

MANAGEMENT OF INDRALUPTA (DRUG INDUCED ALOPECIA)- A CASE STUDY

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ABSTRACT

Introduction: *Indralupta* falls under one of the *Urdhwajatrugata Vyadhi* characterized by the patchy hair loss over hair-bearing skin that includes scalp and beard. According to the *Acharya Sushruta*, *Indralupta* is due to the vitiated *pitta* in association with vitiated *Vata* causing the falling of hairs from the scalp and vitiated *Rakta* and *Kapha* block the orifices of the hair follicles which restricts the growth of new hair. In contemporary practice, drug-induced alopecia is increasingly observed due to the widespread use of cytotoxic, immunosuppressive, and hormonal medications. **Method and Material: Case Presentation:** We report a case of a 20-year-old female patient who developed acute hair fall following the administration of multivitamins, temporally correlating with the onset of symptoms. The presentation was consistent with *Indralupta* features— with smooth bald patches, mild itching, and absence of inflammation. Ayurvedic assessment revealed

vitiation of *Pitta* and *Vata* with *Kapha-Rakta avarana* at the hair follicles. No prior history of scalp disorders or systemic illness was noted.

KEYWORDS: Indralupta, Viddhakarma, Raktamokshana, Alopecia.

- **History Of Present Illness**

A 20-year-old female patient was reportedly asymptomatic 3 year ago. She sought treatment with multivitamins 3 years ago and gradually noticed excessive patchy hair loss over head with other symptoms as, oily scalp, mild itching and absence of inflammation.

Family history: Nil.

Allergy: Not Known.

Ashtavidha Parikshan

1. Nadi: 80/min
2. Mala: satisfactory
3. Mutra: satisfactory
4. Jivha: ishad sama
5. Shabda: spashta
6. Sparsha: anushnashita
7. Drika: not pallor
8. Aakriti: Madhyama

Systemic Examination

1. Central nervous system: The patient was conscious and oriented
2. Respiratory system: NAD
3. Cardiovascular system: NAD
4. Gastrointestinal tract: NAD

Nidanpanchaka

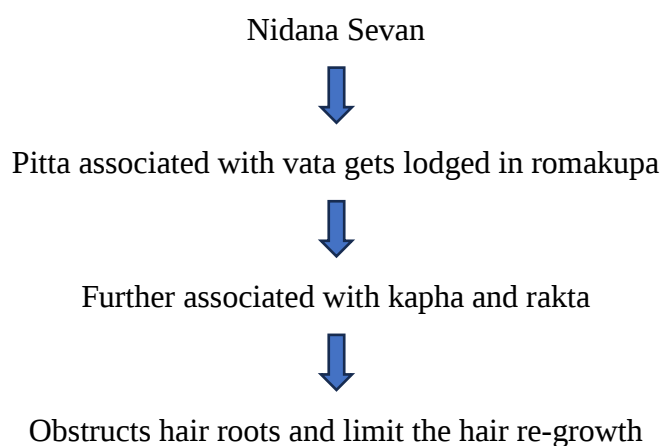
Hetu: Multivitamin therapy, Bakery products, Curd, Madhura rasa sevana and Stress

Purvarupa: Keshakhalitya

Rupa: Patchy hair loss over head, oily scalp, mild itching and absence of inflammation.



Samprapti



Indralupta

रोमकूपानुगं पित्तं वातेन सह मूर्च्छितम् । प्रत्यावयति रोमाणि ततः श्लेष्मा सशोणितः ॥३३॥

रुणद्धि रोमकूपांस्तु ततोऽन्येषामसम्भवः । तदिन्द्रलुप्तं खालित्यं रुज्येति च विभाव्यते ॥३४॥

[सु. नि. १३]

Sampraptighataka

- **Dosha:** Vata, Pitta, Kapha
- **Dushya:** Rasa, Rakta, Asthi
- **Mala:** sweda, kesha
- **Srotasa Dushti:** Rasavaha, Raktavaha, Asthivaha, Manovahsrotas
- **Udbhavasthana:** Amashaya
- **Adhishthana:** Shirapradesha

- **Sadhyasadhya**: Kruchhrasadhya
- **Vyadhi Vyavachheda**: Indralupta, Khalitya
- **Vyadhi Vinishaya**: Indralupta

