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CASE STUDY

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AYURVEDIC MANAGEMENT OF *INDRALUPTA*- A CASE REPORT

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ABSTRACT:

As hair is considered as barometer of beauty each one is over conscious about it and is in search for a better remedy for the maintenance and management of their crowning glory. Alopecia areata is characterized by acquired skin ailment that can affect all the hair bearing skin including scalp, beard, which is characterized by localized areas of non-scarring hair loss which can be compared with *Indralupta*. A 21years old boy was successfully treated with *Pracchana (Gharshana) karma* followed by *Bakuchi lepa* with *Gomutra Arka*, *Vidangaristam*, *Krimikuthara rasa* and *Gunjadi tailam*.

Key words: *Indralupta*, Alopecia areata, *Bakuchi lepa*, *Gomutra arka*, *Vidangaristam*, *Krimikuthara rasa*, *Gunjadi tailam*.

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INTRODUCTION:

In *Ayurvedic* approach, loss of hair is coined out as in term of '*Indralupta*' under the broad heading of *Kshudra Roga*^[1] except *Vagabhatta* who has mentioned it under *Kapala Roga*^[2]. According to *Acharya Sushruta* and *Vagbhatta* *Vata Doṣha* along with *Pitta Doṣha* resides in *Romkoopā* (hair root) results in hair fall (*Keshapatan*). Then *Kapha Doṣha* along with *Rakta Doṣha* block *Romkoopā* (hair root) so no more hair produce on that place, it results in *Indralupta*^[3]. According to *Ayurvedic* fundamentals *Kesha* is *Mala* of *Asthi Dhātu*^[4]. According to modern, Alopecia types are Alopecia Areata, Alopecia Totalis, Alopecia Universalis, Androgenic alopecia, Traction alopecia, Scarring Alopecia but as per symptoms of *Indralupta*, it can be correlated with Alopecia Areata. Alopecia Areata is the general medical term for patchy hair loss. It is most common disease in all age group. In modern medical science topical steroids, topical immunotherapy, topical minoxidil, oral corticosteroids are used for treatment but it's not a permanent treatment, after sometimes symptoms of Alopecia areata reappears. *Indralupta* occurs due to *Rakta Dushti*^[5] and treatment of *Indralupta*, *Prachchhana karma* is stated by major *Acharya*. For the treatment of vitiated *Rakta*, *Raktamokshana* is the line of treatment^[6]. *Prachchhana Karma* is one

among *Rakt Mokshaṇa*^[7]. *Acharya Sushruta* and *Acharya Vagbhatta* both described *Prachchhana Karma* as a treatment of *Indralupta*^[8].

CASE:

On August 2022, a Hindu male of 21yrs old, non-diabetic, not a known case of hypertension, visited OPD of Ashwini Ayurvedic Medical College & Hospital, with the complaints as cited below.

Chief complaints:

Patchy hair loss since 3 months

History of present illness:

Patient was said to be asymptomatic 3 months back. Gradually he noticed patchy hair loss in the left lower back of head, which gradually increased in size. Hence he consulted the OPD of Ashwini Ayurvedic Medical College & Hospital for the same and started treatment.

General Examination:

- General condition - Good.
- RS - NAD.
- CVS - S1S2- NAD., no added sounds.
- CNS - NAD.
- P/A - SOFT
- BP - 110/70 mm Hg.
- Pulse - 78/min.
- Moderately built with no other systemic illness

Prakriti – *Pitta pradahana vata*

Saara - *Rasa Saara*.

Local Examination: Scalp and Hair

Darshana (inspection) - Type-patchy hair loss

Site - left lower back of scalp. No redness found, no scaling.

