AYURVEDIC REMEDIES IN THE MANAGEMENT OF INDRALUPT VYADHI – A CASE REPORT

Vivek Shrirampant Chandurkar¹, Kushal Narendra Jain²

¹Prof. and HOD, ²P.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, Kamduda 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, Kamduda 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 lepa 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 Nakmutrata (Nocturanal 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 – Ishit 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 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 Kamadudha 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 Dosha are responsible for the keshapatan.
patan. Kapha Dosha along with Rakt Dhatu causes the Avarodha 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 Dīpan, Pachan of apakwa ahar rasa. It causes pooran mala shodhan. It has vata kapha shaman property.

Jalaukavacharan: In Indraiupta there is avarodha of Kapha and dusit Rakta. Jalaukavacharan causes the dusit Rakta shodhan and decreases the avarodha.

Jayapahal beej lepan: Jayapahal beej has Ushna Tikshna gunas which decreases the Kapha avarodha 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, Jalaukavacaharan, Jayapahal Beej lepan are the Ayurvedic remedies useful in Indralupta vyadhi. 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
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

Before treatment –

After Treatment –
Source of Support: Nil
Conflict Of Interest: None Declared