



AYURVEDIC MANAGEMENT OF SCALP FOLLICULITIS - A CASE REPORT

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ABSTRACT:

Introduction: Folliculitis is a condition that involves the inflammation and damage of hair follicles, which are small openings in the skin that hold hair roots. While it can occur anywhere on the body, folliculitis develops most commonly in the scalp region, where the density of hair follicles is higher than in any other area. In Ayurveda, folliculitis can be managed based on the principles of *Arunshika* and *Pittaja* and *Rakta Dushti*. **Materials and methods:** A 38-year-old patient presented with complaints of skin lesions over the scalp region and pain for 2 years associated with hair loss. *Virechana* is an ideal method for *Pitta* and *Rakta dushti*. **Result:** The subject showed marked improvement in symptoms. **Discussion:** *Virechana* was administered to treat the root cause of the disease and the underlying cause with internal medicines for which the patient got significant relief from the symptoms.

Keywords: Scalp Folliculitis, *Arunshika*, *Pitta* and *Rakta Dushti*, *Virechana*

INTRODUCTION

Folliculitis is a condition that involves the inflammation and damage of hair follicles, which are small openings in the skin that hold hair roots. While it can occur anywhere on the body, folliculitis develops most commonly in the scalp region, where the density of hair follicles is higher than in any other area. Although infection is the main cause of Scalp Folliculitis, other factors that irritate the scalp skin and increase the likelihood of hair follicle infection are also considered contributing factors to the development of Scalp Folliculitis. The other external factors that could increase the risk of Scalp Folliculitis include, Excessive use of hair cosmetics such as hair oils, styling products, shampoos, etc. that could irritate the skin of the scalp and cause inflammation. Using public swimming pools or sharing other hygiene items that are not clean. Having an injury such as cuts or bruises on the scalp could get infected and further spread to hair follicles. Illnesses that lower the immune power of the body^[1] As per Ayurveda, Health depends on the harmony of the body's three vital energies: Vata, Pitta, and Kapha doshas. Imbalance in the doshas can cause many complications in

the body, including the scalp. According to Ayurveda, Scalp folliculitis is occurred due to Pitta and Raktha dushti, which means a condition that occurs due to pitta dosha aggravating Raktha. Factors such as Prakruthi, diet, age, seasonal and environmental conditions, habits, and other lifestyle parameters may trigger the rise in Pitta dosha in the body. As a result of this, the sebaceous glands secrete sebum in excess amounts in follicles, especially during dry and hot weather conditions. This, in turn, attracts various bacteria and fungi that feed on the sebum, leading to microbial infestations in hair follicles. Eventually, it results in scalp folliculitis with damaged and inflamed hair follicles^[1, 2] In Ayurveda, folliculitis can be managed based on the principles of Arunshika ^[3] and Pittaja and Rakta Dushti^[4]

CASE REPORT:

The patient was normal 2 years ago, but gradually he developed multiple tiny pustules with white heads over the scalp region with pain and with hair loss for that he consulted a dermatologist and didn't get relief with the treatment hence for further needful treatment he consulted the OPD of Sri Sri College of ayurvedic science and research, Bangalore.

HISTORY OF PAST ILLNESS

No history of any autoimmune disorders like atopic dermatitis, psoriasis, vitiligo, asthma, urticaria, rheumatoid arthritis, or thyroiditis

There is no family history, and there is no relevant history of drug allergies.

PERSONAL HISTORY

Appetite: Good appetite

Diet: Mixed

Bowel: Regular-once/day

Sleep: Disturbed

Micturition: 6-7 times/day

EXAMINATION GENERAL EXAMINATION

General condition: good

RS: B/L NVBS

CVS: S1S2 heard; no added sounds

CNS: conscious, well-oriented

P/A: Soft

Pulse: 78bpm

BP: 130/90mmhg

Moderately built with no other systemic illness

LOCAL EXAMINATION

Lesion: Multiple tiny pustules with white head

Pain and local hair loss

No pus discharge was found

Size: 1-2 mm

Margin: not well defined.



