



Ayurvedic Management Of Indralupta (Alopecia Areata)-A Case Study

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ABSTRACT

Alopecia areata is a common autoimmune skin disease causing hair loss on the scalp, face and sometimes on other areas of the body. Alopecia can be the cause of psychological stress, individuals with it may experience social phobia, anxiety and depression. In modern medicine topical or injected corticosteroids are used to treat this condition. Due to side effects and limitation of the contemporary science, some harmless and effective medicines are expected from Alternative medical sciences. Ayurveda has great potential to treat such autoimmune diseases. In Ayurveda it can be correlated to *Indralupta* one of the *kṣudra roga*. In the present case study, a case of Alopecia areata was managed with Ayurvedic medicines. Patient presented with patches of baldness on head with redness since 6 months. Scraping by *Parijata Patra* for 5min than apply *Rasanjana* and *Hastidanta masi* along with *Gomutra arka* on affected area. For *Siro-abyanga dhatura patra taila* was applied on scalp along with some internal medications were also give to the patient. Regrowth of hairs was achieved. Patient felt relieved of redness and itching of scalp also. This case study reveals the potential of Ayurvedic management of Alopecia areata and may form a basis for further detailed study of the subject.

KEY WORDS: *Indralupta*, Alopecia areata, *Rasanjana*, *Hastidanta masi*, *Gomutra arka*, and *Dhatura patra taila*.

INTRODUCTION

Ancient Ayurvedic scripts termed alopecia as '*Khalitya*' if the hair is lost gradually. In case of the occurrence of sudden hair loss, it is termed as '*Indralupta*'. According to Ayurveda, the condition of the hair and scalp depends on the harmony of vital biological energies in the body: *Vata*, *Pitta* and *Kapha*. Any imbalances occurring in these *tri-doshas* would lead to a variety of scalp and hair problems. Sushruta has mentioned *Indralupta* as *Raktapradhoshaja vikara*¹. Experiencing stressful events leads to an increase in *Pitta dosha* drastically. This in turn causes severe hair loss. Alopecia areata is an autoimmune disease that causes round and smooth patches of hair loss on the scalp along with other body parts². '*Indralupta*' in Ayurveda is often correlated with alopecia areata. In about 90% of people with alopecia areata, hair regrows after undergoing appropriate treatments. However, in some cases, it may lead to complete baldness called 'alopecia totalis'. Here a case of male patient suffering from alopecia areata was successfully treated with ayurvedic *Shaman therapy* along with *nidanaparivarjana*.

MATERIAL AND METHODS

A 24 year old male registered by the O.P.D. number 81729 on the date of 08/01/2021 came to the O.P.D. no. 1 of National Institute of Ayurveda Hospital, Jaipur. He presented himself with complaint of multiple patches of hair loss on left parietal region and occipital region since 6 months. There was mild dryness and redness over patches of scalp. His overall physical status was good with some finding of mental stress which was developed gradually after the patchy hair loss. There are no personal history of autoimmune disorders (Like psoriasis, vitiligo, asthma, rheumatoid arthritis ect.) or family history in first degree relation. He had undergone allopathic medicine for 4 months, including oral medications as well as external applications. There was no improvement in hair growth and he approached our hospital for further treatment.

Table 1: General Examination:

| | |
|-------------|----------------------------------|
| Pulse | 86 beats /minute, Regular |
| BP | 130/86 mm hg |
| R.R. | 18/min |
| Temperature | 99.4 ⁰ F |
| Height | 162 cm |
| Weight | 72 kg |
| Appetite | Good |
| Bowel | Clear |
| Micturition | 6-7 times /day ,1 times at night |
| Sleep | Disturbed |
| Tongue | Pallor |
| Addiction | Nil |

Table 2: Disease specific examination:

| | |
|----------------------------|---|
| Site of involvement | left parietal region and occipital region |
| Pattern | 4 asymmetrical patch |
| Skin of scalp | Mild dryness and Reddish skin |
| Sensation | Normal |
| Itching | Present |

