

## TREATMENT OF INDRALUPTA IN AYURVEDA W.S.R. TO ALOPECIA AREATA

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### INDRALUPTA

Indralupta refers to a skin ailment that affects all the hair-bearing skin that includes scalp and beard. Indralupta leads to loss of hair which is unlike the usual hair loss but sudden onset of hairfall over a short period of time. According to Ayurveda, Vata and Pitta get localized in the hair pores in the scalp region in heightened state. This impedes the supply of nutrients to the hair follicle ultimately resulting in falling of clumps of hair in that particular area and also averting further regrowth of hair, thereby leaving a bald patch.

### Synonyms of indralupta

Indralupta Keshaghna Khalitya Ruhya Rujya Khalati Cacha.

### Indralupta from pre-Vedic to medieval period

**Vedic period:** Many drugs were used for its prevention and treatment, some of which are Nitatni, Keshabrumhani, and Keshvardhini etc. Khalitya (Indralupta) was prevalent in that period also. For instance, Lord Indra cured the Khalitya and Palitya of Apala's father.

The case of Rishi Jamadagni (Father of Parashu Rama) who was able to enhance the hair growth of his daughter is also well known. This shows that desire for healthy hair growth is natural since time immemorial and diseases of hair were treated abundantly.

**Charaka samhita:** In the Trimarmiya Chikitsa adhyaya, Caraka has described the etiopathogenesis, line of treatment and various modalities for the treatment of the disease Indralupta. It has been included in Urdhvajatrugata Roga and has been described to occur due

to Dushtapratishyaya. First chapter of Vimana Sthana points out that excessive use of various salts and alkali serves as an etiological factor of hair loss.

**Sushrut samhita:** Indralupta is synonymous with khalitya as per susruta and has been described under Khudra roga in nidana sthana. He also explained treatment of Indralupta through different classical drugs, and advised Shira vedha in Indralupta.

**Harita samhita:** Harita has described this disease as Keshaghna and he has given a full-fledged description along with the types, symptoms and treatment. Kashyapa samhita: Kashyapa Samhita has focused on the anatomy and physiology of the hair and it also adds that, the production, preservation and declination of the hair is due to Swabhava or Prakruti.

**Ashtanga samgraha:** In Ashtanga Samgraha, Indralupta has been mentioned as Shiroroga, Vagbhatt also described its pathogenesis. Difference between Indralupta and Khalitya has been described here. Especially, the types of Khalitya along with symptoms and prognosis have been stated.

**Madhava nidana:** Madhavakara has described the disease Indralupta according to Sushruta but in Madhukosha commentary, Kartika acharya has clearly differentiated Indralupta, Khalitya and Ruhya from each other.

**Bhavaprakasha:** Acharya Bhavamishra followed Sushruta Samhita while describing Khalitya Roga.

**Sharangdhara samhita:** different types of lepa have been mentioned

**Yoga ratnakara** follows susruta for Indralupta

**Bhaishajya ratanavali:** Chikitsa of Indralupta has been explained in detailed form.

**Vanga samhita:** Vangasen has given the description of pathogenesis of Indralupta, according to Sushruta but the therapeutic aspects are his own (Vangasen – Kshudra roga adhikara).

निरुक्ति- इन्द्रलुप्त – पु ( इन्द्रनाम इन्द्रनीलवत केशानाम लुप्तम नाशो यस्मात् ) (शब्दकल्पद्रुम

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इन्द्रलुप्त

## इंद्र: उत्तमांग या श्रेष्ठांग

**लुप्त:** morbid baldness of head / loss of beard

### HETU (Etiological factors of indralupta)

Causative factors or hetu which imbalance the state of equilibrium of Dosha. by observing the pathogenesis described by different Acharya, it can be said that Vata, Pitta and Kapha Dosha and Rakta Dushya are the main internal causative factors of Indralupta. According to Charak in Viman sthan indulgence in khara, Lavan and viruddh ahara are the causative factors of Hair loss, in Chikitsa Sthana 26 Charak has mentioned that by ignoring Pratishyaya, Hair loss occurs as a complication.