Fig. 1. Multiple tiny pustules with white head on frontal area of scalp-before and after treatment



Fig.2. Multiple tiny pustules with white head on frontal area of scalp-before and after treatment

Treatment:

Table 1. Treatment chart

Name of treatment	Drugs	Days
<i>Deepana -Pachana</i>	<i>Panchakola phanta</i>	Day 1 – 3
<i>Snehanapana</i>	<i>Mahatiktaka ghrita</i>	Day 4 – 7
<i>Sarvanga Abhyanga</i> followed by <i>Bashpa Sweda</i>	<i>Nalpamaradi taila</i>	Day 8 – 10
<i>Virechana</i>	<i>Trivruth lehya</i>	Day 11
<i>Samsarjana krama</i>	<i>Peya</i> <i>Vilepi</i> <i>Yusha</i>	Day 12 – 15

Shamanoushadhi

Table 2. Treatment chart

DRUGS	DOSE	DURATION
<i>Kaishora Guggulu</i>	1tab two times a day	3months
<i>Arogyavardhini rasa</i>	1tab two times a day	3months
<i>Narasimha Rasayana</i>	5gm with milk in the early morning	3months

PATHYA-APATHYA

To avoid food items like cold, acrid, sour, milk and milk products, and dry foods that are hard to digest as they can imbalances doshas.

Intake of proper amounts of fluids

Personal hygiene measures like Combs and towels are not shared with others.

DISCUSSION

Scalp folliculitis is an inflammatory condition in which an infection causes the hair follicles to become inflamed. Clinically, it is described as the development of a pustule with a follicular base due to the presence of

inflammatory cells within the wall and ostia of the hair follicle. The microorganisms that cause Scalp Folliculitis infection include viruses like herpes simplex, fungi like dermatophytes and *Pityrosporum folliculitis*, and bacteria like *Staphylococcus aureus* and *Pseudomonas*. The inflamed scalp hair follicles manifest as tiny pustules with a white head that resemble acne or pimples. The inflamed follicles are extremely painful and itchy. When red pustules appear on the frontal hairline, scalp folliculitis becomes very bothersome. Acne and scalp folliculitis are

frequently linked, and acne treatment can help. It occurs due to *pitta* and *raktha dusthi*, thus classical *virechana* was administered, by giving *Deepana Pachana* which does *amapachna* initially and normalizes the *agni*, then *arohana snehapana* given with *Mahatiktaka ghrita* which does *Pitta Vata hara* action. A gradual dose of *Sneha* is important for loosening the bond between *dosha* and *dushya*, followed by *virechana* with *trivrit lehya*, thus eliminating *dushita raktha* and *pitta*.

Kaishora guggulu ^[5] is mainly used for its antiallergic, antibacterial, and blood-purifying properties. It acts as an aging skin health promoter, a natural blood cleanser, and use as a supportive dietary herbal supplement. *Guggulu* is known to have analgesic, anti-inflammatory activity, etc. It is used in various Ayurvedic formulations. Traditionally it is used for skin disorders ^[6]

Arogyavardhini vati ^[7,8,9] does the *Shoshana* of different excess *Snigdhatva* present in the body. It also does the *Pachana* of *Drava* and *Kleda* and the *Raktavardhana*. It reduces *Dravatva*, *Snigdhatva* in *Meda dhatu*. According to *Rasaratnasamucchaya*, *Bhaisajyaratnavali*, *Arogyavardhini vati* possess the pharmacological action like *Kusthanasaka* (can alleviate all types of skin disorder) – indicated for 1 *mandala* (14 days).

Narasimha Rasayana ^[10] contains *bhringaraja kashaya* as one of the ingredients that help to improve hair growth and prevent premature greying of hair and hair loss.

Nidana is the primary cause of many disorders in terms of disease pathogenesis. Poor dietary practices and a bad way of life lead to abnormality, which produces *Doshas* and *Dushya*. Diet and routine are important components of *Chikitsa* according to Ayurveda. Hence *Pathya* and *Apathya* were advised during the treatment.

CONCLUSION

Hair folliculitis, also known as scalp folliculitis, affects both men and women frequently. This condition is characterized by mild to severe irritation of the hair follicle(s), which, if untreated, may interfere with normal hair growth and it can be successfully treated by Ayurveda. *Virechana* followed by *shamana oushadhi* helps in cleansing the vitiated *dosha* and *dhatu* and in turn, speeds up the recovery process. Along with treatment, lifestyle also plays an equal role in recovery.

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