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Case Report

**Alopecia Areata (Indralupta): A successfully treated case
with Ayurvedic Management.**

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ABSTRACT-

Alopecia areata¹, an autoimmune disease characterised by patchy hair loss can be correlated with Indralupta in Ayurveda text Indralupta can be compared to Alopecia based on its signs and symptoms. ALOPECIA is one of the most emerging diseases of the 21 century mainly due to changed life style westernized culture, junk food habits & race for cosmetics. It is more prevalent in young people below 20 years but children and adults of any age group may also be affected. This disease poses a huge financial and psychological burden for the patients and his family. Even though medical science has advanced to a great extent in the field of cosmetology and trichology, but still there is no definite cure for the present condition. Treatment options include topical and systemic steroids, topical irritants & immunotherapy which creates an allergic reaction with the production of T-suppressor cells which inhibits an auto immune reaction. Expensive lotions, oils & shampoos are available in the market but without any promising results.. Due to the side effects and limitation of the contemporary science, effective and harmless treatment/procedure is expected from Alternative medical sciences. Ayurveda has great potential to treat such autoimmune diseases. A study is planned for evolving an efficient and cost effective remedy which may prove to be a boon for *Indralupta* patients. In

this regard, *Ayurveda* advocates *Prachhana karma*³ which is a localized therapy which stimulates hair follicles, improves blood circulation and hence promotes re growth. In order to enhance this action further a medicated paste of *Madhukadi lepa*⁴ is applied topically which is *Keshya* and thereby promotes hair growth. It is also proposed to evaluate the efficacy of only *Madhukadi lepa* without *Prachhana karma* in *Indralupta* to see if it is effective alone in combating *Indralupta*. *Madhukadi lepa* contains *Yashtimadhu, Nilkamal, Moorva, Bhringaraj, Tila tailam, Gritha and Go-dugdha*. Keeping in mind the systemic involment in present condition, *Bhringarajadi rasayan*⁵ is also selected which is considered to be the best *Rasayana* for hair disorders and contains *Bhringaraj, Amalaki, and Tila* which provides, nutrition and hair growth Here a case of *Indralupta* which is successfully treated with *Prachhan karma*, *Shirolepa* and *Bhringarajadi Rasayana*.

Keywords:- *Prachhan karma*, *Shirolepa*, *Bhringarajadi Rasayana*.

INTRODUCTION

Alopecia areata is an autoimmune disease characterized by patchy hair loss on body commonly on scalp and facial region without any clinical inflammatory signs. It accounts for 2-3% of the new dermatology cases in UK and USA, 3.8% in China, and 0.7% in India. In general population, the prevalence was estimated at 0.1-0.2% with a lifetime risk of 1.7%. Males are mostly affected by *Alopecia areata* then womens and childrens . It can occur at any age. Highest prevalence was between 30-59 yrs of age. Family members are affected in 8.7-20% of cases¹. AA cause more emotional problems in woman and children due to cosmetic concern. Its main treatment in contemporary science is Corticosteroids which have harmful side effects and it is not advisable to take them for long duration . *Ayurveda* offers an effective treatment modalities for the management of *alopecia areata*. *Alopecia areata* can be correlated with *Indralupta*

diseases described as *kapalgat roga*ⁱⁱ in *Ayurveda*. In *Ayurveda*, both *shodhana* (Internal and external cleansing procedures) and *shamana* treatment (Disease specific internal medications) are prescribed for *Indralupta*. Here a case of female patient suffering from *Alopecia areata* was successfully treated with *Ayurvedic Shamana* and *Shodhan* therapy . In present study, *Prachhana karma* is advised with needle (26 no.) along with *Madhukadi Lepa* which contains *Bhringaraj, Yashtimadhu, Moorva and Nilkamal*. for *Rasayana* action, *Bhringarajadi Rasayana* is selected which is considered to be the best *Yoga* for hair problem.

CASE

A 18 yrs old unmarried female was presented with history of patchy hair loss on scalp ,since 01 year. There was no personal history of autoimmune disorders (like Atopic dermatitis, Vitiligo, Urticaria, Thyroiditis etc) or any family history suggestive of these disorders. There was no

personal history of recurrent patchy skin lesion either on scalp or on other body parts, endocrinal disorder (Diabetes), or trauma or surgery, or major psychological disorders, prolonged medicinal treatment before appearance of lesions. Patient didn't notice any exaggerating or relieving factors also.

A patchy hair loss measuring about 2*1.5cm on vertex regionis present .Scaling was observed in rest of the scalp as dandruff was present with mild itching .

General examination:

Medium built without any significant pathological condition . Local examination showed no scarring or cicatrization, or any other skin lesion over scalp, and abnormalities of hair in the adjacent area. Length of hair in adjacent scalp was uniform and was not broken off.

Patient has visited NIA opd for the first time ,she has been adviced by some patient who got significant relief from ayurvedic treatment .Routine

haematological and biochemical parameters were also carried out. All parameters were found within the normal limit. Patient was diagnosed as a case of Indralupta correlated to Alopecia aerata ,she was adviced Prachhan karma ,Madhukadi Shirolepa as Shodhana chikitsa and Bhringarajadi rasayan as shaman and Keshya rasayan.

