



AYURVEDIC MANAGEMENT OF ALOPECIA (KHALITYA) - A CASE STUDY

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ABSTRACT

For most people, the hair loss is nothing more than a few patches, though in some cases it can be more extreme. This common but very challenging and capricious disease affects approximately 1.7% of the world population and can have a profound effect on physical and emotional state. It occurs in males and females of all ages but most often the onset can be seen in childhood. Aim of treatment is hair fall to minimize the symptoms as there is no permanent cure in contemporary medicine. *Ayurvedic* texts in the context of *khalitya* explained is primarily a *pitta* predominant *tridoshajanya vyadhi*. A case of 18 yrs patient come to complaints with patches & hair fall suddenly in head. Who was treated with *ayurvedic* treatment is discussed here.

Keywords: Alopecia, *Khalitya*, *Pittadosha*, *Indralupta*.

INTRODUCTION: Increased hair fall in *ayurveda* is termed as *khalitya* and classified under *shiroroga*¹. *Ayurveda* uses three terms to describe the symptoms of hair loss which are *Indralupata*, *Khalitya* and *Ruhyam*². Alopecia areata (*Indralupta*) is a common autoimmune disease that results in loss of hair on the scalp and any other parts of the body³. The condition can affect anyone regardless of age and gender, though most cases occur before the age of 30. The word "alopecia" comes from Ancient Greek and roughly translates as "fox disease," on account of foxes changing their fur twice a year. The word "areata" means "occurring in patches or circumscribed areas." Alopecia areata usually starts with one or more small, round, smooth bald patches on the scalp and can progress to total scalp hair loss (alopecia totalis) or complete body hair loss (alopecia universalis).⁴ According to

Charak & Vagbhat hair to originate from the "Asthi" or bone tissue, and therefore, to treat hair loss, medicines to strengthen bone are given orally on a long-term. *Ayurveda* treatments of alopecia is designed to restore *dosha* in balance to individuals and address particular imbalances in the "Asthi," or bone tissue. line of treatment of *pradoshaja vikara rasa pradoshaja vikara Sarva langhan Aushdha, Rakta pradoshaja vikara Upvasa, Lepa, Virechan, Sirovirechan, Mamsa pradoshaja vikara Sansudhi shastra Khsara Agni Karma, Meda pradoshaja vikara Ashtoindit & Pramehahar, Asthi pradoshaja vikara Panchkarmani, Kheersarpi Basti, Majj & Shukra samuthan Aushdha pradoshaja vikara Swadu tikta, Anna, Vyavay, Vyayam*⁵, *dosha* balance (*pittakapha*), *srotoshadhan, Amapachan*, promoting the Competence of *srotas* (microcirculatory

channels in the body) charak in its section on *chikitsa* starts with an Exhaustive chapter on *rasayana* therapy dealing with the *physiological, pharmacological, Therapeutic and clinical aspects of the rasayan*⁶.

ASTHAVISH PARIKSHA (Diagnosis):

*Nadi- Pittavataja Mala – Sama
Mutra- Nirama Jivha- Malaavrata
Shabda- Spashta sparsha-
Anuushanshaata Drishti- Normal
Aakriti- Normal*

The patient is diagnosed based on signs and symptoms and clinical on examination as laboratory test reports (CBC & routine URINE TEST) are normal.

HETU (ETIOPATHOGENSIS):

Svabhav (Genetic tendencies & environmental triggers) - *pittaprakrati*, sedentary lifestyle, *Virudh aahara vihara* (Nutritional deficiency, Long illness , Exposure to chemicals)- spicy, fried, junk , sour and cold & hot food items intake most of time, no proper nutritional diets intake. Irregular sleep habits. *pittavardhaka aahara* (Thyroid dysfunction , Extreme stress, Local skin disease)- *katu, amla, lavan, tikita, Tikshana, vidhianna* .

SAMAPRATI: Excessive *pitta dosha* as main reason for hair loss. *Romakupagata* (Hair follicles) contain *brajaka pitta*. it increases root of hair and associates itself with *vata dosha* it results in the falling of hair. *Kapha* and *raktha* then together block the follicle not allowing further fresh hair growth. *Khalitya* is primarily a *pitta* predominant *tridoshajanya vyadhi*⁷ (all three *doshas* vitiated disease).

SAMPRAPTIBAHNAGA-

Nidanaparivarjan, Shamana, Shodhanachikitsa and Rasayana.

CASE REPORT: A 18yrs. Male patient came to OPD Dr. Sarvepalli Radhakrishnan Rajasthan Ayurved

University, Jodhpur on 11/11/2016 (reg. No 51757) , native of jodhpur state a (student) with complaints of sudden hair fall (2-2.5cm) bald patches on the scalp. Patient was treated as the case of *khalitya (Indralupta)* and subjected to both internal and external medication.

Family history – No significance

Past history – No chronic illness

Personal history – *Dietary* habits like Chinese, junk food, spicy & sour foods.

Life style – Irregular sleep habits.

