

Therapeutic Efficacy of Siddha Medicine in Alopecia Areata (*Puzhuvettu*)

– A Case Report

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Abstract:

Alopecia areata (AA) is an auto-immune disorder characterized by the appearance of non-scarring bald patches affecting the hair bearing areas of the body. Besides scalp and body hair, the eyebrows, eyelashes, and nails can be affected. Scalp is the most common site of occurrence, affecting all the age group. It may be circumscribed, totalis (scalp hair loss), and universalis (loss of all hairs). Autoimmune thyroid disease and vitiligo are more commonly associated diseases. In Siddha, it is being correlated to Puzhuvettu as mentioned in the texts. In the present study, case of Alopecia areata was treated with Siddha medicine. This case study reveals the potential of Siddha management of Alopecia areata with remarkable hair growth in a short duration.

Keywords: Alopecia areata, Autoimmune disorder, Siddha medicine, Puzhuvettu.

Introduction:

Alopecia Areata (AA) is a chronic, immune mediated inflammatory disorder of anagen hair follicles leading to relapsing, non-scarring hair loss.^[1] The condition is most commonly seen as circular areas of hair loss, but may sometimes be as extensive as to involve the whole scalp or whole body. Its prevalence in general population was estimated at 0.1-0.2% with a lifetime risk of 1.7%.^[2] Both males and females are equally affected, but some studies reported male preponderance. It can occur at any age.^[3] Alopecia can be the cause of

depression. In 1-2% of cases, the condition can spread to the entire scalp (Alopecia totalis) or to the entire epidermis (Alopecia universalis). In 1-2% of cases, the condition can spread to the entire scalp (Alopecia totalis) or to the entire epidermis (Alopecia universalis). In 1-2% of cases, the condition can spread to the entire scalp (Alopecia totalis) or to the entire epidermis (Alopecia universalis). In 1-2% of cases, the condition can spread to the entire scalp (Alopecia totalis) or

Alopecia areata occurs in association with other autoimmune

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psychological stress, anxiety and disorders like vitiligo, lichen planus,

morphea, atopic dermatitis, Hashimoto's thyroiditis, pernicious anemia and diabetes mellitus.^[4] Clinically, it has been observed in some studies that AA is sometimes characterised by asymptomatic nodules, located mostly on the vertex and the upper part of occipital area.^[5] In modern medicine topical or injected corticosteroids are used

to treat this condition. Alopecia areata can be correlated with *Puzhuvettu* disease as described in Siddha. Alopecia is treated successfully in Siddha system using various herbal, herbomineral preparations and external therapies. In the present report, a patient with scalp alopecia treated through Siddha Internal and External medicines was reported.

Case Report:

A 29 years old male reported at the General outpatient Department in Ayodhidoss pandithar Hospital, National Institute of Siddha, Tambaram

Sanatorium, Chennai. Complaints of single patchy hair loss in scalp with dandruff and itching since 2 years

History of present illness:

A 29 years old male patient experienced dandruff and itching of scalp 2 years back. After few months, he suffered from hair fall. Gradually he developed patchy hair loss of scalp. He was under mental stress due to hair loss. He is currently working as software technician in Amazon delivery and he follows irregular sleeping habit because of stress in his work. The condition was increased day by day and the patient became bald on vertex

area and the patient took allopathic medicine for past 5 months which did not relieve the condition. His Diseases was diagnosed as *Puzhuvettu* (Alopecia Areata) by clinical evaluation. There was no personal history of autoimmune disorders like Atopic dermatitis, Psoriasis, Vitiligo, Asthma, Urticaria, RA and Thyroiditis. He came to general OPD & treated with a diagnosis of *Tineacapitis* under 3 months.

Past History : There was no relevant past history.

Family History : No relevant family history

Personal History : Diet-Mixed diet, Addiction- Nil, Appetite-normal, Sleep – disturbance present.

Table No: 1- EnvagaiThervugal:

| | |
|-------------------|-------------------|
| Naadi (Pulse) | PithaKabam |
| Sparisam (Touch) | Mithaveppam |
| Naa (Tongue) | Coated |
| Niram (colour) | Normal |
| Mozhi (Speech) | Clear |
| Vizhi (Eyes) | Normal |
| Malam (Stools) | Mild constipation |
| Moothiram (Urine) | Frequency Normal |

General Examination:

Pulse - 74 /min, Respiratory rate - 18/ min, Heart Rate - 72/ min, Blood Pressure -120 / 70 mm Hg Temperature – normal, Height -142 cm, Weight -50 kg,

Local Examination:

Patchy hair loss with irregular bordered, circularly arranged with patchy erosion and shiny appearance seen on

scalp at vertex area. Hairs on other areas of scalp were thin and fragile. Hair could be easily pulled out.

Systemic Examination

On systemic Examination Central nervous system, Cardiovascular system, Respiratory system and Musculoskeletal

system was found to be normal. On abdomen examination, abdomen was bloated and no tenderness on palpation.

Investigation:

Blood investigations of the patient reveals Hb - 12.0g/dl, TLC, DLC, ESR

LFT and RFT values were within normal limits.

