

AYURVEDA MANAGEMENT OF INDRALUPTA: A CASE STUDY

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ABSTRACT

Hair is crowning glory and mark of identity of human being. Alopecia areata is the burning hair loss problem in all age groups having prevalence rate in India 0.7%. It is an autoimmune disorder characterized by acquired skin ailment that can affect all the hair bearing skin including scalp, beard. It is characterized by localized areas of non-scarring hair loss which can be co-related with *Indralupta*. *Indralupta* is illustrated under heading *Kapalgataroga* and *Kshudraroga* by *Vagbhata*. *Madhavnidan*, *Yogratnakar* etc. Its main treatment in contemporary medical science is steroids whose long-lasting use is fatal. Hence it is necessary to find better remedies. It can be easily fulfilled by– *Ayurveda*. In *Ayurveda* number of treatment modalities explained like *Shodhana*, *shaman*, *Nidanparivarjana* etc. Here is a case of female patient suffering from alopecia areata was successfully treated with *Ayurvedic shaman Aushadhi* and *rakthamokshana* with *Jalauka* along with *Nidanparivarjana*.

Keywords: Alopeciaareata, *Indralupta*, *Shaman Chikitsa*, *Jalaukacharan*.

INTRODUCTION

Hair is crowning glory of human being. In today's era due to lifestyle changes in food habitats and mental stress etc. hair loss related problems are increasing. Alopecia areata is an autoimmune disease characterized by hair loss on body especially on scalp without any clinical inflammatory signs.⁽¹⁾ Alopecia areata is burning hair loss problem in all age groups having prevalence rate in India 0.7%. Its main treatment in contemporary science is corticosteroids which is having harmful side effects and not advisable for long term use.⁽²⁾ So, world is expecting some remedies from alternative medical sciences. Ayurveda offers different types of treatment modalities for the different

autoimmune disorders. Alopecia areata can be correlated with *Indralupta* disease described in *Ayurveda*. *Indralupta* is illustrated under heading *Kapalgataroga*.⁽³⁾ By *Acharya Vagbhata* and *Kshudraroga* by *Acharya Madhavnidan Yogratnakar* and *Sushruta*.⁽⁴⁾⁽⁵⁾ *Indralupta* is characterized by patchy hair loss. *Pitta* associated with *vata* gets lodged in *romkupa* and causes hair fall, later on *Kaphadosha* associated with *Rakta* causes obstruction to the hair roots and restricts the regrowth. *Raktamokshana* is indicated in *Raktaj Vyadhi* that helps in draining the aviated *Rakta*, in turns plays an important role in *sampraptivighatana* of *Indralupta*.⁽⁷⁾ Internal administration of

Raktaprasadak, Raktashodhak dravyas plays an important role in *Sampraptivighatana*. In *Ayurveda* both *Shodhana* and *shaman* therapy are described for *Indralupta*. Here a case of female patient suffering from *Indralupta* was successfully treated with *Ayurvedic Pachan, shaman* and *Nidanparivarjana*.

Objectives –

1. To study the role of *Ayurvedic Shamana chikitsa* in the Management of *Indralupta*.
2. To explore the literature of *Indralupta in Ayurveda*.

Case History

A Hindu, female patient Mrs. XYZ of 47yrs age visited the Kayachikitsa OPD of Seth Sakharam Nemchand Jain Ayurved Hospital, Solapur with an OPD No. 21566 for the following complains.

Chief complaints – Patchy hair loss since 1 year, Associated with thinning of hair and hair fall.

History of present illness – Patient was said to be asymptomatic one year back. Gradually she noticed thinning of hair and hair loss. Later after days she started noticing the plain scalp at occipital region of head while massaging head during oil application. Then it started worsening day by day with thinning of hair and very few hairs on scalp. Then she consulted many Dermatologists and took medicine for 3-4 months including oral and topical medications. There was no improvement and she approached our hospital for further treatment.

Ashtavidha Parikshana –

Nadi -78/min, *Sarpagati Vatapradhan.*, *Shabda-Prakrut*, *Mala- Samyak*, *Sparsha-Anushna shita*, *Mutra- Samyak.*, *Drika- Prakruta.*, *Jivha –Ishat sama.*, *Akruti-Krusha*

Srotas Parikshana:-

1. *Annavahasrotas*:- *Arochak*, *Agnimandya*.
2. *Rasvasrota- Aruchi*,
3. *Raktavahasrotas*:- *Khalitya*, *Palitya*, *Shirokandu*.