Samprapti

- *Dosha - Kapha.*
- *Dushya - Rasa, Asthi.*
- *Agni - Mandya.*

Samprapti of Indralupta:

- *Srotas - Rasavaha, Roamakooopa.*
- *Nidaana – Virudhahaara Atimadhura ahara sevana, Indralupta with possible Krimiroga. Due to excessive Madhura - Rasasevana, Abhisyandi Sevana, Romakupas were blocked by vitiated Rakta and Kapha and Indralupta is produced.*

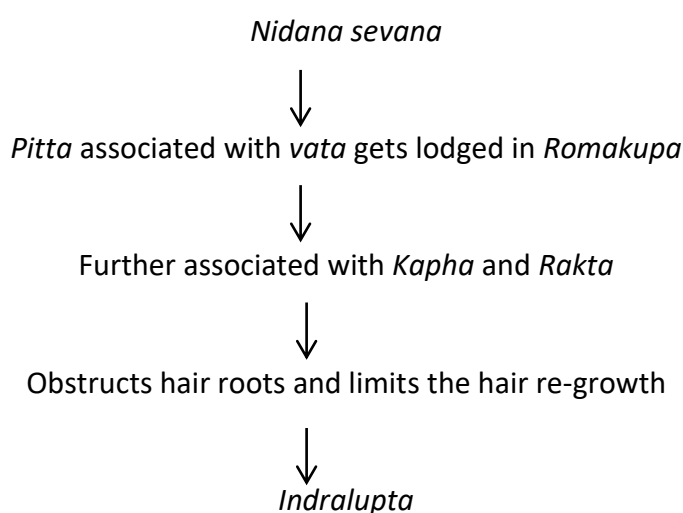


Table No.1-Details of Personal History:

Sl. No.	Parameter assessed	Observation
1	Appetite	Poor
2	Diet	Mixed, More consumption of buffalo milk & milk products and fried foods non-veg meals and sweet items
3	Bowel movements	Twice/day, Clear
4	Urine	4-5 times/day
5	Sleep	Sound
6	Habits	Nothing specific

CHIKITSA:

Table No.2-Chikitsa

Sl.No	Medicine	Dose	Duration
1	<i>Pracchhana Karma (Gharshana with Parijata leaves)</i> <i>Bakuchi lepa with Gomutra arka</i>	----	One month

2	<i>Krimikuthara Rasa</i>	1 BD after food	One month
3	<i>Vidangarista</i>	15ml BD after food	One month
4	<i>Gunjadi taila application</i>	Night only	One month

RESULT:

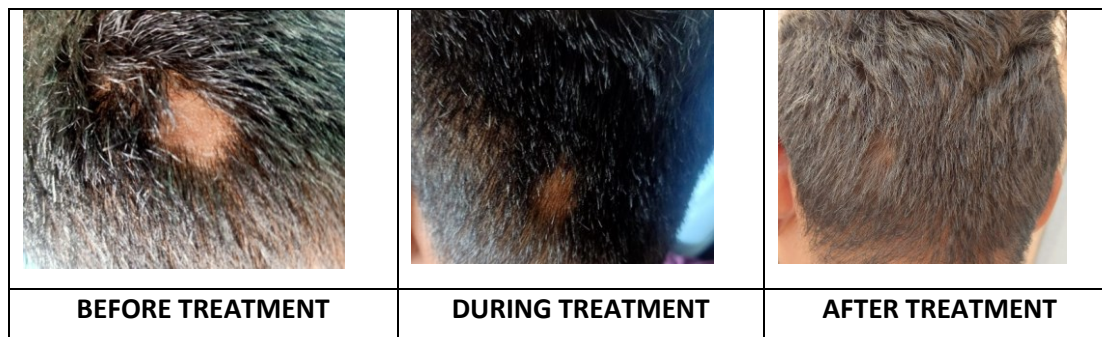


Figure No.1. Before, during and after treatment

DISCUSSION:

