

## AYURVEDIC REMEDIES IN THE MANAGEMENT OF *INDRALUPT VYADHI* - A CASE REPORT

Vivek Shrirampant Chandurkar<sup>1</sup>, Kushal Narendra Jain<sup>2</sup>

<sup>1</sup>Prof. and HOD, <sup>2</sup>P.G. Scholar Final Year

Kayachikitsa department of Seth Govindji Raoji Ayurved College Solapur, Maharashtra, India

**Email:** KN.jain21@gmail.com

### ABSTRACT

*Indralupta* is *Kshudra vyadhi* which is a challenge for the treating doctor to give satisfactory result. This is a case of 22 year old female patient with history of Hypothyroidism. Patient has complaints of *Keshapatan* (hair loss) at specific areas of head since 3 months. There is abdominal pain and amenorrhea from 10 months. There is no history of DM & HTN. It is matter of pride to present this case that with conventional Ayurvedic drug remedies patient got relief from symptoms. In this case we had used *Arogyavardhini vati* 500mg bid, *Kamdudha Ras* 500mg bid. Along with that we had done *Jalaukavacharan* at affected areas and *Jayaphal beej lepan*. Patient is advised to avoid bakery products, *Dadhi*, Rice, *paryushit ahar*, green vegetables and *Toor dal*. After 45 days patient got complete relief from symptoms.

**Keywords:** *Indralupta*, *Arogyavardhini vati*, *Kamdudha Rasa*, *Jalaukavacharn*, *Jayaphal beej lepan*.

### INTRODUCTION

Today's change in life style, pollution, fast food and stress are major responsible factors for Hair loss. It is a common problem faced by people now a days. *Indralupt* is a *kshudra vyadhi* described by ancient Acharyas. *Indralupta* is specific condition characterized by hair loss in form of specific patches in scalp areas due to vitiation of *tridosha* and *Rakt dhatu*.

According to modern science *Indralupt* can be correlated with Alopecia areata. Alopecia areata is a common autoimmune disorder characterized by circumscribed, none scarring,

usually asymmetric areas of baldness on scalp, eyebrows and bearded portion of face. The condition occurs when WBCs attack the hair cells in hair follicle causing them to shrink and dramatically slow down hair production.

According to modern science there is no cure for Alopecia areata, it is only limited to the use of corticosteroids and power full anti inflammatory drug that can suppress the immune system can be given to help re-growth of hair but Ayurveda has lots to do in this regards.

In Ayurveda Acharya Shushruta described the treatment of *Indralupta as prachhan and lepa*. By considering this we have used *Jalaukavacharan* for *raktamokshan* and *Jayaphal Beej* for *lepan* along with internal medicines *Arogyavardhini vati* and *Kamadudha rasa*.

### CASE REPORT-

This is a case of 22 year old female patient with history of Hypothyroidism. Patient presented to us with complaints of *Keshapatan* at specific areas of head since 3 months. There is abdominal pain and amenorrhea from 10 months. There is no history of DM & HTN but there is family history of hypothyroidism and DM from maternal side. There is *Naktmutrata* (Nocturnal urination) and *kshudhamandya* (decreased appetite). Patient consulted to physician for Hypothyroidism and taken medicine for that.

### LOCAL EXAMINATION

Hair loss at two areas of head with circle of 3 cm.

Dryness at that area (*Rukshata*)

### ASHTAVIDH PARIKSHA

- *Nadi – vata pittaj madhyam bala*
- *Mal – Asamyak kathin Malapravartan*
- *Mutra – Prakrut*
- *Jiva – Ishat Saam*
- *Shabda – Prakrut*
- *Sparsha – Prakrut*
- *Druk – Malin*
- *Akruti - Krush*

### INVESTIGATIONS

- Hemoglobin – 11.6 gm %
- RBC – 4.94 lakhs/cmm
- WBC -9,400 /cmm
- Pletlet – 4 52 000

- ESR – 08
- BSL – F 78 mg/dl
- PP 104 mg/dl
- TSH – 47.52  $\mu$ IU/ml

### AIM AND OBJECTIVES-

- AIM : To evaluate the effect of Ayurvedic Remedies in *Indralupt*
- OBJECTIVES : Detailed study of *Indralupt* To study the Ayurvedic dugs in detail

### TYPE OF STUDY

- Prospective Study

### CENTRE OF STUDY:

Seth Sakharam Nemchand Jain Ayurved Rugnalaya Solapur.

