

MANAGEMENT OF INDRALUPTA IN AYURVEDA – A CASE REPORT

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Article Received on
03 March 2023,

Revised on 23 March 2023,
Accepted on 13 April 2023

DOI: 10.20959/wjpr20236-27866

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ABSTRACT

Indralupta (Alopecia Areata) or Alopecia areata is a disorder of great concern whose key clinical feature is hair loss. It is a *Tridoshaja Vyadhi* dominated by *Vatta-Pitta*. In *Indralupta*, hairfall is primarily caused by aggravated *Pitta dosha* along with *Vata dosha* at the root of hair follicle; while at the same time, *Kapha dosha* with *Rakta dosha* blocks the roots of hair follicles. It also reveals that the aggravated *Rakta* and *Kapha* block the hair follicles that prevent the hair-regrowth, thereby leaving a bald patch.

Most Ayurvedic manuscripts have described hair disorders under *Kshudra Roga* with names like *Khalitya*, *Palitya*, *Indralupta*,

Darunaka etc. However, it has been mentioned as *Tridoshaja Vikara* in *Sutrasthana* while *Vagbhatta* has mentioned it under *Shiroroga*.

Ayurveda offers an effective treatment approach for the management of *Indralupta*.

In Ayurveda, both *Shodhana* (purification) and *Shamana* (palliative treatment) treatment are prescribed for *Indralupta*. Here, a case of male patient suffering from *Indralupta* was successfully treated with Ayurvedic *Shamana* therapy. In present study, *Shiroabhyanga* (head massage) is advised with *Bhringrajadi Taila*. For *Rasayana* (Immune-modulating medicines) action, *Amalaki Rasayana* is selected which is considered to be the best for *Pitta* (fire and water) *Shamaka* (balancing) in hairfall.

This is a case study of 53-year-old male complaining of patchy loss of hair, who visited the OPD of *Kayachikitsa* at BKAMCH, Moga. As per protocol, this case was treated in the line of *Indralupta*. In present study, *Shiroabhyanga* is advised with *Bhringrajadi* oil and *Amalaki Rasayana*.

INTRODUCTION

Scalp Hairs form an important anatomical structure of the body which not only has protective function but also adds beauty to the face. In Ayurvedic approach, loss of hair is coined out as in term of 'INDRALUPTA' under the broad heading of Kshudra Rogas except Vagbhata who has mentioned it under Kapala Rogas.

In Ayurvedic literature, so many types of daily regimens for hair care have been described in the chapter of Dinacharya and Ritucharya, which includes some procedures like Moordha Taila, Nasya, Snana, Rasayana sevan etc.

Indralupta is one among the Kapala Rogas. According to Acharya Sushruta, Pitta associated with Vata gets localized in the Roma kupa and causes the hair fall, later on Kapha dosha associated with Rakta causes the obstruction to the hair roots and restricts their regrowth.

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Some of the common factors contributing to hair fall/loss

Ayurvedic texts clearly describe several factors which imbalance the state of equilibrium of Dosha. Though, in case of *Indralupta*, there is no clear explanation of the causative factors of hairfall. As per Ayurveda, common etiological factors are over-consumption of *Kshara* (alkaline), *Lavana* (salt), regular consumption of *Viruddha Ahara*^[2] (incompatible diets), Suppression of urges, Avoidance of oil massage, exposure to dust, Night vigil, sleeping during day time, excess intake of cold water, Excessive sexual indulgence, facing direct wind, Excessive weeping, Talking loudly, Undigested or semi-digested food, Exposure to excessive heat, intake of cold food, Mental affliction, Intoxication, among others.^[3]

There is always a difficulty to diagnose hair disorders as it may be subjective complaint or true disorder and also to analyze its pathogenesis.

Case study**Objective**

To find out the efficacy of *Bhringrajadi Taila and Amalki Rasayana* in management of Indralupta.

Case report

On 12th December, a Hindu male of age 53 years old, non-diabetic, not a known case of hypertension visited OPD of Babe ke Ayurvedic Medical College and Hospital, Moga (Punjab) with the complaints as sited below.

Chief complaints

Patchy hair loss for last six months with hair fall, dryness of hair.

History of present Illness

Patient was said to be asymptomatic six months back. Gradually, he noticed dryness of hair accompanied by hairfall. After a couple of weeks, he observed a patch of hair loss in the paritel region of the scalp which eventually increased in size in the following weeks. With these complaints, the patient approached the OPD of BKAMCH, Moga.

Family history

No relevant family history.

