

MANAGEMENT OF INDRALUPTA (ALOPECIA AEREATA - PATCHY HAIR LOSS OF SCALP) - A CASE REPORTMajagaiyan Pratikshya^{1*}, Giri Jeevan Kumar² and H K Amaranath³¹PG Scholar, Department of Shalakyatantra, SDM College of Ayurveda and Hospital, Hassan.²PG Scholar, Department of Shareera Rachana, SDM College of Ayurveda and Hospital, Hassan.³Associate Professor, Department of Shalakyatantra, SDM College of Ayurveda and Hospital, Hassan.***Corresponding Author: Majagaiyan Pratikshya**

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ABSTRACT

Nowadays scalp and hair diseases are of more importance in society because of their cosmetic value and personality reflection. Indralupta is a disease among Kapalagataroga (diseases of scalp) characterized by loss of hair. It can be correlated to Alopecia areata in contemporary science. Prachhanna (Scarification) is one of the Raktamokshana (Blood Letting) procedure indicated in Raktaja Vyadhi that helps in draining the vitiated Rakta. In Indralupta there will be vitiation of Rakta with Kapha and obstructs the hair follicle due to which there will be patchy hair loss. Sushruta in kshudra roga chikitsa mentions interventions like - application of Lepa after Prachhanna and shiroabhyanga are beneficial in this condition for better hair growth.

KEYWORDS: Indralupta, Prachhanna, lepa, Alopecia, Shiroabhyanga.**INTRODUCTION**

Hair contributes to one's personality and reflection of identity. In ladies hair is symbol of femininity and nature gifted ornament. It is a crowning glory to one's personality and centre of attraction. So each one is extra conscious about it and is in search of better remedy for hair growth. Indralupta is one among the Kshudra roga according to Sushruta and shirokapala gata roga by Vaghbata which is characterized by patchy loss of hair.^[1] Rakta associated with Vata gets lodged in Romakupa and causes patchy hair, later on Kapha dosha associated with Rakta causes obstruction to the hair roots and restricts the re growth. Prachhanna is a method of raktamokshana indicated in Indralupta.^[2] which helps in draining the vitiated rakta that is obstructing hair follicles growth. Sushruta has mentioned application of lepa^[3] after Prachhanna along with shiroabhyanga^[4] with various medicated oil is beneficial in growth of new hair follicles. Similarly, there are references of various promotive and rejuvenative therapies like Rasayana, Shirolepa, Shiropichu, Shiro basti, Shirodhara indicated for indralupta.

Alopecia areata, also known as spot baldness, is a condition in which hair is lost from some or all areas of body. Often it results in few bald spots on the scalp. It can affect the entire scalp. Modern lifestyle, improper head hygiene, usage of harmful shampoos, hair gels, hair

spray, hair colouring agents allergic manifestations, reduced body resistance, hormonal imbalance, malnutrition, even stress are the contributing factor for this disease. Even contemporary medicine believes Alopecia as auto immune.^[5] So in this aspect, there is a need of such treatment that facilitates hair growth. So Prachhanna can be the best method for Indralupta.

Case History

A Hindu, female patient Mrs X of 30 years age visited the OPD of Shree Dharmasthala Manjunatheswara College of Ayurveda and Hospital, Hassan with an O.P No. 003297 and got admitted with IP-17905 for the following complaints.

Chief complaints

Patchy hair loss since 1 month.

History of present illness

Patient was apparently asymptomatic one month back. Gradually she noticed thinning of hair and hair fall. After few days patient started noticing the bald scalp at the vertex of head during routine oil application. There were patchy areas with no hairs. No history of itching and dandruff was reported.

Investigations

Routine haematological and urine investigations were carried out to rule out systemic pathology.

General Examination- Moderately built with no other systemic illness

Local Examination- Scalp and Hair

Inspection

Type-patchy hair loss
Site-vertex of the scalp

Treatment protocol

Day first: Aama pachana with Chitrakadi vati 2 TID and Panchakola Phanta 100ml TID before food.

Day second: Sadhyo virechana with Nimba Amrutadi Eranda thaila 60ml+100ml Jeera Jala at morning in empty stomach.