Procedure

Prachhan karma was done once a week with a sterile needle no. 26 , Triphala khwath is used for cleaning the scalp before and after the procedure.Madhukadi lepa was given to be used once daily on affected area mixed with Til oil ,Go-ghrut and Go-dhugdha .Bhrigrajadi Rasayan has to be taken twice 5gms daily with milk for 30 days . After 2 sittings of prachhan karma , tiny brown and black hair growth has observed on the patch ,which become more clear on the 4 sitting of prachhan karma .After that a follow up of 2 months was carried out ,and a significant growth of hairs is observed .

Table 1.

S.No.	Hematological examination	Before Tt.
1	ESR	15mm
2	Haemoglobin	9.8 g/dl
3	TEC	4.6 Millions
4	TLC	8.3/ul
5	Platelets counts	4.2 Lakhs /Cumm
6	Neutrophils	61.00 %
7	Lymphocytes	32 %
8	Eosinophils	2.0 %
9.	Monocytes	5.0 %
10	Basophils	0.0 %

11	BT	2.55 Sec
12	CT	4.19 Sec
13	HBsAg	Negative
14	HIV I,II	Negative
15	T3	1.29 ng/ml
16	T4	7.70 ug/dl
17	TSH	4.37 ulu/ml

Table 2

S.No.	General examination	Before Tt.
1	Blood pressure	124/78 mmHg
2	Pulse	72/min.
3	Temperature	Afebrile
4	Respiratory rate	18/ min.
5	Height	5.4 foets
6	Weight	52 kg
7	Tounge	NAD
8		

Table 3

S.No.	Disease specific examination	Before treat.
1	Site of involvement	Scalp
2	Pattern	Asymmetrical .
3	Skin colour	Normal
4	Dandruff	Present .
5	Keshbhumi kandu(itching of scalp)	Present
6	Keshrukshata(hair dryness)	Normal
7	Inflamation on scalp	Absent

8	Scarring	Absent
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Photos



Before treatment



Prachhan karma



Shirolepa Dharana



Result after 1 month



Result after 2 month

Discussion-

Indralupta is a disease explained in *Kapalagata roga* by Acharya Vagbhatta and in *Kshudra roga*ⁱⁱⁱ by Acharya Susruta. *Indralupta* is characterized by hair fall without re growth giving rise to localized baldness. According to Acharya Susruta,^{iv} *Pitta* associated with *Vata* gets localized in *roomkupas* (hair follicles) and causes hair fall later vitiated *Kapha* along with *Rakta* enters the hair follicles and causes obstruction which prevents hair growth. The common etiological factors mentioned in classics are exposure to *raja*, *dhoom*, *abhighata*, *divaswapna*, *vighadharana*, *shoka*, *khroda* etc but there is no specific *nidana* mentioned for *Indralupta*. The

cardinal features of *Indralupta* are hair fall without re growth and it is not associated with pain or change in skin colour of scalp. *Ayurveda* suggests many preventive and curative measures for *Indralupta* like *Prachhana karma*, *Rakthmokshana*, *Lepa*, *Murdhataila* and *Rasayana chikitsa*^v.

Indralupta can be correlated to Alopecia areata (AA) based on its signs and symptoms causing localized patchy hair loss without any changes in skin. In modern system of medicine the treatment for Alopecia areata includes systemic and topical cortico steroids and, immuno therapy. Minoxidil^{vi} is an antihypertensive vasodilator medicine which is most commonly used, but common side effects

include burning or irritation in the eyes, itching, redness or irritation at the treated area as well as unwanted hair growth elsewhere in the body. Severe allergic reaction may include rashes, difficulty in breathing, swelling of mouth face lips or tongue, chest pain or tachycardia, headache and temporary hair loss are common side effects of Minoxidil.

In present study, *Prachhana karma* is advised with needle (26 no.) along with *Madhukadi Lepa* which contains *Bhringaraj, Yashtimadhu, Moorva* and *Nilkamal*. For *Rasayana* action, *BhringarajadiRasayana* is selected which is considered to be the best *Yoga* for hair problem.

ⁱSeetharanKA, Alopecia Aerata :An Update, IJDVL, Vol-79, Issue-5, 21 Aug 2013, Page 563-575.

ⁱⁱVagabhata, Astanga Hrdayam with Nirmala Hindi commentary of Dr. Brahmanand Tripathi, Chaukhambha Sanskrit pratishthan, Delhi, Reprint 2015, Uttarsthan 23/24-25, p. 1053

ⁱⁱⁱ*Sushruta, Sushrutasamhita* with *Ayurvedatvasandipika* commentary of *Ambikadutta Shastri*, Chaukhambha Sanskrit sansthan, Varanasi, Reprint 2014, *Nidansthan Kshudraroganidanadhyay* 13/3

^{iv}*Sushruta, Sushrutasamhita* with *Ayurvedatvasandipika* commentary of *Ambikadutta Shastri*, Chaukhambha Sanskrit sansthan, Varanasi, Reprint 2014, *Nidansthan Kshudraroganidanadhyay* 13/32-33

^v*Sushruta, Sushrutasamhita* with *Ayurvedatvasandipika* commentary of *Ambikadutta Sastri*, Chaukhambha Sanskrit sansthan, Varanasi, Reprint 2014, *Nidansthan Kshudrarogachikitsaadhyay* 20/24-26

^{vi}Website- <https://en.m.wikipedia.org>