Treatment

Sr. no.	Medicines	Doses
1	Bhringarajghana vati	2 BD
2	Krumikuthar Rasa	2 BD
3	Musta Churna lepa	Local Application on scalp
4	Jaypalabheej lepa	Local Application on scalp
5	Jaloukavcharan	
6	Viddhakarma	Every 15 days interval

Bhringarajghana Vati

भृङ्गराजः केशवर्धनः केशान् कृष्णान् करोति च ।

पाण्डुरोगहरो मेध्योरसायनमुदाहृतः ॥

Reference: Kaiyadeva Nighantu Ausadhi Varga – Bhringaraja

Bhringaraja promotes hair growth (kesa-varadhana), restores black colour of hair, alleviates pandu roga, acts as medhya and is considered a rasayana.

Krumikuthar Rasa

इन्द्रलुप्तविधिश्चापि विधेयो रोमभोजिषु ।

[सु. उ. 54]

रोमभोजिषु- कृमी –Apply similar treatment in Indralupta also.

Musta Churna Lepa

मुस्ता तिक्ता कषाया चशीतला दीपनी लघुः ।

Reference: Bhavaprakasha Nighantu Haritakyadi Varga – Musta

Musta is described as sita, tikta–kasaya, ruksa, kapha-pittasamaka and raktaprasadana.

Because Indralupta / khalitya involves rakta–pitta with kapha obstruction of romakupa, Susruta advises lepa karma after raktamoksana helping in romakupa sodhana.

Method of application (Lepa)Form: Musta churna

Procedure:Apply as a thin paste over the affected scalp area, keep till semi-dry, then wash with lukewarm water.

Reduces pitta-rakta dushti → decreases inflammation & burning Kapha-sosana → clears romakupa avarodha.

Jaypalabheeja –Mode of Action

- Jaypal is a strong irritant-vesicating poison, thus causing irritation locally. Its acceleration of intracellular activities may be correlated with stimulation for restart of normal hair cycle, resulting in hair growth.
- On the day of first application of Jayapalabeeja lepa, it was observed that patient complained with mild redness, itching and blister formation over the area of bald patch of Indralupta. This side effects were non-serious and sustained up to two days without disturbance in daily activities and subsided with local application of narikela taila.
- Jaypalabeeja lepa has katu, tikta, bhedaniya properties due to which, it removes obstruction of kapha pitta from the hair follicle and hence helps in new hair growth.

Viddhakarma

- Viddhakarma is a technical term employed to denote a para-surgical procedure which is a modified type of Siravedh. In Viddhakarma multiple pricks taken on skin of affected site of the body.
- In present case Viddhakarma procedure was performed in Indralupta with every 15 days of interval, and results shown were profound and outstanding evidence of clinical application of basic principles of Ayurveda.
- Viddhakarma eliminates the vitiated Vata dosha along with Pitta and Kapha and removes Avarodha of romkoop, which is main pathogenesis in Indralupta. Viddhakarma improves the blood circulation to the roots of the hairs which helps to provide nutrients to the hairs and enhances the growth and health of hairs.

Jalaukavacharana

तत्र वातपित्तकफदुष्टशोणितं यथासङ्ख्यं शृङ्गजलौकालाबुभिरवसेचयेत्।

(सु सू १३)

Jalauka is the best method for Raktamokshana, having Pitta prominent disease.



RESULT

Significant reduction in hair fall was observed by the end of the second week, with visible hair regrowth in the affected area by the sixth week. No adverse events were reported.



DISCUSSION

- According to Acharya Sushruta, Pitta along with Vata by involving the roots of hair (Romakoopa) causes fall of hair and thereafter Shleshma along with Shonita obstructs the channel of Romakoopa leading to the stoppage of the regeneration of hair and this condition is known as Indralupta, Khalitya.
- Formulations – Bhringarajghana vati, and Vidanga causes Apatarpana, which helps in opening the blockage of strotasa.
- Leech therapy increases blood circulation, which improves the concentration and supply of nutrients to balding or thinning areas on the one hand, and the removal of accumulated inflammatory and toxic chemicals on the other, helping to promote hair growth.
- Viddhakarma eliminates the vitiated Vata dosha along with Pitta and Kapha and removes Avarodha of romkoopa, which is main pathogenesis in Indralupta. Viddhakarma improves the blood circulation to the roots of the hairs which helps to provide nutrients to the hairs and enhances the growth and health of hairs.

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