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AYURVEDIC MANAGEMENT FOR *INDRALUPTA:* A CASE REPORT

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ABSTRACT:

Background: In Ayurveda treatises, Alopecia areata can be coined under *Kshudra Rogas* as – *Indralupta.* Alopecia areata is an auto-immune disease characterised by localized loss of hair without any inflammatory scaling. The Aim of study was to collect scientific database for the efficacy of *Shodhana karma* (*Pracchana karma*) and *Shamana Karma* (*Lepa*) with *Aushadha Pana* in Alopecia Areata. **Material and methods:** Single case study of a 30 years old female patient with a complaint of Patchy hair loss asymptomatically over scalp for 3months. This case was successfully treated with *Pracchana Karma* and lepa with internal Ayurvedic medication for 3 months. Result: The scalp patch was immensely filled with new hair growth at the end of follow up period. **Conclusion:** *Ayurveda* has immense potential to treat such immune supress disease through *Shodhana* and *Shamana Chikitsha.*

Keywords: *Indralupta, Pracchana Karma,* Alopecia areata

INTRODUCTION: In *Sushruta Samhita, Indralupta* underneath the caption of one among *Shirokapalagata Kshudra Roga* while *Acharya Vagbhatta* mentioned in heading of *Kapala Roga. Indralupta is a Raktapradoshaja Vikara***.** [i] *According* to *Acharyas,* Vitiated *Vatta Dosha* with *Pitta Dosha* resides in *Romkoopa* (hair root) causes *Keshapatana* (Hair fall). In progression with *Apathya Ahara- Vihara,* vitiated *Kapha Dosha* along with *Rakta Dosha* result in blockage of *Romkoopa* (hair root) in the affected region turns with no new hair growth ultimately nothing but *Indralupta.*[ii] *Raktamokshana* -(Bloodletting)is primely indicated for *Raktapradoshaja Vikara.* For the present study, *Pracchana Karma* is one among *Raktamokshana* was planned.

In modern science, *Indralupta* can be compared with the symptomatology of Alopecia areata [iii] which is an autoimmune disease characterized by hair loss on body especially on scalp without any clinical inflammatory signs. Its prevalence in general population was estimated at 0.1-0.2%, incidence is extreme in age group of younger. According to serve, Male were more affected in compare to children and women, but it might lead to psychological impact in woman and children due to cosmetic beauty. In contemporary science, Corticosteroids chosen in the form of topical and systemic therapy which has many side effects at systemic level and does not ensure the regrowth of hair follicles.

CASE REPORT:

A 30 years old Female patient visited OPD in febrile and conscious state of health presented with history of patchy hair loss on scalp associated with *Keshapatana* (hair fall), *Darunaka* (Dandruff) and *Alpa Kandu*

(mild itching) over affected region worsen with time in the last 3 months. Patient has no history of patchy skin lesion on any body part, endocrinological disorder, distress, hair plucking habit, surgery or any prolonged internal medication in past. Patient has positive family history (mother)for thyroid dysfunction. Patient had no control over disease with intake of steroids medication 2 months.

SPECIFIC EXAMINATION:

SITE OF DISEASE	*Kapala* - Scalp region
PATTERN	Irregular
SKIN COLOUR	*Raktabha* (Mild reddish)
SKIN SURFACE	*Ruksha* (Dried)
MEASURMENT OF LESION	Approx. 4*5cm

***DASHAVIDHA PARIKSHA*:**

Sharir Prakriti	*Pittaja-Vatta*
Manas Prakriti	*Rajas*
Vikruti	*Tridoshaja*
Satva	*Avara*
Satmaya	*Avara*
Sara	*Asthi*
Samhanana	*Madhyama*
Ahara-Shakti	*Madhyama*
Jaran Shakti	*Madhyama*
Vyayam Shakti	*Avara*
Vaya	*Madhyama*
Kala	*Adana Kala*
Desha	*Sadharana*

***ASHTAVIDHA PARIKSHA*:**

Nadi	*Samyaka*
Mala	*Sama*
Mutra	*Samyaka*
Jihva	*Samyaka*
Shabda	*Samyaka*
Sparsha	*Ruksha*
Akruti	*Madhyama*
Drik	*Swetabha*

C. AUSHADHA: -

NO.	AUSHADHA	MATARA WITH ANUPANA	*KARMA*
1.	*Phalatrikadi Kwatha* (30-40ml)	*Pana* Twice a Day *Bhojana Purve* (Before Meal)	*Rasa-Rakta Shodhaka*
2.	*Rasayana Churna* (6gram) *Saptamruta Loha* (125mg)	Twice A Day with *Madhu*	*Rasayana, Dhatu Shodhaka*
3.	*Kaishore Gugglu* (500mg)	2 Tab. Twice a day with *Jala* (*Bhojana Pachata*) (After Meal)	*Rakta Shodhaka*
4.	*Bhringaraja* Tablet		*Keshya, Rakta-Rasa Dhatu Shodaka, Krimighna*

5.	*Triphala Mashi* Along with *Dhaturpatra Swarasa*	Local Appliaction of Paste After Pracchana Karma (26 G Needle) – Twice a week	*Keshya, Krimighna Vranaropaka, Rasayana*
6.	*Gunja Tail*	Local Application After 2 Hours of Paste.	*Keshya, Krimighna, Vata-Pitta Samaka*
7.	Triphala Yavkuta Kwatha	*Kesha Prakshalan* – Twice a week	*Keshranjana, Tridosha Shamaka*

D. FOLLOW-UP: -

DAYS	**OBSERVATION RESULTS**
1ST DAY	Clinical Examination
15th DAY	Improvement in Dandruff.
30 DAYS	Sparse tiny brownish hairs in the patch
45DAYS	Hair fall decreased. Patch covered with blackish brown hairs (Approx.1cm In Length and Dense in Volume)
2MONTHS	Hair grown to 4-5cm in Length on Patch. No dandruff On Scalp.
3MONTHS	Patch covered with hairs. No recurrence on scalp was observed till date .

