

A COMPARATIVE CLINICAL STUDY ON TIKTHA PATOLA PATRA LEPA AND MARICHA CHOORNA LEPA IN THE MANAGEMENT OF INDRALUPTA

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ABSTRACT

Indralupta is a disease considered as *Kapala gata roga* by *Vagbhata* and *Kshudra roga* by *Susrutha*, which is characterized by loss of Hair in which the vitiated *Tridoshas* along with *Rakta* affects the Hair roots follicles causing loss of hair and hampers the regrowth by obstructing the Hair roots. The etiological factors like *Guru Snigdha*, *Atilavana*, *Viruddh Ahara Vihara*, *Atapasevena* etc. are responsible for *Indralupta*. *Indralupta* symptomatically can be correlated to Alopecia Areata which is a Autoimmune Disease resulting in loss of hair from scalp or elsewhere on the body. This is one of the most common but very challenging and capricious disease affects approximately 1.7% of World's population. The present work has been undertaken to evaluate effect of Sthanika Chikitsa like Shiro Lepa with drugs having combination of Katu Tikta Rasa Pradhana, Laghu Ruksha Ushna Virya Oushadha's Patola Patra Swarasa and Maricha Choorna in the management of Indralupta.

Key words: - **Indralupta**, **Alopecia Areata**, **Shiro Lepa**, **Patola**, **Maricha**

INTRODUCTION

Healthy, beautiful and attractive hairs increase the charm of the personality. Cascade of beautiful and healthy hairs mesmerized every person. Locks of hair envisage in itself an element vital for beauty. On the contrary withering hairs may totally turn the picture bizarre and unacceptable, especially when it starts at younger age. Therefore, to keep the healthy hair in a healthy state is beneficial to everyone, because like face hair is also mirror of one's health.

Shalaky Tantra is one among Astangas and holding an important role in dealing with the diseases of Head and neck. Head is considered as Uttamangam. In Ayurveda head is said to be root of the plant for possessing all special Senses and Prana. Hence it should be protected and treated as early as possible in diseased conditions.

Shiras is considered as uttamanga by our acharyas. It is one among the thri marmas. Vagbhata explained 19 diseases under the heading of Shiro roga. Among which 9 are shiro kapala roga and Indralupta is one among them. Pachy hair fall in ayurveda is termed as Indralupta. In Vedic period also, there are descriptions about hair problems. In Atharva Veda, the words such as Kesha Brimhani And Kesha Vardhini are mentioned.

Alopecia Areata, a dermatologic disorder that has been recognized for more than 2,000 years, is a common problem in primary care practice. Alopecia Areata, also known as spot baldness, there are many types of Alopecia depending upon the pattern of hair loss. Alopecia Areata-a pattern in which there is one or more well defined spots of hair loss on scalp. The etiology of Alopecia Areata is idiopathic or for unknown reasons the body's own immune system attacks the hair follicles and disrupts normal.

The hair loss is believed to have an autoimmune basis and typically presents as patchy areas of hairlessness on various regions of the body. Severity ranges from localized Alopecia Areata, which accounts for most cases, to total loss of scalp hair (Alopecia Totalis) or loss of all body hair (Alopecia universalis). Although other autoimmune disorders sometimes occur with Alopecia Areata, most patients are healthy.

In the ayurvedic literature references regarding the dietary measures, medicaments and various treatment modalities for Indralupta are explained by different acharyas. The treatment principles mentioned are Shiro Abhyanga, Nasya, Shiro Lepana, Shiro Prakshalana And Shirobasti, Siravyadha (Raktamokshana). In this study shiro kapala lepa was taken for evaluation.

Shiro kapala lepa is a part of ayurvedic treatment modality of shirokapala roga and rejuvenation therapy. Shiro kapala means scalp and lepa means paste application, so the procedure in which a paste of various medicinal powders and herbal juice is applied on the scalp is called shiro lepa. This is the most soothing and cooling therapy for brain, hair as well as body.

Many more simple remedies are found in Ayurvedic classics in the management of Indralupta. Sarangadhara samhitha has mentioned the application of Tikta Patola Patra swarasa Lepa on Indralupta Chakra dutta mentioned Maricha Choornam for the treatment for Indralupta. The drugs of the yoga are easily available, economical and effective. Since Maricha Choorna lepa has the property of Kapha Vatahara it has been selected (as control group) for the comparative study with Tikta patola patra lepa.

METHODOLOGY

OBJECTIVES OF THE STUDY

- To evaluate the effect of Tikta Patola Patra Lepa in the management Of Indralupta.
- To evaluate the effect of Maricha Churna Lepa in the management Of Indralupta.
- Comparative effect of both Patola And Maricha in the management Of Indralupta.

SOURCE OF DATA:

A) Sample Source

40 patients were recruited from the IP & OP Department of Ashwini Ayurvedic Medical College, Hospital and Research Centre, Tumkaru

Research Design:

It is observational (Group A & Group B) clinical study with before after and follow up test design.

