



## Case Report

ISSN: 2454-5023  
J. Ayu. Herb. Med.  
2019; 5(2): 35-40  
© 2019, All rights reserved  
www.ayurvedjournal.com  
Received: 19-04-2019  
Accepted: 28-05-2019

# Alopecia Areata (*Khalitya*) in Children: Ayurvedic Management

Sonam Chaudhary<sup>1</sup>, Vishal Prajapati<sup>2</sup>, Chuman Lal Bhaskar<sup>3</sup>, K.S. Patel<sup>4</sup>, V.K. Kori<sup>5</sup>

<sup>1</sup> PG Scholar, Department of Kaumarbhritya, IPGT and RA, Gujarat Ayurved University Jamnagar, Gujarat, India

<sup>2</sup> PhD Scholar, Department of Kaumarbhritya, IPGT and RA, Gujarat Ayurved University Jamnagar, Gujarat, India

<sup>3</sup> PG Scholar, Department of Kaumarbhritya, IPGT and RA, Gujarat Ayurved University Jamnagar, Gujarat, India

<sup>4</sup> Professor and HOD, Department of Kaumarbhritya, IPGT and RA, Gujarat Ayurved University Jamnagar, Gujarat, India

<sup>5</sup> Associate Professor, Department of Kaumarbhritya, IPGT and RA, Gujarat Ayurved University Jamnagar, Gujarat, India

## ABSTRACT

**Background:** Alopecia areata is a condition in which hair is lost from some or all areas of the body, usually from the scalp. Because it causes bald spots on the scalp, especially in the first stages, it is sometimes called spot baldness. In Ayurveda, it can be well correlated with *Khalitya*. Ayurveda play major role to treat such type diseases. **Aim:** To evaluate the role of Herbo-mineral formulations in *Khalitya* in children. **Material and method:** A 14-years-old male patient suffering from single patch of hair loss over left parietal area was treated with both external and internal therapy for a period of 8 weeks. Clinical assessments were done during, before and after treatment period. Relief from the complaints was assessed by noting the changes in hair regrowth over the patch. **Result:** After 2 weeks of treatment slight hair growth was observed. During 4<sup>th</sup> week most part of patch covered with hairs. At the end of 8<sup>th</sup> week the patch was fully covered with hairs. **Conclusion:** This case study revealed the efficacy of Ayurveda therapy including both internal and external medications for duration of 8 weeks in the management of *Khalitya*.

**Keywords:** Alopecia areata, Ayurveda, *Khalitya*, Herbo-mineral formulations.

## INTRODUCTION

Alopecia areata, also known as spot baldness, is a condition in which hair is lost from some or all areas of the body. Often it results in a few bald spots on the scalp, each about the size of a coin. Psychological stress may result. People are generally otherwise healthy. In a few, all the hair on the scalp or all body hair is lost and loss can be permanent [1]. In India 0.7%, in general population, the prevalence was estimated at 0.1-0.2% with a lifetime risk of 1.7% [2]. Alopecia areata (*Khālitya*) is described as one of the *Kṣhudra Rogā* in *Samhitas*. *Vāta*, *Pitta*, *Kapha* and *Rakta* are involved in *Khālitya* as mentioned in the texts. *Acharya* Charaka mentioned that *Tejas* by involving *Vatadi Dosha* when reaches the scalp, it results in *Khalitya* [3]. According to *Acharya* Sushruta, *Pitta* present in the root of hair follicles, associating with *Vata*, make the hairs of scalp to fall off; then *Kapha* together with *Rakta* blocks the channel of hair follicles leading to the stoppage of the regeneration of hair, this disease is called *Indralupta*, *Khalitya* or *Rujya* [4]. Thus *Vata*, *Pitta* and *Kapha Dosha* and *Rakta Dushya* are the main internal causative factors of *Khalitya*. In Ayurveda, both *Shodhana* (Internal and external cleansing procedures) and *Shamana* treatment (Disease specific internal medications) are prescribed for *Khalitya*. Herbomineral formulation (*Anubhuta Yoga*), *Amapachana Vati* (*Anubhuta Yoga*) and *Gandhak Malahara* (for local application) given for a treatment for the duration of 8 weeks as a *Shamana* Therapy along with *Nidanaparivarjana*.