ROUTINE INVESTIGATION: Done prior to starting treatment.

MATERIAL AND METHOD:

A. ORAL MEDICATIONS: The patient was administered with following *Ayurvedic* medication.

1. *Yashtimadhu churna* -2gm

<i>Giloya churna</i> - 2gm	}	250mg
<i>Kasis bhasma</i> -		

Bid (with luke warm water)
Amalki rasayan - 1gm
2. *Panchtikta ghrut guggul*- 2 tablet
Tds (Each Tablet 250mg)
3. *Draksharishta* - 4TSF Bid
mixed with same amount of water After meal
4. *Mahamanjishthadi kwathdravya* – 10gm Bid *Pashchatbhukta*
5. *Kutki vati* -2 (250mg)CHS (with luke warm water)
Nishikala

B. EXTERNAL THERAPIES:

(Ayurveda head massage): *Til taila* for 14 days about 45mint. L/A *Danil* hair oil (*Neem, Hibiscus, Rusmari* oils) daily. The treatment continue for 1-1½ months.

Patient is asked to Avoid has spicy, fried, junk & sour food items and take fresh normal diet.

Pathya: *Taila, ghruta, dugdha, Dhaanya, shigru, vaastuka, patola, kaarvellaka, haritaki, bhringaraaja, draksha, aamra,*

aamalaki, maatulunga, naarikela, chandana, karpooora, sweda, nasya, dhooma, virechana, lepa, seka, langhan, shirobasti.

Apathya: Amla rasa, guru ahara, maricha, ati sheeta & ati ushna, virudha anna, diva-svaapa, ashru, nidraa, pureesha vega dhaarana⁸.

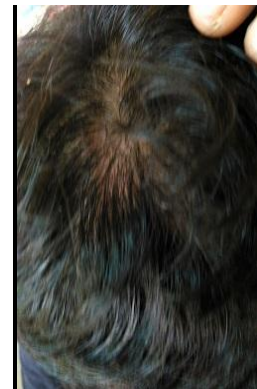
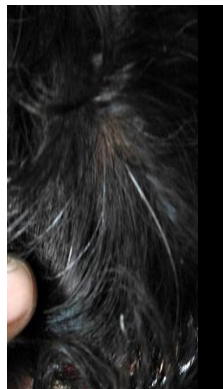
RESULTS: Table No. - 1

S.NO.		Before treatment	After treatment		
			15days months	1 months	1½ months
1.	No. Of patches	3 bald patches	3 bald patches	2 patches	Nil
2.	Size of patches	2-2.5cm bald patches	1-1.5cm each	0.5-1cm each	Nil
3.	picture				

Fig-1 BEFORE TREATMENT



Fig – 2 AFTER TREATMENT



DISCUSSION: Pitta vardhak, Abhishyandi ahara, & ama, life style increases pitta & vata which lead Khalitya. Pitta pacification is the primary ayurvedic hair loss treatment via necessary pitta

pacification, diet and pitta reducing ayurvedic medication. Iron deficiency if exists also has to be corrected along with, liver tonic, blood purification. things Rasayanas for boosting iron level,

increasing the body immune function and to nourish body tissues . *Shirodhara* (Ayurvedic head massage) as local lubricating *shodhaka*(purificatory) effects

also reduces stress level (Anxiolytic). Its indicats for baldness, hair loss and graying of hair.

Table No. - 2

Medicine name	Pharmacological effects
<i>Yashtimadhu churna</i>	<i>Keshya, Srotoshodhan, Rasayana, Immunomodulatory, Hepatoprotective.</i>
<i>Giloya churna</i>	Bitter tonic, Immunomodulatory, PK doshashaman
<i>Kasis bhasma</i>	<i>Keshya, Ranjan Srotoshodhan, Rasayana, Iron supplement, Helminthiasis</i>
<i>Amalkhi rasayan</i>	Immunomodulatory, Antioxidant properties Rejuvenating action.
<i>Panchtikta ghrith guggul</i>	<i>Pittashamaka, Srotoshodhan, Rasayana.</i>
<i>Draksharishta</i>	Appetitser, <i>Keshya, Varnya, vayasthpanya.</i> ⁹
<i>Mahamanjishthadi kwath</i>	<i>Keshya, Varnya, Rejuvenating action</i> ¹⁰ .

CONCLUSION: *Virudh & pittavardhaka aahara vihara* increases *pitta & vata* which lead to *khalitya* . For that *Ayurvedic management (Pitta shaman & srotoshodhane chikitsa, Rasayana, & Phanchkarma therpis)* is very effective⁶.

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ACKNOWLEDGMENT: The author
would like to special thank Dr. Anmika
soni , for the valuable suggestion.

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Source of support: Nil
Conflict of interest: None
Declared

Cite this Article as : *Soni anamika et al : Ayurvedic
management of Alopecia (khalitya) - A case study*
www.ijaar.in : IJAAR VOLUME III ISSUE 1
MAR-APR 2017: page No:155-159