

Ayurvedic Management of *Indralupta* (Alopecia Aerata) with *Raktamokshana* (*Pracchana Vidhi*) and *Shirolepa*– A Case Report

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ABSTRACT:

Indralupta is depicted under *Shirokapalagata Roga* and *Kshudra Roga* by various *Acharyas*. According to *Acharya Sushruta*, *Pitta* along with *Vata* by involving the roots of hair (*Romakoopa*) causes fall of hair and thereafter *Shleshma* along with *Shonita* obstructs the channel of *Romakoopa* leading to the stoppage of the regeneration of hair and this condition is known as *Indralupta*, *Indralupta* can be correlated with Alopecia areata in which there is a sudden hair loss that starts with one or more circular bald patches. In Ayurveda, both *Shodhana* and *Shamana* treatments are prescribed for *Indralupta*. A 26 years old male patient came to OPD of Shalakya Tantra Department, ITRA with the complaints of patchy hair loss, dandruff and thinning of hair fall for 3 months. He was successfully treated with *Raktamokshana* (*Pracchana Vidhi*) 4 sittings with 1-2 ml blood-letting in each sitting, *Shiro-Lepa* (*Triphala Mash*+*Karnja Taila*), *Depana Pachana Aushadhis* (*Aam Pachana Vati*), *Rasayana Aushadhis* (*Rasayana Churna*, *Saptamrita Louha*), along with *Nidana-Parivarjana*. Ayurveda has great approach in curing the *Indralupta* (Alopecia Aerata) which can be concluded from this case report.

KEYWORDS: Alopecia Aerata, Autoimmune Disease, *Indralupta*, *Raktamokshana*

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INTRODUCTION:

Indralupta is depicted under *Shirokapalagata Roga* and *Kshudra Roga* by various *Acharyas*. According to *Acharya Sushruta*, *Pitta* along with *Vata* by involving the roots of hair (*Romakoopa*) causes fall of hair and thereafter further *Apathya Ahara* causes vitiation of *Shleshma* along with *Shonita* obstructs the channel of *Romakoopa* leading to the stoppage of the regeneration of hair and this condition is known as *Indralupta*.^[1] So *Vata*, *Pitta* and *Kapha*

Dosha and *Rakta Dushya* are the main internal causative factors of *Indralupta*. *Indralupta* can be correlated with Alopecia areata in which there is a sudden hair loss that starts with one or more circular bald patches. Alopecia Areata is a disease that happens when the immune system attacks hair follicles and causes hair loss. Hair follicles are the structures in skin that form hair. While hair can be lost from any part of the body, Alopecia Areata usually affects the head and face.^[2] Its main treatment in

contemporary science is corticosteroids, which have harmful side effects and not advisable for long term use. So, there is need of establishing good protocol in Ayurveda for the treatment of same. In Ayurveda, both *Shodhana* and *Shamana* treatment are prescribed for *Indralupta*. Here a case of Male patient suffering from *Indralupta* was successfully treated with below mentioned treatment protocol.

CASE REPORT:

A 26 years old male patient came to OPD of *Shalakya Tantra* department with the complaints of Patchy hair loss, dandruff and thinning of hair fall for 3 months gradually. Patient was nondiabetic, normotensive, afebrile and conscious state. He was fine before 3 months, then he gradually developed thinning of hairs and dandruff for 3 months. He also noticed loss of hairs in right occipital region. He was treated with corticosteroids and topical serums for 3 months. But he didn't get much relief, so he approached us in *Shalakya Tantra* OPD and

was diagnosed with *Indralupta* (Alopecia Areata) and treatment was started.

In past history patient taken Corticosteroids, Immuno-suppressant drugs for the same disease and no any surgical history as well as other systemic disease.

In personal history patient had weak appetite and constipated bowel.

On examination: Inspection-Patchy hair loss; Site-Right occipital region; Shape-Vertically oval; Measurement-4×1.5 cm; Scalp-Dry scales; No any other lesions.

Samprapti Ghataka: Dosha- Vata, Pitta, Kapha; Dushya- Rasa, Rakta, Asthi; Agni-Mandagni or Vishamagni; Srotas- Anna-Rasa-Rakta-Asthivaha Srotas; Sroto-Dushti-Sanga; Adhithana- Shirah and Shirah-Kapala; Sadhyasadyata- Kriccha Sadhya

Laboratory Investigations:

Haematological investigations carried out to exclude any other disease. B.T., C.T. and Serological investigations carried out to perform *Raktamokshana (Pracchana Vidhi)*. (Table-1).

