



“Ayurveda Treatment Protocol In the Management of Indralupta (Alopecia areata)- A Case Report”

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ABSTRACT-

Alopecia areata, an autoimmune disease characterised by hair loss can be correlated with *Indralupta* in *Ayurveda*¹. Due to side effects and limitation of the contemporary science, some harmless and effective medicines diseases. Here a case of alopecia areata successfully treated with Ayurvedic management is recorded.

The lifetime incidence of AA is approximately 2% worldwide. Global DALYs for AA were calculated at 1,332,800 in 2010. AA patients are at risk for depression and anxiety, atopy, vitiligo, thyroid disease, and other autoimmune conditions. Attitudes towards different hair, such as hairstyles and hair removal, vary widely across different cultures and historical periods, but it is often used to indicate a person's personal beliefs or social position, such as their age, sex, or religion. 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*. Hence all these are pointing towards a better and affordable remedy which can be provided much effectively by our ancient science Ayurveda. Hence considering all these the treatment was planned for a week with internal administration of *Talkeswar ras* along with *Krimikutararasa* and *Shatavari churna* as *Rasayana*. Also, an external application of *Gandhak Malham*. where head bath was not allowed as per the strict rule of our *Acharya* for more precise result. The results shown were profound, quick and permanent and are outstanding evidence of clinical application of principles of *Ayurveda*. Here a case of alopecia areata successfully treated with *Ayurvedic* management is recorded.

Key words-Alopecia areata, *Indralupta*, Hair, *Ayurveda*.

INTRODUCTION-

In *Sushruta Samhita* under *Kshudraroga Indralupta* is narrated. *Kshudra roga* is 'Minor disease' or disease of negligible manifestation. *Kshudra* is made up of two words i.e., *Kshudra* means *alpa*; or short/small/minor and *roga* means disease². In *Ayurvedic* approach, loss of hair is coined out as in term of '*Indralupta*' under the broad heading of *Kshudra Roga* except *Vagbhatta* who has mentioned it under *Kapala Roga*³. According to *Acharya Sushruta* and *Vagbhatta Vata Doṣha* along with *Pitta Doṣha* resides in *Romkoopa* (hair root) results in hair fall (*Keshapatan*). After then *Kapha Doṣha* along with *Rakta Doṣha* block *Romkoopa* (hair root) so no more hair produce on that place, its results in *Indralupta*⁴. According to *Acharya Kartikeya* hair loss of beard and moustache is called *Indralupta*. According to *Ayurvedic* fundamentals *Kesha* is Mala of *Asthi Dhatu*⁵. According to modern, Alopecia types are Alopecia Areata, Alopecia Total is, Alopecia Universalis, Androgenic alopecia, Traction alopecia, Scaring Alopecia but as per symptoms of *Indralupta*, it can correlate 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. Early hair fall has been attributed to be the result of varied factors like hormonal imbalance, faulty hair care, pollution, cosmetic, junk food etc. To solve the above query and to find out promising remedy the present study '*Indralupta*' (Alopecia Areata) has been undertaken. *Indralupta* occurs due to *Rakta Dushti* and treatment of *Indralupta*, *Prachchhana* karma is stated by major *Acharya*. For the treatment of vitiated *Rakta*, *Raktamokshana* is the line of treatment. *Prachchhana Karma* is one among *Rakta Mokshaṇa*. *Acharya Sushruta* and *Acharya Vagbhatta* both described *Prachchhana Karma* as a treatment of *Indralupta*. Microneedling first gained its reputation as a scar treatment during the 1990s. Since then, it's been studied as a potential alternative or adjunctive treatment for androgenic alopecia and alopecia areata. To fully grasp the benefits of microneedling for the hair and scalp, we first need to understand the science behind microneedling⁶. "Microneedling works by mechanical controlled injury into the dermis," Rabach tells us. (The word injury has a negative connotation)

