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Conference Report: Trichon 2019

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Abstract

National conference on Trichology has organized by VHCA. In this conference basics of trichology, diseases and their management has discussed from Perspective of Ayurveda & Modern Medicine. In Ayurveda classics hairfall mentioned in *kshudra roga* under the heading like *khalitya*, *palitya* and *indralupta*. Conference focused on 'TRADITION WITH TECHNOLOGY' and insisted for better integration of ancient *Ayurvedic* principles with modern techniques. Ayurveda is emerging as ray of hope for people suffering from hair fall.

Keywords: Trichon, Ayurveda, Modern Medicine

Introduction

1st National Conference on Trichology "TRICHON 2019" held in India International Centre New Delhi on 13th April 2019. The conference on trichology was organized by VHCA was an initiation of unique kind. Medical conferences give experts and scholars of various fields to interact and discuss the change in the field going on in the practices and academics. Many eminent academicians, clinicians and officials from ministry of AYUSH GoI were part of this conference. A daylong event was well decorated by the gracious presence of key note speakers from different streams of science truly expressing the perfect blend of modern medical science and traditional medical science. This report includes crux of presentations, panel discussions, interactive dialogues and some informal informative discussion during lunch and high tea hours.

The Conference

This conference witnessed the presence of more than 50 experts, practitioners, academicians and over 500 scholars throughout the nation. It comprised of various session including panel discussion, classes, paper presentation, poster presentations.

The conference was divided into 5 scientific inaugural and valediction session. In First scientific session, Dr. Seema Oberoi Lal renowned practitioner from Delhi gave her view on trichology. This session covered anatomy, physiology, and pathology of hair. It explained diagnostic techniques and investigation used in the field of trichology. This session provided opportunity to the audience to learn about the basic concepts of trichology. It was first step of the day to learn rest of the things pertaining to trichology.

2nd key note speaker was Dr. Shrikant Babu Perugu (Hyderabad) dealt with complete perspective of trichology in Ayurveda. He said, how and why the origin of *kesh* as *mala* of *Asthi* described in classics and *Shodhan* and *Shaman chikitsa* for hair disease mentioned in Ayurveda like *khalitya*, *palitya*, *darunak* and their modern counterparts. He also talked about the fastest growing commercial market of cosmetics as far as aesthetics and trichology are concerned.

With *dhanwantari vandana* and lightening the lamp, inaugural session started with the words of Professor K.S. Dhiman (Director General, CCRAS, New Delhi) and Padma shri Vaidya Balendu Prakash. Prof K S Dhiman put forward the concept of *pratimarsh nasya* in prevention of *khalitya* and *palitya* while Padma shri Vaidya Balendu Prakash surfaced the idea of 'TRADITION WITH TECHNOLOGY' and insisted for better integration of ancient *Ayurvedic* principles with modern techniques.

Dr. Mukesh Aggarwal chairman VHCA welcomed the experts, participants, delegates and brief introduction about conference.

He told how he got the idea of organizing unique kind of conference on trichology and giving platform to Ayurveda experts and scholars to discuss trichology deeply with multiple aspects and its relevance now with the global emerging market of cosmetics. Hairs are important cosmetic asset having psychological importance in the society. Though hair loss is not a debilitating or life threatening sickness, the very thought of becoming bald can lead to emotional stress and traumatic experiences ^[1].

He also shared his story of legacy and success that how he has achieved new heights with fusion of Ayurveda and modern science advancement in treatment and diagnostic modalities. Dr. Aggarwal stated that with the astonishing advancement in science and technology, protocols of *Ayurvedic* management, diagnostic ways and scientific valor towards Indian system of medicine is changing globally. Now Ayurveda is emerging as ray of hope for people suffering from hair fall.

