AN ALOPECIA UNIVERSALIS – RUHYA IN AYURVED (LOSS OF HAIR FROM THE ENTIRE BODY PARTS) PATIENT WITH GROWING OF HAIR ON ALL THE HAIR GROWING PARTS OF THE BODY BY AYURVEDIC NASYA PROCEDURE

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Abstract: The present research work discusses a case study of a 42-year-old housewife who complained of complete hair loss from all the parts of her body. The patient had undergone allopathic treatment and Platelet-Rich Plasma (PRP) therapy for about five years but with no positive outcome. The patient was diagnosed with Ruhya in Ayurved, a rare and challenging disease that can have a profound effect on physical and emotional well-being. The treatment plan included various Ayurvedic procedures such as Nasya karma, Shirolepa, Shiro-Abhyanga, Rasayana, and Dosha Pachana. After the 13th sitting of Marsha Nasya, the patient experienced hair growth in the lid margin, eyebrow region, inside the nose, and the occipital part of the head. The patient had 11 follow-ups, and during the last follow-up, the patient had a full head of hair. The discussion highlights the importance of using Ayurvedic procedures for treating hair loss caused by chronic illness, premature aging or nutritional deficiency.

Keywords – Alopecia Universalis, Ruhya, Platelet-Rich Plasma (PRP) Therapy, Alopecia, Marsha Nasya, Shirolepa, Shiro Abhyanga, Rasayana, Chronic Illness.

I. INTRODUCTION
A housewife, 42-year has come with the complaint of no any hair in any part of the body on May 17, 2019. Before 5 years patient has got started falling of hair. Within few months all the hair from all the parts of the body got removed. She has gone for the allopathic treatment from many specialist doctors. Also she has been performed Platelet-Rich Plasma (PRP) Therapy. She spent around 4 to 5 lakh of rupees. She didn’t get any result.

II. PAST HISTORY
Patient is having complaint of bald patch (es) on the skin on occipital region since childhood. Also she was having complaint of Dandruff before 15 years.

III. Examination (Table 2 – Before Treatment)
No any hair in Scalp region
No any hair at Eyebrows
No any hair as Eyelashes
No any hair inside the nose
No any hair in any other hair growing body part
No any pain/itching in the affected areas

IV. DIAGNOSIS
From the history and examination, it was found that patient had the disease Ruhya¹ in Ayurved (Alopecia Universalis).
V. TREATMENT

Table 1: Plan to treat the patient was arranged as per Ayurvedic therapy

<table>
<thead>
<tr>
<th>No.</th>
<th>Medicine</th>
<th>Dose</th>
<th>Time</th>
<th>Frequency</th>
<th>Anupana/Addition</th>
<th>Use</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Aampachana vati</td>
<td>2 tab</td>
<td>After meal</td>
<td>Twice in a day</td>
<td>Water</td>
<td>Internal</td>
<td>Experience Based Formulation</td>
</tr>
<tr>
<td>2.</td>
<td>Rasayana churna</td>
<td>4 gm</td>
<td>Before meal</td>
<td>Twice in a day</td>
<td>Honey</td>
<td>Internal</td>
<td>-</td>
</tr>
<tr>
<td>3.</td>
<td>Triphala churna + Shuddha Tankana churna</td>
<td>10 gm</td>
<td>-</td>
<td>Twice in a week</td>
<td>Butter milk</td>
<td>External (Local Application)</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2 gm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>-</td>
</tr>
<tr>
<td>4.</td>
<td>Marichyadi taila</td>
<td>10-15 ml</td>
<td>At bed time</td>
<td>Once in a day</td>
<td>-</td>
<td>External (Local massage)</td>
<td>-</td>
</tr>
<tr>
<td>5.</td>
<td>Mahabhringraj taila</td>
<td>8 drops in each nostril</td>
<td>Around 10 am</td>
<td>Once in a day, 5 days in a week (i.e. one sitting)</td>
<td>-</td>
<td>External (As Nasya Procedure)</td>
<td>-</td>
</tr>
<tr>
<td>6.</td>
<td>Bhringraja churna</td>
<td>3 gm</td>
<td>After meal</td>
<td>Twice in a day</td>
<td>Honey</td>
<td>Internal</td>
<td>Started from 14th sitting</td>
</tr>
<tr>
<td>7.</td>
<td>Amla (gooseberry) juice</td>
<td>20 ml</td>
<td>Empty stomach</td>
<td>Twice in a day</td>
<td>Honey</td>
<td>Internal</td>
<td>Started from 14th sitting</td>
</tr>
</tbody>
</table>