## CASE REPORT

A male patient aged 14 years old from Jamnagar city of Gujarat with OPD Registration no. PG18050443 came with his father in OPD of Kaumarbhritya department IPGT & RA Hospital, Jamnagar on 26<sup>th</sup> June 2018 at around 4:20 pm.

Chief complaints:

1. Dandruff and itching of scalp for 6 months.
2. Suffering from hair fall for 2 months.

\*Corresponding author:

Dr. Sonam Chaudhary

Department of Kaumarbhritya,  
IPGT and RA, Gujarat Ayurved  
University Jamnagar, Gujarat,  
India

Email: drsonam1[at]gmail.com

3. Single patch hair loss at the scalp for 15-16 days.

4. Associated complaints were defecation just after meal, irregular bowel with frequency 2-3 times/day.

**History of present illness:**

A 14-years-old male patient visited the OPD of Kaumarbhritya department, IPGT & RA Jamnagar, having complaints of dandruff and itching of scalp for 6 months. He is suffering from hair fall for 2 months. Suddenly, he developed patchy hair loss of scalp for 15 to 16 days. Bowel frequency 2-3 times/day, just after taking meal. There is no any previous medication history.

**History of past illness:** - There was no any history of measure illness.

**Family History:** - No member of the family had history of such illness.

**Table 1:** Personal History

Diet	Vegetarian
Appetite	Good
Bowel habit	Irregular, 2-3 times/day
Urine	Regular
Sleep	6-7 hours/day, 2-3 hours/night
Addiction	Nil

**Table 2:** Parameters assessed in General Examination

S. No.	Parameter assessed	Observation
1	Pulse	74/min
2	Height	159 cm
3	Weight	42 kg
4	BMI	16.6 Kg/m <sup>2</sup>
5	Respiratory Rate	20/min
6	Tongue	Coated
7	Eyes	Non-pallor

**Table 5:** Showing Drugs used for internal use (Anubhuta Yoga)

(1) Medicine Name	Dose	Route	Kala	Anupana
<i>Balachaturbhadra Churna</i>	1 gm	Oral	<i>Adhobhakta</i> (After Meal) 2 times/day	<i>Sukhoshna Jala</i> (luke warm water)
<i>Arogyavardhini Rasa</i>	125 mg			
<i>Vidanga Churna</i>	500 mg			
<i>Khadira Churna</i>	1 gm			
<i>Nimbatwaka Churna</i>	500 mg			
<i>Gandhaka Rasayana</i>	125 mg			
<i>Triphala Churna</i>	500 mg			
<i>Guduchi Churna</i>	500 mg			

**Table 3:** *Ashtavidha Pariksha*

<i>Nadi</i> (Pulse)	74/min
<i>Mala</i> (Bowel)	Frequency – Irregular (2-3 times/day)
<i>Mutra</i> (Urine)	Frequency – Regular
<i>Jihva</i> (Tongue)	Coated
<i>Shabda</i> (Speech)	<i>Spashta</i> (clear)
<i>Sparsha</i> (Touch)	Normal
<i>Drika</i> (Eyes)	Normal
<i>Akriti</i> (Built)	<i>Madhyama</i>

**Table 4:** Parameters assessed in Local examination of scalp

S. No.	Parameter assessed	Observation
1	Site of involvement	Scalp-left parietal region
2	No. of Patch	One
3	Size	7x5 cm
4	Shape	Oval
5	Skin color	No discoloration
6	Rashes/Discharge	Absent
7	Sensation	Present
8	Texture of Hair	Generalized thinning of hair

**Systemic Examination:** - On Central nervous system examination, patient was found to be conscious and well oriented to time, place and person. Assessment of cardiovascular system, respiratory system and musculoskeletal system of patient was found within normal limits clinically. Per abdomen examination shows no clinical abnormality.

