

***Indralupta (Alopecia Areata) Kshudraroga management*****in sushruta samhita and allopathy**Pratibha M. Gayakwad*¹, Seema V. Giri², Gauri P. Patange³

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***Corresponding Author:** Mob.: 9158099814; Email: pratibhagayakwad11@gmail.com**Abstract**

The history of cosmetics extends at least 6000 years and is present in almost every society all over the world. In today's era people are suffering from stress and strain due to the hustle and bustle of urban lifestyle. This has succumbed them to various lifestyle disorder.. Due to which it's effects are seen on the body and out of which hair is affected the most. *Sushruta* has mentioned about *Khalitya*. It is caused by vitiation of *vata* and *pitta doshas*. In *Indralupta* there will be vitiation of rakta with kapha which obstruct the hair follicle. *sushruta* had said that the *drushti* and the *lomkupaa* never grow throughout lifetime but hairs and nail do. In *chikitsasthana* the treatment for *Indralupta*. The bald paer or seat should be anointed and fomented, and then bleeding (by venesection) should be resorted to, after which a plaster composed of *Manahsila*, *Kasisa*, *Tuttha* and *Maricha*, or of *Kutannata* and *Devadaru* pasted tighter, should be applied to it. Alopecia areata also known as spot baldness, is a state in which hair is lost from some or all areas of the body. Typical

symptoms of alopecia areata are small bald patches, underlying skin is unscarred and looks superficially normal. Patients also tend to have a slightly higher incidence of condition related to the immune system, such as asthma, allergies atopic dermatitis, and hypothyroidism. It occurs at any age. Hair loss area may tingle or painful. Due to autoimmunity, colic disease, endogenous retinoids metabolic defect alopecia areata occur..

Keywords: *Indralupta, Khalitya, Rakta Kapha, Pitta, Alopecia.***Introduction**

The beauty of the person i.e. the hair. Hair not only gives "Some of the worst mistakes in my life were haircuts"... In some monks or South Korean soldiers in the army purposefully cuts off all their hair off. Baldness also known as alopecia. Baldness is most often caused by a medical condition known as androgenic alopecia. When it occurs, it will mean that those affected will permanently lose some of hair. Since some of the factors are linked to the genes on the chromosomes^[1],

the condition can be seen more often with men, than with women. Alopecia total is the loss of all head hair. It is autoimmune, but many with the disorder lead relatively low stress lives. Alopecia areata is a condition in which hair is lost from some or all areas of the body, usually from the scalp^[2] Because it cause bald spots on the scalp, especially in the first stages, it is sometimes called spot baldness. In *sushrut 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 disease. *Sushrutacharya* enlisted it is a disease of vitiated *Rakta* (Blood) *dosha*. Approximately 0.2% - 2% of the population are affected from alopecia^[3]

Ayurvedic Review

The term *indralupta* is Alopecia areata is an acquired skin ailment that can affect all hair – erring skin including scalp, beared, which can be characterized by localized areas of non-scarring disorder. The *sushruta* in his *sushrutasamhita* in *nidanasthan* thirteenth chapter *kshudraroga* the *Indralupta* narrated as follows

रोमकुपानुगं पित्तं वातेन सह मुर्चितम् ।

प्रच्यावयति रोमाणि ततः श्लेष्मा सशोणितः ॥

रुणद्धि रोमकूपास्तु ततोऽन्येषामसम्भवः।

तदिन्द्रलुप्तं खालित्यं रुज्येति च विभाव्यते ॥

सु. नि. १३/३२,३३^[5]



Samprapti^{[4][6]}

Vat and pittakar aahar and vihar

↓
Deranged Vayu and Pittam

↓
(main pillars of the body)

↓
recourse to the roots of the hairs

↓
Thus barring their fresh growth supply

↓
nutrients to hair follicle and results in hair loss

Vat and pittakar aahar and vihar

↓
deranged Rakta and kapham

↓
causes obstruction in micro-channels

↓
Thus barring their fresh growth supply

↓
nutrients to hair follicle and results in hair loss

Chikitsa:

