

# AYURVEDIC MANAGEMENT OF FOLLICULITIS DECALVANCE, A SINGLE CASE REPORT

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## ABSTRACT

Folliculitis Decalvans (FD) is a rare neutrophilic inflammation of the scalp characterized by painful, recurrent purulent follicular exudation resulting in primary cicatricial alopecia. However, unclear etiology makes FD treatment a difficult task. It can be correlated with Indralupta disease described in Ayurveda. Indralupta is one among the Kapalagata Roga (Scalp disease) and Kshudra Roga by Vaghbata which is characterized by loss of hair. A 12 year old patient presented with the complaints of patchy hair loss, itching sensation, multiple eruptions over the scalp since 2 months is treated with leech therapy. Leech therapy is an ideal method for Raktamokshana (bloodletting) in blood vitiated by Pitta and also for children, females and old age persons. 6 sittings of jaloukavacharana applied over the parietal region with a gap of 7 days along with internal medicine got desired results.

**KEY WORDS:** Folliculitis decalvans, Alopecia, Indralupta, Jaloukavacharana.

## INTRODUCTION

Folliculitis decalvans (FD) is an inflammatory presentation of cicatrizing alopecia characterized by inflammatory perifollicular papules and pustules. It accounts for approximately 11% of all primary cicatrizing alopecia cases<sup>1</sup>. It occurs predominantly in young and middle aged adults, with a slight preference for the male gender, and appears to be more frequent in people of Afro-American stock<sup>2</sup>. The etiology of this inflammatory process is not fully understood. However, *Staphylococcus aureus* scalp colonization has been implicated as a contributing factor<sup>1</sup>. Its main treatment in contemporary science is Corticosteroids which is having harmful side effects and not advisable for long term use<sup>3</sup>. So, world is expecting some remedies from Alternative medical sciences. Ayurveda offers different effective treatment modalities for the management of different autoimmune diseases like psoriasis, eczema, etc<sup>4</sup>. Folliculitis Decalvans can be correlated with Indralupta disease described in Ayurveda. Indralupta is one among the Kapalagata Roga (Scalp disease) and Kshudra Roga by Vaghbata which is characterized by loss of hair. Pitta associated with Vata gets lodged in Romakupa and causes hair fall followed by Kapha Dosha associated with Rakta causes obstruction to the hair roots and limits the regrowth<sup>5</sup>. As per the classical reference the vitiated Raktadathu will give rise to Keshhaada Krimi<sup>6</sup>. Ayurveda also suggested different line of treatments like Siravyadhana, jaloukavacharana, pracchana, different Lepa applications, Abhyanga, Nasya etc.

In Ayurveda, both shodhana (Internal and external cleansing procedures) and shamana treatment (Disease specific internal medications) are prescribed for Indralupta.

## CASE REPORT

A male patient aged 12 year old was apparently normal 2 months back suddenly noticed the patchy hair loss associated with multiple eruptions and itching sensation over the scalp for that he consulted dermatologist din't satisfied with treatment hence for the further needful treatment he consulted the OPD of Taranath Government Ayurvedic Medical College and Hospital Ballari.

## HISTORY OF PAST ILLNESS

No history of any autoimmune disorders like ( Atopic dermatitis, psoriasis, Vitiligo, Asthma, Urticaria, Rheumatoid arthritis, Thyroiditis), No family history and there is no relevant history of drug allergy noticed.

## PERSONAL HISTORY

- Appetite: Good appetite
- Diet: Mixed
- Bowel: Regular
- Sleep: Sound sleep
- Micturition: 3-4 times/ day
- Patient was fully immunised

## EXAMINATION

### GENERAL EXAMINATION

General condition - good

RS- B/L NVBS

CVS- S1S2 heard, No added sounds

CNS- Conscious, well oriented

P/A- Soft , non tender

Pulse- 78bpm

Moderately built with no other systemic illness.

## LOCAL EXAMINATION

### INSPECTION:

A well defined cicatrizing alopecia measuring 8\*4CM seen on parietal region of the scalp along with follicular pustules, scales and erosions are seen.

### PALPATION:

Local rise of temperature- present

Tenderness- present

### Laboratory Investigations:

Hb – 12.8 gm%, BT – 1 min 29 sec, CT – 4 min 2 sec, HIV 1 and 2-Negative, Hbsag-Negative.

