Considering *Prakriti* or treatment of the subject it is important to understand just how far hair loss has progressed. For this purpose Hamilton and Norwood have advised a scientific scale to determine the grade of hair loss.

Men typically lose hair in several patterns. The most common are receding at the temples, on the top back of the head known as vertex, and diffuse thinning where hair overlarge areas begins to thin, without a specific change in the hair line. Combinations of these types of looses also occur. The following scale can be used to categorize level of male pattern baldness.

This hair loss pattern is used in this study.

This scale is not mentioned in *Ayurvedic Samhitas*. Volunteers assessed on Hamilton Norwood Baldness Scale as per below dividing the scalp in five regions according to hair loss pattern and after then the assessment of *Deha Prakriti* done.

There are also different regions of the scalp where hair loss occurs, each area has a name which describes the exact region where the hair loss is taking place described as in figure No.-1, Regions of scalp.

**REGIONS OF THE SCALP**

![Regions of the scalp](image)

*Figure No. 1 Showing Regions of the scalp*
Hamilton Norwood baldness Scale

The Hamilton-Norwood scale is a way of measuring male pattern baldness. It was introduced by Dr. James Hamilton in the 1950s and later revised and updated by Dr. O’Tar Norwood in the 1970s. The most widely accepted standard is the Norwood classification for men it is used in nowadays for research works. There are 2 main types of balding, anterior (front) and vertex (back), as this alternate view of the Norwood scale shows. With this technique, we can address any extent of baldness from early loss along the frontal hairline (Norwood Type I) to severe global loss (Norwood Type VII) as this scale is categorized in seven stages. Stage I shows minimal to no hair loss along the fronto-temporal expanse. There won’t be a Stage 1 because it’s the stage where you have no hair loss. \[1, 2, \text{and 3}\]
The Hamilton Norwood Scale is categorized from **Stage 1 – 7**, also simplified into **2 sections**.

The section (**A**) will be the Anterior MPB which means the receding starts from the front of particular’s scalp.

The section (**V**) will be the Vertex MPB which begins from the crown (top).
Either way, both ends up with the same condition at stage 6 and 7 of the Norwood Scale. There won’t be a Stage 1 in next figure because it’s the stage where particular have no hair loss as below figure.

**Anterior Male Pattern Baldness**

Figure No. 3 showing anterior and vertex hair loss

**Vertex Male Pattern Baldness**

Figure No. 4 showing anterior and vertex hair loss

Stage 1

Subject has no hair loss.

Stage 2
i) 09 Chapter 6 Review of Literature (Hamilton Norwood Scale)

A: There are triangular, usually symmetrical, areas of recession at the frontotemporal hairline. It shows some minimal receding hairline in the front or the side of scalp.

The hairline is anterior to the coronal plane and 2 cm anterior to the external auditory meatus.

V: There may be small thinning circle in the crown area.

Stage 3

A: Same receding pattern as Stage 2 but there it gets deeper to the back. This represents the minimal extent of hair loss sufficient to be considered as baldness according to Norwood. There are deep symmetrical recession at the temples that are bare or only sparsely covered by hair.

The hairline has receded back to a point between the limit of Type IIA and the level of the external auditory meatus.

V: The hair loss is primarily from the vertex with limited recession of the frontotemporal hairline that does not exceed the degree of recession seen in Type III A.

Stage 4

A: The frontotemporal recession is more severe than in Type 3A.

The hairline has receded beyond the external auditory meatus but has not reached the vertex.

V: The vertex balding will be quite noticeable for an inch or two and the front part also starts to thin dramatically towards the vertex.

The two areas of hair loss in stage 4 are separated by a band of moderately dense hair that extends across the top. This band connects with the fully haired fringe on the sides of the scalp.

Stage 5

A: The balding now reaches to the vertex of scalp. Subject’s frontal region is almost gone. The area of denudation includes the vertex.

The band of hair across the crown is narrower and sparser and the vertex and frontotemporal regions of hair loss are bigger.
V: An obvious big patch in the vertex area with the balding from the frontal area almost reaches the vertex.

Stage 6

At this point, there won’t be any difference from Vertex and anterior thinning. Whole frontal and top part of head is a goner.

The bridge of hair that crosses the crown is gone with only sparse hair remaining. The frontotemporal and vertex regions are joined together and the extent of hair loss is greater.

Stage 7

The final stage now hair has totally receded all the way back to the base of head and just slightly above ears.

The most severe form of hair loss and only a narrow band of hair in a horseshoe shape remains on the sides and back of the scalp. This hair is usually not dense and may be quite fine.
Parameters

In present study the parameters of Khalitiya (baldness) used as per bellow

1. Mild Khalitiya (mild hair loss) Stages 1 and 2V hair loss
2. Moderate Khalitiya (moderate hair loss) Stages 2A, 3A, 3V & 4V considered
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3. Severe Khalitya (severe hair loss) Stages 4A to 7 considered

References

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