

INTISHAR-E-SHAR DORI (Telogen effluvium)

The condition is characterized by diffuse shedding of scalp hair, mainly affecting young females. Patient notices hair entangled in comb or brush. There is premature conversion of normal anagen hair follicles into the catagen and then the telogen phase. The hair loss ceases spontaneously over a number of months.

Causes:

- Prolonged fever
- Child birth
- Pregnancy
- Debilitating disease
- Haemorrhage
- Surgical trauma
- Emotional tress
- Change of climate and shifting of residence
- Poor diet
- Drugs - Methotrexate, heparin, Thallium, Colchicines, Hyper vitaminosis-A Carbimazol.

Clinical Features:

- Diffuse hair loss after 2-3 month of precipitating stimulus
- Varying degree of hair loss about 100-200 hair loss per day depending upon severity.
- Regrowth of hair in 2-3 months.

Diagnosis: Clinical

Management:

Principle of Treatment:

- Remove the cause.
- Avoid repeated and too frequent combing and shampooing.
- Avoid heavy massage.
- Muqawiyat-e-Aam (General tonic)
- Muhammira & Muharrir advia for Local application.
- High protein diet.

Treatment:

- Jawarish Jalenoos -5 gm & Murabba Aamla - 1 no. twice a day.
- Jawarish Shahi -5 gm with Sharbat Folad - 5 ml twice a day.
- Khamira Gaozaban Hakim Arshad wala - 5 gm with Araq-e-Gaozaban - 125 ml once a day.
- **In case of emotional stress:**
 - Khamira Sandal -5 gm and Habb-e-Jadwar - 1 pill with Araq-e-Gaozaban - 125 ml daily before breakfast.
 - Mufarreh Shaikh-ur-Rais - 5 gm with milk 250 ml in the evening.
- Raughan Zararih or Raughan Baiza-e-Murgh for local application.

INTISHAR-E-SHAR ZARBANI (Traction Alopecia)

Loss of hair due to continuous or excessive traction:

Cause :

- Tight hair style
- Hot combing

Clinical Features:

- More frequent in girls but Sikh males & Rajasthan females are also affected.
- Frontal hair line becomes irregular and receding.
- Stumps of broken hair, folliculitis and occasionally scarring can be seen.

Diagnosis: The diagnosis is based on

- Tight hair style
- Pattern of hair loss.
- Folliculitis
- Absence of exclamation mark hair.

Management:

Principle of Treatment:

- Remove the cause
- Reassurance.
- Change of hair style
- Muqawwi-e-Shar advia.
- Improve general health.

Treatment:

- Jawarish Shahi 5 gm BD
- Murabba Aamla - 2 no. in the morning
- Jawarish Jalenoos or Jawarish Anarain - 5 gm BD.
- Raughan Baiza-e-Murgh, Raughan Zaitun, Raughan Aamla for local application.