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A case report on the management of Indralupta through Ayurveda therapeutic approaches

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ABSTRACT

Alopecia areata (AA) is a prevalent chronic autoimmune disorder that targets specific tissues, leading to hair loss and affecting up to 2% of the population. While its exact underlying mechanisms remain unclear, the widely accepted theory suggests that an immune system dysfunction disrupts the hair follicle's immune privilege. The development of AA is influenced by a combination of genetic and environmental factors. Clinically, AA presents in various forms, ranging from isolated, well-defined patches to extensive hair loss, including complete scalp baldness (alopecia totalis) or total body hair loss (alopecia universalis). Ayurveda offers significant potential in managing autoimmune conditions like AA. This report documents a case where Ayurvedic treatment successfully addressed alopecia areata.

Keywords: Alopecia areata, auto immune disease

INTRODUCTION

Alopecia areata is known to be an autoimmune disorder that causes loss of hairs, primarily on the scalp, without any visible signs of inflammation. It is estimated to affect 0.1–0.2% of the general population, with a lifetime risk of 1.7%.[1] Acharya *Sushruta* in Ayurveda explained it as *Indralupta* (Hair Loss) in the context of *Kshudraroga* and recommended *Pracchanna* karma (local bloodletting) and application of *Manashila* (Arsenic Disulphide), *Kasisa* (Iron sulphate), Tuttha (Copper sulphate), and *Maricha* (*Piper Nigrum*), or *devadaru* (*CedrusDeodara*).Locally *Gunjakalka* is moslty used (Paste of Abrusprecatorius) [2]. Both shodhana (Internal and external cleansing procedures) and *shamana* treatment (Disease specific internal medications) are prescribed for *Indralupta in ayuvreda*. Here a male Patient suffering from Alopecia areata was successfully managed with Ayurvedic therapy along with *nidanparivarjan*.

PATIENT INFORMATION

A male patient, aged 27, visited our outpatient department (OPD) with concerns regarding his recent hair loss over the past six months. Furthermore, he experienced hair loss in certain areas of the scalp. The patient had taken treatment from various dermatologists but unfortunately, his hair loss was not managed. DHe was not satisfied with the previous results so, he came to our hospital.

CLINICAL FINDINGS

On examining the patient's scalp, a smooth and shiny patch was observed, causing irritation. Apart from scalp-related symptoms, the patient had good appetite, and no complaints with bowel. The condition was diagnosed as Indralupta, or alopecia totalis (AT). The treatment approach, observations, and results are detailed in the table.

Personal history

Ashtavidha Pariksha

- 1. Nadi/pulse 75/min
- 2. Mala/ bowel movement Saam/bowel with undigested toxins
- 3. Mutra/micturition Samyak/proper
- 4. Jivha/tongue Saam/coated
- 5. Shabda/speech Spashta/clear

6. Sparsha/temperature on touch - Khara/rough 7. Druka/eyes - Prakruta/normal with no pallor or icterus 8. Akruti/body build - Madhyam/average Agni (digestive fire) = Agnimandya/poor Bala/strength = Madhyam/averageRaktadaaba (Blood pressure) = 130/80 mm Hg.

TIMELINE

Follow up -follow up was done after 15 days and same treatment was continued till one month.

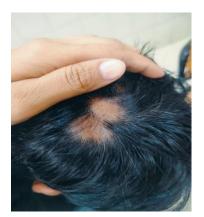
S.No.	Formulation	Dose	Intake Time
1.	Bhrahmarasayana	5gm	After food with milk
2.	Vidangarishta	20ml	After food
3.	Saptamrit lauha	500mg	Before food
	Amlaki churna	2gm	
	Yashtimadhu	1gm	
	Krimikutharras	500mg	
	Vidangchurna	1gm	
4.	Sanjeevani vati +	2tab	LA
	Marich	2	
5.	Bhringrajtail	5ml	LA

S.no.	Itiopathological factors	Advised
1.	Atilavanasevan	To stop excessive use, to
		use SaindhavaLavana
		instead of
		SamudraLavana
2.	Milk + Meal (At night regularly)	To stop eating milk with
		any food or fruit
3.	Use of cold water	To use ushnodaka
		(Warm water) for
		drinking
4.	Mental affliction (Anxiety and depression)	Pranayam for 15 min at
		dawn
5.	Day sleep (2 hrs soon after meal)	To avoid
6.	Sleeping late night (till 1 am)	To avoid

DIAGNOSTIC ASSESSMENTS

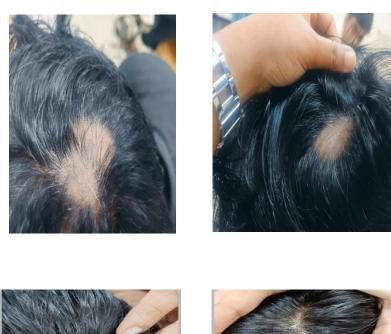
Various patches of hair loss are seen on the scalp. The dermatologist pre diagnosed the patient with alopecia totalis We requested his regular bloodwork . The reports, were all within normal ranges.