Table-1: Laboratory Investigations:

Haematological		
Hb%		15.0%
Total R.B.C.		5.13 mil/c.mm
Total W.B.C.		6630/cu.mm
DC	Neutrophil	56.7%
	Eosinophil	4.2%
	Basophil	0.5%
	Monocytes	4.5%
	Lymphocytes	34.1%
ESR		04 mm/hr
Bleeding Time		1 min 26 sec
Clotting Time		3 min 05 sec
Serological		
HIV Test		Negative
HBsAg Test		Negative
HCV Test		Negative
VDRL Test		Negative
Bio-Chemistry		
RBS		96 mg/dl

Table-2: Therapeutic Intervention:

No	Drug	Dose		Route of administration	Duration
1	<i>Aama Pachana Vati</i>	2 Tab 500mg Two times / day Before meals		Oral with Luke warm water	For first 07 days
2	<i>Erandabhrishta Haritaki Churna</i>	5 gm at night			For 15 days, then alternate days for
3	<i>Rasayana Churna</i>	3 gm	In the morning	Oral with <i>Madhu</i> and <i>Ghrita</i>	For 5 months and cont.
	<i>Saptamrita Lauha</i>	1 gm			
4	<i>Karanja Taila</i>	QS Twice a week		<i>Shiro-Abhyanga</i>	For 5 months
5	<i>Triphala Yavkuta</i>			<i>Kesha-Prakshalana</i>	For 5 months
6	<i>Triphala Mashi + Karanja Taila</i>	QS Once a week		<i>Shiro Lepa</i>	Started after 7 days 4 sittings of <i>Prachhana Karma</i> (With 26 G needle) Followed by <i>Shiro Lepa</i>

Table-3: Pathya-Apathya:

Pathya	Apathya
<ul style="list-style-type: none"> <i>Laghu-Snigdha-Supachya Ahara</i> <i>Mudga, Aamalaka, Goghrita</i> <i>Pranayama</i> 	<ul style="list-style-type: none"> <i>Ati-Ushna-Tiksha-Amla-Kshara Sevana</i> <i>Virudhha-Ahara Sevana</i> Supression of natural urges <i>Chinta, Krodha, Bhaya</i> <i>Diva-Swapna</i> <i>Ratri Jagrana</i>

Table-4: Timeline of Result:

Days	Observation
1 Days	Medicine given to the patient
7 Days	Not much improvement in hair loss, Increased Appetite
15 Days	Satisfactory bowel movement
21 Days	Mild improvement in hair loss, Dandruff reduced
1 Month	Mild improvement on patch, growing of some thin hair from the patch
1.5 Month	Thinning of hair turns into black on the patch
2 Months	Improved growth of hair on the patch
3 Months	Patch fully covered with black hair
5 Months (con.)	No any new patches developed till date

**Fig-1: Status on Day 1****Fig-2: Status on 1 Month****Fig-3: Status on 2 Months****Fig-4: Status on 3 Months**

DISCUSSION:

Nidana Parivarjana is the most important and foremost line of treatment to break the pathogenesis of any *Vyadhi*. So proper *Pathya Ahara Vihara* were advised.

Deepana-Pachana is useful to combat the pathogenesis of *Indralupta* which includes all four *Dosha*. Patient was having *Mandagni*, so *Aama Pachana Vati* was given for the digestion of toxins, [3] these toxins are travelled through *Sira* and obstructs the *Roma-koopa*. *Erandabhrishta Haritaki* was given at night with Lukewarm water for *Vatanulomana* and *Nitya Virechana*.

To work on *Dhatu* level, *Rasayana Chikitsa* was started after achieving proper *Agni*. *Acharya Vagbhata* has depicted *Rasayana Churna* that one will live with Black hairs

for 100 years. [4-5] *Saptamrita Lauha* also promotes *Kesha* by *Dhatu Vardhana Karma*. For local treatment, *Karanja Taila* for *Shirobhyanga* and *Triphala Yavkuta Kwatha* for *Kesha-Prakshalana* (Hair wash) were selected for reducing *Darunaka* (Dandruff) and *Rukshta* of *Kapala Pradesha*. *Acharya Sharangdhara* described *Karanja taila* when used as *Shirobhyanga*, it will cure *Indralupta* in no time. [6]

Pracchana Karma was selected as *Raktamokshana* as it is ideal *Chikitsa* for *Rakta Dushti*. [7] *Pracchana Karma* removes vitiated *Rakta* and *Pitta* and also *Avarna* of *Kapha* (*Sthanastha Rakta Shuddhi* along with *Dushita Kapha*). [8] *Shiro-Lepa* with the paste of *Triphala Mashi* and *Karanja Taila* was applied after *Pracchana Karma*. [9] As

Mashi has nano particles it penetrates in the *Romakoopa* and gets quickly absorbed with *Taila* through *Swedawahi Srotasa* and *Siramukha*. Due to *Keshya Guna* of *Triphala* with *Karanja Taila*, it leads to *Kesha Vardhana* and *Kesha Ranjana*.

CONCLUSION:

On the basis of this case, it can be concluded Ayurveda has great approach in curing the *Indralupta* (Alopecia Aerata). In this case report, patient was treated with proper line of treatment including *Nidana Parivarjana*, *Deepana-Pachana* (*Aama Pachana Vati*, *Erandabhrishta Haritaki*), followed by *Rasayana Aushadhis* (*Rasayana Churna*, *Saptamrita Lauha*), Local application with *Karanja Taila- Shiroabhyangartha*, *Triphala Yavakuta- Kesha Prakshalanartha*. *Raktamokshana* (*Pracchana Vidhi*) plays a huge role in combating the pathogenesis by removing obstructed *Rakta* along with *Kapha* followed by *Shiro-Lepa* of *Triphala Mashi* mixed with *Karanja Taila* promoting new hair growth.

ADR Declaration:

No any adverse drug reaction was noticed during the treatment and follow up period.

Limitation of Study:

As above mentioned, is a single case report there is need of study in larger population for establishing good protocol.

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