Sample Size:

Total number of patients taken for the study will be 40 excluding dropouts.

Source of Material:

The fresh leaves of Tikta Patola Patra and Maricha Churna collected and identified by the botanist.

DIAGNOSTIC CRITERIA:

Diagnosis will be done according to the signs and symptoms as per Ayurvedic classics & contemporary medical text books and modern reference books.

- patients with the cardinal symptoms of Indralupta

INCLUSION CRITERIA

- Patchy hair fall occurring anywhere in the scalp.
- Patients coming within the age group of 16 to 50 years.
- Fulfilling the criteria of disease Indralupta without any bar of caste, sex, religion and occupation

EXCLUSION CRITERIA

- Patients with other form of Alopecia Areata like Alopecia totalis and Alopecia universalis.
- Associated with complications like DustaVruna etc.
- Patient suffering from any severe systemic illness were excluded.
- Alopecia due to other scalp disorders

OBSERVATIONS

- 40 Indralupta patients were selected and divided into two groups namely group A & B Group A is treating with lepa of Patola Patra Swarasa and Group B is treating with lepa of Maricha Choorna respectively.

SAMPLE SIZE	20 patients	20 patients
PROCEDURE	Shirokapala lepa	Shirokapala lepa
DRUG FOR PROCEDURE	Patola patra swarasa	Maricha choorna
DURATION OF TREATMENT	Alternate days in a week	Alternate days in a week
DURATION OF FOLLOW UP	15 days	15 days
DURATION OF PROCEDURE	10- 15 minutes	10- 15 minutes

STATISTICAL ANALYSIS

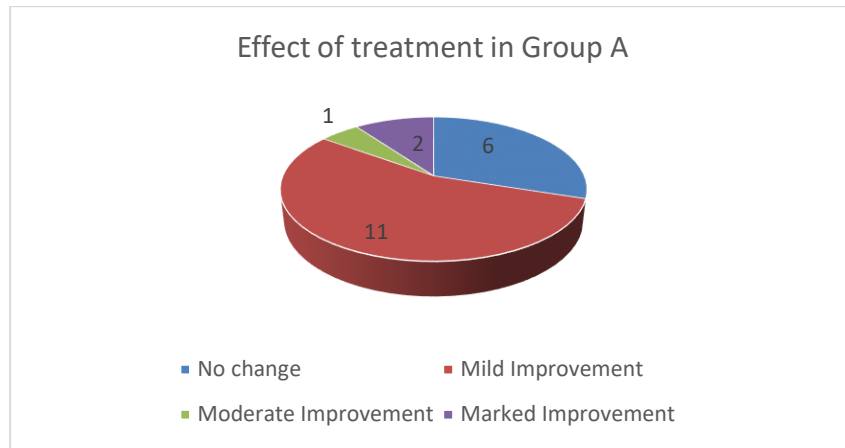
Data will be collected using case report form designed by incorporating all aspects (Ayurveda & modern medicine) for the study. Such collected data will be tabulated and analyzed using SPSS (Statistical package for social sciences) version 20 by using appropriate statistical test. Demographic data and other relevant information will be analyzed with descriptive statistics. Continuous data will be expressed in mean \pm standard deviation, and nominal and ordinal data will be expressed in percentage. Obtained data will be analyzed statistically with Student T test.

ASSESSMENT OF TOTAL EFFECT OF THERAPY

Table no. 1: Overall effect of Patola Patra Swarasa -Group-A

EFFECT OF TREATMENT IN GROUP – A		
Class	Grading	No of patients
0-25%	No change	6
26%-50%	Mild Improvement	11
51% - 75%	Moderate Improvement	1
76% - 100%	Marked Improvement	2

Chart no: 1

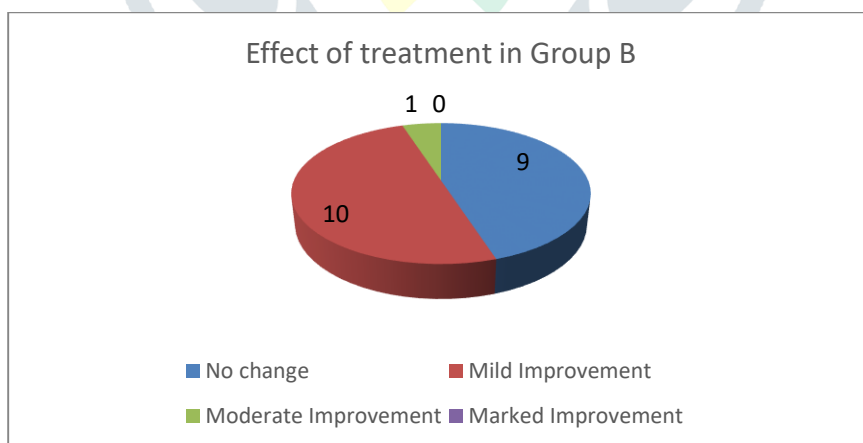


ASSESSMENT OF TOTAL EFFECT OF THERAPY

Table no. 2: Overall effect of Maricha Choorna Group-B

EFFECT OF TREATMENT IN GROUP – B		
Class	Grading	No of patients
0-25%	No change	9
26%-50%	Mild Improvement	10
51% - 75%	Moderate Improvement	1
76% - 100%	Marked Improvement	0