Professor Dr. Meeta Kotecha from National Institute of Ayurveda, Jaipur focused on unhealthy and junk food habits in routine life. She said excessive intake of *Lavan and kshar rasa* in the form of salt and monosodium glutamate (MSG), which is abundant in junk food can lead to obstruction of *Srotas* (channel of circulation) which can cause hair fall. She added, one who wants healthy hair should take proper care by oiling, herbal hair mask etc. she promoted the use of herbal dyeing agents like *Japa (Hibiscus Rosasinensis)*, *Heena (Lawsonia inermis)*, *Haritaki (Terminalia chebula)*.

Professor Dr. Anand Chaudhary Renowned *Rasa-shastri* from Banaras Hindu University told about the rich practice of *rasa-aushadhis* in trichology and pointed out the need for research in *Ayurveda* to move parallel with contemporary medical science. He talked about the research done in IIT kharagpur on *Rasa – sindur & Makardhwaj* prepared by Arya Vaidya Shala, Kottakal and research paper published by IIT Mumbai in their annual emphasizing non toxicity of *rasa-aushadi* after *Shodhan, Marana and Amritikaran*. He put weight behind using *Shodhan, Maran etc* and termed them as boon for Ayurveda pharmaceutical sciences.

According to him 2014 onwards we are living in “GOLDEN ERA” of *Ayurveda* due to proactive and forefront initiatives taken by ministry of AYUSH GoI

Dr. Gopa Kumar Nair (Tiruvananthapuram) discussed about the *Panchkarma, Keshh Prakriti* and treatment protocol for hair disorders. In *Ayurveda* classics hair fall mentioned under the *Kshudra Roga* in *Sushrut Samhita Nidan Sthan* under the heading like *khalitya, palitya* and *indralupta*. *Vata, pita* and *kapha dosha* are responsible for hair fall ^[2]. He emphasized *Taildhara, Ksheerdhara and takradhara* respectively for *Vata, Pitta and Kapha prakriti* hairs.

Dr. D.C. Katoch Advisor Ministry of AYUSH GoI, guest for valediction advocated that world is now recognizing the power of *Ayurveda* and at the same time *Ayurveda* graduates must also learn the new modalities for up-gradation of traditional science and for materializing it, collaboration and MoU are being signed between Ministry of AYUSH, CSIR, DST. Recently Indian Govt. signed MoU with other countries like Austria, Republic of Cuba and Equatorial Guinea for global presence and recognition of *Ayurveda*. Padma Bhushan Vaidya Devendra Triguna and Prof. Tanuja Nesari (Director, All India Institute of Ayurveda) felicitated the winners of paper and poster presentation of the conference.

Event completed with the resolution of doing good and new collaborative work in the field of *Ayurveda* for amelioration of our ancient medical science in fact “LIFE-SCIENCE”. “Prevention is better than cure” is necessity of present era and let’s move together towards the preventive approach of *Ayurveda* and curative approach of contemporary medical science.

List of key note speakers

1. Professor Dr. Anand Chuadhary, HOD *rasa-shastra* and Bhaisajya Kalpana, BHU
2. Dr. Gopa Kumar Nair, Thiruvananthapuram Kerala
3. Dr. Meeta Kotecha, NIA Jaipur
4. Dr. Seema Oberoi Lal, Lal eye and skin care centre Gurgaon
5. Prof. Shrikant Babu Perugu, Hyderabad

Discussion

Hair fall may be primary or secondary as per modern science. *Hetu* for hair fall are *ati-lavan, ati-kshar, asthi-kshaya, Vata vardhak ahar vihar, Raktaj krimi* etc. while over dosage of vitamin A, thyroid dysfunction, psychological stress, vitiligo, rheumatoid arthritis, and anemia etc. shows the systemic cause of hair fall. In *Ayurveda* diagnosis can be made with *trividh pariksha*³ i.e. *Darshan, Sparshan, Prashna, Prakriti* and dominance of *dosha* as per told by *Acharya Sharangdhara*.

