



## **A REVIEW ON: ALOPECIA AREATA**

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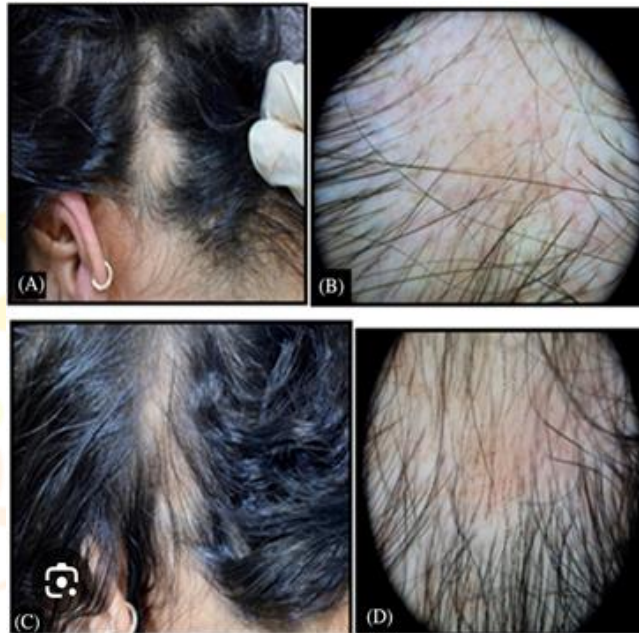
### **Abstract**

Alopecia Areata (AA) is a complex autoimmune condition that causes non-scarring hair loss. Among the many factors under investigation in its pathogenesis. While traditional treatment options such as corticosteroids are moderately effective, a better understanding of the disease pathogenesis may lead to the development of new treatments that are more directed and effective, against alopecia areata /disease. Alopecia areata is a non-scarring hair loss condition. Alopecia areata is an autoimmune disorder characterized by transient, non-scarring hair loss and preservation of the hair follicle. It typically presents with sharply demarcated round patches of hair loss and may present at any age. Current drug treatment approaches include the use of regrowth stimulators such as topical

minoxidil and oral finasteride for and regenerative alopecia as well as topical minoxidil, dithranol, corticosteroids, contact sanitizers and psoralen plus ultraviolet irradiation (PPUA) therapy for alopecia. Combination regimens are also proposed.

**Key words;** alopecia, alopecia totalis, alopecia universalis, hair loss

## Introduction



Practical or complete loss of hair also called as an alopecia. Alopecia Areata is an autoimmune disease that occurs when your immune system mistakenly attacks hair follicles. Scientists believe the cause is genetic, as it tends to run in families. There are several hypotheses regarding alopecia areata pathogenesis.<sup>(9)</sup> It has been suggested that viral and bacterial infection, endocrine, autoimmune, psychological and genetic factors may play a role in alopecia areata pathogenesis. Alopecia disease is sub-divided into two main categories--

- 1) Scarring
- 2) Non-scarring

Alopecia can be localized or diffuse, temporary or permanent and affect both sexes and all age groups.<sup>(1)</sup> This condition is a sign or symptom arising from heterogeneous etiologies and is broadly classified as non-scarring the most common and scarring. Alopecia is the medical term for bald. Areata means a patchy. <sup>(2)</sup>

## Symptoms

Hair loss

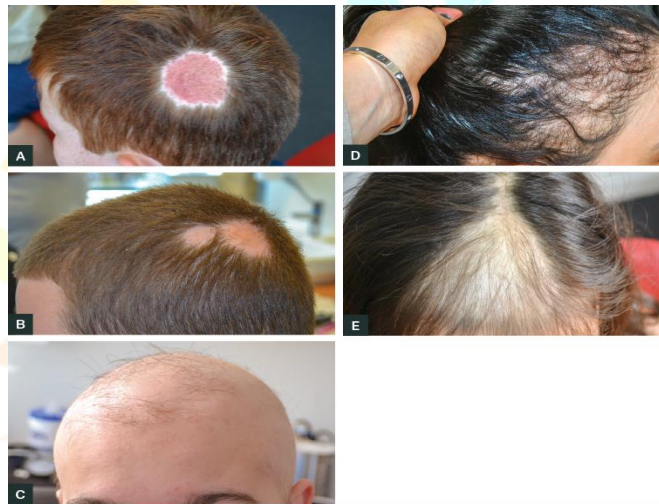
Anxiety

Itching

Small dents in nails

Spotty hair loss

Some people develop hair loss on another area of the body.(7)



## Causative agent

Alopecia is an autoimmune disease.