इन्द्रलुप्ते स्निग्ध-स्विन्नस्य मुर्ध्नि सिरां मोक्षयेत् ।

शिलाकासीसतुल्यकैः समरिचैः कल्कैर्लेपः कार्यः,
अथवा कुटन्नटदारुकल्कैर्लेपनं शस्तम्, अवगाढं
प्रच्छ यित्वा गुन्जाकल्कैर्मुहुर्मुहुर्लेप्येत् ॥

(सु. चि. २/२४, २५)^[7]

In *sushruta chikitsastahna* twenty second chapter *kshudraroga ckikitsa idralupta chikitsa* given. In case of *Indra-lupta* (baldness or Alopecia), the bald paer or seat should be anointed and fomented, and then bleeding *Siravedhan* (by venesection) should be resorted to, after which a plaster composed of *Manahsila*, *Kasisa*, *Tuttha* and *Maricha*, or of *Kutannata* and *Devadaru* pasted tighter, should be applied to it. As an alternative, *Rasayana* medicine should be administered for its cure.^[8]

तथैव इन्द्रलुप्तपहम् अभ्यञ्जने शस्तं मालत्यादि
तैलम् । (सु. चि. २/२४, २५)^[8]

An oil cooked with *Malati* (*Combretum indicum*), *Karavira* (*Nerium oleander*), *Chitraka* (*Plumbago zeylanica*) and *Naktamala* is highly efficacious in curing a case of Alopecia, if used as an unguent.^[9]

Modern view

Alopecia areata

Synonyms: *Alopecia Celsi*, *vitiligo capitis*, *Jonston's alopecia*^[10]

Alopecia areata, also known as spot baldness, is a condition in which hair is lost from some or all areas of the body. Often it results in a few bald spots on the scalp, each about the size of a coin. Psychological stress may result. People are generally otherwise healthy. In a few, all the hair on the scalp or all body hair is lost

and loss can be permanent. *Alopecia areata* is believed to be an autoimmune disease. Risk factors include a family history of the condition. There is no cure for the condition. Efforts may be used to try to speed hair re-growth such as cortisone injections. Sunscreen, head coverings to protect from cold and sun, and glasses if the eyelashes are missing is recommended. Onset is usually in childhood. Males and females have the condition in equal numbers. The condition does not affect a person's life expectancy.^{[11][12]}

Signs and symptoms

- *Alopecia areata*
- Typical first symptoms of *alopecia areata* are small bald patches.
- The underlying skin is unscarred and looks superficially normal.
- Although these patches can take many shapes, they are usually round or oval^[13].
- *Alopecia areata* most often affects the scalp and beard, but may occur on any part of the body with hair.^[14]
- Different areas of the skin may exhibit hair loss and re-growth at the same time.
- The disease may also go into remission for a time, or may be permanent. It is common in children.
- Patients also tend to have a slightly higher incidence of conditions related to the immune system, such as asthma, allergies, atopic dermatitis, and hypothyroidism.
- The area of hair loss may tingle or be painful.^[15]



- Initial presentation most commonly occurs in the late teenage years, early childhood, or young adulthood, but can happen at any ages.^[16]
- The hair tends to fall out over a short period of time, with the loss commonly occurring more on one side of the scalp than the other.^[17]
- When healthy hair is pulled out, at most a few should come out, and ripped hair should not be distributed evenly across the tugged portion of the scalp.
- In cases of alopecia areata, hair will tend to pull out more easily along the edge of the patch where the follicles are already being attacked by the body's immune system than away from the patch where they are still healthy.^[18]

The condition affects 0.1%–0.2% of the population,^[19] and occurs equally in both males and females. Alopecia areata occurs in people who are otherwise healthy and have no other skin disorders.^[20]

Causes

1. Autoimmunity
2. Colic disease.
3. Endogenous retinoids metabolic defect is a key part of the pathogenesis of the *alopecia areata*.

