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An Effective Siddha Management For Alopecia Areata (Puzhuvettu) – A Case Report

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Abstract:
Alopecia areata is a disease quite commonly encounteredin clinical practice. It is an auto-immune disorder with complex pathophysiology and has the common characterization distinguished by visual non-scarring hair loss of scalp and / or body. Although scalp is the most common site of occurrence, the hair, the eyebrows, eyelashes, and nails shall also gets affected. Patch AA is the most common form, withatopy and autoimmune thyroiditis as the most common associated conditions. The condition affects all age groups and is ubiquitous in all types. The factors plays a major role in etiopathogenesis of AA are auto immunity, genetic predisposition and environmental aspects. According to Siddha system of medicine, AA being allied with Puzhuvettu as mentioned in the siddha texts. In the present study, a case of Alopecia areata was treated with both Internal and External Siddha medicines. This case report study was planned to disclose the efficacy of Siddha therapeutic management of Alopecia areata. Based on the findings and observations, with remarkable hair growth in a shorter duration, it can be concluded that Siddha medicine is also effective in treating Alopecia areata.

Keywords: Alopecia areata, Autoimmune disorder, Patch AA, Siddha system of medicine, Puzhuvettu.

Introduction:
Alopecia areata is a disease quite commonly encountered in clinical practice. It is an auto-immune disorder with complex pathophysiology and has the common characterization distinguished by visual non-scarring hair loss of scalp and / or body [1].Although scalp is the most common site of occurrence, the hair, the eyebrows, eyelashes, and nails shall also gets affected. Patch AA is the most common form, with atopy and autoimmune thyroiditis as the most common associated conditions [2]. The condition affects all age groups and is ubiquitous in all types. The factors plays a major role in etiopathogenesis of AA are auto immunity, genetic predisposition and environmental aspects [3]. According to Siddha system of medicine, AA being allied with Puzhuvettu as mentioned in the siddha texts [4]. In the present study, a case of Alopecia areata was treated with both Internal and External Siddha medicines. This case report study was planned to disclose the efficacy of Siddha therapeutic management of Alopecia areata.

Case Report:
A 33 years old male reported at the General outpatient Department in Nandha Siddha Medical College and Hospital, Erode with the Complaints of single patchy hair loss in scalp withdandruff and itching since 12 months.

History of present illness:
A 33 years old male patient experienced dandruff and itching of scalp for the past 10 months. After few months, he suffered from hair fall with patchy hair loss of scalp. He was under mental stress due to hair loss. He is a working as a driver and follows irregular sleeping habit because of occupational stress. The condition was augmented as days passed and the patient became bald on vertex area. The patient was under allopathic medicine for past 5 months which had not worsened or relieved the condition. General Examination (Table 1) and Siddhaclinical examination (Table 2) of the patient was done. On clinical evaluation the patient was diagnosed as Puzhuvettu (Alopecia Areata). The patient was not presented with personal history of autoimmune disorders like Atopic dermatitis, Psoriasis, Vitiligo, Asthma, Urticaria,

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Rheumatoid arthritis and Thyroiditis. He was advised to visit the general OPD & treated with a diagnosis of alopecia areata for 3 months.Personal History: Mixed diet, Normal appetite, Addiction-Nil, , Sleep – disturbance present.
Family History: No relevant family history, Past History: There was no relevant past history

Table 1: General Examination

Height	152 cm
Weight	58 kg
BMI	25.1kg / m^2
Pulse rate	76 / min
Heart ate	74 / min
Respiratory rate	16 / min
Body Temperature	37 ºc
Blood pressure	122 / 76 mmHg

Table 2: Siddha clinical Examination - Envagai Thervugal:

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

Local Examination:
On examination patient presented with 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 of Cardiovascular system, Respiratory system, Musculoskeletal, System, Nervous system and abdomen examination was found to be normal.

Blood Investigations:
The CBC, LFT and RFT were done and the values are found to be within normal limits

Treatment Profile: (Table 3)
The patient was explained about the treatment plans and consent was obtained before the initiation of the treatment. Patient was prescribed Arakkuthylam and advised to take Oleation for the initial three days. Then for Detoxification (Virechanam), procedure to eliminate the toxins from the body, Agasthiyarkuzhambu was prescribed. Following Detoxification Siddha external and internal medicine were given. Patient was asked to visit OPD every 7 days once for follow up. On the first week of follow up, the patient reported an Itching of Scalp. Patient was advised to follow the drugs and the line of treatment without any relapse. After a regular follow up for 3 months without any single episode of relapse and after the 3 months of treatment with above medication, patient reported complete relief in hair fall and hair found to be thick and strong. On local examination the same presented with patient. The patient was recommended these Do's and Don'ts during the period of treatment
Do's

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

Don'ts

- Avoid Fast / Junk Food
- Avoid any shampoos or hair conditioners

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- Avoid use of Hair dryer.
- Avoid any chemical Cosmetic Hair product.
- To avoid Day sleep

Table 3: Siddha Internal and External Medicines [12]

Days	Medicine	Dose	Adjuvant
Day 1	Arakku Thylam	50 – 60 ml	Oil bath
Day 2	Agasthiyar kuzhambu	130 mg	Clerodendrum inerme (Sangan) leaf extract at early morning
1month	Cap. Rasaganthi Mezhugu	1 Cap. BDS	Palm Jaggery
3 months	Tab. Palagarai parpam	2 Tab. BDS	Water
3 months	Seenthilchooranam	2 gm BDS	Sugar (Nattusarkarai)
3 months	Malaivembathi Thylam	10ml per day	(External application over the area of patches)
3 months	Puzhuvettu thylam	10ml per day	(External application over thearea of patches)