The common etiological factors are Vega dharana (Suppression of urges), Abhyangadvesha (Avoidence of oil massage), Rajahsevana (exposure to dust), Jagarana (Night vigil), Diva swapna (Sleeping during day time), Atisitambusevana (excess intake of cold water), Atimaithuna (Excessive sexual indulgence), Pragvata (Facing direct wind), Rodana (Excessive weeping), Uccabhasya (Talking loudly), Ama (Undigested or semi-digested food), Atapatisevana (Exposure to excessive heat), Himahara (intake of cold food), Manastapa (Mental affliction), Madya (Intoxication). The study of these factors reveals that dietary habits, climatic changes, psychic disturbances and disturbances in sensory organs are significant in diagnosis and treatment of Indralupta.

### Rupa (Signs and Symptoms)

The cardinal sign of Indralupta is loss of hair. Acharya Harita has classified its symptoms according to its types, namely Vata Dosha causes Ruksha and Pandu scalp, Pitta Dosha leads to red and burnt scalp, Kapha Dosha leads to Snigdha scalp while Rakta causes pus formation and Sannipataja type bears characteristic of all the Dosha. Single or multiple patch of hair loss, sometimes black dot (often with broken off hairs) should be examine to rule out tinia capitis. Pimples or pustules located around hair follicle, rashes should be examined to rule out folliculitis.

Any saririk rukshata (roughness of the whole skin) to rule out Vata Dusti.

2) Any deformities in teeth and bones should be examine to rule out Asthikshaya and Asthi Pradhosaja hair loss 3) The systemic examination of nail, hair from the face & eye brow destroy should be examine to rule out rakataj krimi in hair loss.

- 4) Dry rough, yellowish skin should be examined to rule out chronic vitamin A toxicity.
- 5) Swelling & deformities in small joints should be examined to rule out rheumatoid arthritis.
- 6) Butterfly rash, mouth ulcer should be examine to rule out Systemic lupus erythematosus in hair loss.

### Samprapti

रोमकपाङ्गि पपत्तिं वाक्छिम सह मक्छिम | प र्यावयनि रोमाणण िः श्रेष्मा  
सशोणणिः ||३३|| र णपि रोमकपास् िोऽन्द्रयेषामसम्भवः | िदन्द्ररप् ि खालरत्यां  
रुज्येनि च पवभाव्ये Su.Ni 13/33-34)

“The Pitta, triggered by its own factors penetrates into the Romakooपा and there it unites with the Vata to shatter the hair”. Then the Shleshma along with the Shonita creates an obstruction in the Romakooपा, so as to prevent the growth of new hair from that place.

Acharya Charka believed in the causation of Khālitya by mainly two Dosha – Vāta and Pitta, as Dehoṣma is due to Pitta only. Thus, according to Ācārya Charka, Dehoshma along with Vatadi (Vata, Pitta and Kapha) Dosha cause Khalitya.

### Samprapti ghataka

#### Dosha

Vata: Samana, Vyana

Pitta: Pachaka Pitta and Bhrajaka Pitta Kapha:

#### Dushya

**Dhatu:** Rasa, Rakta, Asthi

**Agni:** Keshha Agni, Jatharagni, Rasagni, Asthyagni

**Mala:** Sweda, keshha

**Srotasa:** Rasavaha, Raktavaha, Asthivaha, Swedavaha, Manovaha Amashaya Rasayani (Rasavaha Srotasa)

**Ama:** Rasa, Raktagata Ama

**Udbhava:** Amashya

**Sanchara:** Rasavah strotas

**Adhithana:** Keshabhoomi

**Rogamarga:** Bahya Rogamarga, including Trimarma (Shira)

Sadhya – asadhyata (Prognosis of indralupta) There is no mention of prognosis of Indralupta in either Charka or Sushruta. Ashtanga Samgrahakara has suggested some conditions of the scalp of patient when the disease turns out to be incurable. These are

- 1) Burnt like appearance
- 2) Nail like appearance
- 3) Absolute hair loss
- 4) Injury due to burns

**Alopecia areata** is considered as non scarring hair disorder. Alopecia areata is thought to be an autoimmune disease with inappropriate immune- response to hair follicle associated antigens. It is an organ-specific autoimmune disease, mediated by autoreactive CD8+ T-cells, which affects hair follicles and sometimes nails. Person of any age group can be affected but incidents are higher in children. It is most common cause of hair loss in children. approximately 0.2% of the world population is suffering from alopecia areata.

**Clinical presentation:** it is a disease of acute onset and present with oval- or round-shaped, well-circumscribed, bald, patches with a smooth surface in a diffuse distribution. Patches are usually without any further symptoms but in few cases erythema or itching can be found. 5% of all patients develop Alopecia areata totalis which results in complete hair loss of scalp and 1% patients develop Alopecia areata universalis which results in complete hair loss of whole body.