**Table 6:** Showing Drugs used for internal use (Anubhuta Yoga)

(2) Medicine Name	Dose	Route	Kala	Anupana
<i>Ampachana Vati</i>	2 Vati (BD)	Oral	<i>Adhobhakta</i> (After Meal) 2 times/day	<i>Sukhoshna Jala</i> (luke warm water)

**Table 7:** Showing Ayurvedic Drug selected for External use (for local application)

(3) Medicine Name	Dose
<i>Gandhaka Malahara</i>	10 gm (BD)

**Criteria for selection of internal Herbomineral formulation (Anubhuta Yoga):****Table 8:** Showing Ingredients of preparation used for oral administration with their use [5-19]

Name of medicine	Ingredients	Properties & Uses
<i>Balachaturbhadra Churna</i>	<i>Musta, Pippali, Ativisha, Karkatshringi</i>	<i>Deepana, Pachana, Tridosahara</i>
<i>Arogyavardhini Rasa</i>	<i>Gandhaka, Parada, Lohabhasma, Abhrakabhasma, Tamrabhasma, Shilajatu, Guggula, Chitraka, Kutaki, Triphala, Nimbapatra</i>	<i>Deepana, Pachana, Pittarechaka, Hepatoprotective</i>
<i>Vidanga Churna</i>	-	<i>Kushthaghna, Rasayana, Varnya, Dipana</i>
<i>Khadira Churna</i>	-	<i>Kandughna, Kushthaghna, Vranaropaka</i>
<i>Nimbatwaka Churna</i>	-	<i>Kushthaghna, Kandughna, Raktashodhaka</i>
<i>Gandhaka Rasayana</i>	<i>Shuddha Gandhak, Goksheer, Chaturjata, Guduchi, Pathya, Dhatri, Aksha, Bhringaraja, Aardraka</i>	<i>Raktashodhaka, Vranaropaka, Kandughna, Kushthaghna, Twachya</i>
<i>Triphala Churna</i>	<i>Haritaki, Vibhataki, Amalaki</i>	<i>Rasayana, Keshya, Kushthaghna, Bhedana</i>
<i>Guduchi Churna</i>	-	<i>Rasayana, Kushthaghna, Amahara</i>

**Table 9:** Ingredients of *Ampachana Vati* (Anubhuta Yoga) [20] for internal use

(2) Medicine Name	Ingredients	Properties & Uses
<i>Ampachana Vati</i>	<i>Haritaki</i> <sup>[21]</sup> , <i>Shunthi</i> <sup>[22]</sup> , <i>Maricha</i> <sup>[23]</sup> , <i>Pippali</i> <sup>[24]</sup> , <i>Hingu</i> <sup>[25]</sup> , <i>Saindhava</i> <sup>[26]</sup> , <i>Kumari</i> <sup>[27]</sup>	<i>Deepana-Pachana</i>

**Criteria for selection of External medicines:****Table 10:** Ingredients of external medicines with their uses

(3) Medicine Name	Ingredients	Properties & Uses
<i>Gandhaka Malahara</i> <sup>[28]</sup>	<i>Sikhataila, Gandhaka, Haratala, Girisindura, Tankana Bhasma, Karpura</i>	<i>Kushthaghna, Kandughna, Krimighna</i>

**OBSERVATIONS**

Observations found in the patient during and after completion of the treatment are tabulated below with the pictures of the affected area of scalp.

**Table 11:** Observations in the patient during and after treatment

S. No.	Follow up	Observation
1	2 <sup>nd</sup> week	slight hair growth was observed.
2	4 <sup>th</sup> week	most part of patch covered with hairs.
3	8 <sup>th</sup> week	the patch was fully covered with hairs.

