

INDRALUPTA AND KESHAADA KRIMI A CASE STUDY

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ABSTRACT :

We often see our hair as a reflection of our identity because it is both personal and public. The deep personal relationship between hair and self-esteem is evident throughout history, philosophy and even religion. Alopecia areata is an autoimmune disorder also known as "spot baldness" that can be compared with *Indralupta*. Since the limitations of modern medicine are obvious, there is the highest need of harmless, effective treatment. Ayurveda indicates use of *prachhana* and *lepa* in the treatment. The treatment planned was *prachhanna* followed by *maricha lepa*. *Raktamokshana* is the ideal treatment when doshas are vitiated with *rakta*. *Prachhanna* helps in clearing the obstructed *romakupas*. *Keshaada krumi* associated in this case are also responsible for hair loss. As *Keshaada* are the *krimis* produced in *raktavaahi sira samstha* and are *raktaja*, their association indicates the use of internal *krimighna chikitsa*. The results shown were profound, quick and permanent and are an outstanding evidence of clinical application of principles of Ayurveda.

Key words: *Indralupta*- alopecia aerata- *keshaada krimi*- *prachhana*- *krimighna*.

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. There are many conditions which lead to loss of hair. Hair loss, also known as alopecia or baldness, refers to a loss of hair from the head or body. ⁽¹⁾ Baldness can refer to general hair loss or male pattern hair loss. Hair loss and hypotrichosis have many causes including androgenic alopecia, fungal infection, trauma (e.g., due to trichotillomania), radiotherapy, chemotherapy, nutritional deficiencies (e.g., iron deficiency) and autoimmune diseases such as Alopecia Areata. ⁽²⁾ Hair loss severity occurs across a spectrum with extreme examples including Alopecia Totalis (total loss of hair on the head) and Alopecia Universalis (total loss of all hair

on the head and body). Since the limitations of modern medicine are obvious, there is the highest need of harmless, effective treatment. *Indralupta* is one among the *kapalagataroga* ⁽³⁾ and *kshudraroga* by *Vaghbata* ⁽⁴⁾ which is characterized by loss of hair. *Pitta* associated with *vaata* gets lodged in *romakupa* and causes hairfall followed by *kaphadosha* associated with *rakta* causes obstruction to the hair roots and limits the regrowth ⁽⁵⁾. *Prachhanna* ⁽⁶⁾ is indicated in *raktajavyadhi* that helps in draining the vitiated *rakta*, in turn plays an important role in *sampraptivighatana* of *Indralupta*, where in the vitiated *rakta* and *kapha* obstruct the hair follicle due to which hair loss is perceived. *Sushruta* mentions that if *lepa* is applied after *prachhanna* then better hair growth is achieved ⁽⁷⁾. Ayurveda also suggests treatments like *moordhni taila*, *abhyanga*, etc ⁽⁸⁾.

Alopecia areata is an autoimmune disorder also known as "spot baldness" that can result in hair loss ranging from just one location (*Alopecia areata monocularis*) to every hair on the entire body (*Alopecia areata universalis*). Although thought to

be caused by hair follicles becoming dormant, what triggers alopecia areata is not known. 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.

CASE REPORT:

A Christian, female, non-diabetic, normotensive patient, teacher by profession, Ms ABC of 43 yrs. age visited OPD of Gomantak, Ayurveda Mahavidyalaya, Goa on first December 2014 with the complaints as sited below.

Chief complaints:

Patchy hair loss since 1 year, associated with thinning of hair and hair fall.

History of present illness:

Patient was said to be asymptomatic 1 year back. Gradually she noticed thinning of hair and hair loss. Later after few days she started noticing the patch of baldness at the vertex of head. Then it started worsening day by day with increase in size and loss of hair. She consulted two dermatologists and took allopathic medicine for 10 months, including oral medications, lotion and shampoos. There was no improvement and she approached here.

Hetu: daily chocolate items, as and when possible *guda sevana* or other *madhura rasa- sevana*. Routine use of fish, pork and beef. Meals are taken with aerated drinks.

Investigations:

Routine haematological and urine investigations were carried out to rule out systemic pathology. Specifically Bleeding time – 2 min. Clotting time 4 min. HIV 1 AND 2- Negative, HBsAg- negative, FBSL- 112 mg/dl. Which were all within normal limits.