The present case study demonstrated a case of *Indralupta* in a 21years old with recent onset of clinical signs and symptoms. According to *Acharya Sushruta*, *Pitta* along with *Vata* getting localized at the roots of hair follicles causes hair fall and thereafter *Kapha/ Shleshma* along with *Rakta* obstructs the channel of these hair follicles leading to cessation of regrowth of hair over that area and this condition is known as *Indralupta*, *Khalitya* or *Rujya* ^[9]. Thus derangements of *Vata*, *Pitta*, *Kapha* and *Rakta* are the main internal causative factors of *Indralupta*. While describing the disorders occurring due to over indulgence in *Kshara* (alkaline) *Lavana* (salty) and *Viruddha* (contradictorily acting) food articles there is mention hair loss. It has also been mentioned that excessive intake of *Lavana* (salt) causes *Khalitya* (morbid baldness). Thus, it can be said

that a person habituated to excessive *Lavana* or *Kshara* intake and taking *Viruddha Ahara* in routine, is prone to develop *Indralupta*. In the present case, the patient had the history of excessive intake of non-vegetarian diet, sweets, noodles, biscuits and packet foods. Packet foods are generally highly salty, spicy and alkaline too. The preservatives in the packet foods may be acting as *Virudha Ahara* if consumed in excessive quantity. These might have caused vitiation of *Pitta Dosha* in the child and caused the problem of patchy hair loss.

In the name of *prachana*, *gharshana* with *parijata* (*Nyctanthes arbortristis*) leaves was carried out followed by *Bakuchi* (*Psoralea corylifolia*) *churna lepa* mixed with *gomutra arka* along with *Krimikuthara rasa* and *Vidangarista* given for one month. Patient gradually started to developing hairs after

applying *Bakuchi lepa* for one month but the progression of growth was less hence stopped *Bakuchi lepa* and stated *Gunjadi taila* application along with *Krimikuthara rasa* and *Vidangarishta* internally, by this the patch started to cover with hairs.

PROBABLE ACTION:

Prachchhana is indicated in *Uttana Rakta*, *Ek Desha* and *Pindit Rakta*. Probably in *Indralupta* also the *Sthiti* of *Dushita Rakta* is *Pindit* and *ekdeshiya*. Hence, *Prachchhana* type of *Raktamokshana* may be more appropriate for the *Raktamokshana* in *Indralupta*. *Krimikuthara rasa* shows antibacterial and anthelmintic potential which helps eradicate the growth of bacteria. It works by causing paralysis and the death of worms. *Vidangarishta* has *Krimighna* (anti-worms) property that provides efficient results in the case of worm infestation when consumed regularly. It also helps to manage indigestion and reduce *Ama* by improving digestive fire. In addition to that, *Vidangarishta* act as a blood purifier due to its *Shodhana* (purification) property. It also has *Deepan* (appetizer) and *Pachana* (digestive) properties which aid in managing problems related to the digestive system like loss of appetite, thirst, bloating, and flatulence.

The *Gunjadi Taila* is a traditional formulation with numerous hair care benefits. It contains:

-***Bhringraj***, which is known as *Maraka* (which helps manage the whiteness of hair), *Keshraj* (improves quality of hair) and *Keshranjak* (helps reduce greying of hair). According to *Bhavprakash Nighantu*, *Bhringraj* promotes hair growth and keeps hair healthy^[10].

-***Gunja***, the ingredient that gives the oil its name. Also known as *Gunghachi* and *Ratti*, this herb has *Keshya* (helps with greying hair), *Indralupta nashaka* (helpful in managing fungal infections such as dandruff) and potent hair growth properties^[11].

-*Pracchan karma* enables the damaged hair follicles to recover through their inherent regenerative capacity.

-It relieves the blockage at the root of hairs, "*Pracchane Pinditehitam*" & stimulates scalp metabolism by increasing blood circulation^[12].

- *Bakuchi* contain rich source of copper and highest amount of furocoumarin. *Bakuchi* has got *katu*, *tikta rasa*, *ruksha* in *guna* and *katu* in *vipaka*, *ushna* in *virya*. *Bakuchi churna* have strong anti-oxidant properties. *Bakuchi* increases the blood circulation locally, thus provide nutrition to the cells present there and helps in the adequate formation of *Bhrajaka Pitta* in the skin^[13].

CONCLUSION

At total duration of 3 months of treatment with *Pracchhana Karma*, *Shamana* and *Lepa* provided significant improvement in *Indralupta* which made the patient happy and smiling.

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