Table 3: Asthavidha Pariksha:

| | |
|----------------|----------------|
| <i>Nadi</i> | 86/min |
| <i>Mutra</i> | <i>Samyaka</i> |
| <i>Mala</i> | <i>Nirama</i> |
| <i>Jihva</i> | <i>Sama</i> |
| <i>Shabda</i> | <i>Spashta</i> |
| <i>Sparsha</i> | <i>Khara</i> |
| <i>Druk</i> | <i>Panduta</i> |
| <i>Akruti</i> | <i>Madhyam</i> |

Table 4: TREATMENT PLAN

A. Internal medication:

| Sr. No. | Medicine | Dose | Duration | Anupana |
|---------|---|----------------------------------|----------------|-----------------|
| 1. | <i>Saptamrut Loha</i> ³ <i>Guduchi Churna</i> ⁴ <i>AmalakiChurna</i> ⁵ <i>Vidanga Churna</i> ⁶ | 125 mg 500 mg 2 gm 1 gm | BD for 30 days | <i>Madhu</i> |
| 2. | <i>Triphala churma</i> | 3 gm | HS for 30 days | <i>Usnodaka</i> |

B. Local applicable medication:

| Sr. No. | Medicine | Method of application | Duration |
|---------|---|--|-------------------------|
| 1. | <i>Rasanjana</i> <i>Hastidanta masi</i> ⁷ | Scraping by <i>Parijata Patra</i> for 5min than apply these powder along with <i>Gomutra arka</i> on affected area | BD for 30 min (30 days) |
| 2. | <i>Dhatura patra taila</i> ⁸ | For <i>Siro-abyanga</i> | 10 min (for 30 days) |

Table 5: Diet (*aahar*) and life style (*vihar*) advised to be avoid

| Sr. No. | Advised |
|---------|--|
| 1. | To stop eating milk with any fruit or food |
| 2. | To stop <i>Atilavana sevana</i> and to used <i>Saindhava Lavana</i> |
| 3. | Avoid consumption of excessive hot, cold and dry food (leads to delayed digestion) |
| 4. | Avoid day time sleeping |
| 5. | Avoid till late night awakening |

RESULTS

After following this treatment protocol, the patient experience considerable improvement in the patches. Preliminary some grayish thin hairs appeared in some part of the bald patches, than after finally blackish hairs started to grown on 21th days. Patient was followed every 15 days then after for period of 2 months. No recurrence was observed during this period.

**Fig.1: Before starting the treatment Fig.2: After 7 days of treatment**



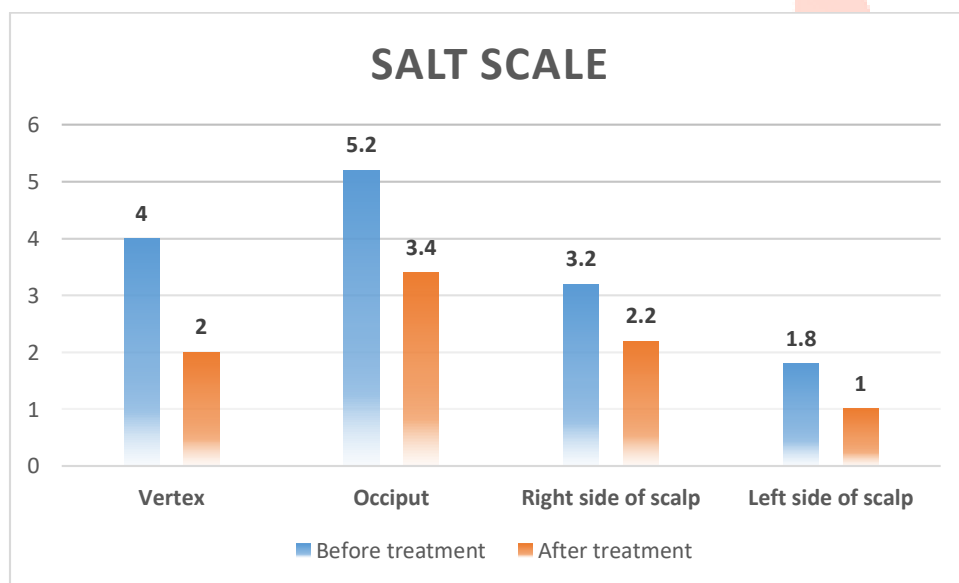
Fig.3: After 15 days of treatment



Fig.4: After 30 days of treatment

RESULTS

SALT score is useful to find out the quantitative assessment of scalp hair loss³. The entire scalp was divided into 4 parts based on the surface area, Vertex (40% - 0.4), occiput (24% - 0.24), right side (18% - 0.18), and left side of scalp (18% - 0.18). Percentage of hair loss in each area is determined independently and is multiplied by the percentage of scalp covered in that area of the scalp, and summing the products of each area will give the SALT score.



