



Ayurvedic Approach For Managing Indralupta(Alopecia Areata): A Case Study.

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ABSTRACT

Indralupta(Alopecia areata) is a disease characterised by patches of hair loss spread throughout the body and scalp described as Shirogata Roga (diseases of head) & Kapalagata Roga (Scalp disease)by Acharyas.It can be considered alopecia areata according to conventional medicine. Alopecia areata is considered autoimmune, making it difficult to treat with increased chances of recurrence. But Ayurveda is very effective with no side effects and minimal chances of recurrence as it not only treats the disease but also works on the causative factors (Nidan Parivarjana).The present case report is on the effectiveness of Shaman(treatment that pacifies the aggravated Doshas), Keshya(Hair nourishing treatment), and Raktamokshna(blood-letting) in the patient of Indralupta. A 16-year-old boy who had hairless patches on his scalp was diagnosed with Alopecia areata 4 years before by a dermatologist. He already took conventional modern medicines but didn't get a satisfactory result. It showed recurrence after the stoppage of medicines. So, he came to Kayachikitsa OPD for Ayurvedic treatment. After 4 months of Shamana Chikitsa, Jalaukavcharan (Leech therapy), Nasya (medicine administered through nasal route), and Shirolepa (local application of Ayurveda herbs), complete recovery was seen with no adverse effects during and after treatment. In this case, hair regrowth from hair follicles was evident within 30 days of treatment. The collected data of this study suggest that Shamana treatment, Raktmokshan, and Keshya medicine can provide complete relief in Indralupta.

Keywords:Indralupta, alopecia, Alopecia areata, Hair loss, Case study, Ayurveda,shalakyta tantra

INTRODUCTION-

A very first impression of a person depends on his looks, in which hair plays an important role. Nowadays we can see tremendous ailments related to hair like hair fall, greying of hair, Alopecia, etc. It affects self-esteem, and confidence further leading to depression. Alopecia areata which mainly affects the scalp is an autoimmune disorder in which patchy loss of hair is seen with no signs of inflammation.^[1] Due to location, it affects the beauty of a person which makes him look unpleasant and lowers his confidence. Also, contemporary treatment includes treatment with the use of steroids has many adverse effects with chances of recurrence.^[2] Many therapies are available for the treatment of alopecia areata, including topical, systemic, and injectable modalities. However, these treatment methods produce variable clinical outcomes and there are no currently available treatments that induce and sustain remission.^[3] Conventional modern therapy consists of intralesional corticosteroids, topical corticosteroids, minoxidil, anthralin, topical Indralupta explained in Ayurveda. Indralupta is explained under the heading of Kshudra rogas by Acharya Sushruta.^[5] Ayurveda emphasizes the involvement of all three Doshas along with Rakta Dhatu in hair fall and Indralupta.^[6] According to Ayurveda, vitiated Pitta association with vitiated Vata causes the falling of hairs from the scalp. After that, vitiated Rakta and Kapha block the orifices of the hair follicles which restricts the growth of new hair. Thus, Vata, Pitta, and Kapha Dosha (three factors responsible for all physiological processes inside the body) and Rakta Dushya (one of the sites in the body where the disease occurs) are the main internal causative factors of Indralupta.^[7] So while treating such cases removal of obstruction at hair follicles is important and then start with anti-hairfall treatment. Acharya Sushruta has explained the line of treatment of Indralupta in Chikitsa-sthan.^[8]

Here a case of 19 years old boy describes the usefulness of Ayurvedic management with Shamana medicines, Jalaukavcharan, Nasya, and Shirolepa Chikitsa in the treatment of alopecia areata.

PATIENT INFORMATION - On 10th November 2024, a 19-year-old boy came to OPD with complaints of patchy loss of hairs on the scalp gradually increasing for 3 years. He had no history of any major illness. Also no family history of such diseases. There were multiple patches of hair loss all over the scalp of variable sizes as seen. The patient identified a small patch of hair loss on the scalp before 2 years. The patient visited a dermatologist where he was diagnosed with alopecia areata and treated for the same. Eventually, he recovered from it. After 1 year, again similar patches of hair loss started appearing on the scalp ~~not relieving with the same line of treatment he was taking. He had stopped the treatment after 6 months~~ due to unsatisfactory results. Then he took various other treatments with local physicians and General practitioners, whose details were not available. The patient was referred to our hospital by one of his friends. After examining the patient diagnosis was made as Indralupta. The patient was explained about the disease and was advised of internal Ayurvedic medicines along with procedures like Jalaukavcharan, Nasya, and Lepam Chikitsa. Internal medicines are listed. Treatment principles included Krumighna Chikitsa considering his age, Sroto vishodhan Chikitsa to improve nourishment to Rasa, Rakta, and Asthi Dhatu, Keshya Chikitsa to initiate regrowth of hair. Details of procedures are mentioned in. The line of treatment showed successful results in this case of Indralupta within 4 months. The patient was followed up on every 15th day for 1st two months and then monthly. Follow-up details are mentioned in Clinical findings The patient had hairless patches on the scalp for the past 4 years, no itching on the scalp, the general condition was good, all the vitals were normal, and no systemic illness.

