

International Research Journal of Ayurveda & Yoga

An International Peer Reviewed Journal for Ayurveda & Yoga



Case Report On Ayurvedic Management of Hair Fall

Dr. Rajveer Sason¹ Dr. Monika Sharma²

ICV-70.44- ISRA-1.318

VOLUME 4 ISSUE 4

1. Ph.D Scholar, P.G Department of Agad tantra Nia Jaipur Rajasthan.
2. Ph.D Scholar, P.G Department of Agad tantra Nia Jaipur Rajasthan.

Corresponding Author :- Dr. Rajveer Sason, Ph.D Scholar, P.G Department of Agad tantra Nia Jaipur Rajasthan, Email: sasonrajveer2@gmail.com

Article received on 12th March 2021

Article Accepted 20 April 2021

Article published 30 April 2021

ABSTRACT: -

Hair plays a vital role in the personality of human and for their care we use lots of cosmetic products. The fading (pigmentation problem), dandruff, alopecia (loss of hair) is the major problem associated with hairs. It is said that face is the mirror of our personality and it should be maintained from the hairstyle we keep. In today's developing world there are lots changes in the eating habits and the lifestyle. This is a case report of 28 years female with complaint of Hair loss for 1 year. Patient was treated with ayurvedic preparations for 2 months. Decrease in hair fall was achieved successfully. Patient felt relieved of itching and redness of scalp also. This case study reveals the potential of Ayurvedic management of Hair fall.

Keywords: Ayurveda, Hair fall



This work is licensed under a creative attribution -Non-commercial-No derivatives 4.0 International License commons

How to cite this article: - Dr. Rajveer Sason, Dr. Monika Sharma, Case report on Ayurvedic management of hair fall, IRJAY, April: 2021, Vol-4, Issue-4;85-90 ;

Doi: <https://doi.org/10.47223/IRJAY.2021.4405>

INTRODUCTION

Hair is a dead part of the body with no nerve connections, and it is one of the most important aspects of the body originating from the ectoderm of the skin. The hair follicle is unusual in that it has the power to regenerate itself.^[1] Hair development is divided into three phases: anagen (growth), catagen (involution), and telogen (rest) (rest). Hair problems include pigmentation issues (Fading), dandruff, and hair falling out (Shedding).^[2]

Young people, both men and women, are the ones who are most affected by this crisis. And people are spending a lot of money to solve the issue, but it's all for naught. Pigmentation problems (Fading), dandruff and falling of hair (Shedding) are associated problems with hair.^[3]

The most who are affected with this problem is the young population not only men but also women's . And people are spending lots of money to get rid of this problem but all in vain. Acharya Shusruta had said in his Shushruta samhita that the *drusthi* and the *lomkupaa* never grow throughout lifetime but hairs and nail do.^[4]

Dihydrotestosterone (a testosterone derivative), inadequate blood flow, sebum mental strains, pressures and nervous disorders, ageing, diseases, hormonal imbalance, contaminated climate, poisonous chemicals, injury and disability, radiation, Fungal infection (tinia capitis), Ulcerative Vit b12, iron, zinc, biotin, and vitamin E deficiency are all major triggers of hair loss.^[5]

Hair loss can take many forms.

Personal history:

Diet	Non-vegetarian
Micturition	5 – 6 times/day, 0 - 1/night
Appetite	Poor
Sleep	adequate
Bowel habit	Irregular
Addiction	nil

It is also known as inherited baldness. Androgenetic or androgenic alopecia (baldness) is the most common cause of hair loss in men. Hair follicle size and anagen length are decreased in androgenetic alopecia, although the number of hair follicles in telogen increases.^[6] Alopecia areata is a type of alopecia. Hair is lost from the scalp (alopecia areata totalis) or the whole body (alopecia areata universalis) in alopecia areata. Telogen effluvium is a form of telogen effluvium that Telogen effluvium is distinguished by a large number of hairs entering the telogen process at the same time.^[7]

Case Report

A Female patient of age 28 years with O.P.D no.181232 dated 21.10.2019 in O.P.D of NIA with complaint of multiple patches of hair loss of scalp for 1 year.