DISCUSSION

Alopecia areata is described as one of the *Ksudra roga* in *samhita*. *Acharya Charaka* mentions that *Tejas* by involving *Vatadi Dosha* when reaches the scalp, it results in *Indralupta*⁴. According to *Acharya Sushruta*, *Pitta* along with *Vata* by involving the roots of hair (*Romakoopa*) causes fall of hair and thereafter *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*⁵. Thus *Vata*, *Pitta* and *Kapha Dosha* and *Rakta Dushya* are the main internal

causative factors of *Indralupta*. *Charaka* in *Vimanasthana*, while describing the disorders occurring due to over indulgence in *Kshara*, *Lavana* and *Viruddha Ahara* has mentioned the occurrence of Hair Loss as a consequence. It has been mentioned that the *Viruddha Ahara* like, simultaneous intake of *Lavana* (salt) with milk in the diet induces *Indralupta*, as observed in the people of *Saurashtra* and *Bahluka*. Thus, it can be said that a person habituated to excessive *Lavana* intake and taking *Viruddha Ahara* in routine is prone to have *Indralupta*⁶. *Mithya Ahara* and *Vihara Manoabhighata* like mental stress, fright, anger, shock etc. may collectively increase the *Pitta* and *Vata Dosha*. The *Ushna* and *Tikshna* properties of *Pitta* get augmented whereas the *Vata* suffers an aggravation in *Ruksha*, *Khara* and *Chala* properties. Here an aggravated *Pitta* (*Bhrajaka Pitta*) supported by the vitiated *Dehoshma* burns the *Keshabhoomi* whereas an increased *Vata* gives rise to more frequent and comparatively prolonged *Shira Sankocha* by its *Ruksha* and *Khara Guna*. The *Snigdhata* and the *Pichchhilatva* of the normal *Kapha Dosha* is prevalent throughout the pores of the skin so as to keep it soft and moist. By the augmentation of the *Ushna*, *Tikshna*, *Ruksha* and *Khara* properties of *Pitta* and *Vata Doshas* respectively, the *Sneha* and the *Pichchhilatva* of the *Kapha Dosha* are dried up within the pores of the skin of the scalp thus, obstructing the growth of new hairs, causing *Indralupta*.

Saptamrutlauha and *Vidanga* causes *Apatarpaan*, which helps in opening the blockage of *strotasa*. *Saptamrutlouha* also helps to cure anaemic condition. *Guduchi satva* and *Amalaki* are *rasayana* drugs which help in rejuvenation process. This combination is helpful in removal of excessive fat, clearing of various types of toxins from the body and helps in reduction of accumulated cholesterol in the body. It promotes digestive fire, clears body channels for the nutrients to reach to the tissues, balances fats in the body and removes toxins by improving the digestive system.

Triphala shows detoxifying and rejuvenating actions along with the anti-inflammatory and anti-infective action have a marked effect in treatment of alopecia. *Triphala*⁷ also heals the tissue along with increasing the digestion of the patient at the same time acting as a mild laxative. In *Sushruta samhita*, in the treatment of *Indralupta* it is suggested for scraping the scalp with *Parijata patra* and applied the paste of *Rasanjana* and *Hastidanta masi* with *Gomutra arka* for some duration. Scraping helps in removal of hair root obstruction. Application of *Dhatu patra taila* after the removal of the *lepa* helps in itching. *Nidana Parivarjana* was also found helpful in the management of the disease.

CONCLUSION

This case study shows the successful management of a case of Alopecia areata (*Indralupta*). Whilst there is enormous scope for further research but still it proves that with proper diagnosis and proper treatment protocol. Ayurveda can be extremely beneficial in the management of Alopecia areata (*Indralupta*). By internal medicines along with external applicable medications relief can be obtained on SALT scale. The recovery in the present case was promising and worth documenting.

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