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Ayurvedic management of *Indraluptha* - A Case Study

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ABSTRACT

Indraluptha is one among *Shirokapalagatha Roga* mentioned by *Acharya Vagbhata*. It is correlated to *Alopacia Areata*. *Indraluptha* is characterized by localized non-scarring hair loss. *Vagbhata* has explained the cause for *Indraluptha* is *Vata* and *Pitta* which causes hair to fall off while *Kapha* along with *Rakta* obstructing the hair follicles. In contemporary science treatments are limited. *Ayurveda* has great potential to treat *Indraluptha*. Here a case of *Indraluptha* successfully treated with *Ayurvedic* management is recorded.

Key words: *Indraluptha*, Case study, Hair loss, Alopecia, Baldness.

INTRODUCTION

Hair loss is one of the common problem affecting worldwide. Hair loss, also known as alopecia or baldness, refers to a loss of hair from part of the head or body.^[1] Severity of hair loss can vary from a small area to the body. Sudden loss of hair fall is called *Indraluptha*. Its often characterized by bald spot on the scalp. *Acharya Vagbhata* has included *Indraluptha* in *Shirokapalagatha Rogas*. *Pitta* associated with *Vata* gets lodged in *Romakupa* and causes hair fall followed by *Kapha Dosh* associated with *Rakta* causes obstruction to the hair roots and limits the regrowth.^[2] As per classical reference vitiated *Rakta Dathu* will give rise to *Keshaadakrimi*.^[3] Even in *Rasa*

Dhatuvaigunya there can be *Khalitya*. *Kesa* and *Loma* is also *Mala* of *Asthi Dhatu* in *Ayurveda* there are many treatment explained like *Siravyadhana*, *Lepa Nasya* etc. So here we can reverse the *Samprapti* by giving *Krimihara*, *Avaranahara Chikitsa* and also *Raktashodana* and *Rasayana*. *Bahir Parimarjana Chikitsa* like *Lepas* also helps in this condition. The Medicines Which are in the form of paste and used for external applications are called *Lepas*.^[4] Ultimately after the case study of 2 months duration the results shown were quick, permanent which is an outstanding evidence of clinical applications of principles of *Ayurveda*.

MATERIALS & METHODS

On 28th November 2019, a Muslim male of 20 years old, non-diabetic, not a known case of hypertension, visited Out Patient Department of Government Ayurveda Medical College, Bangalore, with the complaints as sited below.

Chief complaints

Patchy hair loss since 1 month

History of present illness

Patient was apparently healthy before 1 month. Gradually he noticed patchy hair loss in Right side of the head, which gradually increased in size. Hence, he

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consulted Government Ayurveda Medical College Out Patient Department for the same and started treatment.

Hetu

Excess intake of *Madhura*, Intake of Curd along with Chicken and *Divaswapna*.

General Examination

- General Condition - Good
- RS - NAD
- CVS - S1S2-NAD, No added Sound
- CNS - NAD
- P/A - SOFT
- BP - 120/80 mmHg
- Pulse - 72/min
- **Prakruti** - Kaphavata
- **Saara** - Mamsa

Local Examination - Scalp & Hair

Darshana - Type Patchy Hair Loss

Site - Right parietal side of scalp, no redness found, No Scaling as shown in the figure 1(a)

Samprapti

- **Dosha** - Kapha
- **Dushy** - Rasa, Asthi
- **Agni** - Manda
- **Srota s-** Rasavaha, Romakupa
- **Nidana** - Excess *Madhura Ahara*, *Divaswapna*

Due to *Nidana Sevana Krimi* formation, Causes *Agnimandya* resulting *Rasavaha Srotodusti* and also *Romakupas* getting blocked by vitiated *Rakta* and *Kapha* and which resulted in *Indraluptha*.

Treatment

1. *Vidangarishta* - 5tsp BD
2. *Prachanna* - 4 sitting
3. *Trikatu Churna Lepa*

4. *Guggulu Tiktaka Gritha* - 1/2 tsp BD

RESULT

After 2 months of Ayurvedic treatment, Patient showed a significant amount of change in the condition, as shown in the figure 1(b).

Fig. 1a: Before treatment



Fig. 1b: After treatment



DISCUSSION

Indraluptha is one among *Shiro Kapalagatha Rogas* according to *Acharya Vagbhata*. Sudden Patchy hair loss is the characteristic feature of *Indraluptha*. If we carefully observe the *Samprapthi* we can understand that all the three *Doshas* along with the *Rakta* is responsible for *Indraluptha*. *Vata* along with *Pitta* is the causative factors for hair loss and *Kapha* and *Rakta* is obstructing the hair follicles. *Keshada Krimi* can also cause hair fall. If we take the relation

between Dhatus and *Malas*, *Kesha* is the *Mala* of *Asthi Dhatu*. And also, in *Rasa Dhatu Dusti* we can see hair fall. So, considering all the above factors line of treatment adopted was *Krimihara*, *Avaranahara Chikitsa* followed by *Rasayana* which mainly nourishes *Asthi* and *Rasa Dhatus*. Treatment was started with *Prachanna* followed by *Trikatu Churna Lepa* mixed with *Nimbu Swarasa* externally to remove the *Avarana*. Internally *Vidangarishta* was given 5tsp BD for 15 days as a *Krimihara Chikitsa*. *Prachanna* and *Lepa* was done for 4 sitting with 6 days gap between each. *Prachanna* is a type of *Raktamokshana* and with this the vitiated *Rakta* will get purified, which was followed by *Trikatuchurna Lepa* by which the *Kaphaavarana* in the hair follicles will get removed. *Vidangarishta* which is having *Krimihara* action can tackle the *Krimi*. After *Krimihara* and *Avaranahara Chikitsa*, *Rasayana Chikitsa* was started with *Guggulu Tiktaka Gritha* ½ tsp BD for 1 month. *Guggulu Tiktaka Gritha* is usually used in osteoarthritis and also in skin diseases. So, it is acting in *Asthi Dhatu* as well as *Rasa Dhatu*. *Guggulu Tiktaka Gritha* contains mainly *Tikta Rasa* predominant drugs like *Nimba Guduchi* etc. which will pacify the *Pitta* and since it is a *Gritha Yoga* it will pacify *Vata Dosh* as well. So, by taking *Guggulu Tiktaka Gritha* vitiated *Pitta* and *Vata* is pacified and also *Rasa Dhatu* and *Asthi Dhatu* will get nourished. By this can reverse the *Samprapti* and we can handle all the vitiated *Doshas* and *Dhatus*. When the subject approached our hospital patchy hair loss were there in right occipital area of the scalp. But after the treatment new hairs begin to appear and patch was completely filled.

CONCLUSION

Indraluptha is a *Sannipataja Vyadhi* all the three *Dosha* along with *Rakta Dhatu* is involved in *Indraluptha*. *Krimi* also have a significant role in *Indraluptha*. Hair fall can also occur due to *Asthi* and *Rasa Dhatu Kshaya*. So *Krimihara*, *Avaranahara Chikitsa* followed by *Asthi* and *Rasa Dhatuvardhana Chikitsa* was administered in Present study.

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