General Examination:

General condition- Good.

RS- WNL.

CVS- S1S2- WNL., no added sounds.

CNS- WNL.

P/A- SOFT, nontender.

BP- 132/82 mm Hg.

Pulse- 72/min.

Moderately built with no other systemic illness .

Prakriti- kafa pradhaana pitta.

Saara- medosaara.

Local Examination: Scalp and Hair

Darshana (inspection) -Type-patchy hair loss

Site-centre of the scalp. No redness found, no scaling.

Sparashana (palpation) – *Shlakshna sparsha*.

Generalised Thinning of hair .

Samprapti: *Dosha- kapha. Dushya- rasa, asthi. Agni- mandya. Srotasa- rasavaha, roamakooopa. Nidaana- indralupta with possible krimiroga.* Due to excessive *madhura-rasasevana, abhisyandi sevana, romakupas* were blocked by vitiated *rakta* and *kapha* and *indralupta* is produced⁽⁵⁾.

Also vitiated *raktadhatu* has given rise to *keshada krumi*⁽⁹⁾.

Treatment protocol:

Krumiyghaatana. Treatment protocol followed was *prachhanna karma* and *maricha lepa*.

Para surgical protocol

Materials needed: Sterile Insulin syringe, disposable gloves, cotton, *Maricha churna. Triphalakashaya.*

Purvakarma :Local area is cleaned with *TriphalaKashaya*.

Procedure explained to patient in her own language and consent is taken

Pradhana Karma: Insulin syringe is taken and continuously close *Rekha-pratisaarana* was made over the scalp on the affected area. Care is taken so that the depth of these serial incisions should be neither too deep nor too superficial but should be sufficient enough for the blood to ooze out. When the blood started oozing out, before it gets clotted, *maricha churna pratisarana*⁽¹⁰⁾ was done on the open wounds.

Paschat Karma :The wound was bandaged with sterile bandage and sticking plaster.

Patient is advised to not to take head bath till the hair growth is seen⁽¹¹⁾ and not to

use any oils immediately after the hair wash or on the day of procedure. Hair should not be combed. She was advised to avoid spicy and oily food.

Medicines given:

Tab. *Vidanga kapila*- 500 mg – two tablets at night time for five days.

Tab. *Nimba vati*- 500mg- two tablets three times a day for 21 days.

Gunjaadi taila for pratisarana after three days after procedure for 21 days.

Drug information- *Maricha*⁽¹²⁾- (*pepper nigrum*)- *kaphaghna, krimighna*.

Vidanga⁽¹³⁾ (*embelia ribes*)- *krimighna, Kampillaka*⁽¹⁴⁾ (*Mallotus philippinesis*)- *kafa-rakta-krimighna*.

Nimba⁽¹⁵⁾ (*Azadiracta indica*)-*krimighna*.

Observation: During procedure, the patient experienced mild pain but co-operated with some anxiety. On the first follow up, (sixth January 2015) there was a new and healthy hair growth at the site of patch as evident from the photo.



Figure 1 prachhana



Figure 2 prachhana



Figure 3 after treatment

DISCUSSION: The case of *indralupta* is a *raktajavikara*. The treatment planned was *prachhanna* followed by *maricha lepa*. *Raktamokshana* is the ideal treatment when doshas are vitiated with *rakta*. *Prachhanna* helps in clearing the obstructed *romakupas*⁽¹⁶⁾ and vitiated *rakta* is expelled out. *Prachhanna* drains out the vitiated blood from the *srotas* 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 is absorbed by the hair follicles which in turn causes the pores to open up. *Maricha* itself is *kafaghna* and hence acts to relieve the obstruction⁽¹²⁾.

Keshaada krumi⁽⁹⁾ associated in this case are also responsible for hair loss. As *Keshaada* are the *krimis* produced in *rakta-vaahi sira samstha* and are *raktaja*, their association indicates the use of internal *krimighna chikitsa*. *Vidanga* is used to kill *krimis* and *kapila* is used to remove them from body. *Nimba* is *kafashamaka*, *raktashodhaka* and *krimighna* too.

CONCLUSION: From this case report, we can conclude that *Prachhanna* followed by *Maricha lepa* can be used in treating *In-*

dralupta along with internal *krimighna chikitsa*.

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