Chart no. 2



COMPARATIVE RESULTS OF GROUP-A AND GROUP-B**Table no. 3**

Signs and Symptoms	Group A (Mean Score)	Group B (Mean Score)	T Value	P Value
	Hair fall	1.35		
Rukshata	0.83	0.73	1.67	0.06
Kandu	0.52	1.17	-3.35	0.00
Hair loss or Alopecia	1.27	1.10	0.99	0.17
Dandruff	0.50	1.10	-3.11	0.00
Presence of complication	0.80	1.17	-1.49	0.08
No. of Patches	1.10	1.42	-2.70	0.01
Size Of The Patch	1.62	1.77	-0.54	0.30
Hair pull test	1.97	1.53	2.90	0.00

COMPARATIVE RESULTS OF GROUP A AND GROUP B**Table no. 4**

Group	BT	AT	Difference	%
A	31.22	19.78	11.44	36.64%
B	32.89	23.33	9.56	29.07%

Comparative analysis of the overall effect of the treatments in both the groups was done. The analysis shows that drug in group A, Patola Patra Swarasa is more effective with 36.64% than Group B, Maricha choorna with 29.07%.

DISCUSSION ON DRUG REVIEW**Mode Of Action Of Patola**

Patola has tikta, katu rasa, Katuvipaka, laghuguna, Usanaveerya and also Patola has Pitta shamaka property it is having Deepana, Pachana action which acts on agnimandhya. Rechaka effect of Patola will act on prakupita Pitta dosha. drugs having tikta rasa is capable of increasing asthidhatu. The changes taking place in asthidhatu will also influence the hair. Laghu guna and ushna veerya it is channel clearing. It promotes hair growth due to its kaphapitta samana and kesya property.

In this study Patola is used as swarasa lepa. Swarasa is mentioned as most potent among panchavidha kashya kalpana. those drugs is mentioned for pharmaceutico therapeutics purpose whose liquid part is therapeutically potent usually the palnts which are fleshy , containing plenty of liquid part which is most of the time aqueous in nature or contain significant aqueous liquid are mentioned for preparation of swarasa.

Aqueous liquid has more bio availability, distribution in maximum body fluid, compartments and achieve peak plasma level within short time. Manufacturing of swarasa involvement of very few and simple pharmaceutical process leads very less physical or chemical changes in compare to other dosage form.

Mode of action of Maricha Choorna

Maricha by itskatu rasa usna veerya katu vipaka increases agni and by tikshna ushna guna expels the vitiated dosas which are in sanchaya avastha. By using drugs having vata samana property, due to their ushna veerya, and having the capacity of channel clearing (srotosodhana), the obstruction of the channels (srotorodha) is overcome and proper nourishment of the hair is achieved. Hence the study indicates that ushna veerya and sroto sodhana property are the two factors closely associated with hair growth.

In this study maricha choorna is taken as lepa. There are so many advantages of churna *Upkalpana* like Easy to administration, Pleasant and agreeable taste, Safe in use, High therapeutic efficacy, Accepted by all age groups, Longer shelf life .In this study churna is taken up to decrease the molecular size of the drug so the absorption is more.

Probable mode of action of Shiro Lepa

Lepas are usually applied against the hairfollicular direction, this facilitates the quicker absorption of the drug potency through *Romakupa*(hair roots), *swedavahini* (sweat glands) and *siramukha* (**blood capillaries**). Lepa has potential to mitigate Dosha (inflammation) only when it is moist, should be removed when it has dried.

Lipophilicity of a drug is a main factor for skin permeability. Lipophilic binary vehicle would be a good vehicle to carry hydrophilic drugs. Hydration of skin, degree of friction to the surface and increase in local temperature can be achieved by doing Abhyanga as Purva karma. It also aids for vasodilatation and easy penetration of drug through the skin. Penetration of active ingredients through follicles and skin has helped to reverse the pathology.

Discussion on overall assessment of treatments

Comparative analysis of the overall effect of the treatments in both the groups was done and showed that the treatment is more effective in Group A when compared to Group B. Group A overall result is 36.64% and Group B overall result is 29.07%.

Conclusion

The Detailed clinical study in the light of demographic data brought to light that is Patola patra lepa is more effective in the treatment of Indralupta. The test reveals that there is statistical difference between the two groups with comparatively better results in Group A. the results of parameters Dandruff (70%), Hair Loss (51.22%), Kandu(47.06) , Rukshatha(55.56%), Hairfall (48.65%) Hair pull test (9.09%), No.Of Patches (34.48%), Size of the Patch(36.17%) Presence Of Complication (10.53%).

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