



ISSN 2456-3110

Vol 2 • Issue 3

May - June 2017

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS



Charaka
Publications

Indexed

A Case Study on *Indralupta*

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ABSTRACT

Attitudes towards different hair, such as hairstyles and hair removal, vary widely across different cultures and historical periods, but it is often used to indicate a person's personal beliefs or social position, such as their age, sex, or religion. As hair is considered as barometer of beauty each one is over conscious about it and is in search for a better remedy for the maintenance and management of their crowning glory. Alopecia areata is characterized by acquired skin ailment that can affect all the hair bearing skin including scalp, beard, which is characterized by localized areas of non-scarring hair loss which can be compared with *Indralupta*. Hence all these are pointing towards a better and affordable remedy which can be provided much effectively by our ancient science *Ayurveda*. Hence considering all these the treatment was planned for a week with internal administration of *Vidangarishta* along with *Krimikutararasa* and *Shatavari Guda* as *Rasayana*. Also an external application of milky exudates of papaya over the scalp region where head bath was not allowed as per the strict rule of our *Acharya* for more precise result. The results shown were profound, quick and permanent and are an outstanding evidence of clinical application of principles of *Ayurveda*.

Key words: *Indralupta, Vidangarishta, Krimikutararasa, Shatavari Guda, Rasayana, Alopecia aerate.*

INTRODUCTION

Hair is considered an essential part of overall identity, especially for women, for whom it often represents femininity and attractiveness. Men typically associate a full head of hair with youth and vigor. Although they may be aware of pattern baldness in their family, many are uncomfortable talking about the issue. Hair thinning is therefore a sensitive issue for both sexes. For sufferers, it can represent a loss of control and feelings of isolation. People experiencing hair thinning often find themselves in a situation where their

physical appearance is at odds with their own self-image and commonly worry that they appear older than they are or less attractive to others. Psychological problems due to baldness, if present, are typically most severe at the onset of symptoms. Hair loss, also known as alopecia or baldness, refers to a loss of hair from part of the head or body.^[1] The severity of hair loss can vary from a small area to the whole body. Common types include, male-pattern hair loss, female-pattern hair loss, alopecia areata, and a thinning of hair known as telogen effluvium.^[1] The cause of male-pattern hair loss is a combination of genetics and male hormones, the cause of female pattern hair loss is unclear, the cause of alopecia areata is autoimmune, and the cause of is telogen effluvium is typically a physically or psychologically stressful event.^[1] Telogen effluvium is very common following pregnancy. Less common causes of hair loss without inflammation or scarring include the pulling out of hair, certain medications including chemotherapy, HIV/AIDS, hypothyroidism and malnutrition including iron deficiency. Causes of hair loss that occurs with scarring or inflammation include fungal infection, lupus erythematosus,

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Submission Date : 05/06/2017

Accepted Date: 25/06/2017

Access this article online

Quick Response Code



Website: www.jaims.in

DOI: 10.21760/jaims.v2i3.8242

radiation therapy and sarcoidosis. Diagnosis of hair loss is partly based on the areas affected.^[1]

Indralupta is one among the *Kapalagata Roga* (Scalp disease) and *Kshudra Roga* by *Vaghbata* which is characterized by loss of hair. *Pitta* associated with *Vaata* gets lodged in *Romakupa* and causes hairfall followed by *Kapha Dosha* associated with *Rakta* causes obstruction to the hair roots and limits the regrowth.^[2] As per the classical reference the vitiated *Raktadathu* will give rise to *Keshaada Krimi*.^[3] Ayurveda also suggested different line of treatments like *Siravyadhana*, different *Lepa* applications, *Abhyanga*, *Nasya* etc. for the same. The *Samprapthi Vighatana* of the condition can be achieved along with the internal medications like *Vidangarishta* and *Krimikutara Rasa* and *Shatavari Guda* as *Rasayana* to enhance the efficacy of the treatment. The medicines that are in the form of a paste and used for external application are called as *Lepas*.^[4] In Ayurveda the topical applications are known as *Lepas* and this comes under the broad heading of *Bahiparimarjana Chikitsa*.^[5] Skin is the largest protective barrier in the body which prevents invasion of microorganisms, toxins and foreign substances in the body. The main area of *Bahiparimarjana Chikitsa* is *Twak* and the treatments like *Lepa*, *Abhyanga*, *Swedana*, *Parisheka*, *Unmardana* etc. according to disease are known as *Bahiparimarjana Chikitsa*.^[5] With these effects of *Lepa* the external application of papaya exudates, a folklore practice, is also adopted as a management in this condition.

Alopecia areata, also known as spot baldness, is an autoimmune disease in which hair is lost from some or all areas of the body, usually from the scalp due to the body's failure to recognize its own body cells and subsequent destruction of its own tissue.^[6] Often it results in bald spots on the scalp, especially in the first stages. In 1–2% of cases, the condition can spread to the entire scalp (alopecia totalis) or to the entire skin (alopecia universalis). Ultimately after the case study of one week duration the results shown were profound, quick and permanent and are an outstanding evidence of clinical application of principles of Ayurveda.

CASE REPORT

On 11th December 2012, a Hindu male of 36 yrs old, non-diabetic, not a known case of hypertension, visited Out Patient Dept. of Sri Dharmasthala Manjunatheshwara College Of Ayurveda Udupi, with the complaints as sited below.