Day third till Day Seven: Mukha Abhyanga with Asanabilwadi thaila followed by Nasya Karma with Bindu Thaila 6/6 drops to each nostrils.

Prachhana followed by Vanadhyanak(*Eryngium foetidum*) Lepa / Shiro abhyanga with equal parts of Bringamalaka Thaila and Durdurpatradi taila followed by shiro lepa with Jatamansi, Triphala, Yestimadhu in Bringamalak Thaila on alternate days.

Total course of therapy : 7 days.

Botanical Name- *Apium prostratum* subsp. *prostratum* var. *filiforme*

Family- Apiaceae

This herb grows in hilly region as a weed and smell of leaves resemble that of coriander leaves it is termed as Vanadhanyaka. It is found as a weed plant.

Fresh Vanadhanyaka leaves are crushed in blender and made into paste form.

Para surgical protocol

Materials needed: Insulin syringe, gloves, cotton, triphala kashaya, paper glasses.

Purvakarma

Deepana pachana followed with sadhyovirechana given for kayaik shodhana.

Consent was taken after explaining the procedures and was asked to shave the head prior to the commencement of the procedure.

On the day of procedure, Under aseptic precautions Prachhana was performed. Local area was cleaned with Triphala Kashaya and wiped by cotton and made dry.

Pradhana Karma

Mukha abhyanga followed by marsha nasya was given to the patient in morning on empty stomach followed by prachhana with lepa and shiro abhyanga and lepa in afternoon on alternate days(7 days).

Prachhana

Insulin syringe was used and close pricks were made continuously over the affected areas of scalp. Prachhana was done in every patchy area. Pricking was neither too deep nor too superficial but were sufficient enough for the blood to ooze out. Whole affected area was utilized and over that freshly prepared Vanadhanyaka lepa was applied after wiping the blood. Patient was told to keep the paste for two hours and wash it properly.

Shiroabhyanga

On alternate days shiroabhyanga followed by shirolepa was done. Both Bringamalaka Thaila and Durdurpatradi Thaila were mixed and made luke warm and applied all over the scalp and gentle massage was given for 10 minutes. After shiroabhyanga paste of triphala, yesti, jatamansi mixed in Bringamalaka thaila was applied uniformly over the scalp and left for drying.

Paschat Karma

Patient was advised to leave the Pralepa for 2 hour, so that the medicine will be absorbed properly and wash with cold water.

Advise after treatment

- Wash hair with cold water.
- Avoid exposure to sunlight, harmful shampoo, conditioners, hair gels and spray, spicy and junk foods.
- Avoid using combs of others.
- Eat plenty of fruits, vegetables and water to supply basic nutrients for hair growth.
- Cover hair with scarf while going to dusty area and sunlight.

Follow up medicines

- Bringamalaka taila
- AmlaShikakai shampoo
- Dhatri loha.

RESULTS

Result was satisfactory. Hair growth were found in the bald areas.

**a) Before treatment.****b) 20 Days after treatment.****c) Months of treatment.****d) Months of treatment.**

DISCUSSION

It was a case of Indralupta, in contemporary Alopecia areata. It is a Pittaja vikara associated with vata, kapha and rakta. Keeping all this in consideration treatment planned was Prachhanna followed by Vanadhanyaka lepa with shiroabhyanga, shirolepa with marsha nasya.

Raktamokshana is the ideal treatment when Doshas are vitiated with rakta dhatu. Prachhanna helps in draining the vitiated rakta of scalp and providing area for the growth of new hair follicles.

Vanadhanyaka lepa has Tikta, Kashaya Rasa, Ushna Veerya with Lekhana property because of these properties it might have stimulated growth of hair

follicles in Indralupta. Similarly, Shiroabhyanga also nourishes the scalp and facilitates healthy hair follicles growth. Nasya treatment nourishes whole head, drains the accumulated doshas of urdhavaga, strengthen the hair follicles and also provides natural colour to the hair.

CONCLUSION

Hence, from this case report, it can be concluded conclude that marsha nasya followed by Prachhanna and Vanadhanyaka lepa, shiroabhyanga and shiro lepa are very much helpful in treating Indralupta(Alopecia Aereata)

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