



The efficacy of Shiropichu therapy with coconut oil in treating Alopecia Areata w.s.r. to Indralupta - A Case Study

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Alopecia areata, characterized by sudden hair loss in localized patches, has profound psychological and social implications. Ayurveda describes a similar condition, Indralupta, which arises due to imbalances in Pitta and Vata doshas, compounded by obstruction of Kapha. This article presents a case study highlighting the use of Shiropichu, an Ayurvedic therapeutic technique involving the topical application of coconut oil pads on the scalp, to manage alopecia areata. Coconut oil, renowned for its nourishing, cooling, and antimicrobial properties, was used for Shiropichu therapy. The case study demonstrates significant improvement in scalp health and hair regrowth, indicating the potential of this therapy as a non-invasive, holistic treatment for alopecia areata.

Keywords: Alopecia areata, Indralupta, Ayurveda, Case Report, Hair regrowth treatment, Scalp nourishment

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Introduction

Alopecia areata is a disorder causing localized, non-scarring hair loss. It affects individuals of all ages and genders, often triggering psychological distress due to its unpredictable nature and aesthetic impact. Modern treatments, including corticosteroids and immunotherapy, are often associated with side effects and limited effectiveness in certain cases.

In Ayurveda, *Indralupta*,^[1] a condition resembling alopecia areata, is attributed to aggravated *Pitta* and *Vata Doshas*, which weaken the hair follicles, and *Kapha* obstructing follicular regrowth. This imbalance disrupts the nourishment and growth cycle of hair. *Shiropichu*,^[2] a therapeutic intervention, involves applying oil-soaked cotton or gauze pads to the scalp to nourish hair follicles, pacify *Dosha* imbalances, and promote regrowth.

Coconut oil, a widely used Ayurvedic remedy, is celebrated for its cooling properties that pacify *Pitta*, its unctuous nature that nourishes *Vata*, and its antimicrobial action that addresses infections and inflammation. This article explores a case study of *Shiropichu* with coconut oil^[3] in managing *Indralupta*.

Case Report

A 29-year-old female patient presented with a history of patchy hair loss on the scalp over four months, accompanied by mild scalp inflammation and dryness. The condition began suddenly and progressively worsened, leaving circular bald spots visible. Ayurvedic assessment revealed dominance of *Pitta* and *Vata Doshas*, with *Kapha* obstruction leading to follicular inactivity.

Diagnosis

Based on clinical observations, history, and *Prakriti* analysis, the patient was diagnosed with *Indralupta* (alopecia areata).

Treatment Protocol

The following steps were undertaken for therapeutic intervention:

1. Use of Coconut Oil for *Shiropichu*

2. *Shiropichu* Application Procedure

- A sterile cotton pad was soaked in warm coconut oil.

- The pad was placed directly on the affected patches and secured using a soft bandage.
- The oil-soaked pad was left in place for 30 minutes daily to ensure deep penetration into the scalp tissues.

3. Dietary and Lifestyle Modifications:

- A *Pitta-pacifying* diet emphasizing cooling, hydrating foods such as coconut water, cucumber, and leafy greens was prescribed.
- Stress management techniques, including *Pranayama* and meditation, were recommended to control *Vata*.

Duration of Treatment: The therapy was conducted daily for 8 weeks, with progress monitored weekly.

Results

By the end of the fourth week, the patient reported reduced scalp inflammation and improved hydration. Visible hair regrowth was observed in the bald patches by the sixth week, with complete restoration in the affected areas by the eighth week.

The patient experienced enhanced scalp health and no adverse effects. Follow-up assessments confirmed sustained improvement over three months post-treatment.

Discussion

The case study highlights the efficacy of *Shiropichu* with coconut oil in managing *Indralupta*. Key mechanisms include:

1. Pacification of *Pitta* and *Vata Doshas*:

Coconut oil's cooling and nourishing properties balanced the aggravated *Doshas*, reducing inflammation and supporting follicular health.

2. Stimulation of Hair Follicles: The fatty acids and bioactive compounds in coconut oil rejuvenated hair follicles and encouraged regrowth.

3. Antimicrobial Action: Lauric acid in coconut oil provided protection against microbial infections, ensuring a healthy scalp environment conducive to hair regrowth.

4. Enhanced Absorption: The prolonged contact facilitated by *Shiropichu* maximized oil penetration, delivering nutrients to deeper tissues.

This therapy offers a sustainable, natural alternative to conventional treatments for alopecia areata, with the added benefit of addressing underlying *Doshic* imbalances.

Conclusion

Shiropichu with coconut oil is a promising Ayurvedic approach in managing *Indralupta* (alopecia areata). This case study demonstrates its efficacy in promoting hair regrowth, reducing inflammation, and restoring scalp health through dosha pacification and follicular nourishment. Given its simplicity, accessibility, and minimal side effects, this therapy has the potential for broader application in dermatology and trichology. Clinical trials and research are recommended to establish its standardization and global acceptance as a holistic treatment for alopecia areata i.e., *Indralupta*.

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