

## ROLE OF VIRECHANA IN THE MANAGEMENT OF INDRALUPTA - A SINGLE CASE REPORT

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### ABSTRACT

**Introduction:** *Indralupta* is a type of *Kapalagata Roga*, it occurs when *Pitta* along with *Vata* affecting the hair follicles to become thin and fall, later on, due to vitiation of *Kapha* and *Rakta* it blocks the regrowth of hairs. It can be correlated to Alopecia. Alopecia areata is one of its types and it is also known as spot baldness. It may be regarded as immune-mediated hair loss and it is the commonest cause of patchy hair loss.

**Materials and methods:** A 20-year-old female patient approached Shalaky Tantra OPD of SJIIM, Bengaluru complaining of patchy hair loss in the parietal region for 6 months, the subject was systemically reviewed and diagnosed as alopecia areata, were administered with *Snehapana*, *Virechana*, internal medication and *lepa* for 2 months. **Result:** The subject showed marked improvement in assessment criteria's as we can see in the photographs taken in the different stages of the treatment.

**Discussion:** Usually *Indralupta* is treated with more *bahya Prayogas* like *prachanna*, here in this study we have concentrated more on the root cause of the disease and treating the underlying cause by Internal medications, thus we got a positive result for the same.

**Keywords:** Alopecia areata, Indralupta, Virechana, Ayurveda.

## INTRODUCTION

Alopecia areata is a common autoimmune disorder that often results in unpredictable hair loss. In the majority of cases, hair falls out in small patches around the size of a quarter. For most people, hair loss is nothing more than a few patches, though in some cases it can be more extreme. Sometimes it can lead to the complete loss of hair on the scalp, which is known as alopecia totalis, or in extreme cases, the entire body is affected, which is known as alopecia universalis<sup>1</sup>.

It affects 0.1% to 0.2% Of the population and occurs in both males and females. There are no subjective symptoms, and the denuded area of the scalp is of normal colour and texture. A history of acute emotional stress or anxiety preceding the onset is a common cause for the worsening of the condition<sup>2</sup>. Alopecia areata does not directly make people sick, nor is it contagious. However, it can be difficult to adapt to it emotionally. For many people, alopecia areata is a traumatic disease that warrants treatment addressing the emotional aspect of hair loss, as well as the hair loss itself.

In the conventional system of medicine, Alopecia is treated by using corticosteroids and various immunosuppressants in the form of injections and ointments<sup>3</sup>, which is not ideal in the present scenario of the pandemic, suppressing the immune system will make the individual more prone to mucormycosis like condition. Thus, Ayurveda can play a crucial role in the treatment of Alopecia areata.

## MATERIALS & METHODS

**Case Report:-** A female patient of age 22 years approached Shalakyia OPD of SJIIM hospital, Bengaluru on 30.5.2020, complaining of patchy hair loss on the left parietal region for 6 months.

**History of present illness:-**The subject was normal before 6 months gradually she observed falling of hair in a quarter pattern in the parietal region, she underwent treatment for the same in modern medicine and got relief, but in the past 1 month again there

was reoccurrence and she consulted our OPD for Ayurvedic treatment.

**History of past illness:-** The subject was diagnosed with polycystic ovary syndrome 2 years ago and is undergoing Ayurvedic treatment for the same. Because of that, she is having abnormal menstruation.

### Personal History:

- Diet: Mixed, more intake of fried and salty food.
- *Vihara*:- taking food at an improper time and sleeping late at night.

**Family History:** - nothing specific

### Examination

#### Ashta sthana pareeksha

1. *Nadi*: 72/min
2. *Mutra*: 4-6 times/ day
3. *Mala*: once/day
4. *Jihwa*: Coated
5. *Shabda*: *Prakrutha*
6. *Sparsha*: *Snigdha*
7. *Drik*: *Prakrutha*
8. *Akruti*: *Madhyama*

➤ Systemic Examination: The respiratory system, Cardiovascular system, Gastro-Intestinal system, Central nervous system, the musculoskeletal system has shown no abnormality.

