



TREATMENT OF INDRALUPTA THROUGH AYURVED-A CASE STUDY

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ABSTRACT

Human hair is a source of pride, a symbol of identity, and has a high cosmetic value in society. Alopecia areata (AA) is a non-scarring hair loss condition that affects the scalp and body. Alopecia areata is a type of acquired skin disease that can affect all hair-bearing skin, including the scalp and beard, and is characterized by non-scarring hair loss in localized areas, similar to *Indralupta*. This is one of the most frequent, but also one of the most difficult and unpredictable diseases, affecting about 1.7 percent of the world's population. *Indralupta*, also known as *Kapalagataroga* and *Kshudraroga* by *Vagbhata*, is a disorder characterized by hair loss in which the vitiated *Tridoshas*, in conjunction with *Rakta*, damage the hair follicles, causing hair loss and clogging the hair roots, preventing re-growth. A case study was undertaken on a female patient diagnosed with *Indralupta* who was 18 years old at the time. This case report details how the case with Shaman *Aushadhi* was successfully managed.

Keywords: *Indralupta*, Alopecia areata, *Sthanik Chikitsa*, *Shaman Chikitsa*

INTRODUCTION

Alopecia areata is alopecia affecting the scalp is a common autoimmune ailment characterized by transient, non-scarring hair loss and renovation of the hair follicle. patchy the maximum common kind. Alopecia areata affects nearly 1.7% of the overall populace in some unspecified time

in the future all through their lifetime¹. In Ayurveda, alopecia areata is linked to Indralupta, a disorder that affects the hair on the scalp, causing hair loss and obstructing the formation of new hair follicles. *Indralupta* is a type of *Kapalagata Roga* (Scalp illness) and *Kshudra Roga* reported by *Vagbhata*, which is characterised by hair loss. *Pitta*, which is related with *Vata*, lodges in the *Romakupa* and promotes hairfall, while *Kapha*, which is associated with *Rakta*, obstructs the hair roots and inhibits renewal.². *Ayurved* also suggested different line of treatments like *Siravyadhana*, different *Lepa* applications, *Shiro - Abhyanga*, *Nasya* etc, for the same. The *Samprapthi Vighatana* of the condition can be achieved along with the internal medications like *Vidangarishta* and *Krimikutara Rasa*, *Gomutra Haritaki* and *Bhungraja Aasava* to enhance the efficacy of the treatment. The medicines that are in the form of a paste and used for external application are called as *Lepas*³. In *Ayurved* the topical applications are recognized as *lepas* and this comes under the large heading of *Bahirparimarjana Chikitsa*⁴. *Indralupta* is treated with both *Shodhana* (internal and exterior cleaning methods) and *Shamana* (disease-specific internal drugs) in *Ayurveda*. A female patient with *Alopecia areata* was successfully treated

with *Ayurvedic Shamana* treatment and *Nidanaparivarjana* in this case.

CASE REPORT:

A Female patient of 18 years old, appeared in Parul Ayurved Hospital, Department of *Kayachikitsa* - OPD (OPD NO – 20003926).

Pradhana Vedana:

Patchy hair loss on the scalp and gradually increase at parietal lobe since 2months.

Vedana Vruttanta:

Patients was healthy before 2months, and having some hairfall after that gradually developed patchy hair fall 3-4 site at parietal lobe and size is approximately 2-3 cm.

Purva Vedana Vruttanta:

Nothing significant

Kuthumbhika vruttantha:

All the family members are healthy.

Interpersonal relationship: Good and well maintained family relation and bondage.

Vayakthika vruttanta:

Ahara:- Mixed diet (*Mishraahara*)

Katu, Amla Rasa Pradhana Ahara.

Agni:- Mandagni

Koshtha:- Krura

Mala:- *Kathina & Vibandhayukta* once a time day.

Mutra:- 4-5 times/day & 1-2 times /Night

Nidra:- *Prakruta*

Vyasana:- tea 3-4 times per day.

Working hours:- 8-9 hours daily .

Menstrual history: irregular

General examination:

1. Appearance – Pale
2. Built: Moderate
3. Nutrition: Well nourish
4. Pulse Rate – 102 Beats/ min.
5. B.P.- 110/70 mm of Hg.
6. Temperature- 98.6 *f
7. Weight – 54 kg.
8. Height – 152 cm
9. BMI- 23.4
10. R.R.- 20/ min.
11. H.R- 104 /min

SYSTEMIC EXAMINATION:

- a) R.S. – Lung fields are clear, Air entry is good
- b) C.V.S. – S1S2 clear, No Murmurs
- c) C.N.S. – Conscious and oriented, cooperative
- d) P/A- Soft, Normal bowel sounds, No Tenderness, No Organomegaly.

