

HUZZAZ

(*Pityriasis capitis, Dandruff, Qashru-r-Raas, Sikri, Bafa*)

Diffuse scalp scaling caused by over activation of sebaceous glands.

Etiology:

1. **Cause:** Pityrosporum yeast
2. **Unani:**
 - *Su-e-Mizaj-e-Jild* (Abnormal temperament of skin).
 - *Balghami namkin madda*
 - *Yabusat-e-Jild* (Dryness).
3. **Predisposing factors:**
 - Sudden change of temperature
 - Climate
 - Dietary factors: excessive use of alcohol, starch, synthetic junk foods, oils.
 - Constipation
 - Malnutrition
 - Immunocompromised person

Types:

1. Dry variety – Pityriasis Sicca
2. Greasy variety - Pityriasis Steatoides

Clinical features:

- **Dry variety:**
 - White, fine & furfuraceous dry Scales
 - Dry & lustreless hairs.
 - Common in hot dry & cold weather.
 - Mild itching.
 - Site: Scalp, face, trunk.
- **Greasy variety:**
 - Waxy, greasy, yellowish thick scales & crusts.
 - Weeping or oozing in case of secondary infection.
 - Greasy & matted hairs.
 - **Site:** Scalp, eye brows, nasolabial fold, retro auricular, presternal, flexures, interscapular region.
 - Itching
- **Cradle cap/Milk crusts:**
 - It is a special form of Pityriasis capitis
 - Seen in newborn infants with in first or second week after birth.
 - Dirty yellowish crusts on the scalp.
 - Weeping or oozing in case of secondary infection or eczematization.

Differential diagnosis:

- Psoriasis
- Fungal infection

Management:**Principle of treatment:**

- Removal of the cause.
- Musaffi-e-Dam & Daf-e-Taffun Advia for internal use.
- Jali, **Muqash-shar**, Musakkin wa Daf-e-Taffun Advia for local application.

Treatment:-

- Qurs-e-Asfar 1 tab twice a day.
- Itrifal Shahtara 5-5 gm or Majoon Ushba 5-5gm twice a day.
- *Formulation:* Gandhak, Suhaga, Noshadar, 25- 25gm, make fine powder
Administration: Make solution by mixing it in 3 liter lukewarm water. Dip the scalp in the solution for 10 minutes once a day or
Mix 5gm powder of the above formulation in the curd & apply on the scalp for half an hour. Wash it off with normal water.
- *Formulation:* Ritha, Amla, Shikakai, make fine powder in equal quantity. Mix with Loab-e-Ghegawar to make a paste.
Administration: Apply on the scalp once a day.

Dry variety:

- *Formulation:* Roghan-e-Banafsha or Roghan-e-Kaddu or Roghan-e-Gul,
Administration: Massage the scalp twice a day.
- *Formulation:* Sirka, Arq-e-Gulab, Roghan-e-Gul, mix well in equal quantity.
Administration: Apply on the affected part.
- *Formulation:* olive oil and almond oil.
Administration: Massage your scalp with the mixture and leave it for five minutes. Rinse properly.

Greasy variety:

- *Formulation:* Arad-e-Nakhud, Arad-e-Baqila, Arad-e-Hulba 20 gm each, add Arq-e-Gulab, Sirka to make it into a paste.
Administration: Apply on the scalp, wait 30 minutes. Rinse off with water.
- *Formulation:* Arq-e-Gulab – 10 ml, Arq-e-Leemu -5ml, Sirka5ml, mix with curd.
Administration: Apply on the affected part. Wash after 1 hour.
- *Formulation:* 2 teaspoons of Sirka (vinegar) and 6 teaspoons of water,
Administration: Apply it on the scalp before go to bed. Keep it for the whole night with a towel around the head. Rinse the head with vinegar water again in the morning.
- *Formulation:* 1 teaspoon of lemon juice and 2-teaspoons of vinegar.
Administration: Massage the scalp with this solution. After the massage,

Treat hair with an egg shampoo.