➤ Local examination: Disease-specific scalp examination of the scalp is as shown in table 1.

#### ➤ Investigation

CBC- normal limits

Clotting time- 8min

Bleeding time- 3 min

RBS- 118 mg/dl

➤ **TREATMENT:** The treatment adopted is as shown in Table 2.

**RESULT:** There was an improvement of the condition as shown in fig. 1, fig 2, fig 3, Showing before the treatment, during the treatment and after the treatment respectively and during the follow up after one month there were no signs of re-occurrence.

## DISCUSSION

Karthikacharya has told that in females' incidence of *Indralupta* will be less because the vitiated *Rakta* is eliminated through *Raja srava*<sup>4</sup>, in this study we can see that the subject had abnormal menstruation due to PCOS. So here we have tried to concentrate on treating the root cause of the disease. Thus, we had administered Classical *virechana*, by giving *Snehapana* with *Maha thikthaka ghruta* which does *Pitha vata hara* action and followed by *Virechana* with *trivrit lehya*. *Virechana* does the *Vata pitha hara* action, it normalises the *vimargagamana* of *Vata*<sup>5</sup>. Thus, the menstruation after 1 month became normal and *dooshitha rakta* and *pitha* were eliminated.

- *Gandhaka vati*: act as anti-fungal and purifies the blood, also sulphur promotes hair growth<sup>6</sup>.
- *Saptamrutha loha*: it acts as an antioxidative and immunomodulator.
- *Ashokarishta*: is indicated in *asrugdhara*, normalises the menstrual cycle<sup>7</sup>.
- *Lepa: trikatu churna* and *nimbu swarasa*, is having *ushna, theekshna* property it removes the blockage of hair follicles due to *Kapha dosha*<sup>8</sup>.

## CONCLUSION

Thus, Alopecia areata can be treated in Ayurveda successfully, it is cost-effective, and drugs are easily available. As of such, there are no complications observed. Along with the treatment, lifestyle and food habits have also an equal role in recovery. Thus, we had advised *Pathya* and *Apathya* during the treatment

and in follow up. Alopecia is such a disease that affects the emotional and mental well being of an individual, thus early treatment and guidance with the help of Ayurveda can prevent its advance and its further reoccurrence.

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## TABLES

**Table 1:** Examination of scalp

Parameters	Findings
Site of hair loss scalp	Left parietal region
Number of patches	One
Size of the patch	6cm length, 4cm width
The skin on the patch	No scar or inflammation present

**Table 2:** Treatment

Treatment	Medicine	Dose	Duration
<i>Snehapana</i>	<i>Maha thikthaka grutha</i>	20ml,30ml.50ml,70ml,90ml,110ml.130ml (The dose is increased every day)	For 7 days
<i>Svedana &amp; abhyanga</i>			On 8 <sup>th</sup> day
<i>Virechana</i>	<i>Trivrit lehya</i>	45gm	1day (16 vegas)
<i>Samsarjana krama</i>	<i>Peya</i> <i>Vilepi</i> <i>yusha</i>		9th-13th day
Internally	a) <i>Gandhaka rasayana</i> b) <i>Saptamrutha loha</i> c) <i>Avipathikara churna as nitya virechana</i> d) <i>Ashokarishtha</i>	2-0-2(a/f) 0-0-2(a/f) 0-0-1 Tsp(a/f) 0-20ml-0(a/f)	14 <sup>th</sup> -60 <sup>th</sup> day  From 20 <sup>th</sup> day to 27 <sup>th</sup> day From 28 <sup>th</sup> day to 60 <sup>th</sup> day
Externally	Application of <i>trikatu churna</i>	Over the affected area For 3 weeks since the 30 <sup>th</sup> day	

**FIGURES**



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