Local examination:- Scalp and hair.

Darshana (inspection)-

Type - Patchy hair loss,.

Site- 3-4 sites at parietal scalp region ,
No scarring or inflammation or any other skin lesion over scalp.

Size – Approximetly 2-3 cm.

Sparashana (palpation)-

Shlakshana sparsha.

ROGI PARIKSHA:

1)Prakruti – Kapha pittala.

2)Pramana- Madhyam

3)Satva – Madhyam

4) Sara – Madhyam.

5) Sathmya- vyamishra rasa

6)Samhanana- Madhyam.

7)Aharashkti- Avara

8)Vyayamashakthi-Alpa

9)Vaya- 18 years.

10)vikuthi-

Ahara – katu, amla rasa yukta aahar.

Vihara – Ratri jagarana, Chinta.

ASHTAVIDHA PARIKSHANA:

- 1) Nadi (Pulse) - Kapha Pitta.
- 2) Mala (Stool) - Kathina mala
- 3) Mutra (Urine)- 4-5 times per day.
- 4) Jivha (Tongue)- Lipatata
- 5) Shabda (Speech)- Spastha.
- 6) Sparsha (Tactilation) - Samshitoshna.
- 7) Druk (Eyes)- pale .
- 8) Akriti (Anthropometry)- Madhyam.

SAMPRAPTHI GHATAK

Dosha- Kapha

Dushya- Rasa,

Rakta, Twacha .

Agni- Mandagni

Srothas- Rasavaha

,Raktavaha, and

Asthivaha.

Vyakta sthana – Shiro

Pradesha.

Roga marga – Bahya

Sadhya-asadhyata –

Kashta Sadhya

Mansika –Bhava –

Bhaya, Chinta

SAMPRAPTI

Nidana- ahara-excessive intake of pittakaraahara and
vihara- ratrijagarana, Chinta, Bhaya
vitiating of Pitta and Vata respectively

**Purvarupa-**

Hairfall
Pitta does margavarodha of Kapha
Thus, Blocking the hair follicles and also vitiates Rakta



Rupa Kesha patana (Patchy)

Differential Diagnosis:-

S. No:	Roga	Including factor	Excluding factor
1	<i>Khalitya</i>	Gradual hair fall	Patchy hair loss
2	<i>Darunaka</i>	Hair loss	No dried skin of scalp
3	<i>Indralupta</i>	Sudden patchy hair loss without the regrowth of hairs	--

No.	disease	Including factor	Excluding factor
1.	Non-scarring alopecias Traction alopecia	Patchy hair loss	Hair loss due to chronic mechanical traction from hair styling
2.	Non-scarring alopecias Tinea capitis	It is characterized by patchy hair loss with signs of scalp inflammation .	A curable disease caused by fungal infection .
3.	Non-scarring alopecias Temporal alopecia triangularis	Very few terminal hairs	It is characterized by a triangular or lancet-shaped bald spot with normal hair numbers, but very few terminal hairs.
4.	Folliculitis decalvans	Scarring patchy hair loss	Inflammation of the hair follicle involving neutrophils and lymphocytes possibly as a reaction to <i>Staphylococcus aureus</i>
5.	Patchy alopecia areata	One, multiple separate or conjoined (reticular) patches of hair loss.	

CHIKITSA

Gomutra – Haritaki 1-1-1 (A/f)

- 1) Krimikuthara rasa 1-1-1 (rasa tantra sara siddha yoga sangraha kharaliya rasayana -60)
- 2) Vidanga arishta 2tsp -2 tsp -2tsp with 4 tsp water

3) Triphala + Patola + Vidanga churna for lepa.

- 4) Gunja taila for L/A
- 5) Bhungaraj ghana vati 1-1-1 (A/f)
- 6) Bhungaraj asava 2tsp-2tsp-2tsp with 4 tsp water
- 7) Bhungaraj kesha taila
- 8) Trikatu churna for L/A

Pathya –apathya

Pathya – Ahara- Dugdha, Ghrita, Shastikshali.

Vihara – Chatradharana, Shoucha.

Apathya – Ahara- atilavana , Atikatu

Vihara- Excessive head bath, Jagarana, Exposure to Sunlight and Dust.

RESULT

The assessment of subjective parameters was done before and after the completion of treatment. The patient's condition improved symptomatically.

