

A CASE STUDY ON INDRALUPTA

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ABSTRACT

Sharangdhar samhita an Indian ancient literature claimed an Indian perinneeal herb distributed all over the Asia for its hair growth properties in hair disorders like *Indralupta* (Alopecia). The same drug is figured high for its versatile properties and therapeutic uses in Indian system of medicines. The drug is easily available and very cost effective and claims for high efficacy among Indian literatures as the same is mentioned in the *Vangsen Samhita, Yogaratnakara* and *Adarsha nighantu*. To justify this claim an attempt was made. Hair disorders, now a days is a very common and serious issue among people irrespective of age and gender all over the world. It causes lots of mental strain over the sufferer, as it is associated with the cosmetic concern.

KEYWORDS: *Indralupta* , *Patola Patra*, Alopecia

INTRODUCTION

Indralupta in *Ayurveda* can be correlated with the disease Alopecia. In modern, Alopecia areata is an autoimmune disease characterized by hair loss on body especially on scalp without any clinical signs and symptoms.¹The estimated prevalence of Alopecia areata in general population was 0.1 to 0.2% associated with the lifetime risk of 1.7%.² The condition *Indralupta* or Alopecia areata is associated with cosmetic concern and found in man more as compared to women and children but causes more mental strain in female patients.³ The treatment available for the disease in contemporary science are corticosteroids. Local application of minoxidil and

firasenamide are two US FDA-approved synthetic drugs finding concomitant use for treatment of androgenic alopecia⁴ or local needling causes lots of pain along with all above the medicines are showing side effects too.⁵ That is the reason they cannot be used for long term. Alternative system of medicines has offered a number of alternative medications with herbal origin for the same disease at affordable price, more efficacies, easy availability and no or less side effects. For getting rid of the complications served by chemical concentrated remedies, world is expecting some alternatives⁶ *sharangdhar Samhita* an Ayurveda text has given a treatment for

alopecia to cure within three days.⁷ Here the medicine given swarasa has got less shelf life, because of the reason the medicine has to be prepared daily to use and the application to the patient should be done.

CASE:

A 27 year old female patient came to kayachikitsa outpatient department Parul Ayurved Hospital, Vadodara Gujarat with chief complaints of patchy hair loss over the frontal part of head since 6 months.

1.Chief Complaints- 1. Patchy hair loss since 6 months.

2. Itching

2.General Examination-

BP	120/90mmhg
PULSE	78/min
HEIGHT	167cm
WEIGHT	60kg

3.Local Examination-

1. A clear patch with no hairs with well markings was seen.

2.The skin inside the patch was smooth and shiny.

Procedure-

BT- The size of patch was measured with the help a scale in length and breadth and area was calculated.

AT- The size of patch was measured with the help of same scale in same position the area was measured.

At 30th day - The Size of patch was measured with the help of same scale in same position the area was measured.

At 45th day- The Size of patch was measured with the help of same scale in same position the area was measured.

Treatment Protocol

Total duration for the treatment was 45 days. Initially the duration of the medication was for 15 days and after that the observation period was for 1 month.

S.N o.	Treat ment	Route	Durat ion	Observa tion
1.	Patola Patra Swarasa	Local applica tion over the affecte d part scalp	For 15 Days	For 45 days

Method of *Swarasa* application – The patient was asked to come daily for the medication in the morning.

Poorva Karma- The *swarasa* was prepared daily for the patient and applied fresh by rubbing with cotton cloth for 10 minutes over the patch.

Pradhan Karma- The patient was asked to sit on a chair and advised to relax for 5 minutes. *Swarasa* was taken and applied with the help of a cotton swab and applied to the patch and the application was continued for 20 minutes for absorption in the scalp.

Paschat karma- The area was cleaned by a dry cotton cloth, patient was advised to rest for 10 minutes. The same procedure has to repeat daily for 15 days.

RESULTS

There was appreciable growth on bald area of scalp after treatment and size of the patch over the scalp was reduced. Mild hair growth was observed over the scalp with the medication.

DISCUSSION

It is explained by acharya charaka in vimana sthana , during the discussion about the disorders occurred due to overindulge of *virrudh ahara , lavana , ksharar*⁸. Acharya has mentioned about the occurrence of hair loss because of it. *Mithyaahara vihara , manoabhighat* like mental stress , fright ,shock ,anger etc. It may collectively increase the *pitta* and *vata* dosha which may combines with the *kapha* dosha later on and coagulate the hair follicles. *Patola patra* swarasa is having the properties like *keshya , tridoshashamak , teekshna guna* and *katu vipak* with the help of them the *tridosha* was treated and *samprapti vighatana* was done and the disease was cured. *Patola* is *Tikta Rasa Pradhan dravya , laghu* and *ruksha* are the *guna, ushna Virya* and *katu vipaka*. It is *tridosha shamak* and *kushtha nashak*. *Patola* is associated with *teekshna, ushna* properties, *laghu* and *ruksha guna* and *katu vipaka* which will show the penetration action of the medicine. *Swarasa* when applied directly over the affected area it will absorb immediately due to the liquid state and medicinal properties. It will be acting directly over the pathology/ *dosha dushya* and do *samprapti vighatan*. *Shamana* of local *kapha dhosha* will occur by the application of *swarasa* and the obstructed *vata* will move, hollow space was accumulated with *pitta / rakta* which will provide nutrition to the lost hair follicles and ultimately results in hair growth. In support of the research work there was an article published where the same drug was formulated into new dosage form and the animal study was done for hair growth activity of *trichosanthes* was done on animal models for 21 days and got the positive

results.⁹ during the treatment patient was strictly monitored for the food and diet habits. Patient was advised to take healthy diet, avoid consuming milk with any other food, freshly prepared food with less spices was advised, avoidance of stress or any other mental strain. With all the above regular vegetables and fruits were advised.

CONCLUSION

With the help of this case study, it is concluded that *indralupta* can be cured easily with herbal medication without any side effect.



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