth.

Take old powder of loha, amalaki, japa pushpa and triturate these to make as paste and apply over hair at night. Next day morning wash to get benefit from palita. Here author explains the action of the formulation by giving a simile; by doing so graying of hair will not be seen as bathing in Ganga River eliminates the chances of going to hell.

From here the author explains the use of formulations as nasya procedure to get benefit from palitya and other hair problems –

Prepare kalka from nimbu seeds and with bhringaraja swarasa by trituration process for whole night and on the second day again triturate with vijaysaara kwatha for whole night. On third day do triturate and make it dry. Then extract oil from this content using patala yantra. Oil obtained from this method should be used as nasya daily and should follow milk and rice as pathya would eradicate palita roga.

Nasya (inhalation therapy) with neem oil for a month and consuming milk as pathya eradicates graying of hair.

Nasya with the oil prepared using milk, bhringaraja swarasa, madhuka, tila taila and water cures palitya. Follow general method of preparation of oil.

Table 1: Properties of drugs used frequently in kesharanajna yoga

| Name | Botanical name | Rasa | Guna | Veerya | Vipaka | Karma |
|---------------------------|-----------------------------------|--|--|------------------|-----------------|--|
| Amalaki ³ | <i>Embllica officinalis</i> Linn. | Amla (sour) pradhana pancha rasa (except lavana) | Laghu (light), ruksha (dry) | Sheeta (cooling) | Madhura (sweet) | Tridosahara (alleviates vata-pitta-kapha), rasayana (immune modulator), chakshushya (improves eyesight), vrishya (aphrodisiac) |
| Vibhitaki ⁴ | <i>Terminalia bellirica</i> Roxb. | Kashaya (astringent) | Ruksha (dry), laghu (light) | Ushna (hot) | Madhura (sweet) | Kapha-pittahara (alleviates kapha- vata), keshya (hair tonic), chakshushya (improves eyesight) |
| Haritaki ⁵ | <i>Terminalia chebula</i> Retz. | Kashaya (astringent)pradhana pancha rasa (except lavana) | Laghu (light), ruksha (dry) | Ushna (hot) | Madhura (sweet) | Tridosahara (alleviates vata-pitta-kapha), rasayana (immune modulator), chakshushya (improves eyesight) |
| Bhringaraja ⁶ | <i>Eclipta alba</i> L. | Katu (pungent), tikta (bitter) | Ruksha (dry), laghu (light) | Ushna (hot) | Katu (pungent) | Kapha-vatahara (alleviates kapha- vata), keshya (hair tonic), rasayana (immune modulator) |
| Nili ⁷ | <i>Indigofera tinctoria</i> Linn. | Tikta (bitter) | Laghu (light), ruksha (dry) | Ushna (hot) | Katu (pungent) | Kapha-vatahara (alleviates kapha- vata), keshya (hair tonic), krimighna (anti-helminthiasis) |
| Amra ⁸ | <i>Mangifera indica</i> Linn. | Kashaya (astringent) | Laghu (light) | Sheeta (cooling) | Katu (pungent) | Vatahara, hridya (cardio tonic) |
| Nimba ⁹ | <i>Azadirachta indica</i> A. Juss | Tikta (bitter), kashaya (astringent) | Laghu (light), ruksha (dry) | Sheeta (cooling) | Katu (pungent) | Kapha-pittahara (alleviates kapha- pitta), krimighna (antihelminthic), netrya (beneficial to eyes) |
| Yashtimadhu ¹⁰ | <i>Glycyrrhiza glabra</i> Linn. | Madhura (sweet) | Guru (heavy), snigdha (unctuous) | Sheeta (cooling) | Madhura (sweet) | Vata-pittashamaka (alleviates vata- pitta), keshya (hair tonic), varnya (improves complexion), rasayana (immune modulator) |
| Loha churna ¹¹ | - | Tikta (bitter), madhura (sweet), kashaya (astringent) | Sheeta (cooling), ruksha (dry), guru (heavy) | Sheeta (cooling) | - | Rasayana (immune modulator), balya (strength enhancer), vrishya (aphrodisiac) |

Shelu (*Cordia dichotoma* G. Forst) taila nasya: Triturate seeds of sheluphala with kanji and put it in an iron sieve having minute holes. Put this sieve on another jar and keep under sunlight. After some time, due to intense heat of sun, oil starts oozing from the content and it pass through minute holes and get collected in the jar. Then filter that oil and preserve in glass bottle. Doing nasya with this oil and massage over the head helps in making the hair grow black. This oil would also help in the diseases of eyes, ear, neck and teeth.

DISCUSSION

In the text of Bhaishajya Ratnavali, disease wise descriptions of yoga are explained. In the context of kshudra roga chikitsa, author described many kesharanjana kalpa for hair care. By following the methods mentioned in the text, one can get good nourishment to the hair and can be devoid of graying of hair. Much yoga was explained for hair care among those, application as lepa to scalp and hair are suggested because direct application to the hair root would stimulate the hair root for growth and proper nourishment could be appreciated right from the growth itself. Nasya karma was also mentioned with particular drugs by following proper pathya would help in growth and nourishment of hair. As a saying, drugs administered through nasal route have the direct way influence over urdhwajatrugata vikara (diseases of head and neck); it stimulates and enters the minute channels thus best result can be appreciated.

Most of the drugs used here are rasayana in nature and has keshya property which forms the prime factor for using in these yogas. Acharya also emphasizes to use iron vessel for the preparation of yoga as the guna of patra (utensil) also incorporates while preparation that enhance the properties of drugs. Few kesharanjana yoga contains milk as bhavana dravya which has synergistic effect and milk being rasayana in nature adds to the overall action of the drugs. Rasayana property of drugs helps in proper dhatu poshana (nourishment) and thus helps in proper formation of upadhatu (nutrient and byproducts). Hair problems mainly includes khalitya (hair fall) and palitya (graying of hair) which mainly occurs due to vitiation of pitta dosha¹². So, drugs used are of sheeta virya, laghu- ruksha guna with madhura rasa and vipaka which pacifies pitta and helps in reduction of khalitya and palitya conditions.

CONCLUSION

Kesharanjana yoga mentioned in Bhaishajya Ratnavali text which is a compiled version of many texts includes formulations for proper hair growth and khalitya, palitya and other conditions of hair. Author explained many lepa and nasya procedure for proper nourishment and growth of hair. Owing to the properties of drugs used for the preparations; these are useful in many conditions of hair problems. Scope extends to carry out research works for further documentation.

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