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Ayurvedic Management of Severe Hairfall in a 10-Year-Old Girl: A One-Month Case Study

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Abstract

A 10-year-old female presented with severe hair loss for one month. The condition was gradually progressive and associated with a history of excessive consumption of junk food and packaged bakery products. Ayurvedic assessment suggested involvement of *Pitta-Kapha* vitiation along with *Krimi* involvement affecting the scalp. The treatment included *Krumikuthar Rasa*, *Shatavari Kalpa*, *Arvindasava*, *Bhringraj Vati*, and local application of *Bhringraj-Brahmi* oil, along with dietary modifications. After 15 days, approximately 50% improvement was observed, and at one month, a significant reduction in hair fall, improved scalp condition, and better hair strength were noted. No laboratory investigations were performed as symptoms were clinically evident and responded well to therapy. This case demonstrates the effectiveness of Ayurvedic internal medicines, external applications, and lifestyle modifications in the management of pediatric hair fall due to *Pitta-Kapha* aggravation and *Krimi* involvement.

Keywords- Ayurveda; Khalitya; Hair fall; Pediatric case report; Pitta-Kapha; Krimighna; Bhringraj.

RVPGA

Introduction :

Hair fall (*Khalitya*) is increasingly prevalent in the pediatric population and is often associated with dietary errors, poor nutritional habits, stress, and environmental factors. From an Ayurvedic perspective, *Khalitya* is primarily caused by *Pitta* aggravation at the hair roots, leading to destruction of hair follicles and weakening of the scalp tissues. *Kapha* and *Vata* may also play contributory roles, depending on the chronicity and associated symptoms.^[1]

This case presents a unique pediatric scenario in which dietary habits and possible *Krimi* involvement contributed to rapid hair fall. The response to Ayurvedic management within a short time frame (15–30 days) underscores the clinical relevance of classical treatment strategies.

Materials and methods :

This is a single case study conducted in an outpatient setting. A 10-year-old female patient presenting with severe hair loss was selected for the study. The study lasted 1 month, with follow-ups at 15-day intervals.

Diagnosis was made clinically based on symptoms and Ayurvedic parameters. No laboratory investigations were carried out. The condition was assessed as *Khalitya* with predominance of *Pitta-Kapha dosha*.

The intervention included internal Ayurvedic medicines, external oil application, and dietary modifications. The assessment of improvement was based on a reduction in hair fall, scalp condition, and patient feedback.

Written informed consent was obtained from the patient's guardian.

Case report :

A 10-year-old female with complaints of severe hair fall and mild scalp itching for 2 months.

History of Present Illness:

The patient was apparently normal two months prior, when her mother began noticing increased hair shedding, evident as hair strands on the study desk, the room floor, the pillow, and the bed. There was also significant hair fall observed during hair washing and combing.

Since the past two weeks, the patient has also experienced mild scalp itching. The patient had previously undergone allopathic treatment, which provided only temporary relief. With these complaints, the patient presented to the Ayurvedic OPD for further management.

History of past illness:

There was no relevant history.

Family history:

No member of the family had a history of such illness.

Dietary History

- -Frequent consumption of junk food
- -Bakery products every 15 days
- -Poor intake of nutritious food

Personal history

- Diet: Vegetarian
- Appetite: Good
- Micturation: 4-6 times/day
- Bowel habit: Regular
- Sleep: sound
- Hair washing frequency- 2 times a week.
- Use of chemical shampoo- yes
- Oiling habit- twice a week before washing hair.

General Examination

- Temperature: Afebrile
- Respiratory Rate: 18/min
- Sleep: 6-7 hrs, sound sleep
- Pulse rate: 104 /min
- Weight: 31.60 kg
- Oedema: Absent
- Height: 3 feet 10 inches
- Gait: Normal

Systemic Examination

The systemic examination showed no abnormalities in the respiratory, cardiovascular, or central nervous systems.

Ashthavidha Pariksha

- Nadi -Piitta- kapha
- Mala - Sama
- Mutra - Samyak
- Jivha - Shweta
- Shabda - Spasta Swara
- Sparsha - Samshitoshna
- Drik - Spashta
- Akrti - Madhyam

Table no. 1: Intervention

Serial number	Medications	Dose with Anupama
1	Krumikuthar Rasa	1 tab BD with warm water after food
2	Shatavari Kalpa	1 tsp in the morning with warm milk
3	Arvindasava	10 ml BD with 10 ml warm water after food
4	Bhringraj ghan vati	1 tab BD with warm water after food
5	Bhringraj + brahmi oil	Local application thrice a week

The patient was managed with a combination of internal Ayurvedic medications and local application therapy to correct dosha imbalance, improve scalp health, and promote hair growth. The patient was instructed to gently massage the scalp for approximately 10 minutes after applying the oil. The study was conducted over 28 days. The patient was evaluated in the outpatient department at weekly intervals throughout the study period. Clinical evaluation of the scalp was performed at each visit. A comprehensive scalp examination was performed at the initial visit and at the end of the study. Assessment was based on reduction in hairfall, scalp condition, and overall hair quality.

Image no. 1: Subjective criteria ^[2]

SUBJECTIVE CRITERIA SCORING SCALE			
Parameter	Score	Criteria	Points
 Keshpata (Hairfall)	1	No hair fall	0
	2	Mild hair fall (just after washing)	1
	3	Moderate hair fall (day combing)	2
	4	Severe hair fall (just by stretching)	3
 Keshbhoomi Rukshata (Dryness)	1	No dryness	0
	2	Dryness with rough skin	1
	3	Dryness with scaling	2
	4	Dryness with cracking	3
 Keshbhoomi Kandu (Itching)	1	Absent	0
	2	Mild itching	1
	3	Moderate itching	2
	4	Severe itching	3
 Darunaka (Dandruff)	1	Absent	0
	2	Mild	1
	3	Moderate	2
	4	Severe	3
 Simple Pull Test	1	< 2 hair	0
	2	2 to 4 hair	1
	3	4 to 6 hair	2
	4	6 hair <	3

Table no. 2: Overall assessment

SN	Symptoms	Before treatment	During follow-ups	After treatment
1	<i>Keshpata</i> (hair fall)	3	2	1
2	<i>Keshbhoomi</i> <i>Rukshata</i> (dryness)	2	1	0
3	<i>Keshbhoomi</i> <i>Kandu</i> (itching)	1	0	0
4	<i>Darunaka</i> (Dandruff)	0	0	0
5	Hair Pull test	3	2	1

Discussion:

Khalitya is primarily caused by *Pitta* aggravation affecting hair follicles. In this case, dietary habits, such as junk food intake, contributed to a *Pitta-Kapha* imbalance and poor nourishment of hair roots. *Krumikuthar Rasa* acted as *Krimighna* and improved digestion. *Shatavari Kalpa* provided nourishment and *Pitta* pacification. *Arvindasava* improved digestion and overall strength. *Bhringraj Vati* and oil acted as *Keshya* and *Rasayana*, promoting hair growth.

Dietary modifications helped eliminate causative factors. The improvement within one month supports the effectiveness of Ayurvedic intervention in pediatric hairfall.

Conclusion:

This case demonstrates that Ayurvedic management can be effective in reducing hairfall

(*Khalitya*) in pediatric patients. The combination of internal medications, local applications, and dietary modifications helped correct the underlying dosha imbalance and improve scalp health. Significant improvement was observed within 28 days, with no adverse effects. Early intervention, along with proper lifestyle management, plays a key role in achieving better outcomes.

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Declaration :

Conflict of Interest : None

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