PICTURES: Day 1





Day 15



Day 30



DISCUSSION

Acharya *Charaka* mentions that *Tejas* by involving *VatadiDosha* when Reaches the scalp, it results in Khalitya (*Indralupta*) [3] [3] According to Acharya Sushruta, Pitta and Vata cause hair to fall out by affecting the roots of the hair (Romakoopa). Then, Shleshma and Shonita block the channel of Romakoopa, which stops the hair from growing back. This condition is called Indralupta, Khalitya, or Ruhya [4]. Therefore, the primary internal causes of Indralupta are Vata, Pitta, Kapha, and Rakta Dushya.

When discussing the diseases brought on by excessive Kshara, Lavana, and Viruddha Ahara, Charaka in Vimanasthana mentioned the occurrence of hair loss as a result. It has been mentioned that the people of Saurashtra and Bahlika experience Indralupta when they consume milk and Lavana (salt) simultaneously, which is similar to ViruddhaAhara.

Thus, it may be said that people having more *Lavana* or *Kshara* and having *ViruddhaAhara* on daily basis have more chances of having *Indralupta* [5]

Mode of action

1.Probable mode of action of Brahma Rasayana: According to Acharya Dalhana, Rasayana refers to techniques that achieve the highest quality bodily tissues in order to promote youth and longevity. Drugs that can give the body superior Rasas and Dhatus and strengthen a healthy person's system are known as rasayanas. (6) The Rasayana helps achieve longevity, memory, intelligence, health, youthfulness, excellence of lustre, complexion, and voice, optimum development of the body and sense organs, mastery of phonetics, respectability, and brilliance by improving digestion and increasing the bioavailability of Ahara-Rasa nutrients. 7. Rasayana helps prevent the symptoms of early ageing, improve overall health, boost natural immunity, and improve the way all of the body's essential organs function.

2. Probable mode of action of Vidangarishta:

Acharya Sushruta explains the involvement of Krimi in all types of skin diseases. So considering his age and consumption of Viruddhahar, Vidangarishta was used. It is a herbo-mineral combination containing ingredients like Vidanga, Pippali, Rasna, Kutaj, Amla, Dhataki, Cinnamon, Cardamom, Kachnar, Ginger, Kalimirch, Patha, Lodhra, Priyangu and Madhuetc.Key ingredients of Vidangarishta possess Ruksha, Ushna, Teekshna and are effective in balancing Vata-Kapha. Correct use of Vidangarishta aids in preventing reccurance of Krumi and supports the enhancement of Jatharagni. (8) **3.**Saptamurit Lauha (Ingredients:*triphala*, *yashtimadhu*,*lauhabhasma* and *madhu*, *ghrit* as a sahapaan)*Saptamrit* lauha also helps in anemic condition.(9)

Vidangachurna: causes apatarpan, which helps in opening the blockage of strotas. It has krimighna properties also.

Amlaki is well known for its keshya effect, it's a very good rasayan which help in nourishing and rejuvenation of tissueshelps in detoxification of blood, supports digestive system.

Yashtimadhu-It is madhurras, sheetveerya, gurus nigdhadravya, well known for keshya property in agreya prakran of Charak.

Krimikutharras: Acharya *Sushruta* explains the involvement of *Krimi* in All types of skin diseases. So considering his age and Consumption of *Viruddhahar, Krumikuthar* rasa was Used. It is a herbo-mineral combination containing *Karpura, Hingul, Vatsanabh, Palash* Beej, etc. Mainly works on *Krumi*. It is considered that many *Twakvikar* Involve KrumiIn their pathophysiology and *Krumikuthar* Rasa is a time-tested formulation in Skin Diseases.(10)

4. Topical application of *sanjeevanivati* with *marich* produce irritation in patchy areas of the scalp which helps in opening the pores and helps hair follicles to regrow.

5.Bhringraj tail-Bhringraj oil is used to promote hair growth, prevent hair loss, and treat dandruff and premature greying. It's also used to treat skin diseases, liver disorders, and other health issues.

CONCLUSION

The combined immunomodulatory, antioxidant, antistress and other effects of all the medicines, along with immunostimulant action of prachhan karma, may have contributed to beneficial outcomes in this patient. However, large scale clinical trials and more advanced assessment methods are needed to evaluate the overall effectiveness of the treatment.

Patient perspective

The patient was satisfied with treatment and remained cooperative throughout.Informed consent was obtained before hand.

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