A CASE STUDY ON INDRALUPTA

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ABSTRACT
Appearance plays a crucial role in how people perceive others, which is contributed by hair. Throughout history, hair has played a significant role in our society as it is associated with youthfulness and beauty in women and virility and masculinity in men, so it’s of no surprise that hair loss can make men and women feel self-conscious and deprived. Alopecia areata is an autoimmune disease characterised by patchy loss of hair from body or scalp without any inflammatory signs. The incidence of the disease is about 2% worldwide and is considered as the 2nd most prevalent disease. Male population is more affected in comparison to women and children and leads to psychological problems due to cosmetic concern. This condition can be co-related to Indralupta in Ayurveda. Indralupta is a condition explained as kapaalagata roga by Acharya vagbhatta and as kshudra roga by Acharya sushruta and madhava nidana, characterised by patchy loss of hair particularly over the scalp.

INTRODUCTION
We often see our hair as a reflection of our identity. Hair forms the centre of attraction and each one is conscious about it. Alopecia areata is one such autoimmune disease characterised by patchy loss of hair from body and scalp which is of non-scarring and non-inflammatory caused due to sudden precipitation of a group of contiguous hair follicles into telogen (resting phase) that usually affects the scalp but can occur else ware in the body (e.g. beard, moustache). This condition can be co-related with Indralupta, which is mentioned by acharaya vagbhatta in kapaalagata roga and by sushruta in ksudra roga.¹² The disease is caused by vitiated Vata and Pitta affecting the hair roots which causes hair loss and the vitiated Kapha and Rakta obstructs the hair roots and prevents the regrowth of hairs.³⁴⁵ In Ayurveda both shodhana and shaman therapy holds good.

CASE STUDY
A 17 years old male patient came to Shalakya outpatient department Alva’s Ayurveda medical college.
hospital Moodbidri, DK with the chief complaints of Patchy hair loss over the right side of the scalp since last two weeks.

Associated complaints: Generalized hair fall since last one month.

History of present illness: Patient was apparently healthy before one month then started with gradual hair loss and patchy hair loss since last 2 weeks. There was no personal history of any psychological disorder, endocrinal disorder (Diabetes), hair plucking habit or family history suggestive of auto-immune disorders.

Dietary History: The patient had history like regular intake of curd in night, nonvegetarian spicy food and irregular food habits with consumption, oily and junk food and Ratrijagarana (Awakening in the night), chinta (Stress), Bhaya (Fear), Khroda (Anger).

On examination: There was a patchy hair loss measuring approximately of about 3x4cms over the right scalp.

General Examination- vitals normal, medium built, without any other associated pathological conditions.

### Table 1: General Observation of the Patient

<table>
<thead>
<tr>
<th>General Examinations</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pulse</td>
<td>72bpm</td>
</tr>
<tr>
<td>Blood pressure</td>
<td>120/80mm of hg</td>
</tr>
<tr>
<td>Height</td>
<td>140cms</td>
</tr>
<tr>
<td>Weight</td>
<td>57kgs</td>
</tr>
<tr>
<td>Respiratory rate</td>
<td>20cycles/min</td>
</tr>
<tr>
<td>Temperature</td>
<td>Normal</td>
</tr>
<tr>
<td>Tongue</td>
<td>Normal</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Disease Specific Examination</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Site of Involvement</td>
<td>Scalp</td>
</tr>
<tr>
<td>Pattern</td>
<td>Asymmetrical patch</td>
</tr>
<tr>
<td>Skin Colour</td>
<td>Normal</td>
</tr>
<tr>
<td>Discharge</td>
<td>Absent</td>
</tr>
<tr>
<td>Sensation</td>
<td>Present</td>
</tr>
</tbody>
</table>

**SAMPRAPTI:**

**Flow chart 1: showing the samprapti of Indralupta.**

- Nidana sevana
  - pitta associated with vata gets lodged in romakupa
  - further associated with kapha and raktha
  - Obstructs hair roots and limits the hair re-growth

**INDRALUPTA**

### Table 2: Samprapti Ghataka of Indralupta

<table>
<thead>
<tr>
<th>Dosha</th>
<th>Tridoshaja</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dushya</td>
<td>Rasa, Raktha, Asthi</td>
</tr>
<tr>
<td>Srotas</td>
<td>Rasavaha, Rakthavaha, Asthivaha</td>
</tr>
<tr>
<td>Sroto-dusi</td>
<td>Ati-pravritti, Sangha</td>
</tr>
<tr>
<td>Agni</td>
<td>Dhatwagni</td>
</tr>
<tr>
<td>Vyakthasthana</td>
<td>Kapala pradesha</td>
</tr>
<tr>
<td>Rogamarga</td>
<td>Madhyama</td>
</tr>
<tr>
<td>Sadhyasadyata</td>
<td>Kastasadhyata</td>
</tr>
</tbody>
</table>
Differential Diagnosis:
1. Khalitya: Gradual hair fall
2. Dharunaka: Hair fall with dandruff
3. Indralupta: Sudden patchy hair loss without regrowth of hair.