History of present illness: - A 28 year's old female patient experienced dandruff and itching of scalp 1 year back. After few months, she suffered from hair fall. Gradually she developed patchy hair loss of scalp. She also had redness of scalp. She was under mental stress due to hair loss. She had undergone allopathic treatment but that provided him only temporary relief. With these complaints, patient approached the NIA Jaipur.

History of past illness: - There was no relevant past history.

Family history: - No member of the family had history of such illness

Aṣṭhavidha Parikṣa:

Pulse	72/min, regular, normal in character
Stool	constipation
Urine	frequency - normal
Tongue	clear
Speech	clear
Touch	Normal
Eyes	Normal
Built	Heen

Systemic Examination: - On examination, Patient was conscious and oriented to time, place and person. Assessment of CNS, CVS system, respiratory system and musculoskeletal system of patient was found within normal

limits. No clinical abnormality was detected on per abdomen examination.

Blood investigation: - Blood investigations of the patient reveal Hb-10.5g/dl. TLC, DLC values were within normal limits.

Treatment Planned**Table 1: Ayurvedic treatment plan**

	Drugs	Days
<i>Deepana-Pachana</i>	<i>Triphla Choorna 3gm TDS,</i> <i>Ajmodadi Choorna 3gm TDS</i>	03 days
For external application	<i>Neeli bhringyadi tail BD</i>	2 months
<i>Rasayan Drug</i>	<i>Amalki Churna- 5gm BD</i>	2 days
	<i>Guduchyadi kwath-3 gm BD</i>	2 days

Table 2 showing Blood investigation reports before and after treatment

Particulars	Date (BT)	AT
Hb	10 g/dl	11.5 g/dl
TLC	5.3 *10 ³ /ul	5.1 *10 ³ /ul
Neutophills	41.7 %	40.9%
Lymphocytes	46.2%	35.3%
Monocytes	8.5%	7.9%
Eosinophills	1.9%	1.7%
Basophiles	1.5%	1.4%
ESR- (by Westergren method) -mm 1st hr.	15 mm	10 mm
Platelets count	251 *10 ³ /ul	230 *10 ³ /ul

Patient was follow up for 3 months During the treatment and follow-ups, the patient was

completely on *pathya ahar* and was advised to avoid spicy, oily, salty food and advised to take

milk, peya, and khichdi as *pathya* in food.

DISCUSSION

Hair fall is described as one of the *Khṣudra roga* in Samhitas as *Khalitya*. *Vāta*, *Pitta*, *Kapha* and *Rakta* are involved in *Khalitya* as mentioned in the various Samhitas. *Virudh aahara vihara*, *Pitta Vardakas aahara vihara*, *Hina*, *mithya*, and *aatiyoga* of *aahara*, *nidra* and *bhramachaya*.^[8] Consuming polluted water, living in polluted environment, Non application of oil on the scalp, Consumption of *dushi visha*.^[9] There was redness of scalp in which indicates towards involvement of *Pitta*. Internal Medications are chosen on the basis of their *Raktashodhaka* property. *Rasāyana* drugs which were given also had *Kesya* property. Patient was administered with oral medication like Amalki churna, guduchyadi churna, Triphala {Amalaki (*Emblica officinalis*), Bibhitaki(*Terminalia bellirica*), Haritaki (*Terminalia chebulla*)}.^[10] *Guduchi* have properties like *sheeta* (coolness), *madhura* (sweet), *guru* (heavy), *snigdha*(unctuous). It is *tridosahar*, balances all three dosha, promote longevity; it helps in retaining and maintain healthy status of hair.^[11] *Varnya gana*, give lustre to hair and stops greying of hair, *snigdha* and *guru* properties helps in dryness of hair and provide thickness to hair.^[12] In *triphala*, *Amalaki* has cooling effect that manages *Pitta*, gives nutritional support to hair and helps in hair growth. *Bibhitaki*, particularly good for *Kapha*, it helps in removal of obstruction caused by vitiated *Kapha*. *Haritaki*, though having a heating nature, it is still good for all three *dosha* and it removes toxins from body.^[13] Overall *Triphala* is also *tridosahar*. *Neelibhringadi Taila* is a precious formulation of Ayurveda and is highly regarded for the following characteristics:^{[14][15][16]}

- Antimicrobial and Antibacterial (Useful in all scalp infections)

- Antifungal action
- Antipruritic in scalp itching
- Hair Growth Stimulator
- Anti-inflammatory action

CONCLUSION

This case study shows the successful management of a case of Hairfall (*Khalitya*). While there is tremendous scope for further research but still it proves that with proper diagnosis and proper treatment protocol Ayurveda can be extremely beneficial in the management of hairfall (*Khalitya*).^[17] By addition of Panchakarma therapy along with internal medicines relief can be obtained on large scale. The recovery in the present case was promising and worth documenting.

