



Ayurvedic Management of *Indralupta* with *Jaypalbeejalepa*

(*Alopecia areata*) –A single case study

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ABSTRACT

Alopecia areata (Indralupta) is one of the most common problems faced by people. *Alopecia areata* is a common autoimmune skin disease causing hair loss on the scalp, face and sometimes on other areas of the body. *Alopecia areata* can be correlated with *Indralupta* disease described in Ayurveda. 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. Here is a case of a female patient suffering from *Indralupta* was successfully treated with *Jaypalbeejalepa* and *Nidanparivarjana*.

Keywords- *Alopeciaareata*, *Indralupta*, *Jayapalbeeja*, *Nidanparivarjana*.

INTRODUCTION

Hair disorder cause negative impact towards the individual and his/her quality of life. Although hair disease doesn't have any life threatening effects like systemic disease still have much more importance as the cosmetic issue concern. *Alopecia areata (Indralupta)* is one of the most common problems faced by people. Prevalence rate of *alopecia areata* in India is 0.7% in all age groups. *Alopecia areata* is an autoimmune disorder characterized by one or more well defined spots of hair loss on body especially on scalp without any clinical inflammatory signs¹. *Alopecia areata* can be correlated with

Indralupta disease described in Ayurveda. *Indralupta* is illustrated under heading *kapalgataroga* by Acharya *vaghbata* and *kshudraroga* by Acharya *madhavanidan*, *yogratnakar* and *sushruta*². *Indralupta* 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 restrict hair growth³. Its main treatment in contemporary medical science is steroids whose long lasting use is fatal⁴. In *Ayurveda* number of treatment modalities explained like *Shodhan*, *Shaman*, *Nidanparivarjana* etc.

37 years of female patient, who came to OPD of APMs Sheth R.V. Ayurvedic Hospital Sion, Mumbai suffering from *Indralupta* was successfully treated with *Jaypalbeejalepa* and *Nidanparivarjana*.

Case History

A Hindu, Female patient Mrs. XYZ of 37 years age visited the *Kayachikitsa* OPD of APMs Sheth R.V. Ayurvedic Hospital Sion Mumbai with an OPD case paper no 2021NO15625 for the following complains.

Chief complaints

Patchy hair loss since 8 months, as associated with thinning of hair and hair fall.

History of present illness

Patient was said to be asymptomatic 8 month back, gradually she noticed thinning of hair and hair loss. Later after days she started noticing the plain scalp at occipital region of head during oil application. Then it started worsening day by day with thinning of hair

and very few hairs on scalp. Then she consulted dermatologist and took medicine for 4 months including oral and topical medication. There was no improvement and she approached our hospital for further treatment.

Ashtavidhpariksha:

<i>Nadi</i>	82/min
<i>Mala</i>	<i>Samyak</i>
<i>Mutra</i>	<i>Samyak</i>
<i>Shabda</i>	<i>Spashta</i>
<i>Sparsha</i>	<i>Anushnashita</i>
<i>Druk</i>	<i>Prakrut</i>
<i>Akruti</i>	<i>Madhyam</i>
<i>Jivha</i>	<i>Ishatsama</i>

Nidanpanchak –

Hetu – Frequently intake of bakery products, curd, fish, *Atikatu*, *Atilavana Sevana*.

Purvarupa – *Keshakhalitya*

Rupa – Patchy hair loss at occipital region of head, itching at the side.

Sampraptighataka –

- *Dosha- Vata, Kapha*
- *Dushya- Rasa, Rakta.*
- *StrotasDushti- Annavaha, Rasavaha, RaktavahaStrotas.*
- *Udbhavasthana- Amashaya.*
- *Adhishthana- Shirapradesha*
- *Sadhyasadhyatva- Kruchrasadhya.*
- *VyadhiVyavacheda- Indralupta, Khalitya.*
- *VyadhiVinishaya- Indralupta.*

Disease specific examination

Site of involvement	Occipital region
Pattern	4×6 cm asymmetrical patch
Skin of scalp	Mild dryness
Sensation	Normal
Itching	Present

General examination – Moderately built with no other systemic illness.

Materials and methods –

Methods – Centre of study - APMs Sheth R.V. Ayurvedic Hospital Sion Mumbai, Maharashtra, India.

Nidanparivarjana

Sr. no.	Etio-pathological factor	Advice
1	Diwaswap (day sleep)	To avoid
2	Ratrijagran (awake till late night)	To avoid
3	Mental stress	To stay calm, <i>pranayama</i> for 15min.
4	Use of cold water	To use <i>ushnodaka</i>
5	Atikatu ,Atilavan	To stop excessive <i>katu</i> , <i>lavanahar</i> .
6	Milk and meal	To stop eating milk with any fruit and food.

Discussion

Indralupta is a described as one of the *kshudraroga* in *samhita*. Acharya charaka mentions that *tejas* by involving *vatadidosha* when reaches the scalp, it results in *indralupta*⁵. According to Acharya Sushruta, *pitta* along with *vata* by involving the roots

Method of sampling and study design – Single case study.

Materials- Materials used were *Jayapalbeeja*.

Dosage schedule:

- 1) Local application of *Jaypalbeejalepa* once a week for 4 weeks. When the *lepa* dried was removed by wash with normal water.
- 2) *Lepa* thickness – 2mm
- 3) Follow up were taken on day 14, 28, 42 and 56.
- 4) The case of adverse effect of the drug were treated with local application of *narikel tel*.

of hair (*romakoopa*) causes fall of hair and there after *shleshma* along with *shonita* obstructs the channel of *romakoopa* leading to the stoppage of the regeneration of hair and this condition is known as *Indralupta*⁶. Thus *vata*, *pitta* and *kaphadosha* and *raktadushya* are the main internal causative

factors of *indralupta*. Charakvimans then, while describing the disorders occurring due to over indulgence in *kshara*, *lavana* and *viruddhaaharasevana* leads to hair fall⁷. *Mithyaahara* and *viharamanoabhigata* like mental stress, fright, anger, shock etc. may collectively increases the *pitta* and *vatadosha*. The *ushna* and *tikshna* properties of *pitta* get augmented 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 it *sruksha*, *kharaguna*. Due to these *khara* and *rukshnagun* as of *vatadosha*, *pichhilatva* *snigdhatva* of *kaphadosha* diminished which leads to dryness in pores, blockage of *romakoopa*. Thus, obstructing hair growth causes *Indralupta*.

Jaypal is a strong irritant-vesicating poison, thus causing irritation locally. Its acceleration of intracellular activities may be correlated with stimulation for restart of normal hair cycle, resulting in hair growth. *Jaypalbeejalepa* was administered for 1 month (once a week). On the day of first application of *Jaypalbeejalepa*, it was observed that patient complained with mild redness, itching and blister formation over the area of bald patch of *Indralupta*. This side effects were non-serious and sustained

up to two days without disturbance in daily activities and subsided with local application of *narikel tel*. *Jaypalbeejalepa* has *katu*, *tikta*, *bhedaniya* properties due to which, it removes obstruction of *kapha pitta* from the hair follicle and hence helps in new hair growth

Conclusion

This case study was presented with successful management of *Indralupta* case. Application of *Jaypalbeejalepa* with *Nidaanparivarjan* was found helpful in the management of disease. On use of *Jaypalbeejalepa*, regeneration of hair was observed to significant level with non-serious, mild, minimal side effects. The recovery in the present case was promising and worth documenting.

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Fig:



Fig.1 Day 1



Fig.2 Day 14



Fig.3 Day 28



Fig.4 Day 42



Fig.5 Day 56