Caused by a peri-and intrafollicular infiltration of T lymphocytes and macrophages.

Caused by the conversion of androgens into dehydrated testosterone within genetically vulnerable hair follicles.(4)

## Etiology

Burns

Hormone changes

Radiation therapy

Physical and emotional stress

Childbirth

High fever (7)

Severe infection

Severe emotional stress

Thyroid disease

Anemia

Excessive shampooing and blow drying

Autoimmune conditions such as lupus

Major surgery, major illness, sudden blood loss.

Bacterial infection of the scalp

Tumor of the ovary or adrenal glands(5)

### **Incubation period**

A few weeks

6 month to 2 year

### **Treatment**

If treatment is necessary, steroid injection and topical medications.

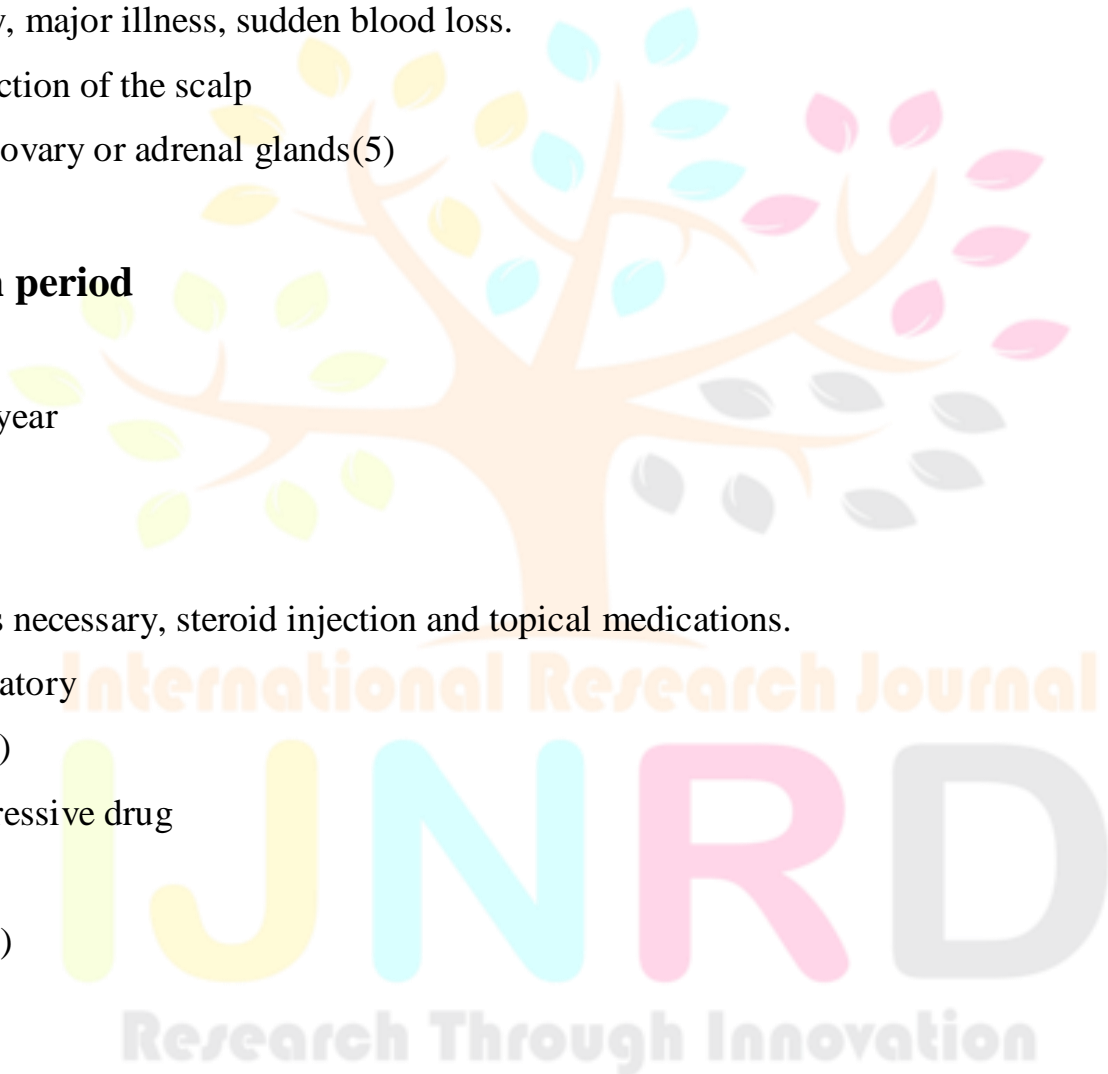
Anti-inflammatory

Vasodilator(8)