<i>Dosha</i>	<i>Pitta (ch.)</i> , Deep located (<i>Grathika Rakta</i>) ⁷ Person having most delicate constitution
<i>Dhatu</i>	<i>Rasa, Rakta, Lasika, Mamsa</i>
<i>Prakriti</i>	<i>Sukumara</i> ⁸ , Child, Women, Old man, King etc.
<i>Disease</i>	<i>Kushtha, Arsha</i> etc.
Clinical Research Findings	Piles venous congestion, manifestation of ear and nose, headache, whooping cough, thrombosis, brain tumour, skin disease, tonsillitis, swelling and local inflammation etc.
<i>Kala</i>	<i>Sharad ritu</i> (Autumn), not in extremely hot or cold season, In winter season- at noon, summer season- at cool time In rainy season- clear sky.

Chart-1

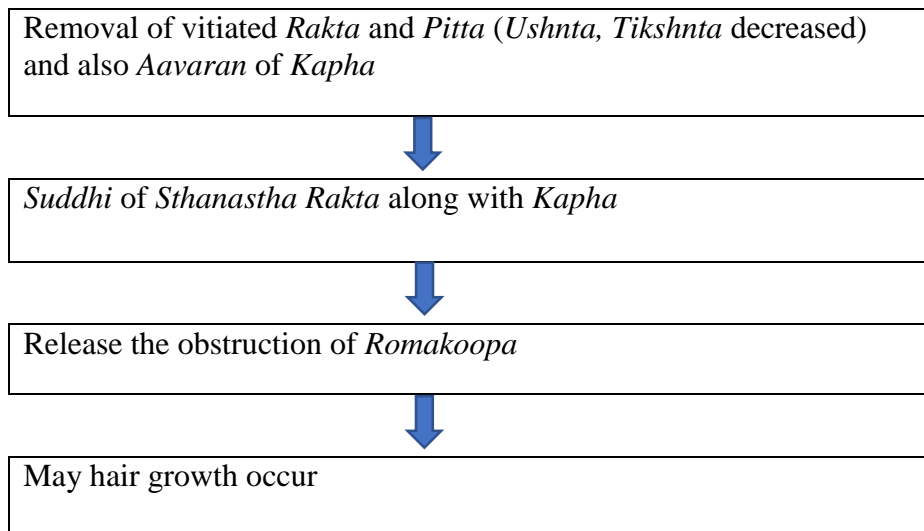
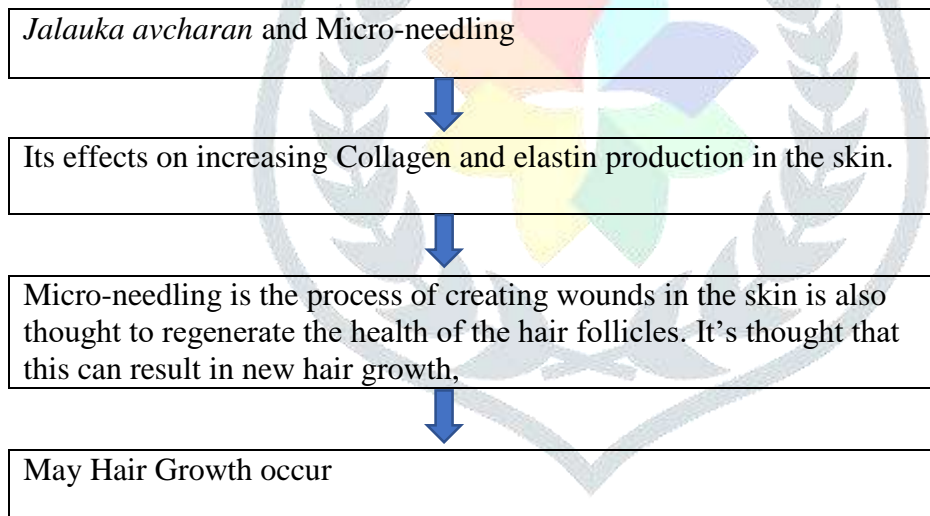


Chart- 2

**CASE –**

A 21 years old boy came to our OPD (OPD No. 34455) of Government *Dhanwantari Ayurvedic Collage* Ujjain on 22/4/2021 with history of patchy hair loss on scalp, with mild itching over affected area and gradual increment in the last 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. There were patchy hair loss measuring about 4x6 cm and 2x2 cm on left temporal region and parietal 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, except slight pallor.