Diagnosis

1. Alopecia areata is usually diagnosed based on clinical features.

2. Trichoscopy.
3. A biopsy.

Classification^{[16][21][22]}

Sr. no.	Name of type	Description
1	<i>alopecia areata</i>	Hair loss in one or more round spots on the scalp.
2	<i>Diffuse Alopecia Areata</i>	Hair may also be lost more diffusely over the whole scalp.
3	<i>Alopecia areata monocularis</i>	Baldness in only one spot, anywhere on the head
4	<i>Alopecia areata multilocularis</i>	Multiple areas of hair loss.
5	<i>Ophiasis</i>	Hair loss in the shape of a wave at the circumference of the head
6	<i>Alopecia Areata Barbae</i>	The disease may be limited only to the beard
7	<i>Alopecia Areata Totalis</i>	All the hair on the scalp lost.
8	<i>Alopecia Areata Universalis</i>	If all body hair, including pubic hair
9	<i>Alopecia areata totalis and universalis</i>	are rare

Treatment

1. Corticosteroid medications clobetasol or fluocinonide, corticosteroid injections.
2. Application of corticosteroid creams to the affected skin is less effective and takes longer to produce results.
3. Some other medications that have been used are minoxidil, Elocon

(mometasone) ointment (steroid cream), irritants (anthralin or topical coal tar), and topical immunotherapy ciclosporin, sometimes in different combinations.

4. The objective assessment of treatment efficacy is very difficult and spontaneous remission is unpredictable, but if the affected area is patched, the hair may regrow spontaneously in many cases.
5. Oral corticosteroids may decrease the hair loss, but only for the period during which they are taken, and these medications can cause serious side effects.^[14]
6. celiac disease, treat with a gluten-free diet allows for complete and permanent re-growth of scalp and other body hair in many people, but in others there are remissions and recurrences. This improvement is probably due to the normalization of the immune response as a result of gluten withdrawal from the diet.^[23]

Discussion:

According to *Sushruta* vitiated *Pitta* in association with *Vata* causes falling of hair from scalp. After *Snehan* and *Swedan* *Siravedha* (blood letting) is the treatment. Easy and economical way of treatment. According to ayurved vitiated *Rakta* and *Kapha* blocks orifices of hair follicles, restricts growth of new hair, this is called as *Indralupta* disease.^[24] so in the pathogenesis of *Indralupta*, according to *Sushrutacharya* four *doshas* of the body are involved. Looking towards pathogenesis, selection of treatment has to remove obstruction of *Kapha* and *Rakta* at hair follicle first. After *Snehan* and *Swedan* *Viddhakarm* is the treatment.

Viddhakarm means to take pricks on the area of *Indralupta* with the disposable needle^[25]. Here small quantity of blood oozes out. Due to this pricking, obstruction of *Rakta* and *Kapha* gets released which is the main pathology of *Indralupta*. This release of obstruction also leads to *Vatanuloma* (pacification of vata). In this way this *Viddha* treatment acts on *Rakta*, *Kapha* and *Vata Dosha* and improves the condition of *Indralupta*.^[26] *Manahsila*, *Kasisa*, *Tuttha* and *Maricha* (*Piper longum*) possesses *pramathi* property, or of *Kutannata* and *Devadaru* (*Cidrous devdara*) is possesses *sweadjanan* property pasted tighter. An oil prepared with *Malati* (*Combretum indicum*), *Karavira* (*Nerium oleander*), *Chitraka* (*Plumbago zeylanica*) and *Naktamala* is highly efficacious in curing Alopecia. The content of this oil is most of the having *ushna tikshna gunas* and *ushna virya katu vipaka* so this combination of dravya has property of release of obstruction of *kapha* and due to *ushna gunas sweadjanana tikshna gunas* having penetrating property of that bald area and improve the condition of *alopecia areata*.

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