Chief complaints

Patchy hair loss since 1 year.

History of present illness

Patient was said to be asymptomatic 1 year back. Gradually he noticed patchy hair loss in the left lower back of head, which gradually increased in size. Hence he consulted the Sri Dharmasthala Manjunatheshwara Hospital Out Patient Dept. for the same and started treatment.

Hetu: Routine use of fish along with curd, chicken and excessive use of sweet items.

General Examination

- General condition - Good.
- RS - NAD.
- CVS - S1S2- NAD., no added sounds.
- CNS - NAD.
- P/A - SOFT
- BP - 132/82 mm Hg.
- Pulse - 72/min.

Moderately built with no other systemic illness .

Prakriti - *Kapha Pradhaana Pitta*.

Saara - *Mamsa Saara*.

Local Examination: Scalp and Hair

Darshana (inspection) - Type-patchy hair loss

Site - left lower back of scalp. No redness found, no scaling.

Samprapti

- *Dosha* - *Kapha*.
- *Dushya* - *Rasa, Asthi*.

- Agni - Mandya.
- Srotasa - Rasavaha, Roamakoopa.
- Nidaana - Virudhahaara, Indralupta with possible Krimiroga.

Due to excessive Madhura - Rasasevana, Abhisyandi Sevana, Romakupas were blocked by vitiated Rakta and Kapha and Indralupta is produced .

Treatment

1. Krimikuthara Rasa -1 tid
2. Vidangarista - 3 tsf tid
3. Shatavari Guda - 2 tsf bd
4. Papaya Latex Ext. application - Q.S. for 7 days.

Special note: patient is advised not to take head bath for 7 days.

DISCUSSION

Alopecia areata is an autoimmune condition which when correlated with Indralupta is a disorder due to vitiation of all Doshas. However Pitta vitiation is the predominant factor. The Pitta which is present at the root of the hair increases in association with the Vata, this leads to hair fall. Then the Kapha and the Rakta together block the follicles of the hair by not allowing fresh ones to grow. Our Acharyas have considered this condition under Siro Rogas, but according to some Acharyas it also comes under Ksudra Roga, but the root cause is almost same. Along with these conditions Acharya Vagbhatta also mentions about Keshada Krimi which also contributes towards the ultimate hairloss. Hence keeping all these in mind the patient is treated with Krimikutara Rasa and Vidangarishta as an internal medication. Acharya Sushruta advises Rasayana in Kesa Vikaras^[7] and Rasayana drugs acts as immunomodulators in Indralupta. With this benefit the patient was adviced to take Shatavari Guda as a Rasayana Dravya to enhance the hair growth.

After all these internal administration to rule out the causes of the hairfall, the patient is also treated for the improvement of scalp health. The physiochemical properties of a drug in a topical dosage form affect



Figure 1: Before treatment



Figure 2: After treatment

that drug's transdermal delivery and topical bioavailability. The molecules of the formulation after penetrating through the stratum corneum and into viable epidermis and dermis produces its characteristic pharmacological response through receptors even before the blood and lymph circulations remove it, in which case it may set in a cascade of systemic effects. Though the horny layer is very impermeable to most chemicals, contributing the rate limiting step in transdermal absorption because of its high diffusion resistance, providing a small fractional area of 0.1 % only as permeable appendage shunt route. Besides this route the drug molecules may penetrate through the hair follicles and

sebaceous glands or through sweat ducts also.^[8] Hence as a catalyst in promoting hair growth, the external application of papaya latex which when underwent the phytochemical studies found to have alkaloids, glycosides, flavanoids, saponins, tannins, phenols, steroids etc. which together act as antioxidant and anti-inflammatory is preferred which ultimately helps in improving scalp health and promote hair growth.^[9] Papaya latex is used externally to fight parasites and also (alone or dissolved in alcohol) help in the treatment of eczema, erysipelas, freckles, ringworm and warts.^[10] With all these medications the patient was said to avoid head bath for 7 days as *Acharya Vagbhatta* has mentioned to avoid head bath till the hair growth is seen.^[11]

CONCLUSION

The *Keshya*, *Balya* and *Rasayanika* properties of the specified Ayurvedic drugs showed an excellent result on *Indralupta*. The Classical management of *Indralupta* has a strong possibility to breakdown the pathogenesis of this disease. In this study, *Krimi* were also a responsible factor for the development of pathogenesis/*samprapti* of *Indralupta* along with *Pitta* and *Raktadushti*. *Shonitaja Krimi*, directly affect the hair roots causing hair loss along with digestion problems which clearly signifies diagnosis. Result concludes that *Krimighna* drugs not only remove the *Krimi*, but also balances vitiated *Doshas* and improves digestion helpful for nourishment of hairs. The locally applied drug cleanses channels (*Sroto Shodhana*), enhances peripheral blood circulation towards hair follicle which facilitates good absorption of drugs, cessation of hair loss, strengthening hair roots and promoting growth of new hairs.

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How to cite this article: Seema MB, Sreelekshmi U, Radhika Ranjan Geethesh P. A Case Study on Indralupta. J Ayurveda Integr Med Sci 2017;3:266-269. <http://dx.doi.org/10.21760/jaims.v2i3.8242>

Source of Support: Nil, **Conflict of Interest:** None declared.
