

AYURVEDA MANAGEMENT OF INDRALUPTA-A CASE REPORT

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ABSTRACT

Background: Hair is an outward and very visible expression of our personality. Healthy hair is an essential part of our overall appearance and well-being. *Indralupta* is considered under *kshudra roga* by *Acharya Sushruta*, which is characterized by patches of hair loss throughout the body and scalp. According to contemporary science, it can be correlated to alopecia areata where less satisfactory results were found after the treatment. **Objectives:** To study the effectiveness of *prachana* followed by *lepa* along with *shamana chikitsa* in patient of *indralupta*. **Method:** A patient 19 years old, had a patch of hair loss on mid scalp region since 1 month associated with itching. The patient was treated with *prachana* followed by *lepa* along with *shamana* treatment for 3 months. **Result:** The hair eruption started from patch of the scalp after 2 sittings of *prachana* and overall regrowth of hair from hair follicles was evident within 3 month of treatment.

Conclusion: The collected data of this study suggested that *prachana* followed by *lepa* along with *shamana chikitsa* provided noteworthy relief in *indralupta*. The treatment proved to be highly effective within short duration.

KEYWORDS: *Kshudra roga, Indralupta, Prachana, Alopecia areata.*

INTRODUCTION

Hair is an outward and very visible expression of our personality. Healthy hair is an essential

part of our overall appearance and well-being. It not only enhances our physical appearance but also boosts our confidence. Nowadays we can see tremendous ailments related to hair like hair fall, greying of hair, Alopecia, etc.

Indralupta is considered under *kshudra roga* by Acharya Sushruta^[1] and Acharya Vagbhata^[2] considered among *Kapalagata Roga* which is characterized by patchy hair loss. *Indralupta* is a *Raktapradoshaja Vikara*. According to Acharyas, Vitiated *Vata Dosha* with *Pitta Dosha* resides in *Romkoopa* (hair root) causes *Keshapatana* (Hair fall). In progression with *Apathya Ahara- Vihara*, vitiated *Kapha Dosha* along with *Rakta Dosha* result in blockage of *Romkoopa* (hair root) in the affected region turns with no new hair growth ultimately nothing but *Indralupta*. *Pracchana Karma* is mainly indicated in *Indralupta*.

Indralupta by its symptoms it can be correlated to alopecia areata of modern science.

Alopecia areata is an autoimmune disease characterized by patchy hair loss on body especially on scalp. Its prevalence in general population was estimated at 0.1-0.2% with a lifetime risk of 1.7%.^[3] Male was reported to be more affected with the disease in comparison to children and women. Alopecia areata not only a cosmetological problem but also leads to psychological problems such as anxiety, anger, depression, embarrassment, decreased confidence. Its main treatment in contemporary science is Corticosteroids which is not advisable for long term use.^[4]

In the present case report patient complaints of patchy hair loss since 1 month was successfully treated with *Pracchana Karma* followed by *Shamanoushadi*.

MATERIALS AND METHOD CASE REPORT

A 19 year old male patient came with the complaints of patchy hair loss on scalp associated with dandruff since 2 months.

PRADHANA VEDANA

Patchy hair loss on mid scalp region since 2 months.

ANUBANDHA VEDANA

Dandruff associated with itching since 2 months.

VYADHI VRUTTANTA

The patient was apparently normal 2 months back then he gradually developed patchy hair loss on mid scalp region associated with dandruff along with itching. Hence he approached for Ayurveda line of management for the same.

POORVA VYADHI VRUTTANTA

Not a k/c/o HTN/DM.

KULA VRUTTANTA-Nothing Significant.

SAMANYA PAREEKSHA

Pulse-82 beats/minute, regular BP-120/70 mm hg

R. R-17/min Temp-98.5°F

Height-170cm Weight-71kg

Appetite-Good Bowel-Clear

Micturition-6-7 times/day Sleep-Disturbed

Habits-Tea 2 times/day

VISHESHA PAREEKSHA

On Inspection,

Site of involvement-mid scalp region. Pattern-1 asymmetrical patch

Skin of scalp-severe dryness

ASTA VIDHA PAREEKSHA

Nadi-Pitta Kapha Mutra-Prakruta Mala- Prakruta Jihwa-Sama Shabda-Prakruta

Sparsha-Anushna Sheeta Druk-Prakruta

Akriti-Madhyama

DASHA VIDA PAREEKSHA

Prakruti - Pitta Vata Prakriti Vikruti-Pitta, Vata, Kapha, Rakta.

