

**MANAGEMENT OF INDRALUPTA (ALOPACIA ARRETA) WITH  
AYURVEDA – A CASE REPORT****\*<sup>1</sup>Dr. Mamta and <sup>2</sup>Dr. Bishan Kumar**<sup>1</sup>PG Scholar, Department of Shalakya Tantra ITRA, Jamnagar, Gujrat, India.<sup>2</sup>M.D. (Rasa Shastra) Ocean Healing Centre, Haryana.

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**ABSTRACT**

Ayurveda is the ancient system considered to be treasure of the therapeutic knowledge in the world. The incidences of skin diseases in the population is shooting up in alarming rate most common is Indralupta. Alopecia areata, characterised by hair loss can be correlated with Indralupta in ayurveda. As the hair is the first noticeable part of beauty for women as well as men. which is having chief complaint of hair loss on body especially on scalp without any clinical inflammatory sign And as the head with dense hair is most impressive part of the body helping one to withstand with confidence. Patch in the form have no age limit and it can affect anyone for that

matter irrelevant of the sex, color and origin. Age, Excessive living in humidity area prolonged, Unhealthy diet, Obesity, Diabetes, psoriasis and other skin allergies, Unhygienic condition of scalp or High exposure of scalp to dust, dirt, germs are common causes of Indralupta. In Ayurveda various treatment principles are explained like administration of drugs internally, external application of drugs, shirodhara and so on. In ancient Ayurvedic texts, there are many herbs oil described which has excellent keshaya properties. Getting clues from these, local application of Gandhak has been used in case of Indralupta The obtained results and primary observations have shown very encouraging outcomes. We hereby present the following case of Indralupta which was successfully treated.

**KEYWORDS:** Indralupta, Gandhak Malahar.

## INTRODUCTION

Nowadays, occurrence of alopecia is very high in the society, is a predominant cosmetic problem and has been termed as *inderlupta* in Ayurvedic literatures. Almost all texts of different chronological order have described *Indrlupta* with less or more elaboration.

*indralupta* have no age limit and it can affect anyone for that matter irrelevant of the sex, color and origin. Unhealthy diet, Obesity, Diabetes, psoriasis and other skin allergies, Unhygienic condition of feet or High exposure of feet to dust, dirt, germs are common causes of *inderlupta*.

Modern science mentions that alopecia areata can occur due to lack of Biotin, omega-3 fatty acids, vitamin E, calcium, and iron.

As per Ayurvedic principles, Vata and Kapha are the two basic energies that uphold the balance of our body equilibrium. According to Ayurveda, dry skin is caused by vata dosha. When vata dosha increases in body it reduces kapha and makes skin dry and wrinkled. Kapha keeps skin soft and smooth where as vata makes the skin dry and rough. Thus the aggravated vata gives rise to peculiar pattern of hair loss which is called alopecia.

In Ayurveda various treatment principles are explained like administration of drugs internally, external application of drugs etc. Male was reported to be more affected with the disease in comparison to children and women, but it cause more emotional problems in woman and children due to cosmetic concern Its main treatment in contemporary science is Corticosteroids which is having harmful effect.

In ancient Ayurvedic texts, there are many herbs described which has excellent keshaya properties. Getting clues from these, local application of Gandhak Malahar has been used in case of *Indralupta*. The obtained result.

### Presentation of case

Case History :- Patient presented in OPD of Ocean healing centre at karnal (Haryana), with complaints patchy hair loss since 3 years on scalp.

History of Present Illness:- Patient, said to be asymptomatic 3 years back. Hair fall from scalp at the left posterior of head. Patches of hair loss were increasing. He consulted dermatologist

and took medicine as corticosteroid injection. For the above complaints he went to multiple doctors and took various treatments for alopecia resulting in temporary relief.

On arrival to our centre, his general condition was good. With this clinical presentation, on the basis of visual inspection the patient was diagnosed as a case of Alopecia areata and following Ayurvedic preparations like local application of Gandhak malahar was started as he have been received many other treatment modalities for Alopecia. Meanwhile initial and routine blood investigations like Complete Blood Count, Urine Routine & Microscopic and Blood Sugar levels were sent to the labs which were within normal limits.

Along with this the progress in the condition of Scalp was closely observed to assess the efficacy of this Gandhak Malahar on Alopecia. Interestingly the results were very encouraging clearly suggest that this local works as a best treatment for alopecia.

Family history: - No member of the family had history of such illness.

Personal history:- Diet vegetarian Micturition Normal Appetite Good Sleep Normal Bowel habit Regular Addiction Tea.

**External therapy:-** (1) Gandhak malham –for local application over patch.

### **Method of Application**

On OPD basis the, the patient was treated and advised to apply market preparation of Gandhak malahar twice a day. After cleaning of scalp with warm water, Gandhak Malahar is evenly applied locally. After 1 hour it is again washed & likewise this procedure repeated for One month.

### **DRUG REVIEW**

Gandhaka Malahara is an Ayurvedic medicine. It is an ointment used to treat skin diseases.

**Reference:** Rasa Tarangini 8/63-65, AFI, Vol. II, 9.

### **Gandhak Malam ingredients, how to make**

Sikta taila – Sesame oil – bee wax base – 72 g.

Gandhaka – Purified and processed Sulphur – 6 g.

Girisindura – 6 g.

Tankana Bhasma – Borax – 2 g.

Ghanasara – Camphor – Cinnamomum camphora – 2 g.

Sikta taila is heated, and while it is cooling down, rest of the ingredients are added and stirred well.

### Criteria of Assessment

1. area of patch
2. density of hair



Before



After

### DISCUSSION

Acharya Charaka mentioned that Tejas by involving Vatadi Dosha when reaches the scalp, it results in Indralupta.<sup>[8]</sup> According to Acharya Sushruta, Pitta along with Vata by involving the roots of hair (Romakoopa) causes fall of hair and there after 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.<sup>[9]</sup> Thus Vata, Pitta and Kapha Dosha and Rakta Dushya are the main internal causative factors of Indralupta.

### CONCLUSION

In Ayurveda various treatment principles for Indralupta are explained like administration of drugs internally, external application of drugs, In Ayurveda, there are many herbs described which has excellent keshaya properties. Getting clues from these, local application of Gandhak Malahar has been used in case of Inderlupta The obtained results and primary obserations have shown very encouraging outcomes.

Thus, gandhak Malahara is highly effective, safe, easily available, cheap treatment for Indrlyupt and proves one of best treatment for Indrlyupta.

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