Personal history

Diet- Vegetarian

Appetite - Increased

Sleep – Irregular

Bowel Movement- Normal

Addiction – Tea- 3-4 cups/day

General examination

Pulse - 79/min

Blood pressure - 140/80 mmHg

Height – 5feet 8 inches

Weight - 74 kg

Respiratory Rate - 21 /min

Tongue - Normal, No coating

Prakriti - Pitta Pradhana, Vata

Local examination – Scalp and Hair

Darshana (Philosophy) – Patchy hair loss

Site – Parietal region of the scalp; no redness, no scaling, no dandruff.

Blood examination

Blood investigations of the patient reveal: Hb- 14.3g/dl, TLC, CBC, ESR, TSH are within normal limits.

Hetu (Etiological factors)

Regular intake of spicy and salty food; Sedentary lifestyle; Stress and anxiety

Samprapti

- **Dosha:** Vata, Pitta
- **Dushya:** Rasa, Rakta, Asthi
- **Srotasa:** Rasavaha, Raktavaha, Asthivaha, Manovaha
- **Udbhava:** Amashaya
- **Adhithana:** Keshabhoomi
- **Rogamarga:** Bahya Rogamarga, including Trimarma

Chikitsa

1. Application of *Bhringraja Taila* for 8 weeks.
2. *Amalaki Rasayana* – 3 grams with warm water daily for 8 weeks.

Follow-up was taken after 4 weeks of treatment and for a period of 2 months post-treatment.

The treatment was given in accordance with the treatment protocol for Indralupta as mentioned in Ayurvedic texts. It included external application of *Bhringrajadi Taila* and intake of *Rasayana* as mentioned by Dahlana in his commentary on Sushruta Samhita.

The ingredients of each medicine are detailed in tables below

Bhringrajadi taila^[4]

Sr. No.	Name of drug	Botanical name	Family	Part used
1	<i>Bhringaraja</i>	Eclipta alba	Asteraceae	Whole
2.	<i>Neelkamala</i>	Nymphaea alba	Nymphaeaceae	Flower
3	<i>Mandura</i>	Ferric oxide		
4	<i>Amalaki</i>	Embelica officinalis	Phyllanthaceae	Fruit
5	<i>Baheda</i>	Terminalia bellirica	Combretaceae	Fruit
6	<i>Haritaki</i>	Terminalia chebula	Combretaceae	Fruit
7	<i>Anantamoola</i>	Hemidesmus indicus	Apocynaceae	Root

Amalaki rasayana^[5]

Sr. No.	Ingredient	Botanical Name	Family	Part Used
1	<i>Amla Churna</i> (Amla Powder)	<i>Embelica officinalis</i>	Phyllanthaceae	Fruit
2	<i>Amla Swaras</i> (Amla Juice)	<i>Embelica officinalis</i>	Phyllanthaceae	Fruit

OBSERVATIONSBEFORE
TREATMENTBEFORE
TREATMENTFig 3. FOLLOW UP
AFTER 4 WEEKSFig 4. AFTER
TREATMENT

Observations made in the patient during the follow up and completion of treatment are detailed below with the pictures of the affected area of scalp.

1. After 4 weeks – It was observed hair becoming thick on the affected area. (Fig. 3)
2. After 8 weeks - It was observed that new follicles were developing and hair was becoming thick. Satisfactory results were observed in the weeks following treatment. There were no side effects. (Fig. 4)

DISCUSSION

Indralupta is a medical condition that primarily affects the *Kapala* or Scalp. It is characterized by hair loss with restricted hair regrowth. The disorder is primarily manifested owing to *Tridoshas* along with *Rakta*.

Since the hair pores are blocked by *Doshas*; the primary step involves external application of herbal oil massage and ayurvedic medicines to enhance hair growth. The purpose of the entire process is to decrease *Pitta Dosha* by cleansing the body, according to the severity of the ailment and Rejuvenating properties, so they will show an exceptional result on *Indralupta*.

From our observation, it can be concluded that both *Bhringrajadi Taila* and *Amalaki Rasayana* aid in reversing the *Samprapti* of *Indralupta* and resulting in the *Dhatu Samya* (balance of dhatus) by which regrowth of the hair is achieved.

The locally applied oil cleanses channels while enhancing blood circulation towards hair follicle. This facilitates absorption of drugs, end of hair loss, firming hair roots and promoting growth of new hair.

This study confirmed effectiveness of *Bhringrajadi Taila* and *Amalaki Rasayana* in *Indralupta* owing to significant hair growth on the patch of *Indralupta*, with no side effects.

Ayurvedic drugs and therapies have *Keshya*, *Balya*, and rejuvenating properties, so they will show an excellent result on *Khalitya*. From this study, it can be concluded that *Bhringrajadi* oil is effective in reversing the *samprapti* of *Khalitya* and promoting regrowth of hair. The recovery in this case was promising and worth documenting.

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