

Management of *Indralupta* (Alopecia areata) through Ayurvedic treatment - A Case Study

Dattaprasad K. Pawar*¹, Paradkar H.²

Ph. D. Scholar ¹, Asso. Professor ²

Department of Kayachikitsa, APM's Ayurved College, Sion, Mumbai, M.S.

*Corresponding author: Email: pawardatta2676@gmail.com

ABSTRACT:

Indralupta (Alopecia areata) is a disease of the scalp in which hair loss is the primary clinical symptom. The pathophysiology of *Indralupta* is the vitiated *Tridosha* and *Rakta* affecting the scalp and also blockage of hair follicles with aggravated *Rakta* and *Kapha* which further prevents regrowth of hairs. An autoimmune condition known as alopecia areata causes patchy hair loss on the body or scalp without any obvious evidence of inflammation. *Indralupta* is a disorder characterized by patchy hair loss, especially across the scalp, and is described as *kapalagata roga* by Acharya Vagbhata and as *kshudra roga* by Acharya Sushruta and *Madhava*. **Aim:** To evaluate the role of Ayurveda treatment in *Indralupta*. **Materials & Methods:** A male adult aged 28 years suffering from a single patch of hair loss over the occipital of scalp was treated with both external and internal Ayurvedic therapy along with oil application for 30 days with follow-up at every 15 days in

between. Clinical evaluations were conducted both before and after treatment. Variations in hair regrowth over the patch were observed to gauge the degree of relief from the complaints. **Results:** After 15 days of treatment, there was a very tiny hair regrowth. The patch was partially covered with hairs on the second follow-up. **Conclusion:** The current case study demonstrated the effectiveness of 30-day Ayurvedic treatment for *Indralupta*, which included both external and internal drugs.

Keywords: *Indralupta*, *kshudra roga*, *Tridosha*,

INTRODUCTION:

Hair loss from the scalp is the primary clinical manifestation of *Indralupta* (Alopecia areata). It is the clinical condition classified under one among the *Shiro Roga* (disease of the head) ^[1] and *Kshudra Roga* (minor disease) ^[2]. Alopecia areata is one

such autoimmune disease characterized by patchy loss of hair from body and scalp which is non-scarring and non-inflammatory caused due to sudden precipitation of a group of contiguous hair follicles into telogen (resting phase) that usually affects the scalp but can occur elsewhere in the body. *Indralupta* is a condition that *Susrutha* and *Vagbhata* refer to as *Kapala gata roga* and *Kshudra roga*, respectively, 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. [3] Various localized treatment modalities like *pracchan karma*, *Lepa* application, *Abhyanga*[4] *Swedana*, and *Nasya* [5], along with *Rasayana* [4] therapy are advised in the context of *Indralupta*. The main goals of the treatment are to eliminate dosh *sanghat* from hair roots, improve blood flow, and encourage hair growth. Alopecia areata is a common skin condition characterized by localized loss of hair in round or oval areas without any visible inflammation on the scalp skin or any skin symptoms.[6] Although no age is exempt, it is most frequently seen in people between the ages of 15 and 50 of both sexes. In Ayurveda both *shodhana* and *shamana* therapy hold well.

CASE STUDY

A 28-year-old male patient with patchy hair loss over the occipital region of the scalp for the past two weeks presented to *Kayachikitsa* Outpatient Department APM's Ayurved College, Sion Mumbai.

Associated complaints: Generalized hair fall

in one month.

History of present illness: Before one month, the patient appeared to be in good health. After that, the patient started losing hair gradually and in patches during the following two weeks. There was no history of a significant disorder in the person's life.

Dietary History: The patient had a history of regular intake of curd at night, non-vegetarian spicy food and irregular food habits with consumption, oily and junk food and *Ratrijagarana*

On examination: There was a patchy hair loss measuring approximately of about 3x4cms over occiput region of the scalp.

Table 1: General examination

General Examinations	
Pulse	72bpm
Blood pressure	126/84mm of hg
Height	140cms
Weight	57kgs
Respiratory rate	20cycles/min
Temperature	Normal
Tongue	Normal
Disease Specific Examination	
Site of Involvement	Scalp
Pattern	Asymmetrical patch
Skin Color	Absent
Discharge	Present
Sensation	Present

SAMPRAPTI

Nidana sevanapitta associated with *vata* gets lodged in *romakupa*. Further, associated with *kapha* and *raktha*. Obstructs hair roots and limits the hair re-growth *INDRALUPTA*

Table 2: *Samprapti Ghataka of Indralupta:*

<i>Dosha</i>	<i>Tridoshaja</i>
<i>Dushya</i>	<i>Rasa, Raktha, Asthi</i>
<i>Srotas</i>	<i>Rasavaha, Rakthavaha, Asthivaha</i>
<i>Sroto-dusti</i>	<i>Ati-pravritti, Sangha</i>
<i>Agni</i>	<i>Dhatwagni</i>
<i>Vyakthasthana</i>	<i>Kapala pradesha</i>
<i>Rogamarga</i>	<i>Madhyama</i>
<i>Sadhyasadyata</i>	<i>Kastasadhya</i>

Differential Diagnosis:

1. *Khalitya*: Gradual hair fall

2. *Dharunaka*: Hair fall with dandruff

3. *Indralupta*: Sudden patchy hair loss without regrowth of hair.

Table 3: Treatment plan

The treatment was planned according to the basic principles narrated in the context of *Indralupta* disease. It included both external and internal medications along with suitable *Anupana*,

The details of which are cited in the following table.