Ashtavidha Pariksha

- 1.Nadi: 82/min, Vata kapha
- 2.Mutra: Samyak (Normal output)
- 3.Mala: Asamadhankarak (Non satisfactory)
- 4.Jivha: Saam (coated)
- 5.Shabda: Spashta (Clear)
- 6.Sparsha: Anushna (Warm)
- 7.Druk: Samyak (Normal)
- 8.Akruti: Madhyam, but many patches of hair loss are seen on the scalp

Other examinations Prakriti: Vata Kaphaj; Vikruti: Tridosha; Saar: Mansa; Samhanana: Madhyam; Satva: Madhyam; Satmya: Madhyam; Aahar Shakti: Samyak; Vyayam Shakti: Madhyam; Vaya: 19years; Desha: Aanup; Kaal:

Diagnostic findings

Several patches of hair loss are seen on the scalp. The patient was already pre-diagnosed with alopecia areata by a dermatologist.

The patient was treated with

Arogyavardhini 125 mg twice daily along with KrumikutharRasa125 mg at night with Gudatill 21 and 15 days respectively.

It was followed by Rasapachak Tab 125 mg, AsthimajjapachakTab 125 mg, and Mahamanjishthadi Kwath 20 ml with an equal amount of water twice daily for 3 weeks,

Bhringaraja Ghana 250 mg and BibhitakGhana250 mg for 13 weeks.

After completion of 4 months and complete recovery, Amalaki Ghan 250 mg with lukewarm water was started for 2 months for hair nourishment.

Jalaukavcharan was done on the scalp 4 times every 15 days.

Anu Tail Nasya3 drops in each nostril were given, daily from the 21st day onwards till the 120th day.

Tagar+ Daruharidra Lepa were done on an alternate day from the 61st to the 120th day.

Outcome and follow-up: Follow-up changes are given there was no visible hair or hair roots at various places on the scalp before treatment. After 30 days of treatment, there was visible hair eruption at many places on the scalp. The images were taken after treatment of 4 months and the regrowth of hair was clearly visible. The patient was instructed to continue the AmalakiGhan 250 mg with lukewarm water with Pathya(wholesome diet regimen). Thereafter, the patient regularly came to the hospital for follow-up and continued the treatment.

Follow-up Changes seen.

1. 1st day Arogyavardhini and Krimikuthar started.

2. 15th day The patient's bowel habits were improved, Samyak Mala pravrutti with Niram Jivha. No hair growth was seen. Krimikuthar stopped. Leech therapy was done.

3. 21st day Arogyavardhini Stopped. Bhringaraja Ghana 250 mg, RasapachakTab 125 mg, AsthimajjapachakTab 125 mg, Mahamanjishthadi Kwath 20 ml, and Bibhitak Ghana 250 mg started. Anu Tail Nasya Started. Not much hair growth was seen.

4. 28th day A few tiny brownish hair growths were seen on some patches. Treatment continued. Leech therapy was done.

5. 35th day Tiny hair growth was seen on all patches. Treatment continued.

6. 42nd day RasapachakTab, AsthimajjapachakTab, Mahamanjishthadi Kwath stopped. Bhringaraja Ghana and Bibhitak Ghana continued. Nasya continued. Leech therapy was done. Hair growth was seen.

7. 60th day Leech therapy was done. Asked to start Tagar+ Daruharidra lepa alternate day.

8. 90th day Bhringaraja Ghana and Bibhitak Ghana continued. Nasya continued. Tagar+ Daruharidra Lepa continued. More black hairs are seen.

9. 120th day Complete recovery was seen. Bhringaraja Ghana, Bibhitak Ghana and Nasya stopped. Lepa therapy stopped. Amalaki Ghana 250 mg twice daily started for the next 2 months.

10. 180th day Normal hair growth was seen. No recurrence of alopecia. Amalaki Ghana stopped.

11. 250th day No recurrence of alopecia. Patient was happy with the results.

