

MANAGEMENT OF ALOPECIA USING HERBAL HAIR CARE OIL IN A PAEDIATRIC PATIENT: A SUCCESS STORY OF COMPLEMENTARY AND ALTERNATIVE MEDICINEPranav Nambiar^{1*}, Shilpa Shijin¹ and Nihala Jabeen²¹Vijayan Master's Hair Treatment Center, Near Links Mall, Opposite Govt. Hospital, Mattannur, Kerala-670702-India.²Department of Unani Medicine, Markaz Unani Medical College and Hospital, Markaz Knowledge City, Kaithapoyil, Thamarassery, Kerala-673580-India.***Corresponding Author: Pranav Nambiar**

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ABSTRACT

Alopecia or hair loss is a common dermatologic clinical condition and psychological threat to all ages. Here we present the case of a 9-year-old girl who presented with complete hair loss at our clinic. We have managed the condition with herbal hair care oil containing Bringaraja (*Eclipta alba*) along with other supplements. The treatment was well strategized as per the patient need and planned for one year and we could see a successful benefit following seven months of the treatment itself. Further clinical studies are planned to confirm the beneficial effect of Bringaraja (*Eclipta alba*) for alopecia.

KEYWORDS: Alopecia, Hair loss, Alternative medicine, Ayurveda, Haircare, Herbal.**INTRODUCTION**

Alopecia or hair loss is a common dermatologic clinical condition due to many reasons. It presents in both adults and pediatrics but is different in its clinical presentation and severity. Pediatric alopecia may lead to mental and psychological issues in both children and family members, which may reflect in their daily routine life. Many conditions such as telogen effluvium, tinea capitis, bacterial infections, traction alopecia, trichotillomania, and alopecia areata along with other uncommon reasons such as thyroid disease, diabetes, malnourishment, systemic lupus erythematosus, and anemia especially iron deficiency may lead to hair loss in children or pediatric population.^[1]

A Cochrane systematic review in 2008 demanded a desperate need for clinical evidence in the management of alopecia owing to the lack of conclusive evidence and the possibility of its remission in its early phase.^[2] There are many treatment options are following allopathic medicines depending on the patient's conditions and clinician's preference. This includes topical corticosteroids, topical minoxidil, intralesional corticosteroids, topical immunotherapy, pulsed systemic corticosteroids, systemic corticosteroids, dithranol, photo and laser therapy, and other immunosuppressants with varying levels of evidence.^[3]

Bringaraja (*Eclipta alba*) is an excellent herbal medicine to prevent hair loss and enhance hair growth. It is observed to be effective in hair growth and hair

blackening, hence used in the formulations. However, the exact chemical entity which triggers this effect is still under investigation.^[4] Many animal studies are evidence of the effective management of alopecia using *Eclipta alba* extracts compared to the control groups like 2% minoxidil.^[5,6] However, there is a lack of human clinical in this field.^[2] Here, we report a case of a pediatric alopecia patient who had complete hair growth following our herbal hair care oil.

Ethical Consideration

A duly signed informed consent was obtained from the Legally Accepted Representative of the patient to make this report and publish it.

CASE REPORT

A 9-year-old girl presented to the clinic with complaints of complete hair loss on the left side of the skull and the eyebrows were marked with pencil due to its complete hair loss. The history revealed that the symptoms of alopecia observed have been seen since the kid was at 6 years of age. Initially, it was small round patches on the left side of the head which is progressive and slowly the number of patches increased and started spreading to the right side. Slowly the hair fell across the head. Followed by this, a hair fall was observed on the eyebrows. The kid was nervous and psychologically depressed due to the stigma among their classmates and school friends, hence she denied to go to school some days.

The family has taken the kid into many treatments including modern and alternative medicine in various localities, which is accessible to them. However, no results were observed even after the treatment for months together. There was a minor amount of hair growth through the hair growth keeps continuing and this result was for a short period. Later, the patient party got to know about our management strategy through one of their relative who got a successful result previously. Hence, the patient was presented to our clinic.

At our clinic, the patient initiated the treatment of Vijayan Master's Nishaghandhi Hair Care Oil[®] along with the herbal immunity booster tablets (Immunit[®]), alopecia cream along with Vijayan Master's hair supplements. The treatment was planned for one year and the weekly management strategy is depicted in Table 1.

Table 1: The weekly management strategy for alopecia.

Days	Treatment plan
Monday	Oil with anti-hair fall cleanser
Tuesday	Oil with Nishaghandhi hair wash powder
Wednesday	Oil with Nishaghandhi hair wash powder
Thursday	Oil with anti-hair fall cleanser
Friday	Oil with Nishaghandhi hair wash powder
Saturday	Oil with Nishaghandhi hair wash powder
Sunday	Oil with anti-hair fall cleanser

The ingredients of the hair care oil, Immunit[®] tablets, and Vijayan Master's hair supplements (Thick Rootz) are provided in Table 2. The application of hair oil is as follows: Take 5-15ml of oil to hand depending on the

hair length, and apply all over the scalp. Gently massage for 5-10 minutes and leave it for a few hours. Leave it overnight for the best results.