**Intervention:**

**Table 3: Treatment plan of the present study.**

<table>
<thead>
<tr>
<th>SL.NO</th>
<th>Treatment</th>
<th>Route</th>
<th>Duration</th>
<th>Observation</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Pracchana</td>
<td>On the affected site</td>
<td>Once</td>
<td>oozing of blood, should be cleaned with cotton.</td>
</tr>
<tr>
<td>2.</td>
<td>Jayapala bheja lepa</td>
<td>On the affected site</td>
<td>After pracchana (3rd day, 10th day)</td>
<td>After 2nd day of application observe for formation of blisters.</td>
</tr>
<tr>
<td>3.</td>
<td>Mahamanjistadi Kada</td>
<td>Orally</td>
<td>30ml bd with 90ml of water for a period of 1month.</td>
<td>Appearance of whitish grey hairs on the affected patchy scalp.</td>
</tr>
</tbody>
</table>

**Procedure of Pracchana:**

**Materials Required:** Sterile lancet, gloves, cotton, Triphala Kashaya, jayapala bheja.

**Purvakarma:**
- Procedure is explained to the patient in his own language and consent is taken.
- Local area is cleaned with Triphala Kashaya.

**Pradhana Karma:**
- Sterile Lancet is taken, and continuous prick is given over the scalp on the affected area.
- Care should be taken so that the depth of these serial incision should be neither too deep nor too superficial but should be enough for the blood to ooze out.
- After the bleeding stops, the area should be cleaned using cotton swab dipped in Triphala Kashaya.
- Jayapala Bheja lepa is applied over the patchy area of the scalp.

**Paschat Karma:**
- Care should be taken that the applicant does not spread to the other area.
- Patient is advised not to take head bath.
- Advised to avoid spicy and oily food.

**Pathya – Apathya**

**Pathya:**
- Aharaja: Dugdha (Milk), Grita (Ghee), Shastikashali (Rice).

**Vihara:** Chatradharana (Using Umbrella)

**Apathya:**
- Ahara: Ati lavana (excess salt), Ati Katu (Excess spice).

**Vihara:** Head bath, Jagarana (Awakening in the night), Exposure to sunlight, dust.

**Follow Up:**
Patient reviewed 15 days after the treatment (45th day) small whitish grey hairs grown on the lesion. Length and density increased; hair fall decreased no further complications observed.
DISCUSSION

Acharya Charaka in Vimanasthana, while describing the disorders occurring due to overindulgence in Kshara, Lavana and Viruddha Ahara\(^8\) has mentioned the occurrence of Hair Loss because of it. Viruddha Ahara like, simultaneous intake of Lavana (salt) with milk in the diet induces Indralupta. Thus, it can be said that a person habituated to excessive Lavana or Kshara intake and taking Viruddha Ahara in routine is prone to have Indralupta. Mithya Ahara and Vihara Manoabhigata like mental stress, fright, anger, shock etc. may collectively increase the Pitta and Vata Dosha. The Ushna and Tikshna properties of Pitta gets augmented whereas the Vata suffers an aggravation in Ruksha, Khara and Chala properties. Here an aggravated Pitta (Bhrjaka Pitta) supported by the vitiated Dehoshma burns the kesabhumi, whereas an increased Vata gives rise to more frequent and comparatively prolonged ShiraSankocha by its Ruksha and Khara Guna. The Snigdhatva and the Pichchhilatva of the normal Kapha Dosha is prevelant throughout the pores of the skin to keep it soft and moist. By the augmentation of the Ushna, Tikshna, Ruksha and Khara properties of Pitta and Vata Doshas respectively, the Sneha and the Pichchhilatva of the Kapha Dosha are dried up within the pores of the skin of the scalp thus, obstructing the growth of new hairs, causing Indralupta.

Prachana is a type of sasasthrakruta rakthamokshana, which helps to remove the vitiated Raktha and Kapha dosha which obstructs the hair roots\(^7\). Prachana is done as a pre therapy to lepa to enhance the efficacy of lepa. Prachana improves the perifollicular vascularisation and strengthens the hair follicle. Jayaphala has skin irritant effect and regulates cell growth and differentiation\(^8\) thus favours the regrowth of hairs. Mahamanjistadi Kasahya\(^9\) was selected owing to its Rakta Prasadhana (It detoxifies blood and aids to eliminate toxins accumulated in the body) and Kustahara property. it is formulated such a way that it can be effective in all types of diseases cause by all tridosha.

Thus, all the above treatment modalities would have contributed for the regrowth of hair at the affected site, by pacifying the doshas.

CONCLUSION

From this case report we can infer that prachanna followed by lepa with internal medication of rakthashodaka dravya helps in the management of autoimmune disease like alopecia areata i.e. Indralupta.

REFERENCES


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