



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

Dr. Jaykumar Rajnikant Shah
M.S. (Ayu.), Ph.D. (*Shalakyatantram*)
Medical Officer (Assistant Professor)

Institute of Teaching and Research in *Ayurveda*, Jamnagar, India.

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 *Ruhya*¹ in *Ayurved* (Alopecia Universalis).

V. TREATMENT

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

No.	Medicine	Dose	Time	Frequency	Anupana/ Addition	Use	Remarks
1.	<i>Aampachana vati</i>	2 tab	After meal	Twice in a day	Water	Internal	Experience Based Formulation
2.	<i>Rasayana churna</i> ²	4 gm	Before meal	Twice in a day	Honey	Internal	-
3.	<i>Triphala churna</i> ³ + <i>Shuddha Tankana churna</i> ⁴	10 gm + 2 gm	-	Twice in a week	Butter milk	External (Local Application)	-
4.	<i>Marichyadi taila</i> ⁵	10-15 ml	At bed time	Once in a day	-	External (Local massage)	-
5.	<i>Mahabhringraj taila</i> ⁶	8 drops in each nostril	Around 10 am	Once in a day, 5 days in a week (i.e. one sitting)	-	External (As <i>Nasya</i> ⁷ Procedure)	-
6.	<i>Bhringraja churna</i> ^{8,9}	3 gm	After meal	Twice in a day	Honey	Internal	Started from 14 th sitting
7.	<i>Amla</i> ¹⁰ (gooseberry) juice	20 ml	Empty stomach	Twice in a day	Honey	Internal	Started from 14 th sitting

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

Before Treatment (May 17, 2019)	After Treatment (Jan 2, 2021)
	
	
	



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 disease¹¹. Treatment¹² 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*¹³ is *Ayurvedic* external treatment procedure. After giving massage and steam to the upper part (above supraclavicular region) of the body, person is gone for medicated oil instilled through the nostril. 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 *tridosha hara*, *Triphala* has been used. In *tridosha hara* treatment of this disease, firstly it is necessary to remove *kapha dosha* from the hair root follicles. For this purpose *tikshna* and *kaphahara Tankana* has been used.

Abhyanga of shira is needful part for hair growing therapy. In *tridosha 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*¹⁴ 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 no 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 *Ruhya* (Alopecia Universalis). *Nasya* with *Mahabringraj 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 allopathy treatment i.e. *Ruhya* (Alopecia Universalis).

REFERENCES

- [1] Sushruta. Sushruta Samhita Nisana Sthan 13/33-34, Nibandhasamgraha Vyakhya By Dalhana, Ed. Yadavji Trikamji Acharya, Chaukhamba Sanskrit Series, Varanasi.
- [2] Vagbhata, Astanga Hridaya, Uttara Sthana. Rasayana Adhyay 39/160. Hindi Commentary by Kashinath Shashtri and. In: Tripathi I, Tripathi S, editors. 1st ed. Varanasi: Krishnadas Academy; 1994.p. 637.
- [3] https://www.researchgate.net/publication/269846920_Triphala_A_comprehensive_ayurvedic_review
- [4] Sharma Sadanand, Ras Tarangini, prasadani vyakhya by Haridutt Shastry, Kshatrik vigyaneeyya tryodash tarang 13/ 79-81, Motilal Banarasidas Publishers, 11th edition reprint 2012.
- [5] Sharma GP, editor. *Bhaishajya Ratnavali* of *Govinda Das Sen*. 3rd Edition. Ch. 54, *Kushtha Rogadhikara*, Ver. 187-188. Lucknow: Tejkumar Press; 1957. p. 658.
- [6] Charaka, Charaka Samhita of Agnivesha, Shashtri K (editor); Sutrasthana 5/57-62, Chaukhambha Surbharati Prakashan, Varanasi, reprint 2012.
- [7] Sushruta. Sushruta Samhita Chikitsa Sthan 40/21, Nibandhasamgraha Vyakhya By Dalhana, Ed. Yadavji Trikamji Acharya, Chaukhamba Sanskrit Series, Varanasi.
- [8] Charaka, Charaka Samhita of Agnivesha, Shashtri K (editor); Chikitsasthana 26/264, Chaukhambha Surbharati Prakashan, Varanasi, reprint 2012.
- [9] Bhavmishra. Bhavprakash - Haritakyadi Varga, Mumbai: Chukhamba Prakashan, 1997, p 10.
- [10] Bhavmishra. Bhavprakash - Haritakyadi Varga, Mumbai: Chukhamba Prakashan, 1997, p 429.
- [11] Sandhya Pathak, Ashwini Patil, S G Girbide , K N Kadam "Management of khalitya wsr to androgenetic alopecia through jalaukavcharana by ayurveda: a case study". International Ayurvedic Medical Journal ISSN: 2320 5091.
- [12] Pathak AP, Misar S. Management of Khalitya (Hair Fall) by Ayurvedic Formulations-A Review.
- [13] Sushruta. Sushruta Samhita Chikitsa Sthan 40/21, Nibandhasamgraha Vyakhya By Dalhana, Ed. Yadavji Trikamji Acharya, Chaukhamba Sanskrit Series, Varanasi.
- [14] Charaka, Charaka Samhita of Agnivesha, Shashtri K (editor); Sutrasthana 22/18, Chaukhambha Surbharati Prakashan, Varanasi, reprint 2012.