

Intisār-i Shaʻr

(Hair Fall)

Standard Unani treatment
Guidelines for common
diseases



INTRODUCTION

★ It is a condition in which hairs of beard, eyebrows and scalp start to fall.

★ It is caused by →

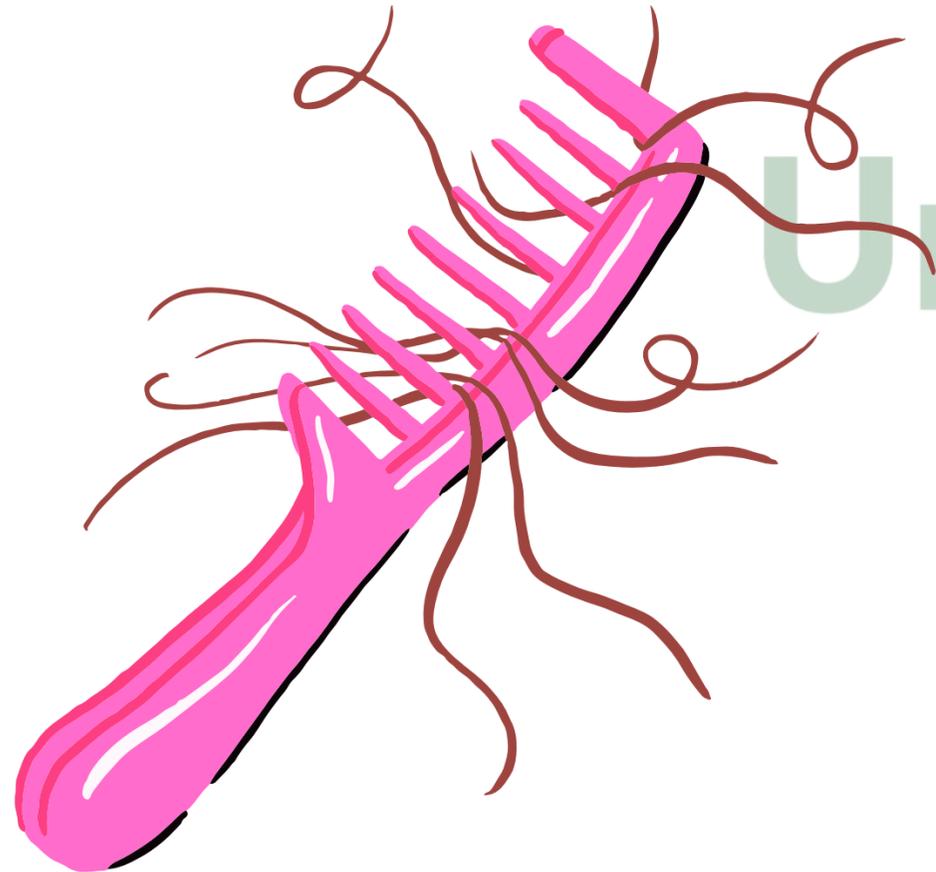
- malnutrition,
- intake of *Fāsid Aghziya* (Putrified diets),
- subcutaneous accumulation of *Mawād Khabīsa* (Putrefied matter), dilatation of hair follicles, excessive skin dryness/moistness,
- *Dā' al-Sa'lab* (Alopecia areata),
- *Dā' al-Hayya* (Alopecia furfurcea),
- *Juzām* (Leprosy),
- *Sa'fa* (Favus),
- *Qarha* (Wound),
- cachexia,
- tuberculosis and
- ascitis.

INTRODUCTION

★ It is characterized by



- noticeable hair fall.



Usūl-i 'Ilāj

(Principles of treatment)

01

Taghziya

(To provide nutritious diet)

02

Islāh-i Ghizā

(Dietary regulation)

03

Taqwiyat-i Sha'r

(Toning up of hairs)

Usūl-i 'Ilāj

(Principles of treatment)

04

Inbāt-i Sha'r
(Hair germination)

05

Taqwiyat-i Jild
(Toning up of skin)

06

Tartīb-i Jild
(Moistening of skin)

07

Izāla-i Mawād Fāsida
(Removal of putrefied matter)

‘Ilāj bi’l-Dawā’ (Pharmacotherapy)

★ **Washing of hair with**

Būra-i Armanī (Armenian bole) and Kaf-i Dariyā (Cuttle fish bone).

★ **Natūl (Irrigation) on scalp with**

the decoction of Māzū (Quercus infectoria, Oliv.).

★ **Natūl (Irrigation) on scalp with**

the decoction of Halayla (Terminalia chebula, Retz.).



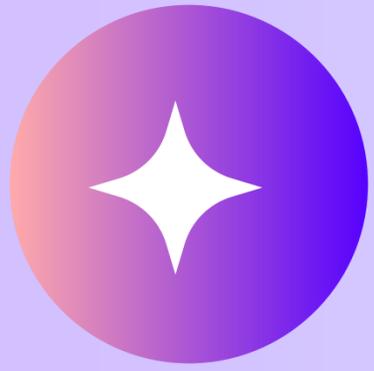
‘Ilāj bi’l-Dawā’ (Pharmacotherapy)

★ **Local application of**

Tukhm-i Chuqandar (Seed of beet root) mixed with Roghan-i Ās.

★ **Local application of oil prepared with**

- Parshiyāoshān (*Adiantum capillus-veneris*, Linn.),
- Bābūna (*Matricaria chamomilla*, Linn.),
- Ās (*Myrtus communis*, Linn.) with any suitable oil.



Compound drugs

Roghan-i Āmla	Local application
Roghan-i Ās	Local application
Roghan-i Banafsha in case of dryness.	Local application
Roghan-i Bādām	Local application
Roghan-i Gul	Local application



'Ilāj bi'l-Tadbīr

(Regimenaal therapy)

Tadhīn (Oiling)

Hammām (Bathing)

Halaq-i Sha'r (Removal of hair) at frequent intervals.

Dalk-i Rās (Scalp rubbing)



Dietary recommendations

- Spices
- Aghziya Murattiba in case of excessive skin dryness.
- Muwallid-i Dam Aghziya
- Aghziya Mahmūda
- Honey
- Radish

Dietary restrictions

- Aghziya Murattiba in case of excessive skin moistness.

Tahaffuz (Prevention/Precaution)

- Muqawwī-i Sha'r Tadābīr (Regimens toning up the hair) to be adopted.

References

- Khān M A, 1906, Iksīr-i A‘zam, Vol. IV, Matba‘ Nāmī Munshī Naval Kishor, Lucknow, pp. 527-530.
- Arzānī M A, YNM, Mīzān al-Tibb, Matba‘ Qāsmī, Deoband, p. 176.



Thank you