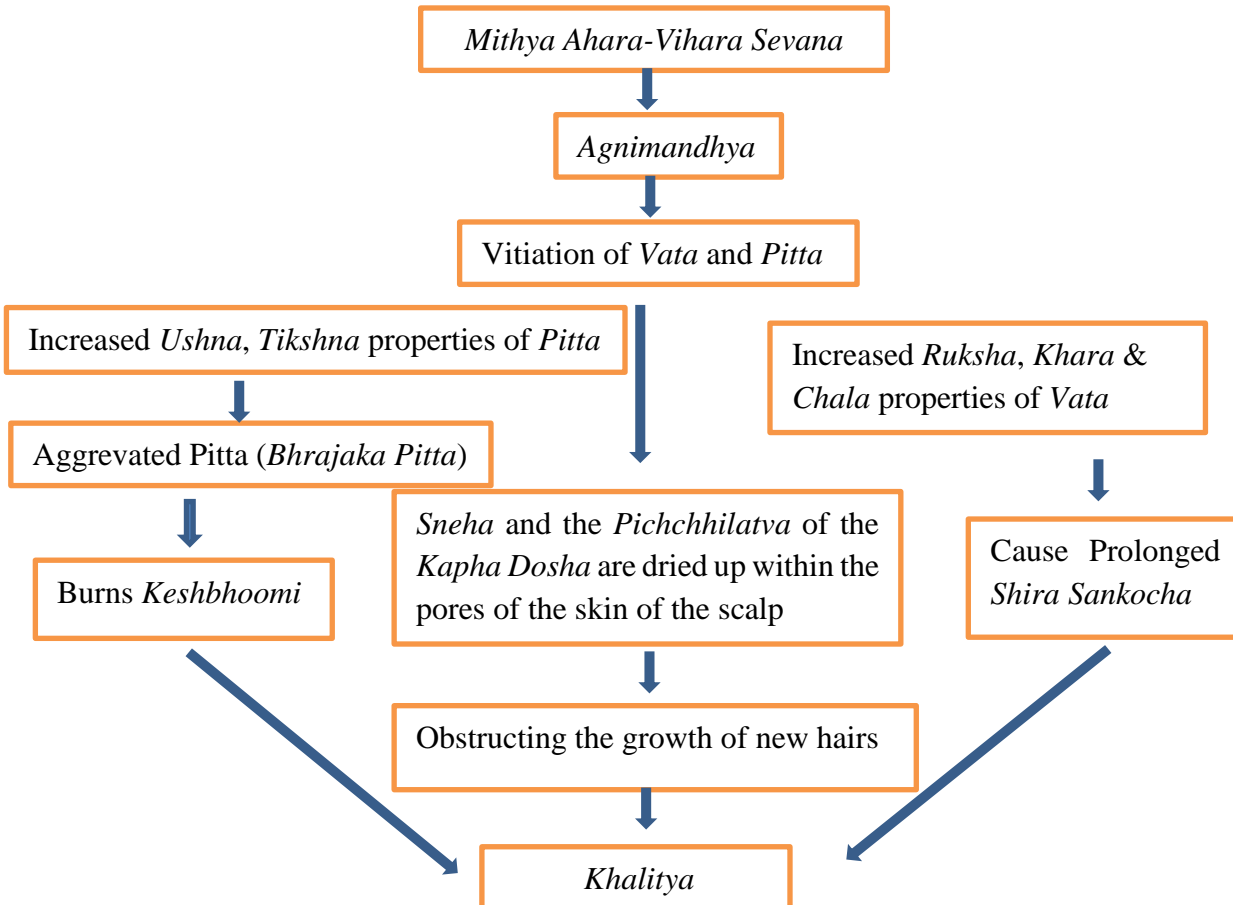
**Table 12:** Local examination after Treatment

S. No.	Parameter assessed	Observation
1	Site of involvement	Scalp-left parietal region
3	Shape	No shape present
4	Sign of inflammation	Absent
5	Rashes/Discharge	Absent
6	Sensation	Present
7	Texture of Hair	Dense, thick and completely covering the area

