Alopecia Areata (Hair Loss)

Alopecia areata is a kind of limited baldness disease, which attacks abruptly. It is characterized by the sudden fall of the hair, accompanied with no inflammatory damages and subjective symptoms. In Traditional Chinese Medicine, it called *"you feng"* and *"gui tian tou" (alopecia areata).*

Main Points of Diagnosis

1. There are some round alopecia (hair loss) areas found occasionally on the top of the head. There may be only one or more areas. Its size is the same as acoin or apricot, with a clear border. The scalp is shiny. The alopecia areata can appear in several parts simultaneously or one after the other.

2. Only a few patients lose their whole hair (bare-head). It is called ñalopecia capitis totalisò. In special cases, some patients may lose all the hairs all over the body including hairs of the eyebrow, armipit, and so on. It is called ñalopecia universalisò.

3. It is a chronic disease without subjective symptoms, but may be associated with mental irritation. It can occur at any age and may recur after recovery.

The cause factors of western medicine:

1. **Hair Disorders**:
   - **Hereditary thinning** or **baldness**. Also called androgenetic alopecia
   - **Alopecia areata**. This autoimmune disease causes hair loss on the scalp and elsewhere on the body. It develops in people of all ages and causes hair to fall out in patches.
   - **Cicatricial (Scarring) alopecia,** Developing in otherwise healthy men and women, Cicatricial alopecia is a rare condition that destroys a person's hair follicies.

2. **Disease:**
   - **Underlying medical condition.** Very common underlying medical conditions that can cause hair loss are thyroid disease and anemia caused by an iron deficiency.
   - **Some cancer treatment.** Radiation therapy and some chemotherapeutic medications cause hair loss.
   - **Ringworm of the scalp.**
   - **Trichotillomania.** This impulse control disorder causes people that repeatedly pull out their own hair.

3. **Stress and Hormones:**
   - **Physical stress.** Significant hair loss can occur after a major surgery, high fever, severe infection, or even the flu.

•**Hormones fluctuate.** A dramatic change in hormone levels can cause hair loss ï especially in women. Hair loss is common during menopause and after childbirth due to falling estrogen levels.

4. **Diet:**
   •**Weight loss.**
   •**Vitamin A excess.**
   •**Protein intake too low.**
   •**Iron intake too low.** Consuming too little iron can lead to hair loss.
   •**Eating disorder.** Either way of anorexia or bulimia can lead to hair loss.

5. **Medication**:
   Medications that can cause hair loss include:
   •**Blood thinners**
   •**High-dose vitamin A**
   •**Medicines** that treat arthritis, depression, gout, heart problems, and high blood pressure.
   •**Birth control pills.**

6. Hair Care Practices:
   •**Hair cosmetics.**
   •**Blow dryers, flat iron, and similar devices.**
   •**Hairpins, clips, and rubber bands**
   •**Certain hairstyles.**
   •**Too much or vigorous grooming.**

The cause factors of Chinese medicine

1. **Yin Deficiency of the Liver and Kidney**
2. **Heart-blood Deficiency Type**

The Treatment for Hair loss by Chinese Medicine:
According to the clinical experience, the treatment of hair loss often combines both of herbs and acupuncture. Generally, it can notice in two to four weeks if the hair loss can possibly treat or not. If you take twice a week visiting clinic in first two to three month and follow up once a week, the total treatment through for full hair growing (full recover) could be four to six months around.