

## A CASE STUDY ON INDRALUPTA

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### ABSTRACT

Appearance plays a crucial role in how people perceive others, which is contributed by hair. Throughout history, hair has played a significant role in our society as it is associated with youthfulness and beauty in women and virility and masculinity in men, so it's of no surprise that hair loss can make men and women feel self-conscious and deprived. Alopecia areata is an autoimmune disease characterised by patchy loss of hair from body or scalp without any inflammatory signs. The incidence of the disease is about 2% worldwide and is considered as the 2<sup>nd</sup> most prevalent disease. Male population is more affected in comparison to women and children and leads to psychological problems due to cosmetic concern. This condition can be co-related to Indralupta in Ayurveda. Indralupta is a condition explained as kapalagata roga by Acharya vagbhatta and as kshudra roga by Acharya sushruta and madhava nidana, characterised by patchy loss of hair particularly over the scalp.

The main line of treatment in contemporary science is cortico-steroids, which has harmful side effects and cannot be used long term. Ayurveda provides different effective treatment modalities for the management of autoimmune diseases like psoriasis, eczema etc. A case study of indralupta was carried out at the outpatient department of Shalaky Tantra at Alva's Ayurveda Medical College, Moodbidri, which was successfully treated.

**Keywords:** Indralupta, Alopecia areata, Pracchana.

### INTRODUCTION

We often see our hair as a reflection of our identity. Hair forms the centre of attraction and each one is conscious about it.

Alopecia areata is one such autoimmune disease characterised by patchy loss of hair from body and scalp which is of non-scarring and non-inflammatory caused due to sudden precipitation of a group of contiguous hair follicles into telogen (resting phase) that usually affects the scalp but can occur elsewhere in the body (e.g. beard, moustache). This condition can be co-related with Indralupta, which is mentioned by

acharaya vagbhatta in kapaalagata roga and by sushruta in ksudra roga. <sup>1,2</sup>The disease is caused by vitiated *Vata* and *Pitta* affecting the hair roots which causes hair loss and the vitiated *Kapha* and *Rakta* obstructs the hair roots and prevents the regrowth of hairs.<sup>3,4,5</sup>In Ayurveda both shodhana and shaman therapy holds good.

### CASE STUDY

A 17 years old male patient came to *Shalaky* outpatient department Alva's Ayurved medical college

hospital Moodbidri, DK with the **chief complaints** of Patchy hair loss over the right side of the scalp since last two weeks.

**Associated complaints:** Generalized hair fall since last one month.

**History of present illness:** Patient was apparently healthy before one month then started with gradual hair loss and patchy hair loss since last 2 weeks. There was no personal history of any psychological disorder, endocrinal disorder (Diabetes), hair plucking habit or family history suggestive of auto-immune disorders.

**Dietary History:** The patient had history like regular intake of curd in night, nonvegetarian spicy food and irregular food habits with consumption, oily and junk food and Ratrijagarana (Awakening in the night), chinta (Stress), Bhaya (Fear), Khroda (Anger).

**On examination:** There was a patchy hair loss measuring approximately of about 3x4cms over the right scalp.

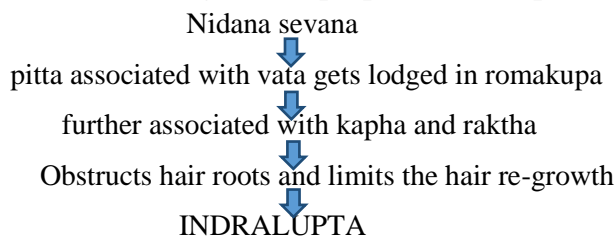
**General Examination-** vitals normal, medium built, without any other associated pathological conditions.

**Table 1:** General Observation of the Patient

General Examinations	
Pulse	72bpm
Blood pressure	120/80mm of hg
Height	140cms
Weight	57kgs
Respiratory rate	20cycles/min
Temperature	Normal
Tongue	Normal
Disease Specific Examination	
Site of Involvement	Scalp
Pattern	Asymmetrical patch
Skin Colour	Normal
Discharge	Absent
Sensation	Present

**SAMPRAPTI:**

**Flow chart 1: showing the samprapti of Indralupta.**



**Table 2:** Samprapti Ghataka of Indralupta

Dosha	Tridoshaja
Dushya	Rasa, Raktha, Asthi
Srotas	Rasavaha, Rakthavaha, Asthivaha
Sroto-dusti	Ati-pravritti, Sangha
Agni	Dhatwagni
Vyakthasthana	Kapala pradesha
Rogamarga	Madhyama
Sadhyasadyata	Kastasadhya

**Differential Diagnosis:**

1. Khalitya: Gradual hair fall
2. Dharunaka: Hair fall with dandruff
3. Indralupta: Sudden patchy hair loss without regrowth of hair.

