

A Case Report on Indralupta

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Abstract

Indralupta is a type of Kshudra roga where patchy loss of hair is seen. Indralupta is explained under Kapalagata rogas by Acharya Vagbhata. The lakshanas of Indralupta can be correlated with the clinical features of Alopecia areata. Alopecia areata is a common autoimmune disease of the skin that causes hair loss on the scalp, face, and sometimes other parts of the body. Alopecia areata can also be caused by psychological stress, social phobia, anxiety and depression. Prevalence in general population was estimated at 0.1-0.2% in alopecia areata which includes alopecia barbae, where there is patchy hair loss of facial hair. In contemporary science, topical or injected corticosteroids are used to treat this condition. Owing to their side effects and limitation, there is a need to re-establish existing therapeutics and procedures mentioned in Ayurveda classics such as shodhana and shamana chikitsa. In the present study, a case of Alopecia areata was managed with Ayurvedic treatment, Prachhanna which helps to remove the vitiated Raktha and Kapha dosha which obstructs the hair roots. This paper aims to highlight the benefits of Prachhanna karma with a case study.

Keywords

Indralupta, Alopecia areata, Raktamokshana, Prachhanna, Keshabhoomi

Introduction

Alopecia areata is a common form of hair loss. Its prevalence in the general population has been estimated at 0.1-0.2%, with a lifetime risk of 1.7%¹. It is characterized by acute onset, non-scarring hair loss in usually sharply defined areas². Few patients lose hair in only a small patch, others have more extensive or less commonly diffuse infestation³. Any hair-bearing region may be affected, but the scalp, facial hair region and eyebrows are most noticeable.

This condition can be associated with Indralupta mentioned by Acharya Vagbhata in Kapalagata roga. This condition is caused by Pitta in the hair follicles, with Vata causing the hair to fall out and Kapha along with Shonita closing the openings of the hair follicles so that no further hair development takes place⁴.

In Ayurveda, both samshodhana is the line of treatment for Indralupta along with shamanushadhis.

Patient information

A 29 years old male patient came to Shalakya opd with the complaint of patchy hair loss in beard since 4 years.

Associated complaints:

No associated complaints

History of present illness:

The patient was asymptomatic 4 years ago, then patient developed patchy hair loss in the beard area. The patient took treatment from contemporary medicine system, i.e. Inj. Trichort 10mg (local steroid treatment) was administered intralesionally for 5 sessions (3 months), but patient didn't found any results. Hence the patient approached our hospital for the management of the same.

Medical history

Inj trichort 10mg (steroid) taken intralesionally for 5 sessions(3months)

Family history

All are said to be healthy

Disease specific examination

Table no 1: Clinical findings

Site	Face (Beard)
Pattern	Irregular patches
Number of patches	08
Colour	No discolouration
Sensation	Present
Scarring	Absent
Erythema	Absent
Pustules	Absent

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Therapeutic Intervention:

Table 02: Interventions

Sl.No	Treatment	Route	Duration
1	Prachanna karma	On the affected site	4 sittings Once in 15 day
2	Vidanga + triphala choorna lepa	On the affected site	Once in a day for 60 days
3	Saptamrutha loha	Orally	1 tablet BD for 60 days after food with Madhu and Ghrita
4	Cap. Trichup	Orally	1 BD for 60 days with warm water

Fig no 1:
Before treatment



Procedure of Prachhanna karma:

- It is performed at the site of the lesion.
- Materials required: 26 and ½ Gauze needle, gloves, absorbent cotton, betadine solution, spirit and light source.

Fig no 2:
Materials required



Purvakarma:

- The procedure was explained to the patient in his own language and his consent was taken.
- The local area was cleaned with spirit.

Pradhana Karma:

- In a well illuminated room, patient was made to sit in comfortable position.
- Prachhanna karma was done with 26 and ½ Gauze needle over the face on the affected area, the intensity of bleeding was observed and wiped with sterile cotton.