Partial alopecia may be observed in other areas of the body as well like beard, eyebrow and chest hairs.

Nail changes are very common as nail pitting and sandpaper like appearance.

The disease has been described as associated with other autoimmune diseases too like thyroid disease, vitiligo, atopic dermatitis, psoriasis, and down syndrome.

**Clinical features:** such as shape and look of the patches, presents of exclamation point hair, nail changes (pitting or sandpaper nails) lead to the diagnosis of alopecia areata.

Scalp biopsy reveals a generalized miniaturization and a marked increase in catagen and telogen hair follicles. In the acute phase, a peribulbar lymphocytic infiltrate, which has been

described as a “swarm of bees” may be found. Sometimes mast cell, plasma cells and eosinophils can also be seen.

### DIFFERENTIAL DIAGNOSIS

Emporal triangular alopecia

Tinea capitis

Early scarring alopecia

Trichotillomania

Secondary syphilis (alopecia areolaris) Androgenetic alopecia

Telogen effluvium

Anagen effluvium

**PROGNOSIS AND CLINICAL COURSE:** the course of disease is erratic and characterised by irregular relapsing course. 25% of patients have only solitary episode, spontaneous regrowth of hairs is common. About 60% of patients have at least a partial regrowth by 1 year, but this is often followed by repeated episodes of hair loss. 40% relapses occur during first year but many patients can have relapse after 5 years too. Different body areas appear to regrow independently. Hair can regrow white at first but colour of hair may turn normal with time. Poor prognosis is linked to involvement of the occiput and/or hairline (called the ophiasis pattern if sweeping around the periphery of the scalp), a chronic relapsing course, the presence of nail changes, and onset during childhood. Alopecia areata totalis and alopecia areata universalis also have poor prognosis.

**Complications:** Although the condition is not life threatening, changes in appearance frequently cause a diminished sense of personal well-being and self-esteem, leading to severe depression and withdrawal from social situations.

### CHIKITSA

**Acharya Charak:** After adequate Samshodhana, patient of hair loss should be subjected to Nasya, massage with oil and Shirolepa. Charak mentioned Vidarigandhadi tail for local abhyanga

**Sushruta:** Raktamokshana by shiravedhan or prachana karma (types of blood letting) has been advised in Indralupta, and thereafter a Shirolepa (or paste) made of Maricha, mainshila, kasisa should be applied on scalp. Gunja lepam or paste of rosery pea is indicated as a local

application. massage with an oil containing Malti, Karveer, Chitraka and Karanj has also been mentioned. Aforementioned Raktamokshan should always be followed by snehana and swedana.

Rasayana therapy has also been indicated because according to susruta this disease is difficult to cure and as such cannot be eliminated without Rasayana.

**Vagbhata:** In Ashtanga hridayam Vagbhata followed shushruta and indicate shiravedhan beside that he mentioned application of juice of any of here mentioned drugs with Madhu: Vanya, Devadaru, Ratti (gunja) , Langali root, Karveer, Vartak (kantakari)

Application of Madhu, Ghritam, flowers of Tila (or sesame) and gokshura

Local application of Dhatura Patra juice or bhallatak juice

Application of Hasti danta masi with oil is said to be best in Indralupta

If hair regrow white then Bhasm of Mesha- vishana (Ash of horn of Ram) recommended.

Vagbhata forbids Shiras Snana (washing head with water) until hair regrow again.

**Yogaratanakar:** Indralupta has been mentioned in khudraroga chikitsa. Yogaratanakar Indicates local application of Masi Kalpana (Ash preparation): mixture of Hastidanta masi with rasanjan and milk of goat is said to be as potent that it can grow hairs even on palm of hands.

Rubbing of Tikta patola juice on scalp is said to treat chronic Indralupta within three days.

**Yogaratanakar** also described an oil preparation for Indralupta that contains following ingredients: Snuhi dugdha, Madar Dugdha, Bhangra, Langali visha, Vatsanabha visha, goat urine, cow urine, Gunja, Vacha, Tila oil, Sidharthak oil.

Bhringraj oil also been indicated in Indralupta

In **Bhaishajyaratnavali** it is mentioned that one should rub Indralupta by rough surface of leaves and then apply powder of Maricha on it.