Immunosuppressive drug

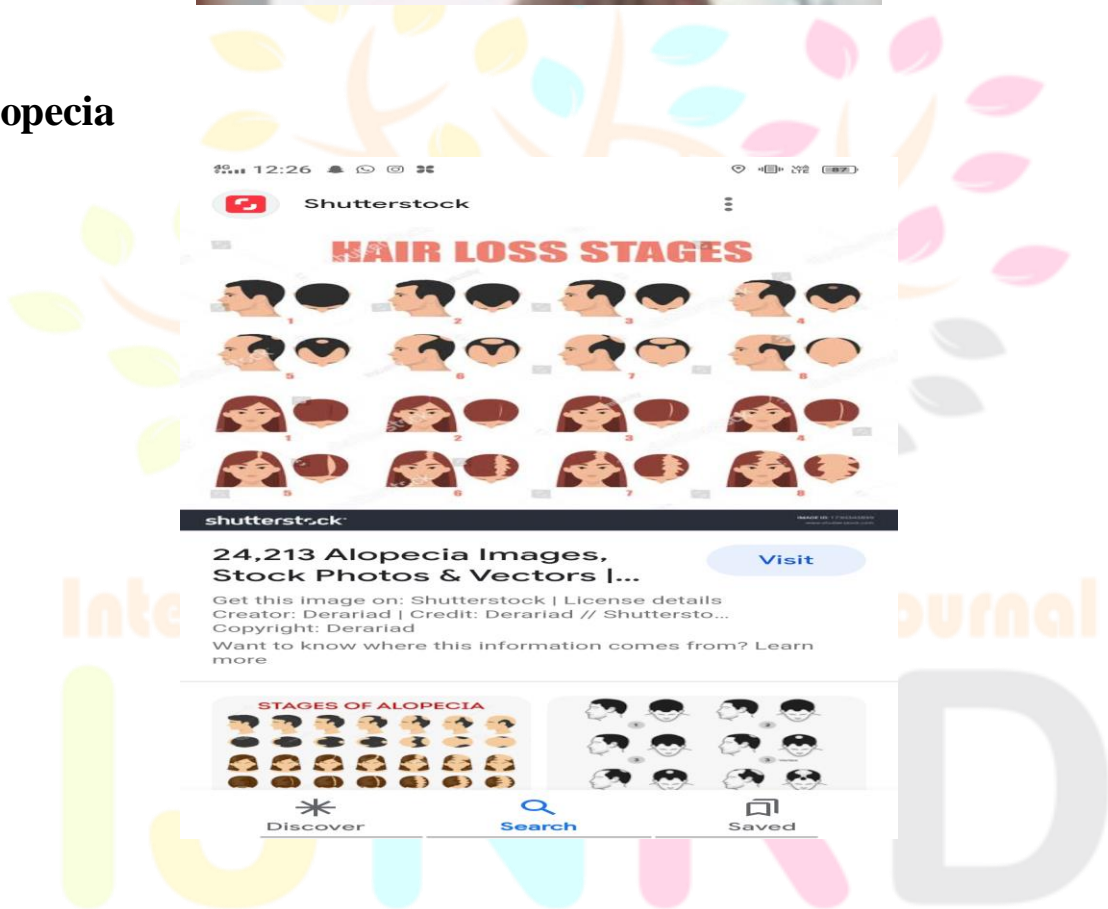
Steroid

Onion juice(5)





## Stages of alopecia



## Prevention

Avoiding certain medicines, reducing stress, getting adequate protein and iron in your diet, and using hairstyles that don't damage your hair may reduce or prevent hair loss. Inherited hair loss (androgenic alopecia) cannot be prevented. (3)

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