Nidanpanchaka:-

Hetu- frequently intake of bakery products, curd, spicy food, Fish, *Sabudana khichdi*, *Atilavana sevana.*, *Purvarupa- Kesha Khalitya*, *Rupa* –Patchy hair loss at occipital region of head, Itching at the site

Samprapti ghataka –

Dosha:-*Vata, kapha, Dushya*:- *Rasa, Rakta, Asthi.*, *Strotas Dushti- Annavaaha, Rasavaaha, Raktavaaha, Udbhavasthana*:-*Amashaya, Adhishthana*:-*Shirapradesha, Vyakitssthana*:-*Shirapradesha Sadhyasadhyatva*:-*Kruchrasadhya, Vyadhi vyavacheda* –*Indralupta, Khalitya.*, *Vyadhivinshaya*:-*Indralupta*.

Local examination –

Scalp and hair., Inspection – Patchy hair loss., Site – occipital region., Shape – 4 X 5 cm., Thinning of hair., No any other skin lesion over scalp.

General examination- Moderately built with no other systemic illness.

Investigations- Routine hematological and urine investigations were carried out to rule out systemic pathology (All parameter were found within normal limit)

Materials and methods –

Methods-Center of study – S.S.N.J. Ayurvedic Hospital Solapur, Maharashtra, India.

Method of samling and study design- Simple randomized single case study.

Materials -

Treatment protocol – 1. *Pachan Aushadhi.*, 2. *Shamanaushadhi.*, 3. *Jalaukavacharan.*, 4. Local application of *tail.*, 5. *Nidanparivarjana*.

The patient was prescribed medicines as per table No. 1. The combination of *Ativisha, Sunthi, Musta, Haritaki* each 250 mg twice a day for 7 days with luke warm water after meal. Combination of *sarivachurna* (*Hemidesmusindicus*), *Manjishtha churna* (*Rubiaccordifolia*),⁽⁸⁾*Haridrakhand* each 250 mg twice a day with luke warm water after meals. *Avipattikarchurna* 2 gm with luke warm water at bed time. All these *shaman Aushadhi* given for 2 months. *Arogyavardhini* was given 250 mg twice a day for 28 days then stopped for 7 days and continued up to 2 months. Local application of *Karanja tail* with piece of bandage on affected area, massage for 2 minutes at site. It is given for 7 days *Jalaukavacharana* was done in four settings of seven days interval. Patient was asked for follow up after every 10 days.

Table 1: Showing materials used in study

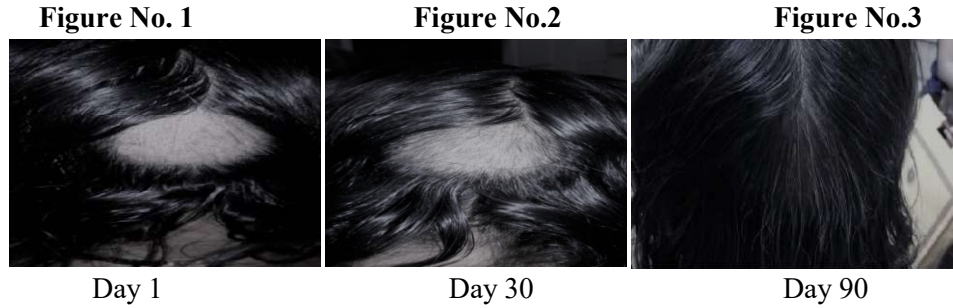
No.	Medicines	Doses with <i>Anupana</i>	Duration of Administration
1.	<i>Ativisha, Musta, Shunthi, Haritaki</i>	Each 250 mg twice a day after meal with luke warm water.	7 days.
2.	<i>Sariva, Manjishtha Haridra khanda</i>	Each 250 mg twice a day after meal with luke warm water.	2 months.
3.	<i>Gandhak Rasayan</i>	250 mg twice a day after meal with luke warm water.	2 months.
4.	<i>Arogyavardhini</i>	250 mg twice a day after meals with luke warm water	1 month
5.	<i>Mahamanjishthadikwath</i>	20 ml twice a day after meals with luke warm water.	2 months
6.	<i>Avipattikarchurna</i>	2gm once a day at bed time with luke warm water.	2 months
7.	<i>Karanj tail</i>	Application on affected area with piece of bandage and gentle massage twice a day.	First 7 days with piece of bandage and then only oil application up to 2 months.