**Nasya:** nose Is considered as “gate way of Mashtiska’. The medicine given through the nose which spread everywhere in the head and cure the head disease. Sushruta has also mentioned about Pradhamana nasya in the management of Khalitya.

**Snana:** Acharya Vagbhatta described that pouring of warm water over the head leads to strength loss of the hair and eyes.

**Murdha taila:** Regular application of oil on head (scalp) makes the scalp revitalized, keeps hair healthy, black and firmly rooted, induces sleep and keeps away Indralupta, Khalitya and Palitya.

**Dhoompana:** Acharya Sushruta said that regular inhalation of medicated fumes makes hair of scalp and beard strong and black.

## DISCUSSION

Indralupta is a medical condition that primarily affects the Kapala but other bodily hairs may be involved. It is characterized by hair loss with restricted hair regrowth. The disorder is primarily manifested because of Tridoshas imbalance along with Rakta prakopa.

Acharya Sushruta has stated that, when aggravated Pitta and Vata dosha get involved in Romakooopa (roots of hair), it causes hairfall. Thereafter, Shleshma along with Rakta obstructs the channel of Romakooopa which results in poor replacement and revival of hair. This condition is known as Indralupta, Khalitya or Ruhya. Thus, Vata, Pitta and Kapha Dosha and Rakta Dushya are the predominant causative factors of Indralupta.

Acharya Charka mentions that Khalitya (Indralupta) results when Teja by involving Vatadi Dosha reaches the scalp. Charka in Vimana sthana, also mentions hair loss as a consequence of over indulgence in Kshara, Lavana and Viruddha Ahara.

In the first stage of indralupta sudden hairloss occurs, in this stage vata-pitta shamak and brimhana chikitsa can be done. However it may lead to next stage of samprapti in which hair pores are blocked by Doshas. Our primary in this stage is to remove obstruction of hair pores to promote hair growth. External application of herbal oils and ayurvedic medicine can enhance the hair growth. Pitta dosha should be cleansed out of the body by shodhan chikitsa.



Management of hair loss in Indralupta involves three imperative approaches, namely, balancing doshas, alleviating mental calmness and replenishing dhatu.

Dosha can be balanced by taking appropriate diet and abstaining from too much Salt, Kshara, acidic foods, smoking, tobacco, alcohol, heat, anger, and irregularity in diet. Diet like sweet, bitter, astringent, ghee, milk, sugar etc. should be preferred for aggravated Pitta.

Because hair loss can lead to significant changes in appearance, individuals with it may experience social phobia, anxiety, and depression. Stress in turn causes more of the asynchronous growth cycles which further makes hair to regrow difficult. To relieve anxiety and improve psychological well-being Medicines like Bramhivati, Saraswatarishta, Sutasekhararasa, Guduciswaras, Yaṣṭi Madhucurna with milk etc are particularly beneficial. External application of medicated oil for massage like Neeli tail, Snuyadi tail, Malyadi Tail, Bhringaraja Tail etc. is recommended. Moreover, Nasya with Neem tail, Chandanadi tail and similar oils can be advantageous to counteract stress and protect your hair, one should learn and practice relaxation techniques such as deep breathing, meditation, or yoga regularly. Regular exercise helps manage stress and its effects. Healthy diet and lifestyle are equally helpful in alleviating mental stress.

Rasayana therapy, owing to its immune-modulators, antioxidant properties and rejuvenating action is considered beneficial for the hair loss. Some of the widely used Rasayana are Amalaki Rasayana, Bhringaraja Rasayana, Agastya haritaki, among others.

Dhatus can be replenished by plenty of water intake for Rasa dhatu, intake of Natural iron through herbs like Amlaki, Bhringaraja, Candanasava, Uṣīrasava, Sarivadyasava etc. For Ashti dhatu, intake of natural calcium like milk is beneficial. Majja dhatu can be replenished by Shiroabhangya using Malyadi Tail, Bhringaraja Tail etc.

## CONCLUSION

As an initial step in treating Indralupta, physician must identify the cause and first treatment should be Nidana parivarjana. Other therapies like Abhyanga, Lepa, Shodhana, Nasya, Rasayana should be prescribed consequently.

Ayurvedic drugs and therapy possesses have Keshya, Balya, anti-stress, anti-ageing properties, so they will show an excellent result on Khalitya. The Ayurvedic management of Khalitya has a strong possibility to breakdown the pathogenesis of this disease.