MANAGEMENT OF INDRALUPTA WITH LOCAL PRACHCHHANA AND APPLICATION OF ARAGVADHADI LEPA: A SINGLE CASE STUDY

Dr. Nileshkumar Chabhadiya*, Dr. Hemangi Shukla², Dr. Brinda Kanakhara³, Dr. Jayesh Katrodiya⁴ and Dr. Jignesh Virpariya⁵

¹,²,⁴,⁵²nd Year P.G.Scholar. Department of Shalakyatantra, Govt. Akhandanad Ayurved College, Ahmedabad, Gujarat, India.
²Associate Professor and HOD. Department of Shalakyatantra, Govt. Akhandanad Ayurved College, Ahmedabad, Gujarat, India.
³³rd Year P.G.Scholar, Department of Shalakyatantra, Govt. Akhandanad Ayurved College, Ahmedabad, Gujarat, India.

ABSTRACT

We often see our hair as a reflection of our identity because it is both personal and public. Alopecia areata is an autoimmune disorder also known as "spot baldness" that can be compared with Indralupta. Indralupta is a disease in which hair lost from some or all areas of the body, usually from scalp. It shows one or more round spot on the scalp. Since the limitations of modern medicine are obvious, there is the highest need of harmless, effective treatment. Ayurveda indicates use of prachchana and lepa in the treatment. The treatment planned was prachchana followed by Aragvadhadi lepa. Raktamokshana is the ideal treatment when doshas are vitiated with rakta. Prachchana helps in clearing the obstructed romakupas. In this case report patient with indralupta disease treated with prachchan and Aragvadhadi lepa local application.

KEYWORDS: Indralupta, Alopecia areata, prachchhan, Aragvadhadi.

1. INTRODUCTION

Hair has been a consistent factor for the worry and pride. Hair and beauty is a multibillion-dollar industry, and the average American woman spends approximately $50,000 on her hair
over her lifetime and almost two hours a week washing and styling her hair. This is not just because many of us believe that appearances are important, but also because our hair represents our personality, thoughts and beliefs. So the loss of hair was and is traumatic to a woman as well as man. A human have around more than 2 million hair follicles which have both positive as well as negative effect on skin health.\(^1\) It is one of the vital parts of our body which is derived from the ectoderm of the skin; it is work as a protective appendage for the body.\(^2\) The changes in hair follicle density, size and/or changes to the hair growth cycle are the fundamentally causes of hair disorders. Hair loss, also known as alopecia is a loss of hair from the head or body.\(^3\) Alopecia is a common hair problem in cosmetics and also in Primary Health Care Practice, has been recognized for more than 2000 years. Approximately 0.2%-2% of the population has been affected from alopecia.\(^4\) There is hair loss & suppression of new hair growth found all over body but scalp is very common place of it.

Alopecia areata is an autoimmune disorder also known as "spot baldness" that can result in hair loss ranging from just one location (\textit{Alopecia areata monolocularis}) to every hair on the entire body (\textit{Alopecia areata universalis}). Although thought to be caused by hair follicles becoming dormant, what triggers alopecia areata is not known. Irregular diet habit air pollution, lack of cleanliness are causes of this disease. In most cases the condition corrects itself, but it can also spread to the entire scalp (alopecia totalis) or to the entire body (alopecia universalis). The results shown were profound, quick and permanent and are an outstanding evidence of clinical application of principles of Ayurveda.

Treatment available is local application of steroid in modern medicine. Immune system mistakenly attacks hair follicles and damages it but it is not permanent. Since the limitations of modern medicine are obvious, there is the highest need of harmless, effective treatment. Hair regrows on its own without any treatment which requires much more time. According to ayurveda \textit{Indralupta} is one of the types of \textit{khalitya} (loss of hairs).\(^5\) \textit{Indralupta} is one among the \textit{kapalagataroga} and \textit{kshudraroga} by Vaghbata which is characterized by loss of hair in patches.\(^6\) \textit{Pitta} associated with \textit{vaata} gets lodged in \textit{romakupa} and causes hairfall followed by \textit{kaphadosha} associated with \textit{rakta} causes obstruction to the hair roots and limits the regrowth.\(^7\) \textit{Prachchhana} is indicated in \textit{raktajavyadhi} that helps in draining the vitiated \textit{rakta}, in turn plays an important role in \textit{sampraptivighatana} of \textit{Indralupta}, where in the vitiated \textit{rakta} and \textit{kapha} obstruct the hair follicle due to which hair loss is perceived.\(^8\) \textit{Sushrutra} mentions that if \textit{lepa} is applied after \textit{Prachchhana} then better hair growth is
achieved in indralupta.\[^9\] Ayurveda also suggests treatments like *moordhni taila, abhyanga*, etc.\[^10\]

