



AYURVEDIC APPROCH TO INDRALUPTA W.S.R. TO ALOPECIA AREATA - A CASE STUDY

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ABSTRACT: Nowadays scalp and hair diseases are of more importance in society because of their cosmetic value and personality reflection. *Indralupta* is a disease among *Kapalagataroga* (diseases of scalp) characterized by hair loss in the form of patches. It can be correlated to Alopecia areata in contemporary science where there is currently no cure. In ayurveda, the detailed management of the *Indralupta* was there. A female patient 27 years old diagnosed with *Indralupta* was treated with a course of *Gharshana*, *Shiro-abhyanga*, *Nitya-virechana* and *Marsha Nasya* for 7 days. Regrowth of hair from hair follicles was evident within 10 days of treatment.

KEYWORDS: Alopecia areata, *Indralupta*, Hair Loss, *Gharshana*, *Shiro-abhyanga*, *Nitya-virechana*, *Marsha Nasya*

INTRODUCTION:

Alopecia areata is one of the most common forms of hair loss. In general population, the prevalence is estimated at 0.1-0.2% with a lifetime risk of 1.7%. Both males and females are equally affected, but it occurs more in males. It can occur at any age but 60% of patients had their first patch before 20 years of age. Highest prevalence was between 30-59 years of age. Family members are affected in 8.7-20% of cases.¹ Hair contributes to one's personality and reflection of identity. In women hair is symbol of femininity and nature gifted ornament. It is a crowning glory to one's personality and center of attraction. So each one is extra conscious about it and is in search of better remedy for hair growth.

Indralupta is one among the *kshudra roga* according to *acharya Sushruta*² and *shirokapala gata roga* according to *acharya Vaghbata*³ which is characterized by patchy loss of hair. *Samprapti* initiated primarily because of vitiated *pitta* entering the *romakupa*. The *pitta* after vitiation circulates throughout the body by virtue of vitiated *vata*. The *pitta* on entering the *romakupa* provokes the *vikshepana guna* of *vata*, the combination of the both effect on the *romakupa* resulting in *roma chyuti*. The *pitta* entering the *shirokapala* vitiates the *sthanika kapha* and *rakta*. The *sthanika kapha* and *raktadushana* results in *avarodha* of *romakupa*, there by *romakupa* unable to produce hair further.⁴ The management options available in ayurveda for *Indralupta* are rubbing with *karkasha patra*⁵, *shiro-abhyanga*⁶, *shodhana* and *shamana* etc.

Alopecia areata is characterized by hair loss without any clinical inflammatory signs. It is a condition in which hair is lost from some or all areas of body. Often it results in few bald spots on the scalp. Modern and sedentary lifestyle, improper head hygiene, allergic manifestations, reduced body resistance, hormonal imbalance, malnutrition, even stress are the contributing factor for this disease.⁷ Intralesional and topical corticosteroids are often the first-line therapy for most cases of patchy alopecia areata.⁸

CASE STUDY:

A female adult aged about 27 years suffering from hairfall over the anterior mid scalp region in the form of patch since 15 days.

HISTORY OF PRESENT ILLNESS:

A female patient aged about 27 years was apparently normal 15 days back. After that the patient noted sudden hair loss in the form of patch over the anterior mid scalp region of approximately 2cms x 3cms area. There was no history of diabetes mellitus, hypertension, thyroid dysfunction and significant disorder in the person's life. With all these complaints she approached Sri Dharamasthala Manjunatheswara Ayurvedic Hospital, Udupi for further management.

PERSONAL HISTORY	
Bowel	Regular
Appetite	Reduced since 1 year
Micturition	Normal

		Pulse	79 bpm
Sleep	Sound		
Blood Pressure	120/80 mm of hg		
Respiratory Rate	18 cycles/min		
Temperature	Normal		
Dietary History	Non-vegetarian, Regular intake of curd at night, Spicy food intake, Irregular food habits, Consumption of oily & junk food		

INTEGUMENTARY EXAMINATION

INSPECTION	PALPATION
<ul style="list-style-type: none"> • Site : over Anterior Mid Scalp • Dimension : 2x3 cms • Border : Asymmetrical • Skin Colour : No Change • Skin Lesion : Absent • Discharge : Absent 	<ul style="list-style-type: none"> • Surface Texture : Smooth • Sensation : Present • Temperature : Normal • Itching : Absent

DIAGNOSIS:

Indralupta (Alopecia areata)

TREATMENT GIVEN:

S. NO.	TREATMENT	DOSE/ DURATION/ DAYS
1	<i>Parijata Patra Gharshana</i>	<ul style="list-style-type: none"> • 2-3 fresh leaves taken and cleaned with NS • The underside of leaf was gently rubbed over the patch for 10-15 minutes per day for 7 days
2	<i>Shiro Abhyanga</i> with <i>Dashpuspadi Keram</i>	<ul style="list-style-type: none"> • Gentle head massage was done for 10-15 minutes per day for 7 days
3	<i>Nitya Virechana</i> with <i>Nimbamrutadi Erandam</i>	<ul style="list-style-type: none"> • <i>Nimbamrutadi Erandam</i> 50ml + <i>Guda</i> 10gm + Milk 250 ml was given at 9:30 AM empty stomach per day for 7 days
4	<i>Nasya Karma</i> with <i>Shadbindu Taila</i>	<ul style="list-style-type: none"> • As per the SOP's <i>Nasya Karma</i> was instilled per day for 7 days in the afternoon
5	Discharge medicines	<ul style="list-style-type: none"> • Jeevamritam 10ml-0-10ml • Bhringrajasava 30ml-0-30ml • Makaradhawaja Gutika 1-0-1