Acknowledgement- Nil
Financial Assistant- Nil
Conflict of interest- Nil

REFERENCES

1. Kashyap Rakesh, Formulation and evaluation of hair oil for hairloss disorders Journal of Medicinal Plants Studies 2016; 4(3): 13-17 pp-786
2. Aditi Joshi AYURVEDIC MANAGEMENT OF HAIR LOSS (KHALITYA) BY (HAIR PACK) ADJIM, Apr – Jun 2017; Vol. 2 Issue 2 pp-67-70
3. Aditi Joshi AYURVEDIC MANAGEMENT OF HAIR LOSS (KHALITYA) BY (HAIR PACK) ADJIM, Apr – Jun 2017; Vol. 2 Issue 2 pp-67-70
4. Patil SM, Sapkale GN, Surwase US, Bhombe BT. Herbal Medicines as an Effective Therapy in Hair Loss– A Review. Research Journal of Pharmaceutical, Biological and Chemical Sciences. 2010; 1(2):773-781
5. T. GRANT PHILLIPS Hair Loss: Common

Causes and Treatment Am Fam Physician. 2017 Sep 15;96(6):371-378.

6.Kashyap Rakesh, Formulation and evaluation of hair oil for hairloss disorders Journal of Medicinal Plants Studies 2016; 4(3): 13-17.

7.Aditi Joshi AYURVEDIC MANAGEMENT OF HAIR LOSS (KHALITYA) BY (HAIR PACK) ADJIM, Apr – Jun 2017; Vol. 2 Issue 2 pp-678

8. Savill's System of Clinical Medicine, edited by E.C.Warner, 14th edition, Alopecia areata, 2002, page no. 1022.

9. API Text Book of Medicine Volume 1, edited by Surender K Sharma, A K Agarwal et al, 10th edition, 2015, Alopecia areata, page. no.734.

10. Kumar & Clarke's Clinical Medicine, edited by Prof, Praveen Kumar & Dr. Michel Clerk, 5th edition, 2002, Alopecia areata, page. no.1316.

11. Astanga Hrudaya with Sarvanga Sundara teeka of Aruna dutta & Ayurveda Rasāyana of Hemadri edited by Pt. Hari Sadashiva Shastri Paradkara, published by Chaukamba surbharati prakashan, Varanasi, reprint 2017, Sutra sthana, Chapter 26/53, page no. 325.

12.Kashyap Rakesh, Formulation and evaluation of hair oil for hairloss disorders Journal of Medicinal Plants Studies 2016; 4(3): 13-17 pp-786

13.Aditi Joshi AYURVEDIC MANAGEMENT OF HAIR LOSS (KHALITYA) BY (HAIR PACK) ADJIM, Apr – Jun 2017; Vol. 2 Issue 2 pp-67-70

14.Aditi Joshi AYURVEDIC MANAGEMENT OF HAIR LOSS (KHALITYA) BY (HAIR PACK) ADJIM, Apr – Jun 2017; Vol. 2 Issue 2 pp-67-70

15. Ahirwar, P., & Fiaz, S. (2019). Alopecia Areata (Indralupta): A successfully treated case with Ayurvedic Management. International Research Journal of Ayurveda & Yoga, 2(1), 18-24.

16.Patil SM, Sapkale GN, Surwase US, Bhombe BT. Herbal Medicines as an Effective Therapy in Hair Loss– A Review. Research Journal of Pharmaceutical, Biological and Chemical Sciences. 2010; 1(2):773-781

17.T. GRANT PHILLIPS Hair Loss: Common Causes and Treatment Am Fam Physician. 2017 Sep 15;96(6):371-378.