### 2. CASE REPORT

A 25 year female patient came in OPD of shalakyatantra department of govt. akhandanand Ayurved mahavidhyalaya, ahmedabad complaining with bald spot on scalp lasts for more than 2 months. So she came to hospital for treatment.

#### 2.1 Systemic Examination.

1. General condition of patient is moderate
2. Pulse rate: 98/min
3. B.P. 130/80 mm of Hg
4. No Pallor
5. Weight- 65 kg, Height- 158cm

**Ashtavidhparksha**


#### 2.2 Assessment Criteria

1. Number of patches
   - Before treatment 01
   - After treatment 00

2. Appearance of patches
   - Before treatment – baldness
   - After treatment - re growth of hairs

![Before treatment](image1.png) ![after treatment](image2.png)

2.3 Method.
Prachchhana were applied on bald spot three time in 45 day in interval of 15 days. Aragvadhadi lepa\[^{[11]}\] application daily one time on bald spot.

3. DISCUSSION
The treatment enables the damaged hair follicles to recover through their inherent regenerative capacity, they do not affecting directly on the damaged hair follicles. Mostly hair disorders involve changes to hair follicle distribution, size and growth cycle. By modulating one or more of these parameters the disorder can be treated potentially.\[^{[12]}\] Patents are available that claim the effects are due to the stimulation of hair follicle and scalp metabolism by improving blood circulation, Activation of dermal papilla, ant testosterone action and increased nutrition to the hair follicle through accelerated blood flow but the mechanism are still not clear.\[^{[13]}\] According to Ayurveda vitiated pitta in association with vitiated vata causes falling of hairs from scalp. After that vitiated rakta and kapha blocks orifices of hair follicles, restricts growth of new hair, this is called as indralupta (khalitya) disease. Action of Aragvadhadi lepa (aragvadha, edgaj, vasa, guduchi, madanfal, haridra, karanj): all this combination having tridoshshamak property, especially vatapittashamak, keshya (stimulant for hair growth), vranropak (wound healing property). Pharmacodynamics Rasa: seed – tikta, kashaya Guna: tikshna, laghu, ruksha Veerya: ushna Vipaka: katu Doshagnata: kaphavatahara Rogaghnata: charmaroga, khalitya, indralupta.\[^{[14]}\] Action of Prachchhana: indralupta is rakta pitta dominated vyadhi. Acharya charak also mention that raktapittahari kriya, virechana, upvas, raktamokshan etc should be applied in shonitjanit roga.\[^{[15]}\] So Prachchhana is one type of sashastra raktamokshan which is purify ekdeshiya
Prachchhana relieves blockage at the root of hair which helps to provide nutrition to hair. It is used to eliminate toxins that are absorbed into the bloodstream through the gastrointestinal tract. This process purifies the blood. It stimulates the antitoxic substances in the blood stream, thus developing the immune mechanism in the blood system. It prevent hair fall and help to regrowth.

4. CONCLUSION
From the above case discussion, it is conclude that local Aragvadhani lep application with Prachchhana in indralupta helps to regrowth of hair. So it is effective in treatment of indralupta disease.

5. REFERENCES
8. Vagbhatta, Ashtang Hridayam with Nirmala hindi commentary by Dr. Brahmanand Tripathi, Chaukhambha Sanskrit Pratishthan, Delhi, Re – print, sutrasthan, 2011; 2650.


16. Vagbhatta, Ashtang Hridayam with Nirmala hindi commentary by Dr. Brahmanand Tripathi, Chaukhambha Sanskrit Pratishtthan, Delhi, Re – print, sutrasthan, 2011; 2650-51.