Table 2: Showing *Nidanparivarjana* –

Sr. No.	Itio pathological factor	Advise
1	<i>Atilavan, Atikatu, ParyushitAhar</i>	To stop excessive <i>katu, lavanahar</i> .
2	Milk and meal	To stop eating milk with any food or fruit.
3	Use of cold water	To use <i>ushnodaka</i>
4.	Mental stress.	To stay calm. <i>Pranayam</i> for 15 min.
5.	<i>Divaswap</i> (Day Sleep)	To avoid
6.	<i>RatraJagaran</i> (Awake till late night)	To avoid.

Table 3: Showing observations and results

Day	Observation and results
1	Investigations done and medicine starts.
10	No any fresh complaints seen. No any change at site of hair loss seen
20	Blackish, greyish spots over affected site
30	Small white, greyish hairgrowth seen at the site of patch
40	Small greyish hairs grown on the patch. Length and density increases.
50	Patch completely covered with small white, greyish hairs.
60	Hairs grown up to 5 cm on the patch of occipital region
3 months	Normalized hair growth at the site.
6 months	No any recurrence observed.



DISCUSSION

Acharya Charaka explained that *Tejas* by involving *Vatadidosha* when reaches the scalp, it results in *Khalitya (Indralupta)*.⁽⁹⁾ According to Acharya Sushruta *Pitta* with *Vata* involving roots of hair (*Romkoopa*) causes fall of hair and thereafter *Shleshma* along with *Shonita* obstructs the channel of *Romkoopa* leading to the stoppage of the regeneration of hair and this condition is known as *Indralupta*.⁽¹⁰⁾ Charaka in *Vimansthana* mentioned that *Atilavana, kshar, virruddhaharsevana* leads to hairfall.⁽¹¹⁾ *Mithya Ahar, Vihar, Manobhighata (Mental stress)*, fright, anger, shock etc. may aggravate *Pitta* and *Vatadosha*. The *Ushna* and *Tikta* properties of *Pitta* gets aggravated whereas the *vata* suffers an aggravation in *Ruksha, Khara* and *Chala* properties. Here an aggravated *Bhrajak Pitta* burns *keshabhumi* whereas increased *vata* gives rise to *sirasankocha* by its *Ruksha, Khara Guna*. Due to these *Khara and Rukshna Gunas* of *Vata Dosha, Pichhilatva snigdhatva* of *kaphadosha* diminished which leads to dryness in pores, blockage of *Romakoopa*. Thus, obstructing hair growth causes *Indralupta. Ampachana* by *Ativisha, Musta, Shunthi, Haritaki* help to *Strotoshodhan, Agnidipan*, Application of *Karanj tail* first seven days with piece of bandage then gentle massage of *Karanj tail* two minutes up to may help to open the skin pores and also act as *Krumighna, Kandughna* which leads to hair growth. *Sariva, Manjishtha* causes *Raktaprasadana* (blood purifier), *Pittashamak* effect. *Haridrakhanda* also act as blood purifier, *kandughna, Kledaghna* helps to reduce *kleda*. *Mahamanjishthadikwatha* mainly act as *Raktaprasadak* (Blood purifier) as well as *Tridoshashamaka*. It increases skin glow. Formulations *Arogyavardhini Rasa, Gandhakarasyana* helps

in opening the blockage of *Strotasa* due to *Apatarpana. Gandhaka Rasayana* also causes *Raktashuddhi, Dhatugata malshodhana*. It also deals with aggravated *Tikta, ushna guna* of *Pitta Dosha*. Thus *Gandhaka Rasayana* act as *Rasayana, Kushthaghna, Vishaghna, Jantughna etc.*⁽¹²⁾ *Avipattikar churna* act as *virechak, Koshthashodhana*, resulting in *Pittashaman. Jalaukavacharana* is one of the treatment modality comes under *Raktamokshana-Shodhana karma* which deals with *Raktadushti* and does *Dushta Raktavsechana*.⁽¹³⁾ *Jalauka* secretes hirudine anticoagulant substance. It relives blockage at the root of hair which helps to provide nutrition to hair. It is used to eliminate toxins that are absorbed into the bloodstream through the GIT. This process purifies the blood. It prevents hair fall and help to re-growth. *Nidanparivarjana* was also found helpful in the management of the disease.

CONCLUSION

The patient suffering from Alopecia areata was successfully treated with *Ayurvedic Shamana* and *Shodhana* therapy. *Nidanparivarjana* is also an important part of treatment. This treatment protocol should be clinically evaluated on large number of patients to confirm their efficacy.

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