***NIDANA* (*APATHYA AHARA-VIHARA*) MODIFICATION:**

NIDANA	**ADVISED (*PATHYA AHARA-VIHARA*)**
Divaswapana	To avoid
Adhyasana	To avoid
Ushan Jala for hair wash	Hair wash with cold to normal water
Ati-tail Shiro-Abhyanga (For Long Time)	Advised to have gentle tail *Shiro-Abhyanga*
Chinta, Krodha	*Anuloma-Viloma, Suryanamaskara, Yoga*
Krishna Tila (One Fist)	Chewed Daily in early morning.

DISCUSSION:

As Acharyas had clearly mentioned the *Samprapti* of *Indralupta- Dushta Vata* and *Pitta* having recourse to the roots of hairs causes gradual falling off, while the *Dushit Rakta* and *Kapha* of the locality fill up those pores or holes, thus barring their *Keshvardhana*. First line of treatment was *Nidana-Parivarjan*. In the present study, Patient indulge in *Nidana* which had *Tridosha Prakopaka Guna* was modified with proper guidance of *Pathya Ahara -Vihara*. In present case study, *Shamana Chikitsha -Triphala Yavkuta Kwatha* for *Kesh Prakshalan* (Hair wash) was selected for reducing *Darunaka* (Dandruff) and *Rukshta* of *Kapala Pradesha*. Then, *Pracchana Karma* was selected as *Raktamokshana* [iv] was ideal *Chikitsha* for *Rakta- Dushti* with local application of *Triphala Mashi* made paste with *Dhatu Patra Swarasa* for *Tridosha Shamaka, Keshvardhana, Keshranjana, Krimighana* properties by increasing micro circulation in scalp (*Shiro-Kapala Pradesh*). *Gunja Tail* has been selected as *Suddha Gunja tail* has *Tikta-Kashaya rasa* which pacify *Kapha-Vatta dosha* and with *Usna-Tikshna Guna* can easily penetrate to scalp and enhance *Keshvardhana*. *Tail* itself *Param Vatta Shamaka.* Internally, *Phalatrikadi Kwatha* was given internally for its *Pitta-Kapha Shamaka, Rasa-Rakta Dhatu Shodhana* property. *Rasayana churna* [v]for *Rasayana Guna* with *Saptamruta Loha* [vi] for promoting *Kesha* as both has *Dhatu Shodhana, Rakta-Vardhaka Karma*. *Kaishore Gugglu* for *Lekhana* Property which mitigates *Kapha* as well as works on *Asthi Dhatu* (*Kesha - Mala* of *Asthi Dhatu*). *Bhringaraja* [vii] tablet chosen internally are beneficial for hair growth and premature greying.

Probable mode of action of *Pracchana Karma*:

Removal of vitiated *Rakta* and *Pitta* (Mainly *Ushna- Tikshna Guna*) and also *Avarna* of *Kapha*

↓

Sthanastha Rakta Shuddhi along with *Dushit Kapha*

↓

Removal of *Romkoopa Avarna which* promotes *Kesha Vriddhi*

Probable mode of action of *Lepa* with *Triphala Mashi* with *Dhatur Patra Swarasa*:

Triphala Mashi with *Dhatur Patra Swarasa Lepa*

↓

Penetrates in the *Romkoopa* and gets absorbed through *Swedwahi Strotas* and *Siramukh* by *Tridoshashamak* and *Keshya Guna* of *Triphala* and *Dhatur*

↓

May lead to *Kesha Vardhan* and *Kesha Ranjana*

CONCLUSION:

According to sign and symptoms, *Indralupta* can be corelated with Alopecia areata. *Dosha Avastha* in *Indralupta* treated with *Raktamokshana karma* (*Pracchana Karma*) mentioned in *Ayurveda* which showed a promising result in present case study. *Nidana Parivarjan* was a necessary part of any *Chikitsa.*

PHOTO GALLERY:

Before treatment



Fig :1 Patient visit first time OPD

After 15 days



Fig: 2 After 15 days of treatment

After 30 days

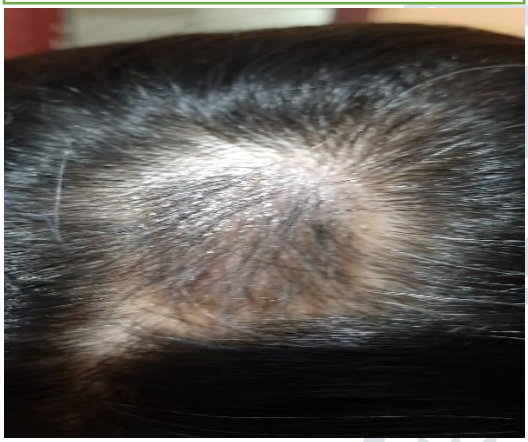

Fig:3 After 30 days of treatment

After 45 days



fig: 4: After 45 days of treatment

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