

MANAGEMENT OF INDRALUPTA- A CASE STUDY

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ABSTRACT

Introduction: Hair plays an important role in physical appearance of a person. *Indralupta* is a disease with *vaat pitta kaph* and *rakta* involvement characterized by hair lost from some areas of body usually from scalp. In modern medicine, *Indralupta* can be corelate with alopecia and steroid is only treatment for this disease. The present work has been undertaken to evaluate effect of *Sthanik Chikitsa* in *Indralupta*- management of *Indralupta*- A case study. **Material and Methods:** for present study, we have reported 43 years female patient from *Twacharog* OPD of Govt. Ayu. Hospital, complaining of bald spot on scalp since 7-8 months. Patient was treated with *Sthanik Chikitsa*. Information was collected from reference book, case paper.

Conclusion: In this case study, successful management of this case

with *sthanik* treatment is being highlighted which will be documented evidence for the further case studies.

KEYWORDS: *Indralupta*, alopecia, *sthanik chikitsa*.

INTRODUCTION

Hair is considered an essential part of identity, especially for women. A human have around 2 million hair follicles.^[1] It is derived from ectoderm of skin and is one of vital organ of body.^[2] Fundamental causes of hair disorders^[2] are changes in hair follicle density, size or changes to hair cycle etc. alopecia is common disorder in which hair loss is there from body usually from scalp.^[3] It is common problem in cosmetics. Approximately 0.2%- 2% of the population has been affected from alopecia.^[4] Alopecia is an autoimmune disorder in which,

immune system mistakenly attacks hair follicles and damage it but it is not permanent. There are two types of alopecia: scarring, in which hair follicles are destroyed, and non scarring, which can be reversed. Steroids are available in market for this disease.^[5] Alopecia can be correlate with *Indralupta* in *ayurveda*. *Indralupta* is a *kapalagata roga*, *Acharya vagbhata* mention it in *kshudra roga*.^[6] *Indralupta* is a type of *khalitya* (hair loss). When hair loss is in patches it is called as *Indralupta*. In *Indralupta samprapti*, there is lodgment of vitiated *pitta* associated with *vaata* in *romakupa* and causes hair fall followed by obstruction to hair roots by *kapha dosha* and *rakta* which limits re-growth of hair. Irregular diet habit (*viruddhaahar*), air pollution, lack of cleanliness are some causes of *Indralupta*. *Gunja beej* and *Triphala Mash* are effective treatment in *Indralupta*.

CASE STUDY

For present study, we have reported 43 years female patient complaining of bald spot (patch) on parietal region of scalp with no itching, no burning sensation. Patient is a housewife belongs to middle socio economic class. Case was diagnosed as *Indralupta*, on the basis of *lakshanas* i.e. symptoms & treated with *deepan & sthanik chikitsa*.

History of patient- she is non diabetic, non hypertensive, no family history of any skin disorder.

Systemic examination

1. General condition of a patient- moderate
2. Pulse rate- 86/min
3. BP- 110/90 mm of hg
4. No pallor
5. Wt- 56 kg height- 152 cm
6. RS- AE=BE, clear CVS- S1S2 Normal CNS- well oriented, conscious

Ashtavidh pariksha

Nadi- madhyam

Mala- samyak

Mutra- samyak Jivha- saam (coated)

Shabda- spashta

Sparsha- prakrut

Druka- panduta

Akriti- madhyam

NIDAN (HETU)

Viruddhaahaara, excessive *madhura* (sweet) *rasa sewana*.

Samprapti^[7] (Pathology)

Vitiated *pitta* and *vaat* at root of hair causes hair fall. Vitiated *kapha* along with *rakta* blocks orifice of hair follicle which restrict new hair growth. This cause bald and shiny patch at scalp region. Due to excessive *madhur rasa sewana*, *viruddhaahara* and *abhishyandi sewana*, *romakupa* were blocked by vitiated *rakta* and *kapha* and leads to *Indralupta*.

Clinical Findings of Indralupa**Khalitya^[8] (hair loss)**

Bald spots (there is no hair growth) **MATERIAL AND METHODS MATERIAL USED-**

1. *Gunja taila* - 100 ml *tila taila* + 20 gm *gunja beej* (soaked in *tila taila* overnight)next day mixture was heated & filter through cotton cloth
2. *Triphala mashi* – prepared by *antardhum* method in *sharav*
3. *Sanjivanivati*

Treatment plan

Patient came to opd on 11th jan 2019 for first time. The patient was administered with *deepan chikitsa* followed by *sthanik chikitsa*(externally).