Sara - Madhyama Samhanana - Madhyama Pramana-Madhyama Satmya - Madhyama Satva - Madhyama

Ahara Shakti - Madhyama Jarana Shakti - Madhyama Vyayama Shakti - Madhyama Vaya - Youvana

ROGA PAREEKSHA**Nidana**

- o **Aharaja** - Intake of oily, spicy food, dairy products
- o **Viharaja** - Exposure to sun light, dust.
- o **Manasika - Chinta**
- **Poorvaroopa** -Dandruff associated with Itching and hair fall.
- **Roopa** - Patchy hair loss
- **Upashaya - Langhana**
- **Anupashaya** - *Katu, Kshara, Lavana, Atisheeta ahara.*

Samprapti: *Nidana sevana* leading to vitiation of *pitta* and *vata*, gets lodged in *romakupa* and further associated with *kapha* and *rakta*, obstructs hair root and thereby limits the hair growth leading to *Indralupta*.

CHIKITSA**Poorva Karma**

Collection of materials includes insulin syringe, pair of gloves, sterile cotton balls, betadine solution, Panchavalka Kashaya. Vitals were checked and found to be stable. Hb%, HBsAg, RBS, CT, BT were checked and found to be in normal limit.

Pradhana Karma

In the presence of bright light, Patient was made to sit down on a chair in comfortable position. Then the patchy area should be cleaned with betadine solution. Insulin syringe is taken and continuously close pricks are made over the scalp where area is affected. Prick should be neither too deep nor too superficial but should be sufficient enough for the blood to ooze out. Observe the bleeding intensity and wipe it using sterile cotton balls.

Paschat Karma

Once the bleeding stops, then the area should be cleaned using cotton swab dipped in *Panchavalka kashaya*. And apply *lepa* of *Kasisa Bhasma*.

Note: observe for excess bleeding

DAYS	TREATMENT
1 to 7 days 22/01/24 to 28/01/24	<i>Arogyavardini vati</i>
On 29/01/24	1 st Sitting of <i>Pracchana</i> followed by <i>lepa</i>

30/01/24 and 1/02/24	<i>Kasisa Bhasma</i> application
2/02/24 to 30/05/24	<i>Shamanoushadi</i>
11/02/24	2 nd Sitting of <i>Pracchana</i> followed by <i>lepa</i>
23/03/24	3 rd Sitting of <i>Pracchana</i> followed by <i>lepa</i>
24/03/24	4 th sitting of <i>Pracchana</i> followed by <i>lepa</i>

SHAMANOUSHADHI

DAYS	ANUPANA	DOSAGE
<i>Arogyavardini vati</i>	<i>Ushna jala</i>	1 Tablet Before food, twice a day. (for 7 days)
<i>Amalaki Rasayana</i>	<i>Ghrita</i>	2 tsp, before going to Bed
<i>Sukumara Ghrita</i>	<i>Ushna Jala</i>	2tsp, before food, twice a day
<i>Ghandhaka Rasayana</i>	<i>Shamanoushadi</i>	1 tablet, after food, twice a day.
<i>Bringaraja Taila</i>	External Application	Q.S

PATHYA

Aharaja: *Ushna, Laghu, Supachya Ahara. Intake of ghrita, takra. Vihara: Chatradharana, Shiro raksha.*

APATHYA

Ahara: *Ati lavana* (excess salt), *Ati Katu* (Excess spice).

Vihara: *Shirasnana, Ratri Jagarana* (Awakening in night), *Atopa* and *rajah sevana*.

RESULT





DURING FOLLOW UP-07.04.24



AFTER THE TREATMENT-06.05.24



DISCUSSION

In our samhita, it is mentioned that over indulgence in Katu, lavana, snigdha and viruddha^[5] ahara leads to hair loss and in this case patient was taking more of oily and spicy food. Considering it has a nidana, avoiding it also helped the patient to be cured early.

As it is said that Agnimandya is the cause for each and every disease, Arogyavardhini Vati^[6] which does deepana, pachana, rakta shodana tridosha hara is used for Amapachana in present case.

Indralupta has mentioned under Raktapradoshaja vikara^[7] and Raktamokshana is directly indicated, so Pracchanna^[8] is done to drain the vitiated Rakta, thereby clears the obstruction.

Acharya Sushruta, mentioned application of manashila, kasisa, tutta and maricha during the treatment of Indralupta.^[9] Kasisa which has kashaya and katu rasa, ushna veerya balances vata and kapha and does rakta vardhana. Here Kasisa Bhasma in the form of lepa is applied over the affected area which increases blood circulation and promotes hair growth.

Amalaki Rasayana^[10] which is keshya and balya in action helps in pacifying the vitiated Dosha and nourishes the hair follicle.

Gandhaka Rasayana^[11]: Which is considered as Rasayana also does keshha vardana I.e which is directly indicated in khalitya palitya.

Sukumara Ghrita^[12]: Does pitta shamana and also acts as Rasayana.

Bringaraja Taila^[13]: Bringaraja is well known herb used in hair ailments. As it is ushna veerya, it clears the Sroto avarodha and facilitates hair growth.

CONCLUSION

This case study shows the efficacy of *Ayurveda* treatment with no adverse drug effect. Nidana Parivarjana along with Shodana, Shamana, Lepa is helpful in treating Indralupta successfully without any reoccurrence.

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