



## Case Report

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### MANAGEMENT OF INDRALUPTA (ALOPECIA AREATA) BY LEPA: A CASE REPORT

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#### ABSTRACT

Indralupta or Baldness is a kapalagata roga explained under kshudra roga is presented with loss of hair grossly or in patches prevalent in male. It is comparable with alopecia areata which is an autoimmune disease characterized with hair loss which may lead to depression, anxiety and other emotional issues if not controlled. Indralupta which can be treated as per the line of management like Shodhana, Shamana, Pracchanna, Siravyadha, Lepa etc. in Ayurveda which gives better results. A 36-year male came to our OPD with the complaints of Hair fall and thinning of hair in the Rt Parietal region for 1 month. Patient previously taken conventional medications and didn't get satisfactory results. On local examination, patchy hair loss was seen in Right parietal region. Patient was given Icchabhedi rasa lepa with Jambira rasa to the afflicted parts. After 15 days, there was visible hair growth, hair fall was comparatively reduced. Icchabhedi rasa – a classical ayurvedic preparation which contains Jayapala, but as it is a drug which is indicated for internal use also, if we use it for external applications, no serious complications will not be there and this can be practiced at OPD level without any invasive measures and purvakarma with promising results. Lepa karma is very effective in the management of Indralupta along with pittashamaka chikitsa. Even Though Jayapala lepa is effective due to its potential complications; Icchabhedi rasa with jambira rasa can be ideal and safe.

**Keywords:** Indralupta, Alopecia, Lepana, Icchabhedi rasa.

#### INTRODUCTION

Hair fall in Ayurveda is explained as Indralupta in Shiroroga chikitsa. Further, different terms are used for the hair fall like Indralupta, Ruhya etc<sup>1</sup>. Alopecia areata (Indralupta) is an autoimmune disease is now seen in the age of 25 years also which is causing cosmetic trauma in many patients in turn leading psychological disturbances. Alopecia areata affects almost 0.2 to 2% of population during their lifetime<sup>2</sup>. Steroids and Topical steroidal application are the only solution but ineffective over a chronic period.

Indralupta is a condition explained in Ayurveda which is having similar presentation to alopecia. It is Bhrajaka pitta vikara exhibited in twak and roma kupa associated with Vaata. It is tridoshaja vikara involving Vata, pitta and kapha with rakta dosha<sup>3</sup>. Line of treatment includes Shodhana therapy, Raktamokshana and udgarshana with patra, churna or lepa is explained<sup>4</sup>. Gunja lepa, Jayapala lepa are practiced in certain parts which are effective yet sometimes may produce untoward incidents like, rashes, itching and loss of consciousness, if proper precautionary measures are not taken. Ichaabhedi rasa is one such formulation which is used as rechana dravya is also practiced as lepana in alopecia in traditional practice which contains jayapala as main drug.

Here is a case presentation of 36-year male visited to our OPD with complaints of hair fall and male pattern baldness suffering from 1 month. Icchabhedi rasa lepa was applied with jambeera swarasa which has given promising results.

#### Case report

A 36-year male nondiabetic non hypertensive came to our OPD with complaints of Hair fall and thinning of hair in the Right Parietal region since 1 month. Patient's history revealed to be a

smoker and occasionally alcoholic had the same complaints 1 year back. Patient's history revealed chronic acidity with severe burning sensation and abdominal distension for 5 years. Patient's lifestyle showed irregular bowel habits, sleep cycle and occupation. Patient previously took conventional treatment and didn't get satisfactory results.

On local examination, patchy hair loss was seen in Right parietal region, there was no itching and scaling found. In temporal and frontal region hair loss is seen minimal. Nails were brittle; pitting was evident in left thumb, middle finger and Right ring finger (Table 1-5; Figure 1 and 4).

Study is carried out as per International conference of Harmonization-Good Clinical Practices Guidelines (ICH-GCP) or as per Declaration of Helsinki guidelines.

#### Samprapti ghataka

- Dosha – kapha
- Dushya – rasa, asthi
- Agni – mandya
- Srotas – rasavaha, romakoopa
- Nidana – vidahi aahara

Due to excessive intake of pitta kara ahara, Ratri jagarna leads to vitiation of pitta and vata respectively and causes hair fall. Pitta does marga avarodha of kapha thus, blocking the hair follicles and also vitiates rakta. Vitiated Vata leads to keshha pata<sup>5</sup>.

#### Treatment plan

Patient was given Icchabhedi rasa lepa with Jambira rasa to the afflicted parts once in 3 days for 2 sittings and patient was advised to come back after 15 days. Jyothismati taila is for head application for 15 days.