Results:

Fig 1
Before treatment

Fig 2
After 1 month treatment

Fig 3
After 3 month treatment

Medicines are prescribed for 3 months and the results are assessed on the basis of improvement in clinical symptom and Severity of Alopecia Tool score (SALT score). Assessment is done based on SALT score (Table 4) which is commonly used method to assess the severity of alopecia tool score and scoring the Alopecia aerate for analyzing the prognosis [5]. On analysis of the efficacy of the treatment, the severity of hair loss (Fig1) before treatment, improvement after 1 month of treatment (Fig 2) with reduced patch areas, and the new hair growth without patches after treatment (Fig 3) with enhanced SALT score was observed.

Table 4: SALT Score

Area	SALT (before treatment)	SALT (after 1 month treatment)	SALT (after 3 month treatment)
Vertex	5	14	30

Discussion:

Alopecia areata (AA) is a common form of non-scarring alopecia involving the scalp and/or body, characterized by hair loss without any clinical inflammatory signs. It is one of the most common form of hair loss seen by dermatologists and accounts for 25% of all the alopecia cases [6]. This disease begins as one patch and the position of the patch commonly occurs at occiput, frontal, parietal, vertex, of the scalp and even in Beard. This patch may remain single or, after a few days or weeks, secondary patches may appear on other parts of the scalp. The secondary patches may appear anywhere on the scalp, board, eyebrows, or body hair. The loss of one eyebrow has not the same bad prognosis as the fall of both eyebrows and lashes in the universalis cases. The higher incidence of occipital primary infection in boys compared with girls is evidenced. There seem to be two likely causes. The first, and probable, explanation is that the alopecia represents the reaction of the body to stress-i.e., it is, in modern terminology, a disease of adaptation. On a discussion of psoriasis, Barber (1950), stated alopecia areata in the same group as psoriasis and however they were examples of diseases of adaptation. The trauma, mental stress, and infection may be the stressors which may result in alopecia in a person with

the hair as a "target area "[7]. The other justification a prospect which to be consider as that of a virus infection. According to Sabouraud, opinions have been much against infection, but alopecia would also consent well with disease of the virus, like herpes simplex, remains dormant in the scalp and eventually with stress multiplies to cause the primary patch, this being followed in some cases by a general infection and an attack on all hairy parts and the nails [8]. According to Modern medicine moderately potent corticosteroids is the first line of treatment and the topical minoxidil and topical immunotherapy are other optional treatments available. A study by Thappa et al. evidenced tincture iodine and anthralin as best line of treatment [9]. But therapeutic options are limited because of less tolerability and also Long-term use of systemic steroids is generally not recommended because of potential side effects. According to this case the Treatment protocol began with oil bath, purgation, and followed by internal medicine and external medicine. According to concept of siddha system of medicine the maincause for hair loss is derangement of pitham. So, treatment focuses mainly on balancing pitha humour. Oil bath is one of the rejuvenating process in Siddha system, which reduces heat from our body, reduces stress which are the main causes of hair fall. Meanwhile it promotes new hair growth [10]. Purgation is a detoxifying process which helps to maintain mukkutram in body. Internal medicines such as, Palagarai parpam, Rasagandhi mezhughu and Seendhil chooranam are rich source of Vitamin C, antioxidants and has antifungal property [11]. It helps to strengthen and fortifies hair from roots, reduces dandruff prevents hair breakage and acts as a natural promoter of hair. These medicines have been reported for possessing antibacterial activity , antioxidant, anti-inflammatory and immunomodulatory activity [12].

As per Siddha text,Rasagandhimezhughu and Seenthilchooranam were used to treat variousailments in Siddha. It is indicated foralopecia. Seendhilchooranam consists ofeclipta prostate, tinospora cardifolia anddried powder of earthworm [12]. It has antiinflammatory, antioxidant, antitoxin,immunomodulatory and antimicrobial activity [11]. Malaivembadhithylam is usedexternally which consists ofMalaiveppilaicharu, Kumattikaisaaru,Elumichaisaaru, Vengayasaaru and Aamanakkuennai [12]. Malaivembu hasantioxidant, anti-fungal, anti-inflammatoryand immunomodulatory activity [13].A study evidenced that the Ricinus communis and allium cepa have the better hair growth promoting activity [14]. Citrulluscolocynthis has anti-inflamatory,antioxidant, antimicrobial activity [15]. According to siddha text, Anuboga Vaithiya Navaneedha Thirattu - Silvidam, Puzhuvettu, Viranam, Kadi, Kuttam., page no:108. A Siddha formulation Puzhuvettu thylamhas been specially indicated for Puzhuvettu. The ingredients of this formulation possess Immunomodulator, Anti- inflammatory, Antimicrobial and Antifungalactivities [4].

Conclusion:
This study shows the successfulmanagement of an Alopecia areata(Puzhuvettu) through Siddha treatment protocol. Siddhastands highly beneficial in themanagement of stress and Alopecia areata by internaland external medicines. No adverse effects that were associated with the prescribed medication were noted. It is necessary to do additional research on a larger sample size in order to establish the fact that Siddha medications provide an effective method against Alopeciaareata (Puzhuvettu). However, more studies are needed to confirm our data and to better clarify the possible key role of siddha drugs in the management of Alopecia areata.

Human subjects: written consent was obtained or waived by the participant in this study.

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