Local examination showed no scarring or cicatrisation, nor any other skin lesion over scalp, no tumour 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. Routine urine, haematological and biochemical parameters were also carried out. Haemoglobin percentage was 14.3 gm%. Rest of all parameters were found within the normal limit. The patient was clinically diagnosed as case of *Indralupta* (Alopecia areata) and advised for *Panchakarma* therapy for *Shodhana Karma*. As the patient was very impatient about relief, he wants result as soon as possible so cumulative treatment, Shaman therapy in combination with *Jalauka Avcharan* and Microneedling is advised. Externally, *Chakramard beej churn*⁹ was advised to be prepared at home by the patient by soaking *Chakramard* (Seeds of Cassia tore) in butter milk for a night and then triturating it. Then it was advised to rub over the affected part with application of the *Lepa* for five to ten minutes along with butter milk. Internally *Talkeswar ras*, *Kramikuthar ras*, *Shatavari churna*. All the possible etiopathological factors involved in the disease were strictly stopped. (Table 5) Patient was allowed to visit after every 15 days as he was coming from distant city. On second visit (after 15th day), patient complained of itching and burning after application of *Gandhak Malham*. Redness in scalp was observed. Patient was prescribed *Gandhak Malham* for local application along with *Chakramard beej churn* at the time of severe itching. On third visit (after a month), no improvement was observed on the patches but dandruff was decreased. Preliminary some brownish and some whitish thin hairs appeared in some part of the bald patches [on fourth visit (45th day)], then small brownish black hairs grown [on fifth visit (60th day)] and finally blackish hairs started to grow [on seventh visit (90th day)]. Both the patches were completely filled up with small hairs after four months of the treatment. *Chakramard beej churna* was stopped then and only *Gandhak Malham* was continued. Spots over patches were reduced in 3rd visit and were invisible after 8th visit. The hairs on the patches gradually grown longer and after ten months, they grown as sufficient and similar as that of neighbouring area. Patient was followed every two months then after for period of two years. No recurrence was observed during this period.

Sushruta has mentioned *Indraluptaas Rakta pradhoshaja vikara*. *Pitta* associated with *Vata* gets lodge in *Romakupya* and causes hair fall, later on *Kapha dosha* associated with *Rakta* causes obstruction to the hair roots and restricts the regrowth. *Raktamokshana* is a technical term employed to denote a para-surgical procedure to expel out the vitiated blood from selected areas of the body, by specific methods. *Acharya Sushruta* propounds practical guidelines for bloodletting and claims it as most effective therapy in half of the body ailments. Among various methods for bloodletting such as *Jalaukavacharana Karma*, *Prachhanna Karma*, and *Siravedhana Karma*, *Jalaukavacharna Karma* (Leech therapy) is considered as the ideal method to expel out the vitiated blood safely, quickly, and effectively.

No osteopathological factors Advised

1. *Ati-lavana sevana* to stop excessive use, to used *Saindhava Lavana* instead of *Samudra Lavana*.
2. Milk + Meal (At night regularly) To stop eating milk with any food or fruit.
3. Use of cold water to use *ushnodaka* (Warm water) for drinking.
4. Mental affliction (Anxiety and depression) *Pranayam* for 15 min in morning.
5. Day sleep (2 hrs soon after meal) To avoid.
6. Awakening till late night (till 1 am) To avoid.

Provided treatment and follow up

1. 1st day Investigations done and medicine started
2. 15 days relives in Itching and burning sensation after application of *chakramard churn*. Redness over applied area. Improvement in excessive scaling. Prescribed *Gandhak Malham* for local application.