### TREATMENT-

#### *Abhyantar Chikitsa:*

- *Arogyavardhini vati* 500mg *vyanudan kala with Koshna Jala*
- *Kamadudha Rasa* 500mg *vyanudan kala with Goghrita*

#### *Bahya Chikitsa:*

- *Jayaphal Beej Lepan* Daily
- *Jalaukavacharan* 3 times after 15 days interval

### DISCUSSION

In this Patient presented to us with complaints of *Keshapatan* at specific areas of head since 3 months. There is abdominal pain and amenorrhea from 10 months. So we had given *Arogyavardhini vati* 500mg bid with *koshna jala* and *Kamdudha Rasa* 500mg bid with *Goghrita*. Along with that we did *Jalaukavacharan* at the area of hair loss and patient was advised to apply *Jayaphal beej lepa* every day at that area. Follow up was taken after every 7 days. According to *Madhav Nidan Prakupit Pitta* and *Vata Dosh*a are responsible for the *keshapatan*.

*patan. Kapha Dosha* along with *Rakt Dhatu* causes the *Awarodha at kesh mool sthana* and inhibits the hair production in the *Indralupt* disease .

*Kamadudha Rasa:* Decreases the *ushna tikshna gunas of pitta* and so causes *pitta shaman*.

*Arogyavardhini:* *Arogyavardhini* pacifies the *Sendriya vish* which is accumulated in *Grahani* and does the *Dipan, Pachan of apakwa ahar rasa*. It causes *pooran mala shodhan*. It has *vata kapha shaman* property.

*Jalaukavacharan:* In *Indralupta* there is *awarodha of Kapha and dushit Rakta*. *Jalaukavacharan* causes the *dushit Rakta shodhan* and decreases the *awarodha*.

*Jayaphal beej lepan:* *Jayaphal beej* has *Ushna Tikshna gunas* which decreases the *Kapha awarodha* at the site of *Indralupta*.

At the end of 45 days the patient got relief from symptom *khalitya at specific areas of head and rukshata* at that area.

## CONCLUSION

*Arogyavardhini vati, Kamadudha Rasa, Jalaukavacharan, Jayaphal Beej lepan* are the Ayurvedic remedies useful in *Indralupta vyadhi*.

*hi*. Though on the basis of single case study, we can't state this hypothesis to be true but it could guide us for further clinical trials.

## REFERENCES

1. Cash T.F. (2001).The psychology of hair loss and its implication for patient care. *Clinical Dermatol* 19 pgno.161-166
2. Haslett,C.Chilvers, E.R.Boon , N.A.colledge,N.R. Devidsons Principal and practice of medicine. 19<sup>th</sup> edition. Edinberg – London : Churchil Living stone-2002 pg no.1069
3. Shastri, K Sushrut Samhita Nidan shtan kshudrarog Nidan adhyay 13/3 A.M.S. Publication Varanasi, 2011 page no. 365
4. Shastri, K Sushrut Samhita Nidan shtan kshudrarog Nidan adhyay 13/3 A.M.S. Publication Varanasi, 2011 page no. 368
5. Shastri, K Sushrut Samhita Chikitsa shtan kshudrarog chikitsa adhyay 20/24-27 A.M.S. Publication Varanasi, 2011 page no. 997
6. Aogle, P.B. Chikitsa Prabhakar kshudrarog adhyay. Kala sadhana prakashan. Pune1986 pg no. 676



**Before treatment-**

**After Treatment –**



**Source of Support: Nil**

**Conflict Of Interest: None Declared**

How to cite this URL: Vivek Shrirampant Chandurkar & Kushal Narendra Jain: Ayurvedic Remedies In The Management Of Indralupt Vyadhi – A Case Report. International Ayurvedic Medical Journal {online} 2017 {cited March, 2017} Available from: [http://www.iamj.in/posts/images/upload/1005\\_1008.pdf](http://www.iamj.in/posts/images/upload/1005_1008.pdf)