

Common Hair fall Diseases and Their Management In Siddha Medicine

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Abstract

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Siddha medicines value for hair loss and hair growth are known since ancient times. Some of the procedures and ingredients are followed from generations to generations. Home remedies for hair loss are quite popular. Using modern medication are having less effect, recurrence and bit pricy. Side effects of medications increases the stress also. Common hair problems are hair loss, hair thinning, Dandruff, Baldness, and alopecia. These diseases has a lot of social concern which reflects individual's confidence and self-esteem. Siddha system not only cure the issues it also builds self-confidence. The objective of this study was to collect the drugs mentioned for hair issues in the siddha books and journals and to promote the use of home remedies which are used in day to day practice to treat hair diseases. In the commercial world people are attracted to the Nature and herbal nowadays.

Introduction

Everyone in the world are beauty conscious. Particularly peoples give important to external appearances compared to inner beauty. So only trichology is under Cosmetology. Trichology is a vast subject. Among them there are some common diseases for which people give more

importance .They are Podugu (Dandruff), Ilanarai (Premature grey hair), Puzhuvettu (Alopecia) and Valukkai (Baldness). Podugu is almost affecting half of the people in the world. InDandruff skin cells grow and die too fast. It can change the scalp into dry, Itchy and white flakes present on collar

or shoulder. Main symptom of Podugu is hair fall. Etiology of Podugu isn't clear but it may be due to common fungal called malassezia. Dandruff is getting worse when people are in stress, sick and dry winters.

Premature grey hair is second leading problem in adults. PGH is mostly due to diet and decreased melanin production by hair. Due to colour change of the hair, the people look like aged one. This also affect their external appearance. It also cause stress and worry. Baldness is hair loss present in scalp mostly in front side. It affect the male gender more compared to female. The main cause of baldness is genetic, lifestyle changes and hormone imbalance. Alopecia is also an important hair problem but less when compared to others. Complete or patchy hair loss present in scalp. There are so many types of alopecia. Sometimes it can be caused by diseased conditions.

Using herbal products for these condition is not invented suddenly. Maintaining hair and its important is mentioned in ancient books. Using Siddha medicine is very effective and economic friendly. The first step in Siddha system is to find the root cause of the disease and to treat them.

Podugu

Other names

Pottu, Sunndu

Iyal:

Dandruff is defined as excessive shedding of skin flakes from the scalp.

Etiology:

Symptoms:

-) Excessive skin flaking and shedding from scalp associated with redness , irritation and hairless
-) White or greyish patches on the scalp and skin, flaky scalp.

Epidemiology:

According to siddha aspect Podugu is increased in Early Summer (Elavenil), Late Summer

(Muthuvenil), Early Dew Season (Munpani), and Late Dew Season (Pinpani).

Mukkuutra verupadu:

In this disease vali is altered and associated with Azal, Iyam.

Uyir Thathukal / Udal thathukal:

- 1) Excessive skin flaking and shedding from scalp
 - Treat for affected Saaram
 - Dryness of skin
- 2) Redness, Irritation
 - Treat for affected Senneer
 - Itching
- 3) White or greyish patches on the scalp and skin,
 - Treat for affected Oon, Kozhuppu, Enbu
 - Flaky scalp.
 - Hair loss.

Treating Method:

-) Oil bath
-) Eating rich fat containing food like Ghee, Milk, Butter, Proteins
-) Regulate the deranged humor, Udal thathukal and Uyir thathukal
-) Purgation (Bowel cleaning method)

Kazhichal Maruthuvam(Bowel cleansing method Vali):

-) Agathiyar kuzhambu
-) Kowsihar kuzhambu
-) Sittathy ennai

Oil Bath (Oleation):

-) Vetpalai thylam (*Wrightia tinctoria*)
-) Arugan thylam (*Cynodon dactylon*)
-) Kumilpazha thylam(*Gmelina arborea*)

For Cleansing Purpose:

-) For oil skin: The green gram powder should be used to remove the oil
-) For dry skin: Ponnaangani (*Alternanthera sessilis*) should be used to remove the oleaginous substances applied on head while bathing

-) Panja karpam (For head)
-) Nalungu maavu (For body)

Pugai (Fumigation):

Saambirani pugai (*Styrax benzoin*)

Treatment:

-) Poduthalai thylam (Phyla nodiflora oil)
-) 5gm of *Azadirachta indica* (neem flower) and 8gm Jaggeryboil with 150 ml Gingelly oil .We can use thisoil like oil and mask for hair.
-) *Cynodon dactylon* (Arugan) –Coconut oil
-) *Citrus limon* (Lemon) skin powder
-) *Santalum album* (சந்தனம்), *Curcuma Zedoaria*(கிச்சிலிக் கிழங்கு), *Benzoin resin*(சாம்பிராணி), *Dammer* (குங்கிலியம்) in abovedrugs anyone or any three maximum boil with oil and use it.
-) Sometimes well marginated dandruff leave scar on scalp. To remove this *Azadirachta indica*(Neem) Kudineer bubbles.