Primary treatment told in *Ayurveda* classics are *Shodhan karma, Prachhan karma, lepa* oil and *nasya*. *Shodhan* includes *vaman, virechan* and *shodhan vasti*. Before going for these treatments it is always essential to determine the *prakriti* and dominance of *dosha* in patient. In *vata prakriti shodhan basti*, in *kapha prakriti vaman karma* and in *pitta prakriti virechan karma* should be done. Before *Pradhan karma, Purva karma (snehan & swedan)* are must and *Pradhan karma* should always followed by *Sansarjan krama*.

Prachhan karma is now widely in use in the form of derma roller which is painful but still very effective in the treatment of hair fall. *Prachhna karma* along with “*Jalauka-avcharan*” is emerging as a new mile stone in the treatment of hair fall. Mode of action of *Prachhan karma* is supposed to remove the obstruction caused by *kapha dosha* in the *lomakupa*.

After *Shodhan* and *Prachhan* various *lepa* and *tailam* can be used for local application. *Acharya sushrut* has mentioned *gunjadi lepa*^[4], *lepa of hastidant masi*^[5] and *Acharya vagbhatta* has described *bhallatak lepa*^[6], *dhatu lepa*^[7], *kantakari lepa*^[8] etc. *Lepa* having *ushna tikshna guna* removes the obstruction caused by *kapha* and gives rise to the opening of new hair follicle. Oil causes *shaman* of *vata* and *pitta dosha*.

Nasya is another integral part of treatment protocol. Classics said “*Nasa hi Sirsho Dwaram*” *NASA* is having connection with head via cribriform plate so *sneha* directly nourishes the hair and scalp hence effectively checks the hair fall. *Anu-tail* is used widely for *Nasya*. *Acharya charak* has specially quoted curing *khalitya palitya* in the effects of *Anu tail*^[9].

Nidan parivarjan^[10] is important part for the treatment of hair fall. *Apathya* should be avoided. *Ati Lavan, Ati Kshar* and *vata vardhak ahar* should be avoided.

Alopecia male pattern baldness was epicenter of discussion throughout the conference approach towards female

baldness could have add more valuable points to the knowledge. Female are much more beauty conscious. Market of herbal cosmetics is fastest emerging market all over the globe.

Alopecia is one of the major and frequent toxicity of cytotoxic chemotherapeutic drugs. Massive hair loss (alopecia) by many chemotherapeutic drug ranks amongst the most psychologically devastating side effects of cancer treatment and more than 80% of the patients who receive the chemotherapy consider hair loss as most distressing aspect of their treatment ^[11]. Here, how we can use the ancient science with modern technology to manage such a challenging area, may be the appropriate area to research. Any success in such areas can dramatically change the Moral of cancer patients by making them psychologically more stable.

Acharya have also told about the *Arishta Lakshna* ^[12] relation of hair. Is it really significant in today's scenario with respect to the prognosis of disease? How these concepts can be understand on the scientific background and better utilized for human care. It can give platform to concept based research which is actually a need of the hour.

The conference emphasized on an integrative approach towards the hair fall. The treatment should offer both natural and synthetic approach to treat the condition of hair loss. Hair loss sufferers spend billions of dollars on remedies ranging from drug, vitamins, and shampoo etc ^[13]. Although synthetic remedies may be effective in curing the hair fall and related disorders but have safety issues and even some side effects. Can we really potentiate the effective treatment of hair related disorders by merging the two health care sciences?

Conclusion

The conference held in unique way, experts from different modalities on single stage under one roof is appreciable efforts of the organizers. Knowledge gained from this conference is satisfying although after discussion with the fellow participants it was observed that providing considerable time to the speakers, case presentation and demonstration of the procedure could have enhanced the conference productivity many folds.

Author contribution

RS attended the conference and provided inputs from conference, formal and informal discussions during conferences and wrote the manuscript. SSC attended the conference, contributed conference inputs and help in manuscript writing. PKG provided broad direction and supervised the manuscript.

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