### TREATMENT

Table no.1 Treatment chart

1. Leech therapy	6 sittings (gap of 7 days)	3 months
2. Kaishora guggulu	1 tab two times a day	3 months
3. Arogyavardhini rasa	1 tab two times a day	3 months
4. Khadirarishta	10ml with lukewarm water two times a day	3 months
5. Narasimha Rasayana	5gm with milk in early morning	3 months

**JALOUKAVACHARANA****Table-2 Jaloukavacharana procedure**

<b>STAGE</b>	<b>PROCEDURE</b>	<b>DRUGS AND MATERIALS</b>
<b>PURVAKARMA</b>	Two Nirvisha jalouka was selected. Jalouka was taken from the pot and placed in turmeric water for a while to activate it and then transferred to fresh water. Patient was made to lie in a comfortable position in the minor operation theatre under all aseptic care.	Nirvishajalouka Haridrachoorna Pure water
<b>PRADHANA KARMA</b>	Scalp was well cleansed with triphala Kashaya and allowed to dry. Needle prick was made on right and left parietal aspect of the scalp to facilitate jaloukavacharana. Once jalouka started sucking blood, it was covered with wet cotton. Jalouka was left undisturbed till the patient complained of pain and itching at the site. Saindhavachoorna was sprinkled on jalouka to detach it.	Normal Saline Needle Cotton Haridra choorna Bandage cloth

<p><b>PASCHAT KARMA</b></p>	<p>1.FORWOUND:-Haridracho orna was applied at the site of jaloukavacharana and bandaging was done.</p> <p>2 .FOR JALOUKA:- Jalouka was taken in a kidney tray. Haridrachoorna was sprinkled to mouth to enhance regurgitation of sucked blood. Jalouka was then transferred to fresh water and made active again.</p>	<p>Haridra choorna</p> <p>Gauze pad</p> <p>Gauze roll</p> <p>Kidney tray</p>
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Fig.1-Before treatment



Fig.2 1st sitting of leech therapy



Fig.3-5th sitting of Leech Therapy



Fig.4 - After treatment

## DISCUSSION

### MODE OF ACTION OF JALOUKACHARANA

- In Folliculitis Decalvans (cicatrising alopecia) leech therapy may have worked by increasing the microblood circulation through acetylcholine- and histamine-like molecule. Leech saliva also contains Destabilase and chloromycetin which have an antimicrobial effect<sup>7</sup>.
- **ON ITCHING:** This may be probably due to Jalaukavacharana which remove the vitiated blood and locally aggravated Doshas, by that it reduced Vrana Kandu and leech produce antihistaminic protease and bacteria-inhibiting substances which will also help in reducing itching.
- **ON FOLLICULITIS:** The active ingredients in Leech saliva like Hirudin - A 65 anticoagulant protein acts as Diuretic and Antibiotic. Bdelins, Eglins acts as Antiinflammatory, the component like Carboxypeptidase inhibitor increases the inflow of blood at the bite site<sup>8</sup>.
- **ON HAIR GROWTH:** When leech therapy is done on thinning or bald areas, the increase of blood circulation helps enhance the concentration and delivery of nutrients to that area on one side and removal of accumulated toxin, inflammatory substances on the other side there by assisting in the promotion of hair growth.

### SHAMANOUSHADHI

**Kaishora guggulu** is mainly used as antiallergic, antibacterial and blood purifying properties. It acts as aging skin health promoter, natural blood cleanser, useful as supportive dietary herbal supplement .

**Arogyavardhini vati** does the Shoshan (assimilation) of different excess Snigdha dravyas (unctuous substances) present in the body. It also does the Pachan (digestion) of Drava (liquid) and Kleda (clammy) and does the Raktavardhana (purifies blood). It reduces Dravatva, Snigdhavta in Meda dhatu. The drug must be consumed with various adjuvants for getting the desired effect.

**Khadirarishta** is one of the most effective Ayurvedic preparations which help to manage postules due to its Pitta and Kapha balancing, and Shothahara (anti-inflammatory) properties. It also helps in blood purification by removing toxins due to its Shodhan (detoxification) property.

**Narasimha Rasayana** contains bhringaraja kashaya (eclipta alba) as one of the ingredient helpful to improve hair growth and preventing premature graying of hair and hair loss.

### CONCLUSION:

Foliculities Decalvans is a rare autoimmune disorder leading to cicatrising alopecia over the scalp can be successfully treated by Ayurvedic management like Jalouka application and shamana medications

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