**DISCUSSION**

The exact pathophysiology of the disease is currently unknown. However, evidence suggests that AA is caused by an autoimmune reaction to the hair follicles due to both genetic and environmental factors.⁵ When Tejas involves VatadiDosh and reaches the scalp, it causes Khalitya, according to Acharya Charaka (Indralupta)⁶. According to Acharya Sushruta, Pitta and Vata cause hair fall by engaging the roots of the hair (Romakoopa), and Shleshma and Vata follow. Shonita obstructs Romakoopa's channel, causing it to become blocked. Indralupta is the name given to the process of hair regeneration indralupta, Ruhya or Khalitya⁷. The primary internal causal

elements of Indralupta are Vata, Pitta, and Kapha Dosh, as well as Rakta Dushya.

A patient was came with multiple patchy of hair loss. Which is consider as alopecia aereta as well as indralupta. Treatment selected should pose the that can regrowth hair and effective on patchy of alopecia aereta, the drugs selected for the treatment were krimikuthara rasa, vidangarishta, gunja taila, bhingaraja taila , bhingaraja asava, bhingraja Ghana vati, vidanga+ patola+ trikatu churna. And gomutra.

Mode actoin of Krimikuthara rasa

In the condition of indralupta the krimi is one of the causative factor. in this condition dushit pitta does margavarodha of kapha, and blocking the hair follicle by the vitiation of rakta. Shonitaja krimi is one of the type of the krimi, and it is affect the hair

roots and create hair loss and the digestion impairment too⁸ and krimighna dravyas are removes krimi as well as improve the digestion which is helpful in the nourishment of the hair roots. According to pathophysiology Th17 cells are higher in the skin of autoimmune illnesses such vitiligo and alopecia areata⁹, which is unsurprising. Th17 cells are the same T-cells that helminths help mute, so shutting down a route that could lead to immunological privilege loss. Similarly, helminths have been shown to boost the activity of Treg cells, a kind of T-cell that regulates the immune system¹⁰. Increased Treg activity, unlike Th17 cells, aids in the maintenance of immunological privilege. As a result, helminths may help to protect hair follicles against immunological privilege collapse and, as a result, hair loss in alopecia areata and some cases of telogen effluvium. Considering the all this points, the drugs selected for the treatment were krimikuthara rasa.

krimikuthara rasa is a classical ayurvedic herbal formulation explained in Rasa tantra sara- siddha yoga sangraha kharaliya rasayana and which has been used as Anthelmintic Activity.

It contains 12 ingredients those karpura (*Cinnamomum camphora*), Ajamoda (*Trachyspermum roxburghianum*), Indrayava (*Holarrhena antidysenterica*),

Vidanga (*Embelia ribes*), Shuddha Hingula (mercury), Shuddha Vatsanabha (*Aconitum ferox*), Nagakesara (*Mesua ferrea*), Vijay (*cannabis sativa*), Palasha (*Butea monosperma*), Brahmi (*Bacopa monnieri*). In these formulation main ingredients is karpura (*Cinnamomum camphora*) and in natural camphor compound has been used therapeutically for treating worm infestation. In a study, aqueous extract of *Cinnamomum camphora* leaves exhibited anthelmintic activity in dose dependent manner showing max efficacy at 50 mg/ml concentration for 3 types of worms, i.e. earthworms (*Pheretima posthuma*), tapeworms (*Raillietina spiralis*) and roundworms (*Ascaridia galli*)¹¹. The indications of this yoga itself. Indrayava (*Holarrhena antidysenterica*) extract contains steroid alkaloids which is improving the health of the hair and scalp and promoting hair growth¹². Among above Nagakesara (*Mesua ferrea*), Vidanga (*Embelia ribes*), Vijay (*cannabis sativa*), Palasha (*Butea monosperma*), these drugs have anthelmintic activity^{13,14,15,16}. In study proved that hookworms is effective for the alopecia and anthelmintic activity is useful in the alopecia. These herbs have antioxidant, analgesic, anthelmintic properties, due to its anthelmintic property it expels out worms.

MODE ACTION OF VIDANGARISHTA¹⁷

Vidanga (*Embelia ribes*), Pippalimoola (*Piper longum*), Rasna (*Pluchelanceolala*), Kutajawaka (*Holarrhena antidyenterica*), Kutajaphala (*Holarrhena antidysenterica*), Patha (*Cissampelos pareira* Linn), Dhatri (*Embelica officinalis*), Jala Prakshepa Dravya Twak (*Cinnamomum zeylanicum*), Ela (*Electaria cardamomum*), Tamalpatra (*Cinnamomum tamala*), Priyangu (*Callicarp amacrophylla*), Kanchnar (*Bauhinia variegata*), Lodhra (*Symplocos racemosa*), Shunthi (*Zinziberofficinale*), Marich (*Piper nigrum*), Pippali (*Piper longum*) Sandhana Dravya Dhatakpushpa (*Woodfordia fruticosa*), Madhura Dravya Madhu (Honey). Among this Vidanga (*Embelia ribes*) and Pippalimoola (*Piper longum*), has anthelmintic property which expel out worm and improve the digestion which is useful as per diagnose^{16,19}. Ingredient present in Vidangarishta are mainly Ruksha, Ushna, Teekshnaand Vata-Kapha Dushtinashak. Vidangarishta is effective in Krumi by pacifying Amashaya. Appropriate consumption of Vidangarishta helps in enhancing recurrence of Krumi. It also helps in enhancing Jatharagni.