Prevention Method:

-) Take *Piper longum*(Milagu) Grind with milk like paste consistency. Using like hair mask and take hair bath.
-) Regular usage of Pancha karpam for bath.
-) Regular intake of greens and sprouted granules.
-) Wash your comb / brush after every use.
-) Maintain cleanliness of hair
-) Take bath daily and maintain good personal hygiene
-) Hot water bath is advisable.
-) Avoid alcoholic beverages.

Karpa Marunthu:

Ponnangaani karpam (*Alternanthera sessilis*) for 48 days.

Ilanarai (Premature Grey Hair)

-) Hair follicles are colored, because of melanin pigments that impart color to hair.
-) The higher melanin content, the darker hair color will be.

-) Due to age, there is loss in these cells, which results in decreased intensity of hair color and premature graying of hair is experienced.
-) Graying of hair also called canities or achromotrichia occurs with normal aging.
-) PGH is defined as graying of hair before the age of 20 years

Causes:

Genetics/ Hereditary:

Sometimes genetics play an important role in a person's possibility of greying hair and how it can affect them.

Stress:

Stress makes antioxidants intolerant towards free radicals causing damage to hair. Free radicals contribute to aging and disease. Everyone deals with stress from time to time. The consequences of chronic stress can include:

- Sleep problems
- Anxiety
- Change in appetite

Genetics and Stress are the main cause of premature grey hair.

Autoimmune disease:

An autoimmune disease can also cause premature white hair. This is when the body's immune system attacks its own cells. In the case of alopecia and vitiligo, the immune system can attack hair and cause loss of pigment.

Thyroid disorder:

Thyroid gland is a butterfly shaped located at the base of your neck. It is responsible for control many functions such as metabolism. So the condition of thyroid can influence the color of hair. An imbalance in thyroid gland like excess or less will can cause your body to produce less melanin.

- Hyperthyroidism
- Hypothyroidism

Vitamin B deficiency:

Vitamins play an important role in the body. It gives not only energy it also contributes to healthy hair growth and hair color. Early grey hair also indicates that deficiency of vitamin B-12 in the body. Vitamin B-12 deficiency is also associated with pernicious anemia which is the body can't absorb enough of vitamin B-12. The vitamin B-12 is for healthy red blood cells, which carry oxygen to cells in the body, including hair cells. So deficiency of vitamin B-12 affects the melanin production.

Smoking:

Smoking increases the risk of lung cancer and heart disease. Sometimes it also affects the hair. Smoking constricts blood vessels, which can reduce blood flow to hair follicles and cause hair loss. Toxins of cigarettes can damage the hair follicles and cause grey hair.

Siddha treatment for premature grey hair:

) For preventing method for premature grey hair is Kayakarpan (Rejuvenating drugs)

Karpam:

This is a process in which leaves, herbs, roots, salt and metals are consumed in a specific dose for a given period of time, along with the dietary regimen prescribed for it. They could be prepared daily or already prepared medicines could be used.

Internal Medicines:

) Commonly Iron rich medicines
) Karisalai Ilagam (*Eclipta prostrata*)

External Medicines:

) Thiribalai thylam (*Three myrobalans*)
) Karisalai thylam (*Eclipta prostrata*)
) Nellaikai thylam (*Phyllanthus emblica*) along with avuri herb (*Indigofera tinctoria*)
) Santhanathi thylam (*Santalum album*)
) Asai thylam (*Cuminum cyminum*)

Puzuvettu/Alopecia

Definition:

The lack or loss of hair from areas of the body where hair is usually found.

Types:

) Alopecia Areata
) Alopecia Totalis
) Alopecia Universalis
) Alopecia Barbae
) Scarring Alopecias
) Androgenetic Alopecia

Causes:

) Malnutrition
) Chronic kidney failure
) Exposure to allergens, irritants, burns, and infections
) Radiation and Chemotherapy

Treatment:

) Arali paal
) Sirattai thylam
) Coconut oil

Valukkai / Baldness

Definition:

) The condition of having little or no hair on the head

Treatment:

) Early stage of baldness cure with the elephant tusks powder with coconut oil.

Common Treatment for all types of hair diseases:

Ingredients:

) Sangan Samoolam (*Azima tetracantha*)
) PunganThylam (*Pongamia pinnata*)
) Thumbai Thylam (*Leucas aspera*)
) Thulasi Thylam (*Ocimum sanctum*)
) Coconut oil
) Sangu Parpam (Conch)

Preparations:

Take all types of oil equal amount and then divided into 32 portion and one portion of Sangu parpam. Use like Hair mask.

Indications:

-) Premature Grey Hair
-) Discoloration of Hair
-) Split ends of Hair

Conclusion

Siddha system provides treatment for various type of diseases. Trichology is one among them. In this article we reviewed common hair problems like Dandruff (Podugu), Pre Mature Grey of Hair (Ilanarai), Baldness (Valukkai), and Alopecia (Puzhuvettu). Dandruff is one of the common hair problem. In this condition Vali is altered. So to regulate the vali humor Bowel cleansing is must. Common treatment method for hair problems is Kay aKarpam. Karpam not only deals with hair issues it is one of the treasure of siddha system. All hair problems had special treatment in

siddha medicine. Various herbs are used for treating hair problems among them Karisalai, Nellikkai, Coconut oil, Poduthalai and Santhanam Play an important part. The mode of medication applied in trichology is both internal and external therapies. We can follow Siddha medication for better result in trichology.

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