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 came 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 shiroroga1. Ayurveda uses three terms to describe the symptoms of hair loss which are Indralupata, Khaliyta and Ruhyam2. 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 Panchkarmanii, Kheersarpi Basti, Maji& Shukra samuthan Aushdha pradoshaja vikara Swadu tikta, Anna, Vyavay, Vyayam5, 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

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 (Thyr oid 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 is 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 ( all three doshas vitiated disease).

SAMPRAPTI BAHNAVAGA- 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
   Giloya churna -2gm
   Kasis bhasma -250mg
   Bid (with luke warm water)
   Amalki rasayan -1gm
2. Panchtikta ghir guggul -2tablet
   Tds ( Each Tablet 250mg)
3. Draksharishta -4TSF Bid
   mixed with same amount of water After meal
4. Mahamanjishthadi kwathdravya – 10gm Bid Pashchathbhukta
5. Kutki vati -2
   (250mg)CHS ( with luke warm water)
   Nishikala

B. EXTERNAL THERAPIES:
(Ayurveda head massage): Til taila for 14 days about 45mint. LJA 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,ghrita, dugdha, Dhaanya, shigru, vaastuka, patola, kaarvellaka, haritaki, bhringaraaja, draksha, aamra,
aamalaki, maatulunga, naarikela, chandana, karpoora, sweda, nasya, dooma, virechana, lepa, seka, langhan, shirobasti.

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

**RESULTS:** Table No. - 1

<table>
<thead>
<tr>
<th>S.NO.</th>
<th>Before treatment</th>
<th>After treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>15days</td>
</tr>
<tr>
<td>1.</td>
<td>No. Of patches</td>
<td>3 bald patches</td>
</tr>
<tr>
<td>2.</td>
<td>Size of patches</td>
<td>2-2.5cm bald patches</td>
</tr>
<tr>
<td>3.</td>
<td>picture</td>
<td></td>
</tr>
</tbody>
</table>

**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 indicates for baldness, hair loss and graying of hair.

<table>
<thead>
<tr>
<th>Medicine name</th>
<th>Pharmacological effects</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yashtimadhu churna</td>
<td>Keshya, Srotoshodhan, Rasayana, Immunomodulatory, Hepatoprotective.</td>
</tr>
<tr>
<td>Giloya churna</td>
<td>Bitter tonic, Immunomodulatory, PK doshashaman</td>
</tr>
<tr>
<td>Kasis bhasma</td>
<td>Keshya,Ranjjan Srotoshodhan, Rasayana, Iron supplement, Helminthiasis</td>
</tr>
<tr>
<td>Amalkhi rasayan</td>
<td>Immunomodulatory, Antioxidant properties Rejuvenating action.</td>
</tr>
<tr>
<td>Panchtkita ghrit guggul</td>
<td>Pittashamaka, Srotoshodhan, Rasayana.</td>
</tr>
<tr>
<td>Draksharishta</td>
<td>Appetitser, Keshya, Varnya ,vayasthpanya.</td>
</tr>
<tr>
<td>Mahamanjishthadi kwath</td>
<td>Keshya, Varnya, Rejuvenating action.</td>
</tr>
</tbody>
</table>


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