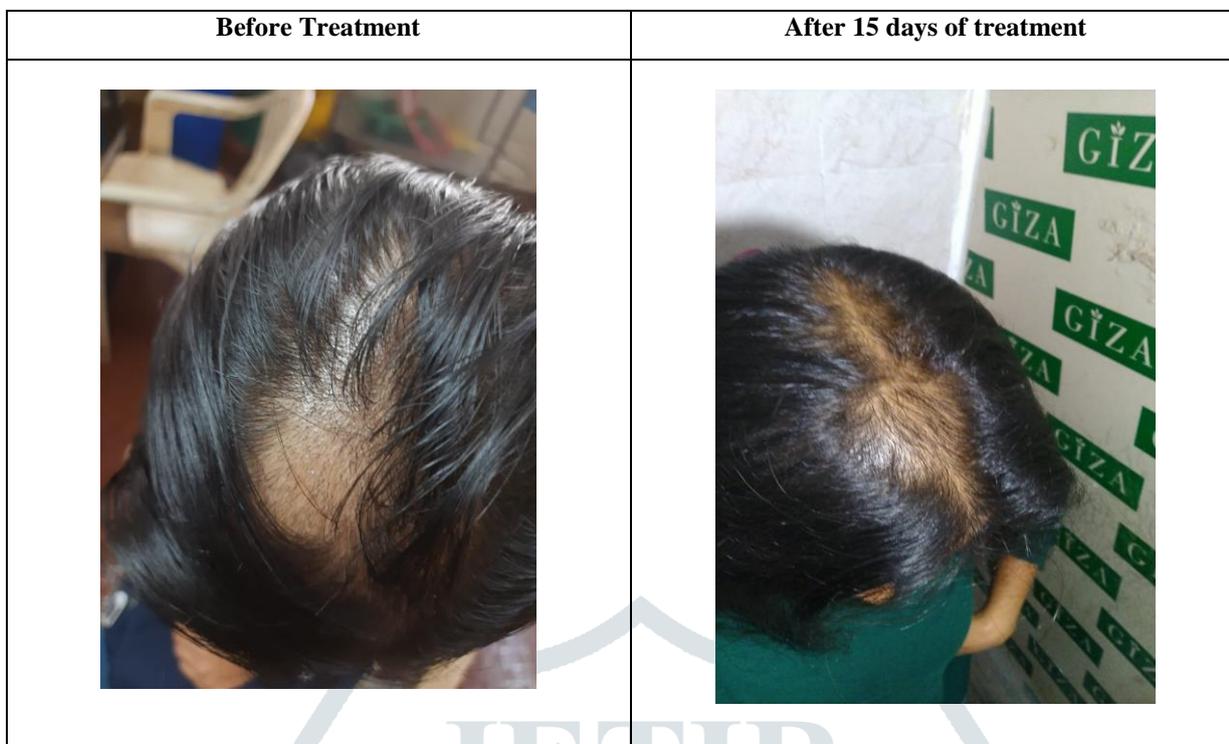
For 15 days

RESULTS:

Result was satisfactory. After treatment, there was a very tiny hair regrowth. The patch was partially covered with hairs after 15 days of treatment.

DISCUSSION:

The present case study demonstrated a case of *Indralupta* in a female adult of 27 years with clinical signs and symptoms for last 15 days. In *Indralupta*, *pitta* and *vata* gets vitiated and induce hair loss. *Sthanika kapha* and *rakta* make *avarodha* of *romakupa*, which prevents the regrowth of hair over that area. *Tridosha* disruption and *rakta* are hence the primary internal causes of *Indralupta*. Since *pitta* and *rakta dosha* is involved *Nitya-virechana* is given, as it is best treatment for alleviation of *pitta dosha* and clears *strotasa*. *Nimbamrutadi erandam* is indicated in all *jatruurdawa roga* and skin ailments.⁹ *Gharshana* is done as it is *kapha-vataharam*, *medasa pravilapanam*, *twak prasadkaram param*, *mala haram*, *siramukha viviktatvam*, etc.¹⁰ *Parijata Patra* is also known as *kharapatraka* because its leaves are rough to touch and it has small hairs underside. It is *kapha-vatahara*, *pittashamshodhana*, *jantughana*, *keshaya*.¹¹ *Shiroabhyanga* nourishes the scalp and facilitates healthy hair follicles growth by creating enough *snigdhatva*. *Dashpuspadi keram* reduced *dosha* vitiation at site and stimulated hair growth by creating enough *Snigdhatva*. It is a potent inhibitor of microbial growth on hair and scalp and immunises the scalp by inducing natural oil secretion which makes it difficult for the germs to survive. It also encourages hair growth as it has multiple nutrients suitable for hair lengthening.¹² *Nasya karma* is employed in diseases of the head as the nose being the gateway of head, the medicines administered thereby pervades into the head and cures diseases pertaining to the head.¹³ *Shadbindu taila* is indicated in all types of *shiro roga*. It prevents hair falling and hair thinning by giving strength to hair roots.¹⁴ To avoid the relapse of the disease, *shamana aushadhi Jeevamritam*, *Bhringrajasava*, *Makaradhawaja Gutika* was given which act as *dhatu poshaka*, *rasayana*, etc.

**CONCLUSION:**

The present case report may be an evidence that combined treatment of *Gharshana*, *Shiro-abhyanga*, *Nitya-virechana* and *Marsha Nasya* helps in the management of *Indralupta*. But this is a single case study; hence to prove the efficacy there is need to conduct study on large number of patients.

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