Management of Indralupta (Alopecia) with Raktamokshana

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Abstract: Hair is crowning glory and a mark of identity. The scalp and hair diseases are of more importance nowadays due to the cosmetic value in society. Indralupta is a disease among kapalagataroga characterized by loss of hair. Depending on the symptoms in contemporary science we can probably correlate to Alopecia. Prachhanna is explained as one of the raktamokshana procedure indicated in raktajavyadhi that helps in draining the vitiated rakta. In Indralupta there will be vitiation of rakta with kapha which obstructs the hair follicle due to which there will be hair loss. Sushruta mentions that if lepa is applied after prachhanna then better hair growth is obtained.

Keywords: Indralupta, Prachhanna, Vanadhanyakalepa, Alopecia

Introduction:
Hair contributes to one’s personality and has always remained the centre of attraction. Hence each one is over conscious about it and is in search of better remedy for their crowning glory. Since the drawbacks of modern medicines are evident, there is an utmost need of non-toxic, effective Ayurvedic treatment. Indralupta is one among the kapalaśataroja[1] and kshadraśaroja by Vagbhata[2] which is characterized by loss of hair. Pitta associated with vata gets lodged in romakupa and causes hairfall, later on kaphadosha associated with rakta causes obstruction to the hair roots and restricts the regrowth[3]. Prachhanna[4] is indicated in raktajavyadhi that helps in draining the vitiated rakta, in turn plays an important role in sampraptivāyahatana of Indralupta, where in the vitiated rakta and kapha obstructs the hair follicle due to which hair loss is seen. Sushruta mentions that if lepa is applied after prachhanna then better hair growth is obtained[5].

Ayurveda suggests many preventive and curative treatment measures like pathyasevana, rasayana, mirdhnitaśila, shirolepa and para-surgical procedures like prachhanna and raktamokshana[6]. Vanadhanyakalepa is applied on the scalp to promote hair growth by folklore practitioners.

Alopecia areata is a disorder in which there is loss of hair causing patches of baldness but no scarring of the affected area[7]. It can affect the entire scalp. Modern lifestyle, avoidance of head bath, usage of harmful shampoos, allergic manifestations, avoidance of head bath, reduced body resistance, hormonal imbalance, malnutrition leads to poor hygiene of scalp. The aim of surgical cosmetology is to eliminate or normalise the post-surgical scar, discolouration, loss of hair. Sushruta advised Upakarmas like application of paste in the treatment of Indralupta[8].

Table No:1

<table>
<thead>
<tr>
<th>Sr.No</th>
<th>Chief Complaints</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Multiple patchy hair loss</td>
<td>1 year</td>
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<tr>
<td></td>
<td>Associated complaints</td>
<td></td>
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<tr>
<td>1.</td>
<td>Thining of hair</td>
<td>6 months</td>
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<tr>
<td>2.</td>
<td>Hair loss</td>
<td>6 months</td>
</tr>
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History of Present Illness
Patient was said to be asymptomatic 1 year back. Gradually he noticed thinning of hair and hair loss. Later after few days she started noticing the plain scalp at temporal region of scalp just above both ear and the centre of head with many multiple small patches on scalp while massaging head during oil application. Then it started worsening day by day with thinning of hair and very few hairs on the scalp.

Then he consulted many dermatologists and took medicine for 8 months, including oral medications, lotion and shampoos. There was no improvement and he approached our hospital for further treatment.

Investigations
Routine haematological and urine investigations were carried out to rule out systemic pathology.

General examination:
Moderately built with no other systemic illness

Systemic Examination
Scalp and Hair

Inspection
Type- Patchy hair loss,
Site- Centre of the scalp and just above both ears and scanty hair at the centre with multiple minute patches around, Thinning of hair.

Treatment Protocol
Treatment protocol Prachhanna karma followed by Indralupta lepa.

Para surgical protocol
Materials: 11no surgical blade, cotton swab, steamer (for swedan), dispo gloves, Betadine solution.

Treatment protocol

Purvakarma

Table No:2

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<tr>
<th>Sr.No</th>
<th>Chief Complaints</th>
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<tbody>
<tr>
<td>1.</td>
<td>Multiple patchy hair loss</td>
<td>1 year</td>
<td>+++</td>
<td>+</td>
</tr>
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<td>2.</td>
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<td>6 months</td>
<td>++</td>
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</tr>
</tbody>
</table>

Discussion
It was a case of Indralupta, in contemporary Alopecia. It is a raktajavikara. keeping all this in consideration treatment planned was prachhanna followed by vanadhanyakalepa. Raktagokshana is the ideal treatment when doshas are vitiated I dhatuantargata. Prachhanna helps in clearing the obstructed ramakupas and vitiated rakta is expelled out. Prachhanna drains out the vitiated blood from the srota and later when lepa is applied over the region it facilitates easy and faster absorption of the drug. Lepa applied over the scalp by the effect of its rasa, guna, veerya, vipakais absorbed by the hair follicles which in turn causes the pores to open up and by the prabhava of the drugs hair growth can be observed.

Conclusion
Thus, it is conclude that the Indralupta is condition in which modern medicine has limitations; the holistic approach of Ayurvedic system of medicine provide quite relief to the patient.
References


[8] Brahmanand Tripathi (editor). Sharangdhara Samhita of Sharangadhara, Madhyamakhanda chapter 7, verse no. 70-81, 1 edn. Varanasi; Chaukhambha Surbharti Prakashana; 2011; 20