VI. FOLLOW UP / RESULT
- After 5th sitting of Marsha Nasya, patient felt of roughness in scalp and also felt minute edges of hair tips (on 22/06/2019).
- After 7th sitting of Marsha Nasya few very thin hairs were seen above approx. 1 inch from the pinna of ears in both the sides in the scalp. Patient also felt of roughness in the skin of the posterior part of both the forearms and also felt minute edges of hair tips. (On 06/07/2019).
- From 8th sitting of Marsha Nasya 2 more medicines have been added. Bhringraja churna and Gooseberry juice for internal use to get rapid effect (On 06/07/2019).
- On 27/07/2019, Patient has completed 10 sittings of Marsha Nasya. Patient got more benefit with the treatment. Hair seems to appear at lid margin (eye lashes), at eye brow region, inside the nose and occipital part of the head.
- On 21/08/2019, Patient has completed 13 sittings. Patient got more benefit with the treatment. Hair got increased in length at lid margin (eye lashes), at eye brow region, inside the nose and occipital part of the head. (Table 2 – After Treatment)
- After the date 21/08/2019, patient has gone through 11 follow ups. Last follow up was on 02/01/2021. In every follow up patient was having more benefit with the hair, growth wise and length wise.
- On 02/01/2021, patient was having occipital area fully covered with the hair, much longer and denser. Also frontal and parietal regions were also fully covered with hair. Center part of superior region was not fully covered. (Table 2 – After Treatment)
Table 2: Photos before and after treatment showing marked improvement

<table>
<thead>
<tr>
<th>Before Treatment (May 17, 2019)</th>
<th>After Treatment (Jan 2, 2021)</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1.png" alt="Before Photo 1" /></td>
<td><img src="image2.png" alt="After Photo 1" /></td>
</tr>
<tr>
<td><img src="image3.png" alt="Before Photo 2" /></td>
<td><img src="image4.png" alt="After Photo 2" /></td>
</tr>
<tr>
<td><img src="image5.png" alt="Before Photo 3" /></td>
<td><img src="image6.png" alt="After Photo 3" /></td>
</tr>
<tr>
<td><img src="image7.png" alt="Before Photo 4" /></td>
<td><img src="image8.png" alt="After Photo 4" /></td>
</tr>
</tbody>
</table>
VII. DISCUSSION

Ruhya is a rare and very challenging and capricious disease of the world population and can have a profound effect on physical and emotional state. Viruddha ahara, pitta vardhak ahara vihara, abhishyandi ahara, sedentary lifestyle increases Pitta and Vata which leads to the disease. Treatment used here are Nasya karma (instilling of medicated liquid in the nostrils), Shirolepa (Paste application on the scalp), Shiro abhyanga (Massage of head), Rasayana (rejuvenating) and dosha pachana.

Nasya is Ayurvedic external treatment procedure. After giving massage and steam to the upper part (above supraclavicular region) of the body, the person is gone for medicated oil instilled through the nostrils. It is very much effective treatment in Ayurved for any of the disease in the upper body part.

Mahabhringraj taila is used mostly for the purpose of Shiro abhyanga for Khalitya (hair fall) disease. Here the severity of the disease was much more and growing of hair from the entire body was stopped. So the new original experiment was done to use this medication for Nasya procedure purpose.
Shirolepa karma which performed by vatahar, pittahar and kaphahar dravyas normalizes vata, pitta and kapha dosha accordingly. As tridosh hara, Triphala has been used. In tridosh hara treatment of this disease, firstly it is necessary to remove kapha dosha from the hair root follicles. For this purpose tikshna and kaphahara Tarkanaka has been used.

Abhyanga of shira is needful part for hair growing therapy. In tridosh hara treatment firstly it is necessary to remove kapha dosha from the hair root follicles. For this purpose tikshna and kaphahara Marichyadi taila has been used.

Rasayana therapy has immune-modulators, antioxidant properties and rejuvenating action which are very beneficial for the hair fall caused by any chronic illness, pre mature aging or nutrition deficiency. Rasayana churna was used for this purpose. Bhringaraj churna and Amla juice was added later in the therapy for rapid effect.

Pachana of dosha in the body is a unique prior aspect to treat any disease in Ayurved. Aampachana vati was used for this purpose.

In this case there is not past evidence of the previous condition of patient’s hair in terms of medical report. So, the researcher has collected past data from the patient herself. The researcher’s observation of the patient’s condition started from the day one of the treatment i.e. May 17, 2019 till Jan 2, 2021. Afterwards the patient migrated to another place and could not come physically. So, she continued the same treatment by herself at home. The quality of new hair after treatment is better than the quality of previous hair as per patient.

VIII. CONCLUSION

The present case study reflects the effectiveness of Mahabringraj taila in the patient with Ruhyo (Alopecia Universalis). Nasya with Mahabhringraj taila is shown to be very much effective in the patient of hair fall even not growing type of complete hair fall. Also the supportive treatment like Shirolepa, Abhyanga, Rasayana and Pachana are necessary. This ayurvedic medicine and procedure registered remarkable results in the incurable disease by allopamy treatment i.e. Ruhyo (Alopecia Universalis).

REFERENCES


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