S.No	Treatment	Route	Duration
1	<i>Shodhana with Erand Tail</i>	Oral	Once
2	<i>Dhattur Patra Tail+ Gunjadi Tail</i>	On the affected site	After <i>Shodhan</i> for 30 days
3	<i>Saptamrut Loha</i>	Oral 1 Hs	30 days
4	<i>Rasayana choorna</i>	Oral 5gm Before breakfast	30 days
5	<i>Triphala Churna+Vidang Choorna + Sahachar choorna</i>	Oral 2.5 gm TID after food	30 days

Before Treatment:

There was patchy hair loss, no hair roots, slight dandruff was present. Follow Up: The patient reviewed 15 days after the treatment small whitish grey hairs grew on the lesion. Length and density increased; hair fall decreased no further complications were observed.

During Treatment: There was no any blister formation, etching or any adverse reaction at site or all over body.

After Treatment

After 30 days length and density increased. Black hairs easily observed over the affected site.



DAY 1



DAY 15



DAY 30

The present case study demonstrated a case of *Indralupta* in a male adult of 28 years with clinical signs and symptoms for last 2 weeks. According to *Acharya Sushruta*, *Pitta* and *Vata* localize at the roots of hair follicles and induce hair loss. *Kapha* and *Rakta* then block the channel of these hair follicles, which prevents the renewal of hair over that area. This condition is known as *indralupta*. *Tridosha* disruption and *Rakta* are hence the primary internal causes of *Indralupta*. Additionally, it has been stated that consuming too much *lavana* (salt) results in *khalitya* (morbid baldness).^[7] This demonstrates that someone who practices excessive *Lavana*, *Kshara*, or *Viruddha Ahara* regularly is more likely to develop *Indralupta*. In the present case, the patient had a history of excessive intake of packet food like chips, wafers, junk food. These foods are generally highly salty, spicy and alkaline too. These might have caused vitiation of *Pitta Dosha* and caused the problem of patchy hair loss, therefore consuming these food items on a regular basis results in *Agnimandya*.^[8] Low digestive fire is a significant element that

interferes with the body's natural metabolism. Thus, in the present case, the patient's reduced metabolism and limited digestive capacity may have altered the body's levels of micronutrients and macronutrients, which may have hampered hair growth and resulted in hair loss.

At first we gave *shodhana* with *eranda sneha* to make clear the *strotasa*. *Eranda* is only *sneha* which is not having ability to digest. It removes *dushit dosha* and clears *strotasas*. It might have increased the blood supply over the affected area. As per classical references of treatment in *Indralupta*, local *Abhaynga* in the form of application of (*Dhatturpatra* + *gunjadi*) oil processed with drugs having *Pitta* and *Rakta* pacifying qualities reduced *Dosha* vitiation at site and stimulated hair growth by creating enough *Snigdhatva*. We utilized *saptamrut loha* because it addresses nutritional deficiencies and regulates *pitta*, which is important for hair regrowth. *Rasayana choorna* supports *tridosha* balance and the body's detoxification process. *Shirorogahara*, *Kledanashaka*, and *Kriminashak* are *vata*-related disorders treated with *triphala*, *vidanga*, and *sahachara choorna*. Thus, by balancing the *doshas*, all of the aforementioned therapy

methods would have helped the damaged site's hair to regrow.

CONCLUSION

From this case report, we can conclude that *shodhana* followed by *abhyanga* with internal medication helps in the management of *Indralupta*.

REFERENCES

1. Harisastri Paradakara, Editor, Vagabhata, Astanga Hridayam, Arunadatta, Sarvangasundara Commentary, Uttara Sthana, Chapter 23, Shirorogavijnaniyam, Verse 24, 9th Reprint Ed., Varanasi: Chaukhamba Orientalia; 2005, p. 859
2. Keval Krishna Thakral, Translator, Part I, Susruta, Sushruta Samhita, Dalhana, Nibandhasangraha Commentary, Nidan Sthana, Kshudraroga Adhyaya, Chapter 13, Verse 3, 1st ed., Varanasi: Chaukhamba Orientalia; 2014, p.853
3. Ambikadatta Shastri Editor, Sushruta, Sushruta Samhita, Nidan Sthana, Kshudraroga Adhyaya, Chapter 13, Verses 34, Varanasi: Chaukhamba Sanskrit Series; 2014, p. 368
4. Vaidya Yadavji Trikmaji Acharya, Susruta, Sushruta Samhita, Dalhana, Nibandhasangraha Commentary, Chikitsa Sthana, Kushdrargachikitsita Adhyaya, Chapter 20, Verse 24, 9th ed. Varanasi: Chaukhamba Orientalia; 2007, p.479
5. Banwari Lal Gaur, Translator, Part 4, Agnivesa, Charaka, Charaka Samhita, Chikitsa Sthana, Trimarmiya Chikitsita Adhyaya, Chapter 26, Verse 262-263, New Delhi: Rashtriya Ayurved Vidyapeeth ; 2014, p. 327
6. Mukesh Agrawal. Textbook of Paediatrics, First ed. Mumbai: Bhalani Publishers, 2009; Chapter 25- Skin Disorders, p.678
7. Monier Monier-Williams, Sanskrit English Dictionary, Reprint Ed., New Delhi: Bharatiya Granth Niketan; 2007, p. 339
8. Vaidya Yadavji Trikmaji Acharya, Susruta, Sushruta Samhita, Dalhana, Nibandhasangraha Commentary, Sutra Sthana, Chapter 45, Verse 55, 9th ed. Varanasi: Chaukhamba Orientalia; 2007, p.201

Conflict of Interest: Non

Source of funding: Nil

Cite this article:

Management of Indralupta (Alopecia areata) through Ayurvedic treatment - A Case Study

Dattaprasad K. Pawar, Paradkar H.

Ayurlog: National Journal of Research in Ayurved Science- 2022; (10) (04): 01- 05