Table 1: Showing treatment schedule.

Date	Treatment
11/01/2019-18/01/2019 (7 days)	<i>Sanjivanivati</i> 1 BD before meal with luke warm water <i>Gunja taila</i> for LA one times a day <i>Triphala mashi</i> for LA (for rubbing) twice a day
18/01/2019-25/01/2019 (7 days)	<i>Gunja taila</i> for LA one times a day <i>Triphala mashi</i> for LA (for rubbing) twice a day
25/01/2019-22/02/2019 (28 days)	<i>Gunja taila</i> for LA one times a day <i>Triphala mashi</i> for LA (for rubbing) twice a day

OBSERVATIONS AND RESULT**Table 2: Showing observations before treatment and after treatment.**

Days	No. of patches	Appearance of patches
1 st day	One shiny bald patch	Baldness
7 th day	One shiny bald patch	Baldness
14 th day	Some Hair follicle seen	Some Hair growth
31 st day	Hair growth	Hair growth
42 nd day	No patch	Re-growth of new hairs

Table 3: Showing BT and AT.

Sr. no.	Parameters	BT	AT
1.	Number of patches	1 patch	No patch
2.	Appearance of patch	Baldness	Re-growth of hairs

**Before treatment****After Treatment****DISCUSSION****Table 5: Prescribed Medications with Contents and Their Action.**

Sr. no.	Medications	Contents	Action
1.	<i>Sanjivani vati</i> ^[9] (<i>vaidyamanorama/</i> <i>agnimandyadhikar</i>)	<i>Vidang, suntha, pippali,</i> <i>haritaki, bibhitaki, vacha,</i> <i>guduchi</i>	<i>Pachan- deepan,</i> <i>shoshan</i>
2.	<i>Gunja taila</i>	<i>Gunja beej, tila taila</i>	<i>Tridoshanashak,</i> <i>keshya, vranaropak,</i> <i>kushthaghna</i>
3.	<i>Triphala mashi</i> ^[10]	<i>Amalaki, bibhitaki, haritaki</i>	<i>Vranaropan</i>

According to *ayurveda*, *Indralupta* is a disorder in which vitiated *pitta* at root of hair, associated with vitiated *vaat* leads to hair fall. Then *kapha* and *rakta* together blocks orifice of hair follicle which restricts new hair growth. Patient was a housewife. Treatment was started with *deepan chikitsa* to improve her *agni* and to reduced *saamata*. She had improved appetite and *saamata* was subsided after *sanjivani vati* administration, as it contains *ushna dravya* like *vatsnabh* and *bhallataka*. Then *sthanik chikitsa* was given in which *gunja taila* and *triphala mashi* was used for local application. Both medications were prepared at Dept of RSBK, GAC Ngp. Seeds of *gunja* are recommended for alopecia in traditional medicine. *Gunja* is *keshya* (hair growth promotor), *tridoshanashak* especially *vaatpittanashak*, *vranaropak* (wound healing). *Ayurvedic* properties of *gunja* are: *ras-tikta, kashay; virya-ushna; vipak- katu; guna- laghu, ruksha, tilshna*. Recently it is found effective in androgen induced alopecia due to 5 alpha reductase inhibition in male albino rats.^[11] *Acharya charak*

mentioned that *tila taila* is best one for strength, hair and skin etc. *taila* assimilates the properties of drugs added to it during *snehapaka* without losing its own properties.^[12] *Triphala mashi* is carbonated ash of *triphala bhara*, and *triphala* itself known good nutrient for hair. Ingredients in *triphala mashi* like *haritaki* have antibacterial and antifungal properties to combat with any kind of infection on scalp that prevents hair growth. *Triphala mashi* was used by rubbing over bald patches, So as to promote and stimulate hair growth. Hair follicles were observed gradually after 11th day. Patch was completely disappears and improves to normal after 31st day. Locally applied drugs cleanses channels (*strotoshodhana*), enhance peripheral blood circulation towards hair follicles which facilitates good absorption of drugs, cessation of hair fall, strengthening hair roots and promotes new hair growth.

CONCLUSION

Treatment was given according to *lakshanas* and *doshas*. Drugs used in medication helps for *sampraptibhanga* i.e. breaking down pathology of *indralupta*. Significant improvement was seen in this case regarding bald and shiny patches over scalp region. Patient co-operation was also important for this significant result. From above discussion, it is conclude that local application of *gunja siddha tila taila* and *triphala mashi* in *indralupta* helps to regrowth of hair. This case study is evidence for the successful management of *Indralupta* by *sthanik chikitsa*.

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