

A SINGLE CASE STUDY IN MANAGEMENT OF INDRALUPTA (ALOPECIA) WITH AYURVEDA

Dr. Tipu

Associate Professor, Department of Shalaky Tantra, Harmony Ayurvedic Medical College
and Hospital, Ferozpur, Punjab.

Article Received on
02 December 2024,

Revised on 22 Dec. 2024,
Published on 15 Jan. 2025

DOI: 10.20959/wjpr20252-35234



***Corresponding Author**

Dr. Tipu

Associate Professor,
Department of Shalaky
Tantra, Harmony Ayurvedic
Medical College and
Hospital, Ferozpur, Punjab.

ABSTRACT

Alopecia areata is an autoimmune disorder characterized by transient, non-scarring hair loss and preservation of the hair follicle. Hair loss can take many forms ranging from loss in well-defined patches to diffuse or total hair loss, which can affect all hair bearing sites. Patchy alopecia affecting the scalp is the most common type. Alopecia areata affects nearly 2% of the general population at some point during their lifetime. Alopecia areata is a chronic condition characterized by recurring episodes of hair loss that require both psychological support and medical treatment. Various treatment options, such as corticosteroids, immunotherapy, Janus kinase (JAK) inhibitors, and topical solutions, are available to help manage the extent and duration of hair loss. But all current therapies offer poor response and high relapse rates especially in severe disease. In present article we are discussing the treatment of Alopecia areata by Ayurvedic approach to

treat the disease with time tested Jatyadi tailam as defined in Ayurvedic texts. In Ayurveda Alopecia areata is termed as Indralupta. This Indralupta is considered as Kshudraroga, as its causes, clinical features and treatment will be not so difficult and hardly requires any attention, but now the cosmetology is such growing branches in Ayurveda which requires special attention in review of Ayurvedic literature which will be definitely resolve the problems related to hair fall in Indralupta.

INTRODUCTION

Hair contributes to one's personality and reflects overall identity. In ladies, hair symbolizes femininity and nature's gifted ornament. Men typically associate a full head with youth and

vigor. It is a crowning glory to one's personality and the center of attraction. So, each one is extra conscious about it and is in search of a better remedy for hair growth. Loss of hair in any form can cause issues with physical appearance and psychological problems. Alopecia areata is an autoimmune disease characterized by hair loss. And in Ayurveda it is known as Indralupta. According to Ayurveda, vitiated pitta in association with vitiated vata causes the falling of hairs from the scalp. After that, vitiated rakta and kapha block the orifices of the hair follicles which restricts the growth of new hair. Thus, vata, pitta, and kapha dosha (three factors responsible for all physiological processes inside the body) and rakta dushya (one of the sites in the body where the disease occurs) are the main internal causative factors of indralupta.

The present treatment available in modern medicine is divided into first-line, second-line, and third-line therapies. First-line therapy consists of intralesional corticosteroids, topical corticosteroids, minoxidil, anthralin, topical immunotherapy, prostaglandin analogs, topical retinoids, bexarotene, and capsaicin.

Second-line therapy consists of sulfasalazine, photochemotherapy, excimer laser, and fractional photothermolysis laser. Third line therapy consists of systemic corticosteroids, methotrexate, cyclosporine, azathioprine, and biologics. None of the agents available currently for treating this condition is curative or preventive completely. There is a need for treatment that facilitates hair growth in patients suffering from Indralupta or alopecia areata. Ayurveda offers treatment in Indralupta (alopecia areata) through Shiro Abhyanga using Jatyadi tailam.

CASE

A 32 yrs. old married female was presented with history of patchy hair loss on scalp, with mild itching over affected area and gradual increment since 4 years. There was no personal history of autoimmune disorders (like Atopic dermatitis, psoriasis, Vitiligo, Asthma, Urticaria, Rheumatoid arthritis, Thyroiditis) or family history in first degree relation suggestive of these disorders. There was no personal history of recurrent patchy skin lesion either on scalp or on other body parts, major psychological disorder, or history of treatment from psychiatrist, endocrinal disorder (Diabetes), hair plucking habit, local recurrent friction or trauma or surgery, prolonged medicinal treatment before appearance of lesions. Patient didn't notice any exaggerating or relieving factors. She didn't conceive in last 4 and 1/2 yrs. and there was no bad obstetric history or menstrual disorder. There were patchy hair loss

measuring about 4x6 cm, 2x2 cm and 3x4 cm on left temporal region and occipital region respectively. There was mild dryness over patches with extremely sparse, few white and black hairs along with blackish spots. Scaling was observed on the rest area of scalp indicative of dandruff. General examination revealed medium built without any significant pathological presentation. Local examination showed no scarring or cicatrization, nor any other skin lesion over scalp, no tumor in localized area and abnormalities of hair in adjacent area. Length of hair of adjacent scalp was uniform and was not broken off. The patient had taken the Allopathy treatment for two years and did not found control over the disease. The patient was referred to the Ayurvedic hospital by some patient having similar disease and had got significant relief with Ayurvedic management. Patient was treated with Jatyadi Tailam as per ancient texts as.

जात्यादि तैल -

- जानिकरञ्जवृक्षकवीरगन्धितम् ।

तैलमभ्यञ्जनाद्व्यादिन्दुलुप्तं न सशयः ॥ 5

- भा.प. 61/12

MATERIAL AND METHOD

Material related to making of Jatyadi Tailam is collected as mentioned in Ayurvedic text and are as.