Fig no 3:
Prachanna karma



Paschat Karma:

- After wiping off the blood, the area was cleansed with Betadine solution and lepa was applied with Vidanga and Triphala.

Follow Up:

Result: After following this treatment protocol, the patient experienced significant improvement in the patches. Patient was on regular follow up on every 15 days and took the treatment till 2 months.

Table 03: Clinical findings after the treatments

Site	Face (beard)
Pattern	Irregular patches
Number of patches	02
Color	No discoloration
Sensation	Present
Scarring	Absent
Erythema	Absent
Pustules	Absent

Fig no 4:
After treatment



Discussion

- Acharya Charaka has mentioned the occurrence of hair loss in the Vimanasthana due to excessive intake of Kshara, Lavana and Viruddha Ahara⁵.
- Thus, it can be said that a person who has taken excessive lavana or kshara intake and routinely takes viruddha aharac is prone to indralupta. Mithya Ahara and Vihara Manoabhighata such as mental stress, anxiety, anger, shock, etc. can together increase the Pitta and Vata dosha. The Ushna and Tikshna properties of the Pitta are enhanced while the Vata suffers aggravation of the Ruksha, Khara and Chala properties.
- Here an aggravated Bhrajaka pitta, along with vitiated Dehoshma, burns the Keshabhoomi, while an increased Vata, through its Ruksha and Khara Guna, leads to more SiraSankocha. The Snigdhatva and the Pichchilatva of the

normal Kapha dosha are predominant in the pores of the skin to keep it soft and moist. By increasing the Ushna, Tikshna, Ruksha and Khara properties of the Pitta and Vata dosha respectively, the Sneha and the Pichchhilatva of the Kapha dosha are dried out in the skin pores of the scalp and obstructing the growth of new hair, causing Indralupta.

- Prachhanna is a type of Sasastrakruta Rakthamokshana that helps to remove the vitiated Raktha and Kapha dosha which obstructs the hair roots⁶. After Prachhanna, Lepa is applied so that the medicine can easily be absorbed in the hair follicle. Prachhanna improves perifollicular vascularization and strengthens the hair follicle.
- Vidanaga⁷ has antifungal and antibacterial properties along with theekshna, ruksha and kaphavata shamaka guna. Triphala⁸ having tridoshshamak property, mainly vatapitta shamak, keshya, sothahara and vana ropaka property.
- Saptamrita loha⁹ was given internally that stimulates the blood circulation which in turn prevents the hair fall and promotes the growth of new hair follicles.
- Trichup Capsule was given internally and it is a Ayurvedic formulation containing extract of Bhiringraj (Eclipta alba),^{10,11} Mandukparni (Centella asiatica),^{12,13} Yashtimadhu (Glycyrrhiza glabra)^{14,15} Japa (Hibiscus rosa-sinensis),^{16,17} Rasayana Churna (Classical Ayurvedic formulation)¹⁸⁻²⁰ and powder of some more classical Ayurvedic formulations such as Saptamrit Loha²¹, Narsinh Churna²², Gandhak Rasayana²³ and Muktasukti Bhasma²⁴. Thus, it provides rich nutrients to the hair follicles

and promotes fresh hair growth.

Conclusion

Alopecia areata is an autoimmune skin disease which attacks the skin follicles and commonly seen in young adults. The patient suffering from Alopecia areata was successfully treated with Shamanoushadi and Prachhanna therapy. Prachhanna Karma is effective in relieving obstruction of Romakooapa by pacifying kapha and Rakta Dushti. After Prachhanna, Lepa is done so that medicine will be absorbed easily into the hair follicles. Internal medications were given to stimulate the blood circulation and promote the growth of new hair follicles.

Declaration of Patient Consent: Declared consent has been taken from the patient.

Patient Perspective: Patient felt that there was a improvement seen over the patchy hair loss in the beard after taking treatments.

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