

An Ayurvedic Treatment of Indralupta W.S.R. To Alopecia Areata- A Case Study

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ABSTRACT

Alopecia areata is an autoimmune condition which causes patchy hair loss. In Ayurveda it can be correlated to Indralupta one of the Kapalagata roga, in which aggravated Vaat dosha mixed with Pitta dosha and burns the roots of hair follicles and leads to Indralupta. In this case study, a 27 year old female patient with the complaint of asymptomatic loss of hair at a single site of scalp over a month was managed with Panchkarma along with and shiroabhyanga. Virechana and Raktamokshana by leech therapy were done along with external medications. Re growth of hairs was achieved completely. This study suggests that Ayurvedic management can provide notable results on Indralupta. and Methods: It is a single case study of a 22-year-old female patient with a complaint of asymptomatic loss of hair at a single site over the scalp for 5 months. This case of Alopecia areata (Indralupta) was successfully treated with 12 sittings of Jalaukavacharana (leech therapy) for four and a half months and 3 months Ayurveda medication. Result: The patch was immensely filled with lustrous

black hairs at the end of the follow-up period. Conclusion: Hence, it can be concluded that Ayurveda provides a promising result in the patient of Indralupta through Jaloukavacharana and Shamana Aushadh. It can be a choice of treatment, keeping in mind its cost-effectiveness and successful management as compared to conservative treatment.

Materials and Methods: It is a single case study of a 22-year-old female patient with a complaint of asymptomatic loss of hair at a single site over the scalp for 5 months. This case of Alopecia areata (Indralupta) was successfully treated with 12 sittings of Jalaukavacharana (leech therapy) for four and a half months and 3 months Ayurveda medication.

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KEYWORDS: Alopecia areata, Indralupta, Virechana, RaktamokshanAa.

I. INTRODUCTION:

Alopecia areata is a localized loss of hair in round or oval areas with no apparent inflammation of skin. It is also known as spot baldness, in which hair is lost from some or all areas of body. Often it results in a few bald spots on the scalp. In Ayurveda it can be correlated to Indralupta one of the Kapalagata rogas. In Indralupta Vaat dosha combined with Pitta dosha, depending on the hair follicles and causes them to collapse and then it mixed with Rakta Dosha and closes the roots of hair follicles, due to which hair fall occurs and other hairs do not produce on it.

PATIENT INFORMATION:

On December 2022, a 27 years old female patient, unmarried final year medical student came to Keralam Ayurvedic Panchkarma Icon Lucknow. The patient had complained of patchy hair loss on the centre area of scalp since a month with associated complaints of hard, unsatisfactory defecation and dandruff on scalp for months. The patient was relatively healthy before one month. The patient identified a small patch of hair loss on the scalp before a month ago.

HISTORY OF PRESENT ILLNESS:

The patient was asymptomatic before a month. Gradually her friend started noticing hair fall at centre area of the scalp and then she noticed that the patch of hair loss was increasing. Then she visited a doctor, where the diagnosis was done as fungal infection on scalp and treated for the same.

Eventually, she recovered from dandruff but hair fall was still there and covering more area on the same site. Now the patient stopped the allopathic medication. After this, the patient came to Keralam Ayurveda panchkarma icon for further treatment,

where she was diagnosed with **Indralupta** or Alopecia areata.

FAMILY HISTORY

No members of the family had the history of alopecia.

PERSONAL HISTORY

| | |
|-------------|---------------------------|
| Diet | Mixed |
| Micturition | Normal |
| Appetite | Normal |
| Sleep | Sound sleep |
| Bowel habit | Hard stool, once in a day |
| Addiction: | Not any |

ASHTAVIDHA PARIKSHA

| | | |
|----|---------|---|
| 1. | Nadi | Vata-pittaj |
| 2. | Mutra | Normal out-put, no abnormality in urine |
| 3. | Mala | Hard stool, once in a day, not satisfied, |
| 4. | Jihva | Normal in size and shape and color, no coating on the surface, nirama |
| 5. | Shabda | No abnormal sound |
| 6. | Sparsha | Normal sparsha of the affected part |
| 7. | Drik | Normal |
| 8. | Akriti | Madhyama sharira (normosthenic), several patches of hair loss are seen on the scalp and whole body in an asymmetrical pattern |

TREATMENT PROTOCOL

The patient was treated through shodhana (please see **Table no.1**) and shaman **Table no. 2**) treatment as follows.

Table no.1

| Procedure | Drugs | Days |
|--|--|--|
| Deepan paachan | Sanjeevani vati 2tab 2times a day Aarogyavardhani vati 2tab 2times a day | 4 days |
| Snehapan | Panchtikta ghrta | 5 days |
| Sarvang Abhyanga | Dhanvantaram tailam | 2 days |
| Sarvang swedan | Dashmoola vaashpa sweda | 2 days |
| Virechana karma | Trivrit avaleham | 1 day |
| Sansarjana kram | | 3 days |
| Raktamokshana by Jalauka (leech therapy) | Haridra churna Saindhava lavana Milk Shatdhaut ghrta Cotton roll | 4 times before Virechana karma at an interval of 3days |
| | | 4 times after Virechana karma at an interval of 7 days |

Table no. 2

| Drug | Dose | Duration |
|-----------------------|--------------------------------|------------------------|
| Neelibhringadi tailam | For local application on scalp | 2 to 3 times in a week |

In the Shodhana treatment Raktamokshana and virechana treatment was done, in which 1st 4sitting of Raktamokshana (by leech therapy) was given by which regrowth of hairs was started at the center area after 2sittings, but at the margins hair fall was still there, then Virechana was adopted and completed without any kind of complications and there was no complication after the procedure. Virechana Karma got completed with Kaphant Shuddhi with 18 Vegas. And then again after sansarjan karma , Raktamokshana (by leech

therapy) was given . Before treatment there was no visible hair on the scalp (fig.1). Change in the condition of the patient came after around 15 days of treatment and the centre area of the patch {where leeches applied} (fig.2) had some hairs regain (fig.3). The images were taken 15 to 20 days apart, re growth of hair were seen after the treatment (fig.4). The patient regularly came to KERALAM Ayurvedic Panchkarma Icon ,Lucknow.



Figure no1



Figure no 2



Figure.3



Figure,4



II. DISCUSSION:

Virechana is the best treatment for Pittaja and Raktaja Vikara. That's why Virechana was done. Raktamokshana is indicated in Raktaj Vikaar and Raktamokshan by Jalauka (leech) is indicated when there is Pitta Dosh is also present. External tail Abhyangam was chosen on the basis of their Keshya property.

III. CONCLUSION:

This case study shows the satisfactory management of Alopecia areata viz-a-viz Indralupta through Panchakarma management. By Panchakarma therapy along with Shiroabhyangam relief can be obtained. The recovery in the present case was promising.

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