1. Jaati (*Jasminum officinale*)
2. Nimba (*Azadirachta indica*)
3. Patola (*Tricosanthus dioica*)
4. Naktamala (*Pongamia pinnata*)
5. Madhuka (*Glycyrrhiza glabra*)
6. Kushta (*Sassurea lappa*)
7. Haridra (*Curcuma longa*)
8. Daru-haridra (*Berberis aristata*)
9. Manjistha (*Rubia cordifolia*)
10. Padmaka (*Prunus cerasoides*)
11. Lodhra (*Symplocos racemosa*)
12. Abhaya (*Terminalia chebula*)
13. Neelotpala (*Nymphaea stellata*)
14. Tutha
15. Sikhthaka
16. Sariva (*Hemidesmus indicus*)

17. Tila (Sesamum indicum)

The majority of Jatyadi taila's constituents contain Tikta, Kashaya Rasas, and Laghu, Ruksha Gunas. Jatyadi Taila is Tikta and Kashaya Rasa Pradhana, both of which are Pitta Kapha hara and have the properties of Vrana Shodhana, Ropana, Pootihara, and Vedanasthapana. Jaati contains salicylic acid, which has anti-inflammatory, analgesic, and anti-bacterial properties.^[18] Yastimadhu has an active component that has wound-healing properties. Turmeric has anti-inflammatory, anti-bacterial, and anti-microbial properties. In order to make Jatyadi taila, Tila Taila is used. Ushna, Teekshna, Madhura, Vataghna, Vyavayi, Vikasi, and Sukshma Gunas are among them. When medications are used to treat it, it absorbs the qualities of the drugs. As a result, its Sukshma, Vyavayi, and Vikashi Gunas may assist in reaching the minute channels and minimizing Vedana. Tutha is a component of Jatyadi taila, and it has Lekhana Karma. As a result, it may aid in the elimination of slough. Copper sulphate is still used to remove slough from ulcers in modern surgical treatment. Tutha, for example, could have such an effect. Because Jatyadi Taila contains medications with both Shodhana and Ropana properties, it aids in the proper healing of Dustha Vrana. Overall, the healing effect is caused by the combined impact of the substances.

Treatment Regimen

The patient was prescribed the Jatyadi tailam for Shiro Abhyanga for twice daily along with Bhringraj Lepa for first three months and she responded well to the treatment. Within first 15 days there was marked improvement with reduction in dryness and scaling over the affected skin. After two months Small brownish black hairs grown on the patches. After 6 months Hair fall decreased significantly and blackish hairs was grown. Normal hair growth was seen at the sites. And afterwards no reoccurrence was reported.

CONCLUSION

Alopecia areta is a challenging condition to manage as it is not only a physical disease but also a Physiological one also.

The patient suffering from Alopecia areata was successfully treated with Ayurvedic procedure involving Jatyadi tailam. The treatment protocol employed shows the efficacy and high success rate for the management of Alopecia areta.

REFERENCES

1. Al-Mutairi N, Eldin ON. Clinical profile and impact on quality of life: Seven years' experience with patients of alopecia areata. *Indian J Dermatol Venereol Leprol*.
2. Shingadiya RK, Sapkota YR, Bedarkar PB, Patgiri BJ, Prajapati PK. Efficacy of Ayurvedic Classical and Modified Formulations on Skin Disorders. *Rasamruta*, 2017.
3. Anonymous, The Ayurvedic Formulary of India, Ministry of Health and Family Welfare, Govt. of India, 2000; Part I (21:11).
4. Anonymous, The Ayurvedic Pharmacopoeia of India, Ministry of Health and Family Welfare, Govt. of India, part I, I(77).
5. Acharya Yadavaji Trikamji, Sushruta Samhita Nidana Sthana 13/32-33, Chaukhambha Krishanadas Academy Varanasi.
6. Sri Govinda Dasa. Bhaishajya Ratnavali – 60/69, In: Ambika dutta Shastri, Chaukhamba Prakashan Varanasi.
7. Thatte UM, Rao SG, Dahanukar SA. *Tinosporacordifolia* induces colony stimulating activity in serum. *J Postgrad Med.*, 1994.
8. Vaghbata. *Astanga Hridayam with Sarvanga Sundara and Ayurveda Rasayana Commentaries*-edited by Pt. Bhishagacharya Harishastri Paradkar Vaidya. Varanasi: Chaukamba Krishnadasa Academy.
9. *Vachaspathyam*. Compiled by Sri. Taranatha. Varanasi: Chaukamba Sanskrit series.
10. Raja Rajakanta Deva. *Shabdakalpadruma*. 3rd edition. Varanasi: Chowkamba Sanskrit Series.
11. Vaghbata. *Astanga Hridayam with Sarvanga Sundara and Ayurveda Rasayana Commentaries*-edited by Pt Bhishagacharya Harishastri Paradkar Vaidya. Varanasi: Chaukamba Krishnadasa Academy.
12. *Susruta Samhita with the Nibandasangraha and Nyayachandrika panjika commentaries*. 7th edition. Varanasi: Choukamba Orientalia, 2002.
13. Madhavakara. *Madhava Nidana with Madhukosha Sanskrit commentary* by Sri. Vijaya Rakshita and srikantadatta. Varanasi: Choukamba Surabharathi prakashana.
14. *Text book of dermatology* – edited by Arthur Rook et al. 4th edition. Oxford: Blackwell Scientific Publication.
15. Pasricha JS. *Clinical methods in Dermatology and Venerology*. 3rd edition. New Delhi, Jayapee Brothers.