**Table 13:** Possible etiopathological factors which was advised to be stopped or avoid

APATHYA AHARA VIHARA	ADVISED
<i>Atilavanasevana</i> (Packaged food Items like chips, wafers etc.)	To stop excessive use of salt, intake of outside food and spicy food
<i>Ksharasevana</i> (Preservative food i.e. Sauce, Jam, Chinese foods etc.)	To stop use of preservative food articles
<i>Viruddha Ahara Sevana</i> (milk+Khichdi and meal)	To stop eating milk with any food or fruit
Use of cold water	To use <i>ushnodaka</i> (boiled water) for drinking
<i>Divasvapna</i> (Day Sleep)	To avoid
<i>Ratrijagrana</i> (Awakening till late night)	To avoid
<i>Chinta, Krodha</i> (Tension, anger)	<i>Pranayam</i> for 15 min in morning time

**SAMPRAPTI:**





**Fig 1:** Clinical Picture before treatment



**Fig 2:** Clinical Picture at the Midpoint of Treatment



**Fig 3:** Clinical Picture at the End of the treatment

## DISCUSSION

In this case, the child had the history of faulty food habits like chips, wafers, noodles and biscuits. These food stuffs are generally highly salty, spicy and alkaline too. The preservatives in the packet foods may act like *Viruddha Ahara* if ingested in excessive quantity. Also, child had history of consumption of Khichadi mixed with milk, may have acted like *Samyoga Viruddha Ahara*. These might have caused vitiation of *Pitta Doshha* in the child and caused the problem of patchy hair loss. Thus, consumption of these food stuffs on regular basis causes *Agnimandhya* (low digestive capacity). Thus, the patient was complaining of defecation just after meal which indicates *Agnimandhya* causing improper digestion of ingested food indirectly affecting the nutritional status of the child.

*Arogyavardhini Rasa* has *Deepana, Pachana, Pittarechaka, Srotoshodhana* Hepatoprotective properties. *Nimbatwaka* has *Pittashamaka, Srotoshodhana and Rasayana* properties. *Guduchi* and *Amalaki* are *Rasayana* drugs which help in rejuvenation process. *Triphala* has *Medohara, Keshya* and *Bhedana* properties. Thus, this combination is helpful in removal of channel blockages, clearing of various types of toxins from the body and helps in reduction of accumulated cholesterol in the body. It also promotes digestive fire, clears body channels for the nutrients to reach upto the hair tissues. *Gandhaka Malahara* used in skin disorder for local application. It has *Kushthaghna, Kandughna* properties and best in skin diseases, by applying locally it removes local infection, itching. *Nidana Parivarjana* was also found helpful in the management of the disease.

## CONCLUSION

By analyzing above result it can be concluded that the Herbomineral formulations along with *Nidanaparivarjana* are effective in treating *Khalitya* (Alopecia Areata). But, to confirm the efficacy of above treatment protocol needs further larger sample clinical evaluation.

## Acknowledgements

Special thanks to Dr. ANUP THAKAR (Director, IPGTRA), Prof. K. S. PATEL (Prof. & HOD, KB Department, IPGTRA), Dr. V. K. KORU (Asso. Professor, KB Department, IPGTRA), Pharmacy, IPGT & RA GAU Jamnagar.

