



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 *Kshudravoga* 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 mostly used (Paste of *Abrusprecatorius*) [2]. Both *shodhana* (Internal and external cleansing procedures) and *shamana* treatment (Disease specific internal medications) are prescribed for *Indralupta in ayurveda*. 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. He 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*/average
 Raktadaaba (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.	<i>Brahmarasayana</i>	5gm	After food with milk
2.	<i>Vidangarishta</i>	20ml	After food
3.	<i>Saptamrit lauha</i>	500mg	Before food
	<i>Amlaki churna</i>	2gm	
	<i>Yashtimadhu</i>	1gm	
	<i>Krimikutharras</i>	500mg	
	<i>Vidangchurna</i>	1gm	
4.	<i>Sanjeevani vati</i> + <i>Marich</i>	2tab 2	LA
5.	<i>Bhringrajtail</i>	5ml	LA

S.no.	Itiopathological factors	Advised
1.	<i>Atilavanasevan</i>	To stop excessive use, to use <i>SaindhavaLavana</i> instead of <i>SamudraLavana</i>
2.	Milk + Meal (At night regularly)	To stop eating milk with any food or fruit
3.	Use of cold water	To use <i>ushmodaka</i> (Warm water) for drinking
4.	Mental affliction (Anxiety and depression)	<i>Pranayam</i> 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 *Ruhy* [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 *Madhu* etc. Key ingredients of *Vidangarishta* possess *Ruksha*, *Ushna*, *Teekshna* and are effective in balancing *Vata-Kapha*. Correct use of *Vidangarishta* aids in preventing recurrence of *Krumi* and supports the enhancement of *Jatharagni*. (8)

3.Saptamurit Lauha (Ingredients:triphalā, yashtimadhu,lauhabhasma and madhu, ghrīta as a sahapāna)Saptamurit 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,gurusnigdhadravya*,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 *Krumi*In 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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