Planned Treatment:

Primary management was planned to take Oleation with Arakkuthylam for the first three days. Then for Detoxification (Virechanam), Agasthiyarkuzhambu is given to eliminate the toxins from the body. After Detoxification Siddha external and internal medicine were given. Patient was allowed to visit OPD every 7 days once. On the first day of follow up, the

patient reported in Itching of Scalp and anxiety were mildly reduced. After 3 month of treatment with above medication (April 11 to July 15-2021). there was complete relief in hair fall and hair became thick and strong. New hair growth started after 2 month of Treatment. The patient was on follow up till two months, without any single episode of relapse.

Table No: 2. Internal Medicine& External Medicine

| Medicine Name | Dose | Adjuvant/ Application | Days |
|-------------------------|--------------|---|----------|
| Araku Thylam | 50ml | Oil bath | 3 days |
| Agasthiyar kuzhambu | 130 mg | Leaf extract of Sangan (10ml) at early morning. | 1 day |
| Tab.Thiripala chooranam | 2 Tab. TDS | Water | 3months |
| Tab. Palagarai parpam | 2 Tap. BDS | Water | 3 months |
| Cap. Rasaganthi Mezhugu | 2 Cap. BDS | Water | 1month |
| Seenthilchooranam | 2 g BDS | Nattusarkarai | 3 months |
| Malaivembathi Thylam | 10ml per day | (External application over the area of patches) | 3 months |

Advice:

Do's

1. Wash hair 2 to 3 times a week.
2. Have adequate sleep
3. Take oilbath using gingelly oily twice a week
4. Apply onion juice on scalp twice a week
5. *Pranayamam* for 30 min in morning.

Don'ts

1. Avoid use of Hair dryer.
2. Avoid any chemical Cosmetic Hair product.
3. Avoid Fast / Junk Food
4. To avoid Day sleep

Assessment of Result:

Assessment is done on the basis of improvement in clinical symptom and Severity of Alopecia Tool score (SALT score) which is used to assess the severity of alopecia tool score commonly used method of scoring the Alopecia areate for analysing the prognosis.⁽⁶⁾

- Vertex - 40% (0.4) of scalp surface area.

Table No: 3 - SALT Score

| Area | SALT (Before Treatment) | SALT (After Treatment) |
|--------|-------------------------|------------------------|
| Vertex | 4 | 32 |

**Before Treatment****After Treatment****Discussion:**

Alopecia areata is a non-contagious, non-scarring hair loss determined by autoimmune disorder and inflammation. In this case report, a 29 year old male with alopecia is reported. Treatment protocol used in this case involves oil bath, purgation, internal medicine and external medicine. According to Siddha, the main cause for hair loss is derangement of pitham. So, treatment is mainly based on balancing pitha humour. Oil bath is one of the rejuvenating process in Siddha system. Oil bath reduces heat from our body, reduces stress which are the main causes of hair fall. It also reduces hair fall and promotes new hair growth.⁽⁷⁾ Purgation is a detoxifying process which helps to maintain mukkutram in body. Internal medicines are Thiriphala chooranam, Palagarai parpam, Rasagandhi mezhughu and Seendhil chooranam. Thiriphala chooranam consists of three herbs such as Kadukkai, nellikkai and thandrikkai in equal proportion. It is a rich source of Vitamin C, antioxidants and has antifungal property. It helps to strengthen and fortifies hair from roots, reduces dandruff prevents hair breakage and acts as a natural promoter of hair.⁽⁸⁾ It has antioxidant, anti-inflammatory, immunomodulatory, antibacterial and

Conclusion:

This study shows the successful management of an Alopecia areata (Puzhuvettu) through Siddha. Incidence of alopecia is increasing nowadays which leads to stress and lack of confidence particularly among youngsters. Siddha stands highly beneficial in the

antistress activity.⁽⁹⁾ As per Siddha text, Rasagandhimezhughu and Seenthil chooranam were used to treat various ailments in Siddha. It is indicated for alopecia. Seendhilchooranam consists of eclipta prostate, tinospora cardifolia and dried powder of earthworm.⁽¹⁰⁾ It has anti-inflammatory, antioxidant, antitoxin, immunomodulatory and antimicrobial activity.⁽¹¹⁾ Malaivembadhithylam is used externally which consists of Malaiveppilaicharu, Kumattikaisaaru, Elumichaisaaru, Vengayasaaru and aamanakkuennai.⁽¹⁰⁾ Malaivembu has antioxidant, anti-fungal, anti-inflammatory and immunomodulatory activity.⁽¹³⁾ Allium cepa has antioxidant, antimicrobial and anti-inflammatory activity.⁽¹⁴⁾ Khalifa E. shaquieet al studied the effect of onion juice for alopecia areata, the result showed that use of crude onion juice significantly increases the regrowth of hair in alopecia patients.⁽¹⁵⁾ Citrullus colocynthis has anti-inflammatory, antioxidant, antimicrobial activity.⁽¹⁶⁾ Based on this treatment and result suggested Thiripala chooranam, Palagarai parpam, Rasagandhimezhughu, Seenthil Chooranam and Malaivembadhi thylam effective to treat Alopecia.

management of Alopecia areata by internal and external medicines. Finally, the study may conduct in large population will helpful to access the efficacy of these selected Siddha medicine against Alopecia areata (Puzhuvettu).

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