**Sources of Funding:** None

**Conflict of Interest:** None

## REFERENCES

1. <http://enm.wikipedia.org/wiki/Alopecia> retrieved on 10/04/2019, 10:00 am.
2. Tan E, Tay YK, Goh CL, Chin Giam Y. The pattern of alopecia areata in Singapore - A study of 219 Asians. *Int J Dermatol.* 2002; 41:748-53.
3. Acharya Yadavaji Trikamji Charaka Samhita Chikitsa Sthana Chaukhambha Orientalia Varanasi Reprint edition, 2004, Ch. Chi. 26/132 p.
4. Acharya Yadavaji Trikamji, Sushruta Samhita Nidana Sthana 13/32-33, Chaukhambha Krishanadas Academy Varanasi Reprint edition, 2004, Su. Ni. 13/32-33p.
5. Govindadas, Bhaisajya Ratnavali, Balaroga Chikitsa Prakarana, Chaukhambha Bharati Academy, Varanasi, 2002, Verse 39, P. 747.
6. Khare CP. Indian medicinal plant. An illustrated dictionary. Springer-Verlag Berlin © 2002 P. 447-449.
7. Database in Medicinal Plants used in Ayurveda, CCRAS, Dept of AYUSH, 2002, Volume 3; P. 471.
8. Ayurvedic Pharmacopoeia of India, Dept. of AYUSH, 2007, Part I, Volume 4; P. 105.
9. Ayurvedic Pharmacopoeia of India, Published by Ministry of Health & Family welfare, Edition 1, Year of publication 2003, Part 1, Volume 1, P. 66.
10. Dr. J.I.n sastry, Dravyaguna Vijyana, chaukhambha orientalia, Varanasi, second Edition-2005, P. 123.
11. Sharma P. V., Dravyaguna-Vijnana, Varanasi: Chaukhambha Bharati Academy, VOL. II, 2011; 341: P. 758-760.
12. Ambikadatta Shastri, Vagbhattacharya, Chaukhambha Bharati Academy, Varanasi, 2010, Chp. No.20, Verse 87-93, P. 400.
13. Joshi Y G. Textbook of Kayachikitsa, Chapter no. 79, Shri Ganesh Publisher, Pune, 2010, P. 651.
14. Ayurveda Prakash of Acharya Shri Madhava, Edited with the Arthavidyotini & Arthaprakashini Sanskrit & Hindi commentaries by Vaidya Gulraj Sharma Mishra, Chaukhambha Bharati Academy, Varanasi, Verse 46-47, P. 268.
15. Dr. Hegde Prakash L., Dravyaguna Vijyana, Chaukhambha Sanskrit Sansthan, New Delhi, Edition Reprint 2016, Vol. II, P.887.
16. Ibidem (16). Dravyaguna-Vijnana, VOL. II, 340: p753-758.
17. Ibidem (16). Dravyaguna-Vijnana, Vol. II; p239-241.
18. Sharma P. V., Dravyaguna-Vijnana, Varanasi: Chaukhambha Bharati Academy, VOL. II, 2011; 341: p758-760.
19. Dr. Hegde Prakash L., Dravyaguna Vijyana, Chaukhambha Sanskrit Sansthan, New Delhi, Edition Reprint 2016, Vol. II, P.309.
20. Pharmacy, Gujarat Ayurved University, IPGT & RA Jamnagar.
21. Dr. Hegde Prakash L., Dravyaguna Vijyana, Chaukhambha Sanskrit Sansthan, New Delhi, Edition Reprint 2016, Vol. II, P.354.
22. Dr. Hegde Prakash L., Dravyaguna Vijyana, Chaukhambha Sanskrit Sansthan, New Delhi, Edition Reprint 2016, Vol. II, P.60.
23. Dr. Hegde Prakash L., Dravyaguna Vijyana, Chaukhambha Sanskrit Sansthan, New Delhi, Edition Reprint 2016, Vol. II, P.582.
24. Dr. Hegde Prakash L., Dravyaguna Vijyana, Chaukhambha Sanskrit Sansthan, New Delhi, Edition Reprint 2016, Vol. II, P.656.
25. Dr. Hegde Prakash L., Dravyaguna Vijyana, Chaukhambha Sanskrit Sansthan, New Delhi, Edition Reprint 2016, Vol. II, P.371.

26. Bhavamishra, Bhavaprakasha, (11th edition), Vidyotini Hindi Commentary, Ed. Brahmashankara Mishra, Part-1, Varanasi: Chaukhambha Sanskrit Sansthan 2004; p.154
27. Dr. Hegde Prakash L., Dravyaguna Vijyana, Chaukhambha Sanskrit Sansthan, New Delhi, Edition Reprint 2016, Vol. II, P.502.
28. Pandit Kashinath Shastrina, Rasatarangini Chaukhambha Surbharati Prakashana, varanasi Reprint Edition 2007, 63-65, p.186-187.

#### HOW TO CITE THIS ARTICLE

Chaudhary S, Prajapati V, Bhaskar CL, Patel KS, Kori VK. Alopecia Areata (*Khalitya*) in Children: Ayurvedic Management. J Ayu Herb Med 2019;5(2):35-40.