**Intervention:****Table 3:** Treatment plan of the present study.

SL.NO	Treatment	Route	Duration	Observation
1.	<i>Pracchana</i>	On the affected site	Once	oozing of blood, should be cleaned with cotton.
2.	<i>Jayapala bheeja lepa</i>	On the affected site	After pracchana (3 <sup>rd</sup> day, 10 <sup>th</sup> day)	After 2 <sup>nd</sup> day of application observe for formation of blisters.
3.	<i>Mahamanjistadi Kada</i>	Orally	30ml bd with 90ml of water for a period of 1month.	Appearance of whitish grey hairs on the affected patchy scalp.

**Procedure of Pracchana:**

**Materials Required:** Sterile lancet, gloves, cotton, Triphala Kashaya, jayapala bheeja.

**Purvakarma:**

- Procedure is explained to the patient in his own language and consent is taken.
- Local area is cleaned with *Triphala Kashaya*.

**Pradhana Karma:**

- Sterile Lancet is taken, and continuous prick is given over the scalp on the affected area.
- Care should be taken so that the depth of these serial incision should be neither too deep nor too superficial but should be enough for the blood to ooze out.
- After the bleeding stops, the area should be cleaned using cotton swab dipped in *Triphala Kashaya*.
- Jayapala Bheeja lepa is applied over the patchy area of the scalp.

**Paschat Karma:**

- Care should be taken that the applicant does not spread to the other area.
- Patient is advised not to take head bath.
- Advised to avoid spicy and oily food.

**Pathya – Apathya**

**Pathya:** *Ahara:* *Dugdha* (Milk), *Grita* (Ghee), *Shastikashali* (Rice).

**Vihara:** *Chatradharana* (Using Umbrella)

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

**Vihara:** Head bath, Jagarana (Awakening in the night), Exposure to sunlight, dust.

**Follow Up:**

Patient reviewed 15 days after the treatment (45<sup>th</sup> day) small whitish grey hairs grown on the lesion. Length and density increased; hair fall decreased no further complications observed.



Before Treatment



During Treatment (Blister formation)



After Treatment

## DISCUSSION

Acharya Charaka in *Vimanasthana*, while describing the disorders occurring due to overindulgence in *Kshara*, *Lavana* and *Viruddha Ahara*<sup>6</sup> has mentioned the occurrence of Hair Loss because of it. *Viruddha Ahara* like, simultaneous intake of *Lavana* (salt) with milk in the diet induces *Indralupta*. Thus, it can be said that a person habituated to excessive *Lavana* or *Kshara* intake and taking *Viruddha Ahara* in routine is prone to have *Indralupta*. *Mithya Ahara* and *Vihara Manoabhighata* like mental stress, fright, anger, shock etc. may collectively increase the *Pitta* and *Vata Dosha*. The *Ushna* and *Tikshna* properties of *Pitta* gets augmented whereas the *Vata* suffers an aggravation in *Ruksha*, *Khara* and *Chala* properties. Here an aggravated *Pitta* (*Bhrajaka Pitta*) supported by the vitiated *Dehoshma* burns the kesabhumi, whereas an increased *Vata* gives rise to more frequent and comparatively prolonged *ShiraSankocha* by its *Ruksha* and *Khara Guna*. The *Snigdhatva* and the *Pichchhilatva* of the normal *Kapha Dosha* is prevalent throughout the pores of the skin to keep it soft and moist. By the augmentation of the *Ushna*, *Tikshna*, *Ruksha* and *Khara* properties of *Pitta* and *Vata Doshas* respectively, the *Sneha* and the *Pichchhilatva* of the *Kapha Dosha* are dried up within the pores of the skin of the scalp thus, obstructing the growth of new hairs, causing *Indralupta*.

*Prachana* is a type of *sasastrakruta rakthamokshana*, which helps to remove the vitiated *Raktha* and *Kapha* dosha which obstructs the hair roots<sup>7</sup>. *Prachana* is done as a pre therapy to *lepa* to enhance the efficacy of *lepa*. *Prachana* improves the perifollicular vascularisation and strengthens the hair follicle. *Jayaphala* has skin irritant effect and regulates cell growth and differentiation<sup>8</sup> thus favours the regrowth of hairs. *Mahamanjistadi Kasahya*<sup>9</sup> was selected owing to its *Rakta Prasadhana* (It detoxifies blood and aids to eliminate toxins accumulated in the body) and *Kustahara* property. it is formulated such a way that it can be effective in all types of diseases cause by all *tridosha*.

Thus, all the above treatment modalities would have contributed for the regrowth of hair at the affected site, by pacifying the *doshas*.

## CONCLUSION

From this case report we can infer that *prachana* followed by *lepa* with internal medication of *rakthashodaka dravya* helps in the management of autoimmune disease like alopecia areata i.e. *Indralupta*.

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