Table 2: Ingredients in the formulation.

2a. Content of the hair care oil per 10 ml preparation.

Sl. No	Official Name	Botanical Name	Quantity
01	Aindri	Bacopa monnierr	20 gm
02	Bringaraja	Eclipta alba	20 gm
03	Madayanthika	Lawsonia innermis linn	20 gm
04	Nilni	Indigofera tinctoria linn	20 gm
05	Sakakralata	Cardiopermum halicacabu linn	10 gm
06	Thamboola	Piper betle	10 gm
07	Arishta	Azadirachta indica	40 gm
08	Amrithavalli	Tinospora cordifolia	5 gm
09	Kachooram	Hedychium spicatum	2 gm
10	Krishna jeerka	Nigella sativa	2 gm
11	Amalaki	Emblica officinalis	2 gm
12	Bachuki	Psorolea corylifolia	2 gm
13	Nallikeraksheera	Cocus nucifera	20 gm
14	Kera taila	Cocus nucifera	10 ml

2b. Contents in each film coated tablets of immunity tablet.

Sl. No	Official Name	Botanical Name	Quantity
01	Lasuna	Allium sativum-Bulb	50 mg
02	Nimba	Azadirachta indica-Lf.	25 mg
03	Thulsi	Ocimum sanctum-Lf.	50 mg
04	Amalaki	Phyllanthus embelica-Fr.	62.50 mg
05	Ashwagandha	Withania somnifera-Rt	50 mg
06	Guduchi	Tinospora cardifolia-St	25 mg
07	Kalmegh	Andrographis paniculata-Herb	18.75 mg

2c. Contents in each film coated tablets of Vijayan Master's nutritional supplement.

Sl. No	Contents	Quantity
01	Bhringraj extract	200 mg
02	Sesame seed extract	200 mg
03	Calcium D pantothenate	100 mg
04	N-acetyl cysteine	50 mg
05	Zinc oxide	22.5 mg
06	Biotin	10 mg
07	Keratin	10 mg
08	Cupric oxide	3 mg
09	Sodium selenite	65 mcg

The treatment was planned for one year and the results were presented within 3 months of treatment. Gradually, 80% of hair growth in both head and eyebrows was seen

in 7 months. The patient had a complete recovery following 9 months and the treatment continued to complete the course. The results is shown in the Figure.



Figure: Effectiveness of Vijayan Master's Nishaghandhi Hair Care Oil®

DISCUSSION

Alopecia is one of the major issues, especially among adolescents and adults which may lead to even depression. Many complementary and alternative therapies are currently being investigated for their beneficial effects on hair loss. The herbal medicines such as *Curcuma aeruginosa* (pink and blue ginger), *Serenoa repens* (palmetto), *Cucurbita pepo* (pumpkin), *Trifolium pratense* (red clover), *Panax ginseng* (Chinese red ginseng), and *Bringaraja* (*Eclipta alba*) is among them.^[4,7] Here this report describes the beneficial effect of a herbal hair care oil in which the *Bringaraja* (*Eclipta alba*) is an essential active ingredient along with other agents.

A 9-year-old girl presented to our clinic with complaints of alopecia and we have given strategic management with our herbal product which is approved by the authorities along with other supportive treatments. The patient was able to achieve a better outcome within seven

months of the treatment itself though the strategy was developed for a year. Interestingly we did not observe any adverse or unwanted events following the treatment with our products.

Adverse drug reactions and insufficient clinical benefits are the major drawbacks of the current allopathic medicines available for alopecia. A Cochrane systematic review of randomized clinical trials revealed that none of the interventions showed significant treatment benefits in terms of hair growth when compared with a placebo. Moreover, no studies recorded the self-assessed hair growth or quality of life in their studies.^[2] In this context, complementary and alternative medicines are observed to have a better effect on the management of alopecia without any adverse events. Here, in this case, we depicted one such case managed with a herbal hair care oil, however further clinical studies need to be performed.

A comprehensive review by Hosking et al. even commented on the lack of randomized clinical trials on the available alternative and complementary therapies available for alopecia. Moreover, the lack of monitoring of these products by regulatory bodies is a major issue.^[8] Our product is tested and approved by the organizations under the Ministry of AYUSH, India and we planned further clinical studies on this product.

CONCLUSION

The herbal hair care oil with an active ingredient of Bringaraja (*Eclipta alba*) was highly effective in managing alopecia and was observed to have complete remission. However, further clinical studies are warranted to confirm this effect on a larger scale.

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