MODE ACTION OF TOPICAL TREATMENT

For the indralupta chikitsa internal medicine as well as external application is needed, In the indralupta vyadhi there is obstruction in the hair follicles for that Acharya shushruta explain scarping of the scalp⁹. This application involves exploiting the hair follicles as low resistance shunts for drug delivery to either the viable skin strata or the systemic circulation. As noted above, No more than about 0.1% of the total skin surface area are occupy for the hair follicle, The hair follicle is an invagination of the epidermis that extends deep into the dermis, allowing for a larger real absorption area. Furthermore, while the surfaces of the follicular apertures are initially keratinised, there is no mature stratum corneum below the ostia of the sebaceous glands. Moreover, the top follicle and sebaceous glands are supplied with blood by an extensive capillary network connected with the upper dermal vasculature, and the lower follicle is supplied with blood by the deep dermis and subcutaneous tissues. All of these characteristics can, in some cases, allow follicles to act as rapid transport shunts, allowing topically administered medications to circumvent the continuous stratum corneum and reach the viable skin layers or the systemic circulation more quickly. These studies have confirmed that probe molecules pass not just through the

continuous stratum corneum's intercellular channels, but also through the follicles¹⁸. for the scarping using Trikatu, Vidanga, Patola churna which as act as removing obstruction of hair follicle and useful in regrowth of the hair and normalizing the tridosha accordingly. Trikatu used as local scarping as irritants in place of application. Acts as a wound healer and antibacterial, anti- inflammatory and aids in the removal of vitiated raktha and kapha dosha, which clogs the hair roots^{14,19}.

Mode of action of bhangaraja taila, bhangaraja Ghana vati

Topical application with the petroleum ether extract of *E. alba* reduced the time required for hair growth initiation and was comparable to standard (minoxidil 2%) solution. The quality of hair in petroleum ether extract treated group was superior as the hairs were soft and silky akin to minoxidil treated group²⁰. methanol extract of *Eclipta alba* definitely induces anagen transformation in telogen (resting) phase hair follicles. This activity was dose related as animals treated with 3.2 mg/15 cm² of methanol extract of *Eclipta alba* showed better efficacy as compared to lower doses. The results suggest that this fraction of *Eclipta alba* has substantial potential of acting as a hair growth promoter²¹.

Mode action of Gunja

Gunjabeej (*Abrus precatorius*) is tridoshshamak, especially vatapittashamak, keshya (stimulant for hair growth), vranropak (wound healing property). Pharmacodynamics Rasa: seed – tikta, kashaya Guna: tikshna, laghu, ruksha Veerya: ushna Vipaka: katu Doshagnata: kaphavatahara Rogagnata: charmaroga, khalitya, indralupta Karma: seed-kushtaghna, keshya. Chemical composition: 65 contain the toxin abrin is a dimer consisting of two protein subunits, termed A and B. Some urease and glycine like active abrin albuminoidal²².

Hair growth promoter in female rats and the texture of hair was also silky smooth and tensile strength of hair treated with *A.precatorius* and minoxidil is more than that of control hair animals as females have more urge for long hair especially in countries like India .The reported chemical constituents in seed oil are lipids which are responsible for hair growth. Seed oil was also found effective against controlling growth of scalp fungus *C.albicans*²³.

Mode action of Gomutra haritaki²⁴

Gomutraharitaki is rasayana drugs which help in rejuvenation process. This combination aids in the removal of extra fat, the elimination of various types of toxins from the body, and the decrease of cholesterol levels in the body. By stimulating the digestive system, it

improves digestive fire, clears body channels for nutrients to reach the tissues, balances fats in the body, and removes toxins.

CONCLUSION

The patient suffering from alopecia areata was successfully treated with *ayurvedic shamana* therapy. *Nidanaparivarjana* was also a necessary part of the treatment. Treatment was given according to *lakshanas* and *doshas*. Drugs used in medication helps for *sampraptivighatana*. From above discussion, it is concluded that local application of *Triphla*, *Patola*, *Vidanga* and *gunja taila* helps to regrowth of hair. This case study is evidence for the successful management of *indralupta* by *sthanik chikitsa*.

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