DISCUSSION

Acharya Charaka explains the pathophysiology of Khalitya and Palitya in Trimarmiya Chikitsa where he says that when Teja along with Vatadi Doshas reaches the scalp leads to Indralupta.^[9] Acharya Sushruta explains about Indralupta in Kshudraroga where he says that Kapha and Rakta block the Romkupa, while Vata & Pitta Dosha leads to hair fall.^[5] So the involvement of Vata, Pitta, Kapha, and Rakta can be seen in this disease. Arogyavardhini is said to be Kushtaghna (can alleviate all types of skin disorders). Also, the drug has properties like Pachani (digestive), Dipani (appetizer), Pathya (wholesome for channel), Hridya (cardioprotective), Medo nashaka (help in fat reduction), Mala shuddhikari (cleaning of waste materials from the body), increase Kshudha (appetizer), Sarvaroga prashamani (can alleviate all types of disorders from the body). So, it was used for Srotoshuddhi (clearing of channel).^[10] Arogyavardhini Vati is used in all types of Kushtha, especially in Vata and Vata-Kaphaj kushtha. It helps to remove Ama (toxins) from the body. It has an antipruritic nature that relieves the itching sensation. Contains Kutaki as the main content, which works as Shodhan and Bhendan of Dosha.^[11] Acharya Sushruta explains the involvement of Krimi in all types of skin diseases. So considering his age and consumption of Viruddhahar, Krimikuthar rasa was used. It is a herbo-mineral combination containing Karpura, Hingul, Vatsanabh, Pasash Beej, etc. mainly works on Krumi. It is considered that many Twak Vikar involve Krumi in their pathophysiology and Krimikuthar Rasa is a time-tested formulation in Skin diseases.^[11] Bhringaraja is a well-known herb used in hair ailments. It is Ushna Veerya, which breaks the Srotoavrodh and leads to hair growth.^[12] According to the Principles of Ayurveda, it is said that when Rasa Dhatu is of good quality the succeeding Dhatus will also be good.^[13] So Rasapachak was used to improve the quality

of Rasa Dhatu. Kesha [Hairs] is Mala of Asthi Dhatu, so the quality of hair depends on the quality of Asthi Dhatu. Hence Asthimajjapachaka Yog was used.^[14] Bibhitaki is also Keshya with Kashaya Rasa, Madhur Viapaka, Ushna Virya, and Ruksha Guna which acts as Srotoro vishodhak and shows Keshya properties.^[15] Amalaki is a Rasayanai.e., good for all the Dhatus. Amalaki (Embllica) has been ubiquitously used in Ayurvedic medicine for nourishing hair since ancient times. Experiments showed that Amalaki extract solution promoted hair strength (tensile strength and extensibility).^[16] Mahamanjishthadi Kwath is a blood purifier. It pacifies the vitiation of Kapha and Pitta and acts as a Rakta Shodhaka. It detoxifies blood and helps to eliminate accumulated toxins from the body.^[17] Jalaukavcharan-Acharya Sushruta tells to do Raktamokshana in Indralupta. It helps to eliminate the Srotas avrodh and vitiated Rakta Dhatu. Shirolepa-Acharya Sushruta has mentioned the Lepa of Tagar + Daruharidra in Indralupta. Nasyais indicated in all Urdhvajatrugata Vyadhis of which Indraluptais one. Anu Tel is very effective for hair growth as well as it prevents hair fall.^[18] There are many clinical studies published on Indralupta. These studies highlighted the results of Shamana or Shamana along with some external applications or the use of only local procedures like Pracchhanna Karma and Jalaukavacharana. In this case, we have used the Shaman Chikitsa along with Keshya Chikitsa, Nasya, Jalaukavacharana, and Lepa. Recurrence is a major issue in alopecia areata. In this case, no recurrence was observed till the 8th month. The patient regularly visits the OPD for follow-up and following the diet and medications.

CONCLUSION-

In this case of Alopecia areata Ayurvedic principles of diagnosing the disease, finding out the Samprapti (Pathophysiology), and then starting the treatment which do Samprapti bhanga (Treating the root cause of Pathophysiology) gave complete recovery with no side effects during or after the treatment. We conclude that the Ayurveda protocol of Shamana, along with Jaloukavacharan, Nasya, and Keshya treatment used for this patient for four months was beneficial and the regrowth of hair started considerably in 30 days. The results obtained from this treatment show that further research can be undertaken based on this treatment plan for the Ayurvedic management of alopecia areata (Indralupta). Patient perspectives The patient was pleased after getting complete hair growth. Declaration of patient consent .The authors certify that they have obtained the patient's consent, for reporting his case along with the images and other clinical information in the journal. The patient understands that his name and initials will not be published and due efforts will be made to conceal his identity, but anonymity cannot be guaranteed.

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