3. 30 days Improvement in dandruff.
4. 45 days Sparse greyish hairs with brownish titch appeared over some part of the bald patches.
5. 60 days Small brownish black hairs grown on the patches. Length and density increased.
6. 75 days Hair fall decreased. Blackish hairs grown. 4 months Both patches completely covered with small hairs.
7. 90 days Normalized hair growth at the both sites.

RESULT -



Pic-1 (1st day)



Pic- 2 (after 60 days)



Pic- 3 (after 90 days)

24 months No any recurrence was observe

DISCUSSION-

Acharya Charaka mentions that *Tejas* by involving *Vatadi Dosha* when reaches the scalp, it results in *Indralupta*. According to *Acharya Sushruta*, *Pitta* along with *Vata* by involving the *Romakoopa* (roots of hair roots) of hair causes fall of hair and thereafter *Shleshma* along with *Shonita* obstructs the channel of

Romakoopa leading to the stoppage of the renaissance of hair and this condition is known as *Indralupta*, *Khalitya* or *Ruhya*. Thus *Vata*, *Pitta* and + *Dosha* and *Rakta Dushya* are the main internal causative factors of *Indralupta*. *Charaka* in *Vimanasthana*, while describing the disorders occurring due to over indulgence in *Kshara*, *Lavana* and *Viruddha Ahara* has mentioned the occurrence of Hair Loss as a consequence. It has been mentioned that the *Viruddha Ahara*¹⁰ like, simultaneous intake of *Lavana* (salt) with milk in the diet induces *Indralupta*, as observed in the people of *Saurashtra* and *Bahlka*. 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 communally increase the *Pitta* and *Vata Dosha*. The *Ushna* and *Tikshna* properties of *Pitta* get 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 *Keshabhoomi* whereas an amplified *Vata* gives rise to more frequent and moderately prolonged *Shira Sankocha* by its *Ruksha* and *Khara Guna*. The *Snigdhatva* and the *Pichchhilatva* of the normal *Kapha* *Dosha* is prevalent throughout the pores of the skin so as 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*.

Jalukaavcharn pacifies vitiation of *pitta dosha*. *Jaluka* have many distinct enzymes in its saliva, through which they act. The enzymes enter the blood through the place the leech sucks the blood. However, it is formulated such a way that it can be effective in all types of diseases caused by all three *dosha*. This *Jaluka* enzymes also has the aptitude to stay in the blood and do vasodilation and further facilitate the blood supply to the surrounding tissue and necrosis and healing. Some anti allergic factors ensure reduction in the lesions.

Microneedling aside from collagen production in the skin, which is thought to underlie one of the reasons it may be beneficial for acne scars, it's thought that microneedling can also help induce stem cells. Trusted Source in the hair follicles that may lead to hair growth.

*Talkeswar ras*¹¹ is one of *Khalvi Rasayana*. It has Arsenic Tri Sulphide (*shuddha Haratala*) as one of the ingredients which is least toxic among the arsenic compounds used in *Ayurveda*. *Talakeshwara Ras* effective in all skin disorders (*Sarva Kushta hara*). As skin disorders (*Twak vikaras*) are mainly due *Rakta dhatu* vitiation. Above mentioned drugs have their activity as *Rakta dosha hara* and *Kushta hara* (eliminates skin diseases).

In the treatment of *Indralupta* it is suggested for scraping the scalp with paste of *chakramard beej churn*. and applied the paste for some duration. Scraping helps in removal of hair root obstruction and helps in external purification of skin of scalp and removal of dandruff. *Nidana Parivarjana* was also found helpful in the management of the disease.

CONCLUSION –

The patient suffering from Alopecia areata was successfully treated with *Ayurvedic Shaman* therapy. *Nidanaparivarjana* was also a necessary part of the treatment. This treatment protocol should be clinically evaluated on large number of patients to confirm their efficacy. *Jalaukavcharana* is best alternative therapy which can be used to treat *Indralupta* with oral medication. Leeching can be learned relatively quickly and can reduce the complication arising from the excessive use of synthetic drugs. In addition, it is economical and cost-effective therapy for this common ailment with no short-term side effects. The result of this case study has shown a potential for treating alopecia

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