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REVIEWER'S REPORT

Manuscript No.: IJAR- 50557

Date: 06/03/2025

Title: "Ayurvedic Management of Khalitya (Hair Fall)"

Recommendation:

- ✓ Accept as it is
- Accept after minor revision.....
- Accept after major revision
- Do not accept (*Reasons below*)

Rating	Excel.	Good	Fair	Poor
Originality		✓		
Techn. Quality		✓		
Clarity		✓		
Significance		✓		

Reviewer Name: Dr. S. K. Nath

Date: 08/03/2025

Reviewer's Comment for Publication:

The research paper presents a well-rounded discussion on Khalitya (hair fall) from an Ayurvedic perspective. It effectively explains pathophysiology, diagnosis, and management using traditional methods. However, the lack of empirical validation and comparison with modern medical interventions limits its broader clinical applicability. Future studies should incorporate experimental data to reinforce Ayurveda's role in dermatological health.

Reviewer's Comment / Report

The research paper provides a comprehensive review of hair loss (Khalitya) from an Ayurvedic perspective, integrating classical Ayurvedic texts with modern medical understanding. It effectively discusses the causes, classifications, and therapeutic approaches based on traditional medicine. The study also highlights lifestyle modifications, purification therapies, and herbal treatments that can help manage hair fall.

Key Strengths of the Paper

1. **Thorough Literature Review:** The paper references Brihat-Trayi and Laghu-Trayi texts, along with modern dermatology literature, ensuring a balanced approach to the topic. It correctly categorizes Khalitya under Shiroroga and Kshudra Roga, providing historical and etiological insights.
2. **Integration of Ayurvedic and Modern Science:** The discussion on hair growth cycles (Anagen, Catagen, Telogen) and their correlation with Ayurvedic concepts adds value. It bridges dosha imbalances (Vata, Pitta, Kapha) with contemporary causes of hair loss, such as hormonal changes, stress, and nutritional deficiencies.
3. **Detailed Management Strategies:** The study outlines preventive and curative approaches, including:
 - Nidanparivarjana (elimination of causes)
 - Panchakarma (detoxification)
 - Rasayana therapy (rejuvenation)
 - Shirolepana (medicinal paste application)
 - Nasya therapy (nasal oil application)
 - Herbal formulations and medicated oils

REVIEWER'S REPORT

4. Clinical Relevance: The study acknowledges psychological impacts of hair loss, including its effects on self-esteem and quality of life, drawing parallels with dermatological conditions like Psoriasis. It provides practical guidelines for Ayurvedic practitioners on diagnosing and treating hair fall.

Areas for Improvement

1. Lack of Empirical Data: The paper relies heavily on classical texts and theoretical explanations without substantial clinical trials or case studies. It would benefit from quantitative research, such as:

- Clinical trials demonstrating the effectiveness of Ayurvedic treatments.
- Patient response data comparing Ayurvedic and allopathic approaches.

2. Comparative Analysis with Modern Treatments: While the paper briefly mentions modern causes of hair fall, a comparison with allopathic treatments (e.g., Minoxidil, Finasteride, PRP therapy) could strengthen its applicability.

3. Clarity and Organization: Some sections are highly detailed, which may be overwhelming for readers unfamiliar with Ayurveda. A more structured summary table comparing different treatments for various dosha types would enhance readability.