**Procedure of lepa**

Patient was counseled prior to the therapy about the procedure, precautions, after monitoring Blood pressure and pulse, patient was comfortably made to sit in a chair and eyes were covered with gauze dipped in rose water. Later patch was cleaned well, Icchabhedi Rasa was powdered and its paste was prepared with Jambira rasa paste, gently applied to the afflicted part and was kept overnight. Patient was advised to wash the part on the next day and to visit again on 3<sup>rd</sup> day. Same method was adopted on second sitting also.

**RESULTS**

After first sitting, Roughness of hair was slightly reduced, and No much difference was obtained. After 2<sup>nd</sup> sitting there was significant hair growth was visible. After 15 days, there was visible hair growth, hair fall was comparatively reduced. After 15 days patient was advised with Arogyavardhini vati 2 tab twice a day for 1 month (Table 06; Figure 2 and 3).

**DISCUSSION**

Indralupta is pitta pradhana vaata vyadhi exhibited in scalp region and presents with hair fall. According to acharya Sushurta, Pitta along with Vata vitiates kapha and rakta in shira Pradesh which in turn results in srotoavarodha and settles in hair roots and causes

hair fall. Excessive consumption of Lavana, Katu, Kshara and Viruddha ahara, pitta vardhaka, Abhishyandhi ahara are the aggravating factors for Indralupta.

Different treatment modalities for Indralupta like Pracchanna<sup>6</sup>, Jaloukavacharana<sup>7</sup>, Lepana<sup>8</sup>, Shodhana etc. are explained in Ayurveda. In this study we have adopted lepa karma, to stimulate the local hair follicles. Commonly used drugs for lepa in Indralupta are like Jayapala, Gunja beeja and there is also some work is done on latex of papaya fruit for lapanana. Before lepana pracchanna is done on the affected area followed by lepana. As Gunja and Jayapala beeja are visha dravyas there may be toxic symptoms if purva karma like snehapana is not done properly.

**Icchabhedi rasa**

A classical ayurvedic preparation which contains Jayapala, but as it is a drug which is indicated for internal use also, if we use it for external applications, no serious complication will be there, and this can be practiced at OPD level without any invasive measures and purvakarma. Phorbol esters present in Jayapala have skin irritant effect and it regulates cell growth and cell differentiation thus favors the re growth of hair<sup>10</sup>. Jambira swarasa is known antidote for jayapala<sup>11</sup>, it is used for lepana to prevent possible complications. Jyothishmati taila<sup>12</sup> is used for application in kshudra roga.<sup>9</sup>

**Table 1: Gradation of Hair fall**

Symptom	Gradation
Asymptomatic	0
Mild Hair Fall (On washing)	1
Moderate Hair Fall (Hair fall on combing)	2
Severe Hair Fall (Hair fall on simple strengthening)	3

**Table 2: Gradation of Roughness**

Symptoms	Gradation
Smooth Hair surface	0
Occasional rough hair surface	1
Slight Rough Hair surface	2
Rough Hair surface	3

**Table 3: Gradation of Itching**

Symptoms	Gradation
Absent	0
Mild Itching	1
Moderate Itching	2
Severe Itching	3

**Table 4: Gradation of Dandruff**

Symptom	Gradation
Absent	0
Mild	1
Moderate	2
Severe	3

**Table 5: Presence of Associate complications**

S. No.	Complication	Presence/Absence	Gradation
1	Patches on any other parts of the body	Present	1
		Absent	0
2	Nail Deformity	Present	1
		Absent	0
3	Exclamation point hair	Present	0
		Absent	0

**Table 6: Observations**

Assessment criteria	Therapeutic Period				
	Assessment during course			Follow Up Period	
	Before Treatment	After 1 <sup>st</sup> Sitting	After 2 <sup>nd</sup> Sitting	After 15 days	After 1 Month
Number of Patches	1	1	0	0	0
Gradation of Hair fall	3	3	2	2	2
Roughness	2	2	0	0	0
Itching	2	2	0	0	0
Dandruff	0	0	0	0	0
Presence of Associate complications	1	1	1	1	1



Figure 1: Before treatment



Figure 2: After 3 days

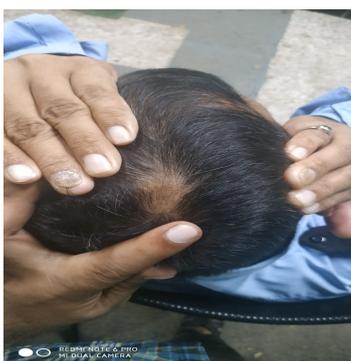


Figure 3: After 15 days



Figure 4: Nail deformity (pitting)

## CONCLUSION

Lepa karma is very effective in the management of Indralupta along with pittashamaka chikitsa. Even Though Jayapala lepa is effective due to its potential complications; Icchabhedi rasa with jambira rasa can be ideal and safe. The result of this case study has shown a potential for treating Alopecia areata but to be confirmed in large population studies.

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